



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JANUARY/FEBRUARY 2021

Steve is Back on the Slopes

and Won a Golf Championship
After Outpatient Joint
Replacement

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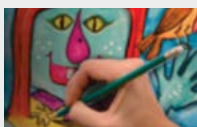
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Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it.

www.princetonhcs.org/covid-19/telemedicine



For current updates on COVID-19, modified visitation policies and schedules, please visit www.princetonhcs.org



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HEART HEALTH by the Numbers

The heart is the workhorse of the body — beating about 2.5 billion times over an average lifetime. Staying heart healthy is essential to overall good health, reducing your risk of developing heart disease or having a heart attack, as well as having a stroke.

“A regular check-up with your doctor, with bloodwork on an annual basis, can help catch any problems early. You should also be sensitive to any changes in your health between doctors’ visits, particularly if you have a family history of heart disease, and make your doctor aware of them,” says **Muhammad Azam, MD**, a primary care doctor with Princeton Medicine Physicians, Penn Medicine Princeton Health’s network of primary and specialty care doctors.



These six numbers can help determine your heart disease risk:

CHOLESTEROL

< 240



Your total cholesterol number should be under 240, with an ideal score being 200 or less. Annual blood work will reveal where you stand on the cholesterol scale.

BLOOD PRESSURE

< 130/80



Blood pressure is considered high if either the top number is 130 or above or the bottom number is 80 or above. Keeping your blood pressure under control is a key factor in heart health.

BLOOD GLUCOSE LEVEL

< 100



Your blood glucose number should be under 100. Testing can diagnose diabetes and prediabetes (where glucose numbers are elevated but below 100). Left untreated, over time diabetes can affect your heart.

RESTING HEART RATE

60 to 100



Your resting heart rate — how many times your heart beats per minute when you are at rest — can be checked with an exercise monitor or by taking your pulse. A healthy resting heart rate is between 60 and 100 beats per minute.

BODY MASS INDEX

19.5 to 24.9



Body mass index, or BMI, is the ratio of weight to height that determines if you are at a healthy weight. Diet and exercise can help keep your BMI within a healthy range that falls between 19.5 and 24.9.

WAIST CIRCUMFERENCE

< 40 (MEN) < 35 (WOMEN)



Carrying excess weight around your abdomen puts you at greater risk of developing heart disease and diabetes. A measurement can be taken at home with a tape measure. Wrap it around your torso, just above your hip bones at the level of your naval, exhale naturally and then measure.

“With these numbers in mind, and following certain lifestyle guidelines, you can do a lot to protect your heart,” says Dr. Azam. “Not smoking, eating well, controlling your weight, getting regular exercise, and monitoring stress are things everyone should be focused on in order to be as heart healthy as possible.”

To find a primary care physician affiliated with Penn Medicine Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

Steve is Back on the Slopes

and Won a Golf Championship After Outpatient Joint Replacement

It was a skiing accident more than 30 years ago that first damaged Steve Mauer's left knee. But it was his golf game that motivated the East Brunswick resident to decide to finally have a knee replacement in early 2020.

"The thing is, I wasn't one of those people who had debilitating pain associated with my knee," says Mauer, 65, "so I didn't feel the need to have anything done about it for quite a while. But then I started to experience significant instability as my knee got worse. Balance became more difficult and I needed a hinged brace just to engage in sports activities."



"Steve definitely had significant damage in the knee," says **Brian Culp, MD**, an orthopaedic surgeon on staff at Penn Medicine Princeton Health's Jim Craigie Center for Joint Replacement. "He had ACL reconstruction years ago and, as a result, developed post-traumatic arthritis over time. When Steve made the decision to pursue a knee replacement, he was ready for it."

Up and Moving in No Time

The same-day knee replacement procedure had Mauer up and walking within a few hours. A few hours later, he was back in his home, sleeping that night in his own bed. Four months later, following physical therapy, he was playing golf again. And a few months after that, he walked away with his golf club's championship.

"It was very rewarding being able to achieve that kind of success so soon after knee replacement, and especially in a 36-hole final match against a 21-year-old who had a lot of game," says Mauer.

While his championship win may not be the norm for knee replacement patients, improved flexibility and range of motion is commonplace.

"With the technology we have today, a total knee replacement can allow a range of motion and deep bend that results in many people resuming their former lifestyle," says Dr. Culp, who is board certified in orthopaedic surgery and fellowship trained in adult joint replacement. "They can get back to swinging a golf club or squatting to weed their garden. That's our goal for everyone."



Steve at the championship finals



Steve scuba diving



Steve on the slopes

Mauer says he could not be happier with his care at the Jim Craigie Center and the outcome of his knee replacement.

"I love the outdoors and being active, and I really am operating without any restrictions," Mauer says. "I'm getting along great and doing everything I want to do, and I'm pain free. My success is a testament to the skill of Dr. Culp and the entire team at Penn Medicine Princeton Health."

For more information about the Jim Craigie Center for Joint Replacement, or to find an orthopaedic surgeon affiliated with Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.



To watch a video on Steve's joint replacement journey visit www.youtube.com/princetonhealth.



Physical Therapy is Key for Joint Replacement Patients

Whether you are having a total or partial knee or hip replacement, physical therapy will be key to a smooth and timely recovery.

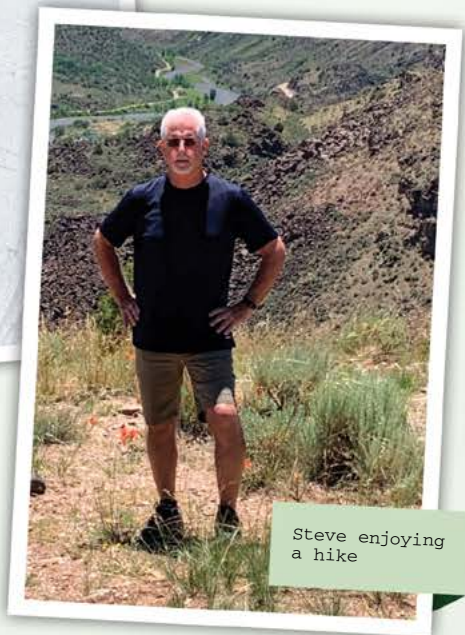
“The goal of physical therapy when it comes to joint replacement patients is to get them back to functioning at their maximum level, being able to complete their daily activities and also back to recreational activities or whatever else they enjoy,” says Sangita Verma, PT, DPT, MBA, Director of Princeton Medical Center Princeton

Rehabilitation. “We focus on building strength, range of motion, flexibility and balance, as well as activity-specific training to maximize functional mobility.”


Your surgeon will have you up and moving promptly after your joint replacement, and whether the procedure is performed on an inpatient or outpatient basis, a physical therapy evaluation and initial treatment session will begin the same day, in order to reduce stiffness and increase circulation.

Most joint replacement patients participate in physical therapy on an outpatient basis, beginning with home visits. In response to the COVID-19 pandemic, Princeton Rehabilitation offers both new and existing patients one-on-one sessions through a secure telehealth video system in addition to in-person sessions at locations in Plainsboro, Princeton, Monroe, Hamilton and Monmouth Junction.

“How long therapy will take really depends on the individual’s condition and needs,” says Verma. “We see joint replacement patients who are relatively young and healthy, those who are older and may be dealing with other health issues that need to be considered in therapy, and patients who fall between these two. That is why an individualized plan is so important.”



For more information about PMC Princeton Rehabilitation, call 609.853.7840, or visit www.princetonhcs.org.

 To learn more, watch the video *Outpatient Rehabilitation after Joint Replacement Surgery* on the Princeton Health YouTube channel, www.youtube.com/princetonhealth.

PMC Named LGBTQ Healthcare Equality Leader

For the second year in a row, Penn Medicine Princeton Medical Center (PMC) was designated an LGBTQ Healthcare Equality Leader by the Human Rights Campaign (HRC) Foundation, the educational arm of America’s largest civil rights organization working to achieve equality for individuals who identify as lesbian, gay, bisexual, transgender or queer.



based on policies and practices dedicated to the equitable treatment of LGBTQ patients, visitors, and employees. PMC earned a top score of 100.

While PMC was the named awardee, Princeton Health’s efforts to promote equitable care and treatment extend throughout the health system, notably

The designation resulted from HRC’s Healthcare Equality Index, which evaluates healthcare organizations nationwide

at Princeton House Behavioral Health, a regional leader in providing skilled, compassionate care to individuals with behavioral health and substance use issues.

Digital Down Time

Can Boost Your Mental Health



There is no doubt that digital technology has made life easier, particularly during the COVID-19 pandemic, when everything from classroom learning and off-site work arrangements to holiday shopping and social gatherings has depended on it. But as helpful as our digital devices may be, our dependence on them can increase stress, and may lead to depression and anxiety.

“We are constantly under pressure as a result of our smartphones, computers, and tablets,” says Amy Hiraldo, LCSW, Director of Outpatient Services at Penn Medicine Princeton House Behavioral Health’s Princeton site. “The number of text messages, emails, alerts, tweets, and other notifications you receive every day can put your body in a constant state of fight or flight. It raises your stress levels, increases anxiety, and impacts your overall health and wellbeing.”

In addition, spending hours on end staring at a digital screen can have physical effects, including eye strain, back and neck pain, and poor sleep, which can negatively affect your mood.

“For your mental and physical health, it is extremely important to take regular breaks from technology every day,” says Hiraldo. “Allowing your mind to slow down, and stopping the constant assault of information and demands, let’s you reconnect with yourself and the world around you.”

Tips for Disconnecting

There are many ways to incorporate digital down time into your life, and once you do you may find it easier to pull even further away from your electronic devices, turning an hour or two break into a day or two from time to time.

Some ways to disconnect include:

MOVE. Physical activity throughout the day helps clear your mind and ease stress in your body.

GET OUTDOORS. Spend time in nature to calm the nervous system and help you relax and slow down your thoughts and heart rate.

EXPRESS YOURSELF. Take some time to express yourself through art, music or dance. It is not a matter of being good at what you are doing; it is a matter of expressing yourself in a physical way.

INTERACT. Seek out direct human interaction every day with those within your household or outside, if you can do so safely following COVID-19 guidelines.

SCHEDULE BREAKS. It is easy for time to get away from you in the digital world. Make time for regular, frequent breaks.

“If you continue to feel stressed, anxious, or depressed, even after you have reduced your digital time, talk to your doctor,” says Hiraldo. “It may be time to seek professional help. At Princeton House, mental health issues such as depression and anxiety can be addressed at any age, and once you have the tools to counter those emotions, maintaining a digital disconnect plan can be easier.”

To find out more about Princeton House Behavioral Health services, call 888.437.1610, or visit www.princetonhouse.org.

Nurse Navigators

Guide Patients and Families through Cancer Journey



No one should face a cancer diagnosis alone, which is why every patient at Penn Medicine Princeton Medical Center's Edward & Marie Matthews Center for Cancer Care and Princeton Medical Center Breast Health Center is offered complimentary nurse navigation services. The role of the nurse navigator is to ease the path through cancer treatment for the patient and their family.

"A nurse navigator is an experienced registered nurse who is certified in the care and support of patients with cancer and their families and acts as your educator and advocate so you don't have to go through treatment alone," says Lori McMullen, RN, MSN, OCN, Director of Cancer Services at the Center for Cancer Care. "They are dedicated to helping you understand your diagnosis and treatment plan, and are with you and your family every step of the way."

A nurse navigator can help you:

- Coordinate medical appointments and follow-up care
- Understand diagnosis and treatment options
- Ensure information is shared with your multidisciplinary team
- Connect with a wide range of cancer center, community and national resources
- Work through emotional decisions

"Our nurse navigators are part of a multidisciplinary support team, and patients can easily be connected to additional services such as a financial navigator, survivorship and wellness navigator, oncology dietitian, and oncology social worker, who all work together to support patients and their families through the cancer journey," says McMullen.

To contact a nurse navigator, call 609.853.6790, or visit www.princetonhcs.org/cancer. To contact a nurse navigator at the Breast Health Center, call 609.688.2714, or visit www.princetonhcs.org/care-services/breast-health-center.

Pictured above, from left to right Mary Kiensicki, RN, CBCN, Breast Health Navigator; Karen Davison, BSN, RN, OCN, Coordinator Survivorship Oncology; and Sharon Cavone, BSN, RN, OCN, Oncology Nurse Navigator.

CAREs GRANT PROGRAM HELPS STAFF HELP THE COMMUNITY

Penn Medicine Princeton Health (PMPH) staff donate their time and expertise to provide countless hours of volunteer work to improve the health and well-being of the community. To help them in their volunteer efforts, the Penn Medicine CAREs Grant Program was established to offer institutional support to Penn Medicine employees who volunteer in their community. The support is in the form of grants that can be used to purchase supplies and other resources needed to perform this important work in the community.

Grants have been awarded up to four times a year for non-salary expenses related to volunteer community outreach activities. So far, 20 grants have been made to help PMPH staff members support community services, according to Debbie Millar, RN, Director of Community Wellness and Engagement at PMPH, with recent emphasis on COVID-19-related support services.

Through the CAREs Grant Program, funding has been provided to organizations that:

- Feed those facing food insecurity
- Assist the homeless with clothing and other essential needs
- Provide healthcare support to families and individuals in need
- Provide mental health support to children and young adults
- Assist with essential home repairs for seniors, the disabled and others in need
- Provide transportation and support services to seniors

Community Focus

IN HONOR OF *Heart Month*

JOIN US FOR ONE OR
MORE OF THE FOLLOWING
CLASSES:

Hypertension Series: All About Hypertension

THU. January 28 (9:30 – 10:30 a.m.)

 VIRTUAL

Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Srujana Polsani, MD, board certified nephrologist and a member of the Medical Staff of Penn Medicine Princeton Health, will lead this discussion.

Hypertension Series: Spice Up Your Dishes with Seasonings, Not Salt

THU. February 11 (9:30 – 10:30 a.m.)

 VIRTUAL

Cooking with less salt doesn't have to mean less flavor. Learn which herbs, spices, and other ingredients to use to create delicious, flavorful meals that are lower in sodium. This class will be led by Heather Bainbridge, EdM, MA, RDN, a Registered Dietitian Nutritionist with Princeton Medical Center.

Stroke and Your Heart

WED. February 17 (2 – 3 p.m.)

 VIRTUAL

You may not realize it, but certain heart conditions can lead to a stroke. Discover what you can do to lower your risk for stroke at this invaluable program led by Philip Tran, RN-BSN, Stroke Coordinator with Princeton Medical Center (PMC). Learn the early warning signs of a stroke, when to seek medical attention and prevention methods, as well as which heart conditions can lead to a stroke. PMC is a state-designated Primary Stroke Center.

Hypertension Series: Open Your Heart to Beginner Yoga

THU. February 25 (9:30 – 10:30 a.m.)

 VIRTUAL

Yoga can help relax the body and mind, and lower blood pressure. This beginners' class focuses on breathing technique, as well as stretching/warm up, basic yoga poses, balancing and cool down.

Family & Friends CPR

SAT. January 16 (10 a.m. – 12 p.m.)

Adult/Child/Infant*

Community Wellness at
731 Alexander Road, Suite 103,
Princeton

SAT. February 27 (10 a.m. – 12 p.m.)

Adult/Child/Infant*

Community Wellness at
731 Alexander Road, Suite 103,
Princeton

\$15 per person, per session
(\$25 for infant/child/adult)

Family & Friends CPR programs teach participants how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends, and members of the general community who want to learn CPR but do not need a course completion card. *An infant is defined as a child 1 year of age or younger.

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class.

VIRTUAL CLASSES: Classes will be held online, and are accessible via computer or mobile device. Registered participants will receive a link to join.

SAFETY NOTICE: Registered participants will be notified of scheduling changes. For the most up-to-date schedule visit www.princetonhcs.org/calendar.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

CURRENT PROGRAMS

Penn Medicine Princeton Health Community Wellness offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents, and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses, and health professionals of Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Chair Yoga

Tuesdays & Thursdays (8:30 – 9:25 a.m.)

VIRTUAL

Drop-in sessions, registration for each date required.

This gentle form of yoga incorporates standard yoga poses while sitting on or standing next to a chair. The class, taught by a certified yoga instructor, is an adaptation of a standard yoga class and will improve flexibility, concentration, and strength while reducing stress and joint strain.

Gentle Yoga

Mondays (6 – 6:55 p.m.)

Wednesdays (3 – 3:55 p.m.)

VIRTUAL

Drop-in sessions, registration for each date required.

This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, standing and seated postures, which will help improve flexibility and reduce stress. The class is ideal for anyone new to yoga and anyone who desires a relaxed practice of yoga.



Weight-Loss Surgery: Is It Right for Me?

WED. January 20 (6 – 6:30 p.m.)

WED. February 17 (6 – 6:30 p.m.)

VIRTUAL

To register and receive the link to join virtually, please email donna.post@pennmedicine.upenn.edu.

Severe obesity is a serious health condition. Those considering surgical weight-loss options can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding. For those who are in the surgical process, please join one of our regularly scheduled support groups listed on page 17. Please check our website for the latest updates.

Oncology Nurse Navigator Chat: Taking Care of You in the New Year

WED. January 6 (12 – 1 pm.)

VIRTUAL

A new year can mean a new beginning when it comes to your health. Join Karen Davison, RN, BSN, OCN, and Sharon Cavone, RN, BSN, OCN, nurses with the Edward and Marie Center for Cancer Care, for an informative discussion on making 2021 the year you focus on overall good health, with a look at nutrition and activity guidelines and screening recommendations, including recommended cancer screenings.

Empowerment Safety Program

WED. January 6, 13, 20 & 27 (6 – 9 p.m.)

Community Wellness at

731 Alexander Road, Suite 103, Princeton

\$25 per person

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. The FBI estimates that one of every three women in the United States will be assaulted in their lifetimes. Learn to be more aware of potential danger and how to protect yourself. RAD Women® is a multi-session, activity-based program that includes lectures, safety drills, muscle memory and physical defense techniques. This course is designed for every woman regardless of physical fitness and age. Dress in sneakers and comfortable clothing. *No prior experience necessary.



Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. January 12 – February 16 (9 – 10 a.m.)

VIRTUAL

\$20 per person

Learn exercise and lifestyle management strategies to help improve pelvic pain at this six-week class designed for women experiencing pain in and around the pelvic girdle. Sessions will include education along with:

- Stretching and gentle movement exercise
- Breathing techniques
- Yoga and posture
- Mindfulness strategies

Please wear comfortable exercise clothing and bring water to hydrate. Exercises are taught by a Princeton Rehabilitation physical therapist who specializes in pelvic health. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. January 12 – February 18 (1 – 2:15 p.m.)

VIRTUAL

\$99 per person

Improve your pelvic floor health and quality of life through this six-week Total Control® program. Participants report improvement in: urinary leakage and bladder control, frequency or overactive bladder, pelvic strength and support, post-partum core strength, and posture and balance. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

AARP Smart Driver

WED. & FRI. January 13 & 15 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

TUE. February 23 (9 a.m. – 3 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch,
1315 Whitehorse Mercerville Road, Suite 100 Hamilton

\$15 for AARP members. \$20 for non-members.
Payable at the door (cash or check). Checks should be made payable to AARP.

The techniques learned in this course could result in a reduction in insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn: defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks, and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

Eating Healthy Through the New Year

WED. January 13
(7 – 8 p.m.)

 VIRTUAL

Attend this informative session led by Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, and learn tips on eating healthy throughout the year, including:

- Foods that boost your immune system
- Anti-inflammatory foods
- Super foods that give you energy and stamina

Myths and Realities About Gynecologic Cancers

WED. January 20 (1 – 2 p.m.)

 VIRTUAL

Most women are concerned about reproductive cancers, but are not aware of the symptoms or risk factors. Join Charlotte Marcus, MD, FACOG, board certified gynecologic oncologist with Penn Medicine Princeton Medicine Physicians, for a discussion on the diagnosis and treatment of gynecologic cancers, including risk factors and warning signs. Information will also be provided on the minimally invasive treatments and the medical and holistic services offered through the gynecologic oncology program at the Edward & Marie Mathews Center for Cancer Care at Princeton Medical Center.

Constipation Management for Kids: A Class for Parent and Child

THU. January 21 – February 25
(6:30 – 7:30 p.m.)

 VIRTUAL

\$50 per pair (parent/child)

This six-week class is designed for children ages 6-12 (and their parent/guardian) who have had issues managing constipation. Participants will learn exercises and lifestyle management strategies to reduce constipation. Sessions will also include:

- Stretching and movement
- Yoga and postural exercises
- Breathing techniques
- Positioning for toileting
- Relaxation of pelvic floor
- Awareness of bowel/bladder habits

Participants should have their doctors' medical clearance to exercise.



I Can't Feel My Hands or Feet

TUE. January 26 (7 – 8 p.m.)

 VIRTUAL

We have all experienced pins and needles or numbness in our extremities on occasion, but when do those sensations become a cause for concern? Join Arik Mizrahi, MD, board certified in physical medicine and rehabilitation and pain medicine, for this informative session examining when numbness and pins and needles becomes more than an inconvenience. Dr. Mizrahi is a member of the Medical Staff of Princeton Health.

Demystifying Medications

WED. January 27 (1 – 2 p.m.)

 VIRTUAL

Understanding why, when and how your prescribed medications are to be taken is important. Join Marina Boulos, PharmD, PGY-1 Pharmacy Resident, for an informative discussion on the various classes of drugs that you or your loved ones may be prescribed, how to interpret and simplify their often-complex names, and how to understand what they do and how they should be used.

Protect Yourself Against Glaucoma

THU. January 28 (1 – 2 p.m.)

 VIRTUAL

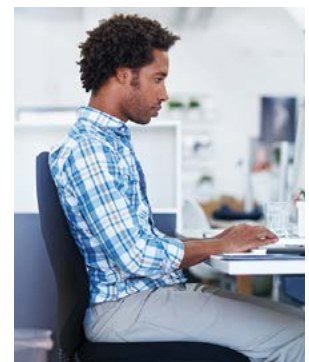
Glaucoma — a leading cause of blindness in the United States — can easily go undetected since there are usually no symptoms. Fortunately, it can be tested for and controlled if caught early. Join Colleen Coleman, MD, board certified ophthalmologist, to learn about the importance of taking care of your vision and getting screened. Dr. Coleman is a member of the Medical Staff of Princeton Health.

Standing Tall: Prevent Injury through Postural Awareness

MON. February 1 (12:30 – 1:30 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Proper posture can make a big difference when it comes to preventing and alleviating back pain. Learn proper postures for relaxing and while working at a computer, as well as techniques to prevent injuries and improve overall alignment. This program will be led by Esther Frasso, PT, a physical therapist with Princeton Medical Center Princeton Rehabilitation.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Disordered Eating: More than Meets the Eye

TUE. February 9 (12 – 1 p.m.)

VIRTUAL

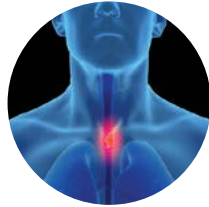
How do you know when dieting and weight-loss pursuits have become serious and potentially life-threatening problems? Join Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, for this invaluable discussion on the warning signs of disordered eating, risk factors for developing an eating disorder, and steps to take in seeking help and support.

Understanding Voice and Swallowing Changes

WED. February 10 (9 – 10 a.m.)

VIRTUAL

Swallowing problems (called dysphagia) and voice issues (called dysphonia) are common conditions people often think they have to live with, but the truth is there are ways to help improve both conditions. Feeling as if food is stuck in your throat, finding certain foods are difficult to swallow, or noticing your voice has gotten weaker or raspier are all signs of these conditions, which often occur as we age. Join Jenny E. Cowell MS, CCC-SLP, Certified Speech and Language Pathologist with Princeton Medical Center, for this informative session on dealing with swallowing and voice disorders.



Why Is It So Difficult to Lose Weight?

THU. February 11 (7 – 8 p.m.)

VIRTUAL

Join Lisa Dobruskin, MD, Medical Director of The Center for Bariatric Surgery and Metabolic Medicine at Penn Medicine Princeton Health, for an informative discussion about obesity. This lecture will cover the reasons why obesity is such a difficult disease to treat and why losing weight and maintaining weight loss is a struggle for so many.



What Did You Say? Hearing Loss and Advances in Hearing Aid Technology

THU. February 11 (12 – 1 p.m.)

VIRTUAL

Tired of missing out in social activities because your hearing is failing? Audiologist Jaime Taylor, AuD, CCC-A, with Penn Medicine Princeton Medical Center, will discuss hearing aids and recent advancements in hearing aid technology.

CEUs for Health Professionals

Geriatric Emergency Medical Services (GEMS)

TUE. January 12 (8 a.m. – 4 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

8 CEUs approved

\$90 per person

This course is for EMTs, paramedics, emergency responders, nurses, physician assistants and physicians and teaches different ways to work with the older patient, including patient assessment, treatment guidelines, communication and end-of-life issues. Upon successful completion of the course, students receive a certificate of completion, a wallet card recognizing them as GEMS core providers for four years, and eight hours of CAPCE credit.

EMS Safety

SAT. January 16 (8 a.m. – 4 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

8 CEUs approved

\$90 per person

This course teaches participants how to protect themselves and their patients while on the job. EMS Safety is the only national, comprehensive safety course for EMS practitioners. Its interactive format features real-life case studies and compelling discussions on current safety issues, and provides participants with a forum to share their own experiences.



Psychological Trauma in the EMS Patient (PTEP)

TUE. & WED. February 9 & 11 (6 – 10 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

8 CEUs approved

\$90 per person

This course gives EMS practitioners the resources they need to help alleviate patients' fear, stress and pain during a medical emergency. PTEP educates EMS practitioners about the warning signs that a patient is experiencing extreme psychological distress and strategies and techniques to alleviate that distress. PTEP is designed for EMS practitioners and other pre-hospital providers. The course is accredited by CAPCE and recognized by NREMT. Students who successfully complete the course receive a certificate of completion, a wallet card good for four years, and eight hours of CAPCE credit.

International Trauma Life Support (ITLS)

SAT. & SUN. February 20 & 21 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road
Suite 103, Princeton

16 CEUs approved

\$175 per person

This course includes eight hours of classroom instruction, eight hours of hands-on skills training, and testing for ITLS Basic or Advanced certification. Innovative skills stations let you practice the abilities appropriate for your level of certification. ITLS Provider is appropriate for all levels of EMS personnel, from EMT-Bs and first responders to advanced EMTs, paramedics, trauma nurses, and physicians.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

CHILDBIRTH & FAMILY PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.
Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Maternity Tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. At this time, all maternity tours are cancelled for the foreseeable future. However, we invite expectant parents who are delivering at PMC or considering delivering here to take a virtual tour of our state-of-the-art Center for Maternal & Newborn Care by visiting www.princetonhcs.org/maternitytour.

Prenatal Yoga

Tuesdays (9:30 a.m. – 10:25 a.m.)

VIRTUAL

Drop-in sessions, registration for each date required.

Expectant mothers will learn how to use gentle postures, stretching, breathing, relaxation, and meditation to help keep fit and feel good during pregnancy. No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please have the following props handy: yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

VIRTUAL

During these uncertain times, parenting may cause anxious feelings. So we are offering a virtual support group to give parents-to-be and new parents an opportunity to safely connect and share experiences. This group will be moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health who can answer any questions you have. Parents of babies up to 6 months old are welcome.



Baby Care

TUE. January 12 (7 – 9:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. February 23 (7 – 9:30 p.m.)

VIRTUAL

\$50 per couple.

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, choosing a pediatrician, and more.



Prenatal Breastfeeding Class

THU. January 7 (7 – 9:30 p.m.)

THU. February 11 (7 – 9:30 p.m.)

VIRTUAL

\$25 per couple

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping, and avoiding common problems at this informative program. This class is taught by an internationally board certified lactation consultant.

Preparing for Cesarean Section

TUE. February 9 (7 – 9 p.m.)

Community Wellness at 731 Alexander Road Suite 103, Princeton

\$30 per couple

Learn what to expect during your scheduled Cesarean section. Topics include preparation, surgery, anesthesia, and post-operative recovery.

Daddy Boot Camp™

SAT. February 13 (9 a.m. – 12 p.m.)

VIRTUAL

\$40 per person

This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and develop skills for caring for their newborns. Greg Barron, Daddy Boot Camp™ master coach, along with new dads, will demonstrate how to hold, comfort, diaper, and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety, and the importance of parental teamwork. Feel comfortable, ask questions, and express your concerns and joys about fatherhood.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Twins and Multiples

TUE. February 16 (6:30 – 7:30 p.m.)

 VIRTUAL

\$40 per couple. Registered participants will receive a link to join.

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiple babies, what to expect immediately postpartum, and the first couple weeks at home. Parents are encouraged to take our Birthing Basics series as well for a more comprehensive program.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

OPTIONS FOR BIRTHING

Penn Medicine Princeton Health offers a variety of childbirth preparation classes to help prepare expectant parents for labor and delivery. Choose the series that is right for you.

Birthing Basics

THU. January 7 – 28 (7 – 9 p.m.)

Community Wellness at 731 Alexander Road Suite 103, Princeton

MON. February 8 – March 1 (7 – 9 p.m.)

 VIRTUAL

\$125 per couple.

This multi-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience.

Labor Fundamentals

SAT. January 9 (10 – 11 a.m.)

SAT. February 6 (10 – 11 a.m.)

 VIRTUAL

\$25 per couple

This program will include a virtual maternity tour and parents will learn the signs of labor, warning signs, and when to go to the hospital.

HypnoBirthing®

WED. January 13, 20, 27, February 3 & 10 (6:30 – 9 p.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$195 per couple

This multi-session class is designed for expectant couples with a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

Accelerated Birthing Basics

SAT. January 23 (9 a.m. – 5 p.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, 1315 Whitehorse-Mercerville Road, Suite 100, Hamilton

SAT. February 20 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions, and comfort measures to promote a positive birth experience.

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family issues.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.

Register at www.princetonhcs.org/calendar or 1.888.897.8979.



Bumps, Bands and Balls: Fitness & Education Class for Expecting Moms

MON. January 11 – February 15
(6:30 – 7:30 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$60 per person

Expecting? Join pelvic health physical therapists to learn pregnancy-safe exercises including:

- Low impact cardio exercises
- Postural strengthening exercises
- Movements and stretches to prepare for birthing
- Breathing exercises

This series will also include lessons on topics including guidelines for exercise during pregnancy, warning signs to stop exercise, and physically preparing for childbirth. Participants should dress in comfortable exercise clothing and bring water. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Ask the Lactation Consultant

MON. January 18 (7 - 8 p.m.)
MON. February 1 (7 - 8 p.m.)

VIRTUAL

Do you have breastfeeding questions? This virtual interactive Q & A discussion group will give pregnant and breastfeeding families an opportunity to ask questions of a Penn Medicine Princeton Health Community Wellness board certified lactation consultant.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. January 12 – February 18 (10 – 11 a.m.)

VIRTUAL

\$60 per person

Strengthen and restore your posture, core and pelvic floor with this six-week class designed for new moms. Participants should be at least six weeks postpartum and have their doctors' medical clearance to exercise. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga and breathing. Please wear comfortable exercise clothing. Babies welcome.

Infant Massage

SAT. January 23 (12:30 – 2:30 p.m.)

VIRTUAL

\$15 per family

Join us in a virtual meeting to learn how to skillfully provide calm and soothing touch for your infant and other children as well. Prepare a warm and quiet space with a blanket, exercise mat or large towel. We recommend the use of grapeseed or sunflower oil (test oil on baby's ankle or wrist 24 hours before class to ensure there are no skin sensitivities). Please wait at least one week after baby's most recent immunization to join this class.

CPR & FIRST AID

Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.



Mental Health First Aid Training

TUE. & THU. January 26, 28, February 2 & 4 (10 a.m. – 12 p.m.)

VIRTUAL

An estimated one out of every five people will experience a diagnosable mental disorder in any given year. Recognizing a mental health problem and knowing how to address it are invaluable skills. This eight-hour training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.

ACLS Full Certification Course

MON. & TUE. January 11 & 12 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

THU. January 14 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton
WED. February 10 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

PALS Full Course

THU. & FRI. February 4 & 5 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

MON. January 25 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS Renewal*

THU. January 7 (9 a.m. – 1 p.m.)
TUE. February 9 (6 – 10 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100, Conference Rooms A & B, Hamilton
TUE. January 19 (6 – 10 p.m.)
THU. February 25 (9 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$40 per person

The BLS Provider course covers core material such as adult and pediatric CPR, foreign-body airway obstruction, and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card. *To be eligible for the renewal course, you must have a valid BLS Provider course completion card.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Heartsaver CPR AED First Aid

SAT. January 30 (9 a.m. – 4 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$45 per person

The Heartsaver AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Heartsaver CPR AED

THU. February 18 (6 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$40 per person

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies, and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS, and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS



Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Mental Health First Aid for First Responders

FRI. January 8 & 15 (8 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road – Suite 103, Princeton

8 CEUs pending state approval

An estimated one out of every five people will experience a diagnosable mental disorder in any given year. Recognizing a mental health problem and knowing how to address it are invaluable skills. This training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.

Penn Medicine Princeton Medical Center is *not* a state-designated regional trauma center.



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. **To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit www.princetonhcs.org/calendar.**

Nutrition for Breast Cancer Patients

FRI. February 5 (2 – 3:30 p.m.)

 VIRTUAL

To register and for link to join, please call 609.853.6788.

Women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, MS, RDN, CSO, board certified specialist in oncology with Princeton Medical Center. Learn how diet and lifestyle play an important role in breast cancer and its prevention. The program will cover:

- Your nutritional needs during treatment
- Physical activity
- Planning a healthy diet
- Answers to your nutrition questions



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.



Prostate Cancer Support Group

WED. January 13 (2:30 – 4 p.m.)
WED. February 10 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This support group welcomes those with prostate cancer, their loved ones, and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Cancer Support Group

TUE. January 19 (2:30 – 4 p.m.)
TUE. February 16 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Penn Medicine Princeton Medical Center is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education, and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer, communicating effectively with your healthcare team, adjusting to changes during and after treatment, maintaining healthy relationships personally and professionally, and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Breast Cancer Support Group

TUE. January 12 (6 – 7:30 p.m.)
TUE. February 9 (6 – 7:30 p.m.)

 VIRTUAL

To register and for link to join, please call 609.853.6787.

The Breast Cancer Support Group meets the second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members, and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a breast health navigator from Penn Medicine Princeton Medical Center's Breast Health Center.

Head & Neck Cancer Support Group

A Support Group for Head & Neck Cancer Patients and/or Their Loved Ones

WED. January 20 (12 – 1:30 p.m.)
WED. February 17 (12 – 1:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Penn Medicine Princeton Health's Head & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement, a safe setting for sharing concerns and problems related to life after cancer, education, and a social outlet for cancer patients, their families, and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Penn Medicine Princeton Health.

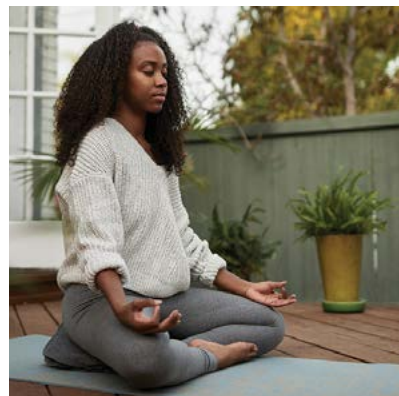
Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

To register and for link to join, please call 609.853.6787.

This rejuvenating class combines gentle exercises with yogic breathing, guided imagery, and meditation. The low-impact program provides patients who are undergoing cancer treatment with an effective workout for the body and the mind, helping them reduce stress and focus on taking care of themselves.



Restorative Yoga

WED. January 6 (7 – 8 p.m.)
WED. January 20 (7 – 8 p.m.)
WED. February 3 (7 – 8 p.m.)
WED. February 17 (7 – 8 p.m.)

 VIRTUAL

To register and for a link to join, please call 609.853.6787.

This class is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. Prior experience is not necessary.



Penn Medicine Princeton Medical Center is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For further information about PMC's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. January 6 (7 – 8:30 p.m.)

WED. February 3 (7 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth, and early infant death. Meetings are held the first Wednesday of every month, unless the date falls on a holiday.



Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. January 25 (11 a.m. – 12:30 p.m.)

MON. February 22 (11 a.m. – 12:30 p.m.)

 VIRTUAL

For information to join, visit www.princetonhcs.org/calendar and search keywords “Bereavement Support.” Please call 609.819.1226 with any questions.

This support group meets the third Monday of the month unless the date falls on a holiday. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton Hospice Program, this group welcomes community members who need support and assistance coping with grief and loss.

Weight-loss Surgery Support Group

TUE. January 5 (7:15 – 8:15 p.m.)

TUE. February 2 (7:15 – 8:15 p.m.)

THU. January 7 (6:30 – 7:30 p.m.)

THU. February 4 (6:30 – 7:30 p.m.)

WED. January 20 (6:30 – 7:30 p.m.)

WED. February 17 (6:30 – 7:30 p.m.)

To register and receive the link to join virtually, please email donna.post@penntmedicine.upenn.edu.

This supportive community welcomes individuals who have had weight-loss surgery, as well as those considering the surgery. Join us to discuss and share strategies for dealing with the physical, emotional, and lifestyle changes related to weight-loss surgery. Group sessions are facilitated by Bariatric Coordinator/Nurse Navigator Donna Post, RN-BC, in conjunction with our board certified bariatric surgeons Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, or other healthcare professionals from Penn Medicine Princeton Medical Center. The support groups are sponsored by the Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center. This group will be tentatively held virtually. Please check our website for the latest updates.



Bariatric Support Group (for Alumni)

TUE. January 5 (6 – 7 p.m.)

TUE. February 2 (6 – 7 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email donna.post@penntmedicine.upenn.edu.

Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group, which meets four times a year, in addition to the other weight-loss surgery support groups. In this support group, we will delve deeper into issues unique to patients who are beyond the two-year mark. This group will be tentatively held virtually. Please check our website for the latest updates.

Journey Back: Stroke Support Group

WED. January 13 (2 – 3 p.m.)

WED. February 10 (2 – 3 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please call Jenny Bestwick, LCSW, at 609.853.6359.

Journey Back welcomes individuals who have experienced a stroke, as well as their loved ones and caregivers, to attend this peer support group that meets on the second Wednesday of each month. Facilitated by Jenny Bestwick, LCSW, Acute Rehabilitation Social Worker with Penn Medicine Princeton Medical Center, the group helps those touched by stroke work toward increased independence, adjust to life after stroke, and provide support and hope to one another. There will be occasional presentations by experts in stroke and rehabilitation.

Diabetes Support Group

TUE. January 19 (10:30 – 11:30 a.m.)

MON. January 25 (6:30 – 7:30 p.m.)

TUE. February 16 (10:30 – 11:30 a.m.)

 VIRTUAL

To register and receive the link to join virtually, please call 609.853.7890.

This group provides resources and support for those living with diabetes, and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitates meetings.

For more information on PMC's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring, and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

www.ustream.tv/princetonhealth



Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Penn Medicine Princeton Health. New episodes will premiere each month and then remain available for on-demand viewing on our USTREAM channel at www.ustream.tv/princetonhealth.

To learn about upcoming episodes, visit: www.princetonhcs.org/calendar. Future Topics? Send us your ideas. PrincetonHealth@gmail.com



Outpatient Rehabilitation After Joint Replacement Surgery

WED. January 13 (12 p.m.)
Ashley Lawrence, PT, DPT,
Staff Physical Therapist



Pathways to Hope for Eating Disorders

WED. February 10 (12 p.m.)
Robbi K. Alexander, PhD, APN,
PMHCNS-BC
Administrative Director,
Psychiatric Services
Director, Princeton Center for
Eating Disorders

For the most up-to-date schedule visit www.princetonhcs.org/calendar.

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class.

VIRTUAL CLASSES: Classes will be held online, and are accessible via computer or mobile device. Registered participants will receive a link to join.



Penn Medicine
Princeton Health

Community Wellness

Community Wellness
731 Alexander Road, Suite 103
Princeton, NJ

Princeton Fitness & Wellness
Princeton North Shopping Center
1225 State Road
Princeton, NJ

Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ

**Hamilton Area YMCA
John K. Rafferty Branch**
1315 Whitehorse-Mercerville Road
Hamilton, NJ

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction, NJ

For an up-to-date calendar, please visit
www.princetonhcs.org/calendar.

Registration is required unless otherwise noted.

Register at www.princetonhcs.org/calendar
or call 1.888.897.8979 (unless another number
is indicated). For directions, please visit
www.princetonhcs.org.

Allergies are Nothing to Sneeze at This Winter



When spring rolls around, the sneezing, wheezing and runny nose and eyes that signal the start of “allergy season” are something many people come to expect. What may be less obvious is the onset of winter allergies, which can involve the same symptoms but different triggers.



“People usually think of pollen, grass, weeds, and outdoor mold — the outdoor spring, summer, and fall allergens — as the only culprits when it comes to allergies,” says **Kathryn Edwards, MD**, board certified in allergy and immunology. “The reality is that indoor allergens are also a concern, but since we are not closed in our homes as much in the nicer weather, we may not exhibit noticeable symptoms until winter arrives, we close the windows and turn on the heat.”

A Medical Evaluation is Important

If symptoms — including sneezing, stuffy or runny nose, itchy eyes and/or throat or ears, or a dry cough — last more than a week or two, and you are usually plagued by winter allergies, seeing a doctor is the important first step when it comes to diagnosis and treatment, according to Dr. Edwards. “You want to begin by determining whether what you are experiencing is allergies, a cold, or something more serious, such as the flu or COVID-19. Since the symptoms of all of these can be similar, a medical diagnosis is needed.”

The most common winter allergens include dust mites, pet dander and mold. In some cases, these allergens can be reduced enough to control symptoms by frequently washing bedding and clothing, vacuuming floors and upholstered furniture, dusting, using an air purifier, reducing moisture with a dehumidifier in the basement and by repairing any water leaks, and using an exhaust fan in the bathroom.

When these changes are not enough, over-the-counter allergy medications or prescription-strength nasal sprays, which help relieve inflammation and symptoms like a runny nose, may be enough to manage the condition. For chronic allergy symptoms, allergy shots may be the answer, since they allow your body to build up immunity to the allergens over time.

Watch for these symptoms:

- Sneezing
- Stuffy or runny nose
- Itchy eyes and/or throat or ears
- Dry cough

IMPORTANT NOTE:

With the prevalence of COVID-19 at the present time, when experiencing any of these symptoms or others, it is important to limit contact with others and seek a diagnosis and treatment promptly.

To find a physician affiliated with Penn Medicine Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

Women's Health: Abnormal Bleeding



Every woman's menstrual cycle is a little different, but heavy bleeding that requires a change of clothes or menstruation that leaves you doubled over in pain is a sign of an underlying medical condition.



"Women tend to accept heavy uterine bleeding and pain as normal, but there is nothing normal about it," says **Shyama S. Mathews, MD**, a board certified gynecologist and minimally invasive gynecologic surgeon on the Medical Staff of Penn Medicine Princeton Health. "If you experience either of these problems it is important to see a doctor to determine the cause.

Often, hormone therapy or a minimally invasive procedure can help restore a normal cycle and relieve those uncomfortable symptoms."

Signs of a Problem

For most women, a typical menstrual cycle runs 28 days, with a period that lasts between four and seven days. Moderate bleeding is expected during a period, but what is considered moderate?

Heavy bleeding means any one, or all, of the following:

- You bring extra clothes with you in case of an accident.
- You change protection more than every four hours.
- You use the highest absorbency products and still soak through them.

"Pain and cramps may also be a sign of a problem if they cannot be easily managed with over-the-counter pain relievers," says Dr. Mathews. "Pain that is so severe it causes nausea and vomiting, keeps you from your daily responsibilities, or is accompanied by diarrhea or constipation is a cause for concern."

Intermittent bleeding between periods or spotting after sex, as well as unpredictable periods or bleeding after menopause can also be signs medical attention is needed.

Hormonal or Structural Causes

Hormonal changes can be the result of a thyroid imbalance, polycystic ovarian syndrome (PCOS), peri-menopause, and life changes such as increased stress and dietary changes. Structural changes can include uterine fibroids, endometrial polyps, ovarian cysts, endometriosis and certain types of cancer.

The process of determining the cause of the problem begins with a physical exam, usually blood work, and a thorough medical history. If the cause is hormonal, a conservative approach to management may include a low-dose birth control pill or IUD and lifestyle changes. Structural problems may require surgery, such as hysteroscopy to remove polyps and small fibroids; endometrial ablation to burn away the inner lining of the uterus; laparoscopy to diagnose and excise endometriosis; or minimally invasive myomectomy to remove fibroids or hysterectomy to remove part or all of the uterus.

"There are several safe and effective minimally invasive surgical options to deal with structural problems," says Dr. Mathews. "Robot-assisted surgical procedures allow us to perform complex surgeries with greater precision, less complications, and a faster recovery. The first step, however, is for women to talk openly to their doctors about what they are experiencing. Heavy bleeding and pain are not something women have to live with."

To find a physician affiliated with Penn Medicine Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

Is My Snoring Something Serious?

Snoring is something most people have experienced, either as the person whose sleep is disturbed by a snoring partner or the one being nudged in the night to turn over. While “sawing wood” can be annoying, it is not always cause for concern. Understanding when a medical evaluation is warranted is important.



“Mild intermittent snoring is common, and while it may be annoying to a bed partner, it is often not indicative of other medical problems,” says **David Cohn, MD**, Medical Director of the Sleep Center at Penn Medicine Princeton Medical Center. “When snoring is loud, occurs nightly, and is associated with pauses in breathing followed by loud gasping or snorting episodes, the presence of obstructive sleep apnea (where breathing stops and starts throughout the night) is likely, and the person should be evaluated.”

Some Causes May Surprise You

The most common causes of snoring, include weight gain (even gaining 15 pounds can impact nighttime breathing), age (the upper airway tends to collapse as we get older), as well as changes in sleep position from side or stomach to the back, nasal congestion or alcohol consumption near bedtime.

Signs of a sleep problem that require medical attention include:

- Loud prolonged snoring, often accompanied by gasps for breath or moments when breathing stops
- Excessive daytime sleepiness
- Waking up feeling tired
- Difficulty staying awake while driving or sitting
- Difficulty concentrating
- Morning headaches

Left untreated, sleep apnea can increase the risk of high blood pressure, heart conditions and stroke, in addition to making it difficult to carry out everyday activities due to exhaustion.



Evaluation and Treatment

The first step in evaluating a snoring or sleep problem is to meet with a primary care physician or sleep specialist for a medical history and physical. If sleep apnea is suspected, a sleep study will be ordered. For many people the study can easily be done at home, but for individuals with conditions such as heart failure or chronic lung disease, or those who have a negative home study but are still suspected to have sleep apnea or another sleep disorder, an in-lab study is recommended.

In some cases, lifestyle changes such as losing weight, not sleeping on your back and treating nasal congestion can resolve a snoring problem and mild sleep apnea.

“For most people, however, some type of intervention is needed,” says Dr. Cohn. “Most commonly, that is CPAP (continuous positive airway pressure), which is a small bedside machine that delivers a high flow of air through a mask to keep the airway open. For some patients with moderate to severe apnea, if CPAP is not an option, a new surgical procedure called Inspire involves placing a small insert in the neck to stimulate proper opening of the airway during sleep.”

For more information about the Sleep Center at Penn Medicine Princeton Medical Center, call 609.853.7520, or visit www.princetonhcs.org.

Princeton Center for Eating Disorders

Finding the Pathways to Hope



A sense of hopelessness can overtake anyone from time to time, but that debilitating state can be particularly common among individuals faced with eating disorders, since they are often living with both mental health and chronic physical issues brought on by their disorder.

While perceptions of hope are different for everyone, a program developed and run by the nurses at Princeton Center for Eating Disorders at Princeton Medical Center is helping adult participants focus on the pathways to hope.

“The goal of the program is to help them look toward the future,” says Lisa Sabo, BSN, RN, PMHN-BC, a board certified psychiatric nurse on staff at the center. “It’s about kindling hope and identifying the value in each person’s life. Defining and reaching goals is key.”

A Four-Week Program

Most participants attend the four-week program twice a week, and each session runs between 30 and 60 minutes, depending on the needs of the group.

“It is a supportive program. We are helping guide them to gather the tools they need to identify and reach their goals,” says Anna Lybarger, BSN, RN, PMHN-BC, a board certified psychiatric nurse on staff at the center. “The program is a way to reinforce hope, as part of a multidisciplinary team approach with our therapists.”

Each week focuses on a different aspect of the process. In the first week, participants explore what hope is and what their individual goals are. The second week looks at how they can accomplish their

goals and what roadblocks they may face. In the third and fourth weeks, motivation and a recap of where they stand in pursuing their goals are the focus.

“During the program, each person develops a vision board or storyboard, something tangible to help them visualize their goal and create a pathway to success,” says Lybarger.

Adds Sabo, “Roadblocks are common in life, particularly for those struggling with an eating disorder, so we help them see that the pathway to hope may not be a straight line; they need to consider alternatives and possibly second-tier goals in the planning process in order to succeed.”

Princeton Center for Eating Disorders provides inpatient treatment for children ages eight and older, teens, and adults of all genders with serious eating disorders.

For information about Princeton Center for Eating Disorders, call 609.853.7575, or visit www.princetonhcs.org/eatingdisorders.

Tips for Nurturing Hope

- Explore your needs
- Define your goal
- Break your goal into subgoals
- Anticipate roadblocks
- Create pathways to success

Helping Children Build Resilience through **TELEHEALTH** Art Therapy

Creative activities — like art therapy — help children and adolescents increase their sense of well-being and their emotional resilience, so day-to-day functioning is easier. But when social distancing is required, coordinating the decidedly hands-on therapy, which is a part of all Penn Medicine Princeton House Behavioral Health (PHBH) treatment programs, can be challenging.



“Art therapy before COVID-19 took place in a group setting, in a room where we had a wide range of supplies,” says Linda Baker, MA, LAC, Allied Clinical Therapist at PHBH’s Moorestown outpatient site. “It was easy to interact with the kids and for them to interact with each other, and for them to stay focused on the task since we were all together in one place. When in-person art therapy was not an option, we had to figure out another way to engage. Going virtual created two key challenges: how to do art when not everyone had access to art supplies, and how to engage everyone in the process.”

Taking a Third-Hand Approach

One solution was to take what is known as a “third-hand” approach to the process. “It is an approach that is usually used for someone with a physical disability,” says Baker, “allowing the therapist to become the person’s hands.”

Aiming her computer’s camera at a blank poster board, Baker works with the young participants to create a character, including the shape of the face, the expression, the clothes and even the background setting. In the following session they develop a backstory for the character, who can express problems and concerns the children may not feel comfortable expressing. Once completed, the finished story is read to the group, who take personal pride in their contributions, and often ask for it to be read to them several times.


5 WAYS TO HELP BUILD RESILIENCE:

- Socialize
- Give back
- Talk about feelings
- Seek positive support
- Imagine possibilities


“By working together, they are engaging with each other and getting to know one another and open up about themselves,” says Baker. “It has been a wonderful way to help them build resilience by allowing them to project their concerns in a safe and creative way and receive instant support and feedback. And because of the interactive approach, they are more likely to remember what they are hearing and experiencing.”

To find out more about Princeton House Behavioral Health outpatient services, call 888.437.1610, or visit www.princetonhouse.org.

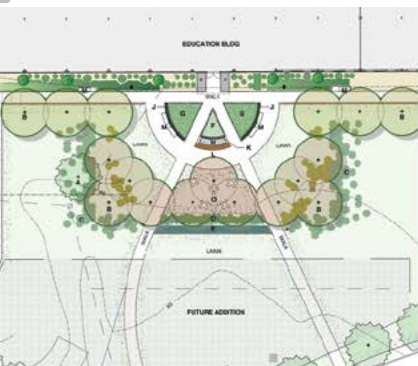
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Legacy Gift from David I. Scott, MD, and Gail Shapiro-Scott Names New

HEROES GARDEN



David I. Scott, MD, and his wife, Gail Shapiro-Scott, were steadfast supporters of Princeton Health, and both had close connections to Princeton Medical Center. Dr. Scott was board certified in pediatric medicine and anesthesiology. He joined Princeton Anesthesia Services in 1996 and worked there until he became ill, passing away in 2014. Mrs. Shapiro-Scott, a retired

physical education teacher, logged over 1,400 hours of service with our Department of Volunteer Services.

Upon Mrs. Shapiro-Scott's passing in March 2020, Princeton Health received a generous gift from their estate, which will benefit two areas of significance to the Scotts—our new Heroes Garden and the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center.

The Heroes Garden, named for the Scotts, was created as a way to reflect on the challenges we faced in 2020. It is an enduring way to express our pride and gratitude for our Healthcare Heroes—the physicians and employees who served our community during the pandemic. Located outside of the Schreyer Education

Center, the garden recognizes the selfless commitment of our medical staff and employees while providing a haven to reflect on all that we have overcome.

The bequest donation from the Scotts will also provide support for the Edward & Marie Matthews Center for Cancer Care through the newly established Dr. and Mrs. David I. Scott Patient Support Fund.

We are honored and grateful for the support of these visionaries. They provided for the future generations of our community by including Princeton Medical Center Foundation in their estate plans. If you would like to learn more about **Creating Your Legacy** with us and becoming a member of the *1919 Society*, please contact Danielle Oviedo at 609.252.8709, or visit www.princetonhcs.planmylegacy.org.