

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JANUARY/FEBRUARY 2022

New Hip Replacement Procedure Offers **FASTER RECOVERY**

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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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Princeton Health, published six times each year by Penn Medicine Princeton Health, is dedicated to providing you with the latest health-related news and information.

The health information provided in *Princeton Health* is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

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New Hip Replacement Procedure Offers **FASTER RECOVERY**

When it comes to hip replacement, a new muscle-sparing procedure makes recovery times quicker and reduces the risk of complications after surgery.



“With minimally invasive direct superior hip replacement, we do not have to cut the two muscles traditionally cut during hip replacement,” says **Brian Vannozi, MD**, a board certified orthopaedic surgeon on the Medical Staff of Penn Medicine Princeton Health. “This minimizes the trauma to the hip during surgery and makes the joint significantly more stable after surgery. It generally eliminates the typical precautions placed on patients after surgery.”

In fact, most patients can walk over 300 feet (the length of a football field) within a few hours after the surgery, which typically takes under an hour to complete.

“Most people are able to go home in less than 24 hours, and many go home the same day,” says Dr. Vannozi. “They are not restricted when it comes to sleeping on either side, crossing their legs, bending, etc., which typically are restrictions for up to eight weeks after a traditional hip replacement.”

Taking a Step in the Right Direction

Direct superior hip replacement is an option for anyone in need of a hip replacement, and along with the use of new materials called dual

mobility components, which dramatically increase the stability of the new joints, can make a world of difference for patients.

“Understandably, people are anxious about the idea of a hip replacement,” says Dr. Vannozi, “but these advances make the process so much easier on the patient. It is also important to recognize that waiting too long to undergo the procedure can compromise the outcome. If the ligaments, soft tissue, and muscles around the hip have stiffened, it can take a little longer and more work to get back to 100%. But overwhelmingly, hip replacement is extremely successful for patients when the time is right and done with the newest techniques and technologies.”

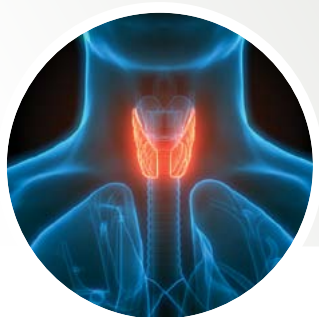
To find an orthopaedic surgeon affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit www.princetonhcs.org.

SIGNS YOU MAY NEED A HIP REPLACEMENT

- Persistent pain, despite medication
- Difficulty walking, even with a cane or walker
- Discomfort that interferes with sleep
- Difficulty navigating stairs
- Problems rising from a seated position

Primary Hyperparathyroidism:

A Tiny Gland Can Cause Big Problems



The four tiny parathyroid glands located at the base of your neck behind your thyroid may be insignificant in size, but they make up for it in function. When one or more of them become overactive, they can cause a wide range of problems.

“Their purpose is to regulate calcium levels in the bloodstream, which impact your bones, kidneys, and intestines,” says **Omodele Hogan, MD**, an endocrinologist with Penn Medicine Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health. “When one or more of them become enlarged and overactive — a condition called primary hyperparathyroidism — you can develop kidney stones, osteoporosis, high blood pressure, and a decline in kidney function over time.”

“The cause of the condition is unknown,” says Dr. Hogan, who is board certified in endocrinology, diabetes and metabolism. “It is diagnosed in women more than men, and most often in people over 60, although it can occur in young adults. It typically causes a high level of calcium in the blood, but it can also occur in people with normal calcium levels.

Symptoms of hyperparathyroidism can include:

- Fatigue/weakness
- Excessive thirst
- Depression/anxiety
- Nausea
- Excessive urination
- Bone or joint pain
- Constipation
- Confusion/forgetfulness
- Abdominal pain

When primary hyperparathyroidism is suspected, specific blood tests, a 24-hour urine test, along with a bone density test is the first step. Additionally, an x-ray or ultrasound may be ordered to check for kidney stones. If the condition is confirmed, further imaging tests are used to identify the overactive gland.

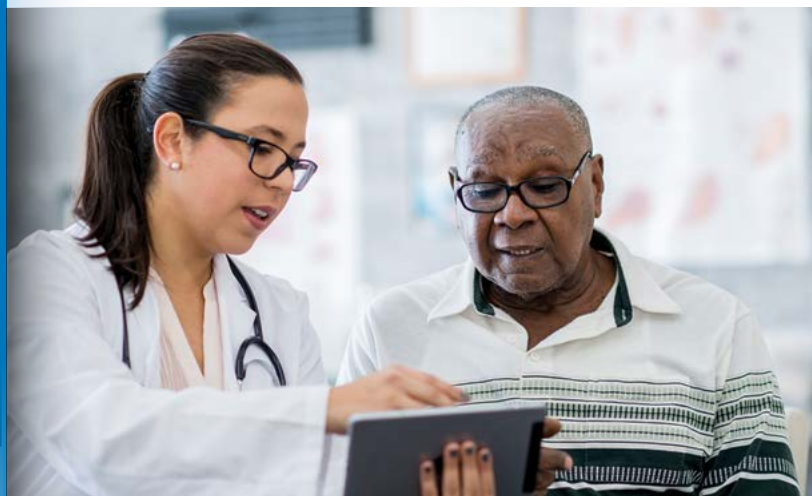
Treatments Vary

“In people with mildly elevated calcium levels, who have no symptoms, surgery is not typically recommended,” says Dr. Hogan. “Instead, we encourage them to do weight-bearing exercises regularly, talk to their doctor if they take a water pill (thiazide diuretic) since it may be helpful to switch to one that does not impact calcium levels, and be sure to drink plenty of fluids to prevent kidney stones from forming.”

Individuals who are experiencing symptoms or have moderate to severely high calcium levels are usually treated through a minimally invasive surgical procedure to remove the malfunctioning gland(s). A sore throat is typical following surgery, but most patients are able to resume their normal activities promptly. Over time, the remaining healthy glands usually take over the function of the gland or glands that have been removed.

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

New Thyroid & Parathyroid Center Offers Patient-Centered Care Close to Home



An estimated 20 million Americans have some form of thyroid disease, according to the American Thyroid Association, ranging from function issues such as underactive or overactive conditions to cancer. These conditions, once diagnosed, can usually be successfully treated with either monitoring; medication; or surgically, usually through a minimally invasive procedure that may or may not require an overnight stay.

The new Center for Thyroid & Parathyroid Care at Penn Medicine Princeton Medical Center offers those diagnosed with a condition of the thyroid or parathyroid — the tiny glands at the base of the thyroid — specialized, quality care close to home. Referrals can be made through a primary care physician. In addition to trained surgeons and diagnosticians, the center offers patients a nurse navigator to assist them every step of the way.



“The goal of the center is to provide a streamlined transition from diagnosis through recovery, and to facilitate the best surgical quality and safety,” says **Paul Frake, MD**, Co-Director of the center, who is a board certified otolaryngologist (head & neck surgeon) and is a member of the Medical Staff of Penn

Medicine Princeton Health. “When you are diagnosed with a medical condition that requires specialized care, knowing you are in good hands and have a centralized approach to treatment helps reduce some of the stress.”



“The Princeton Thyroid & Parathyroid Center provides world class patient-centered care to patients with thyroid and parathyroid disease,” says

Tomer Davidov, MD, FACS, Co-Director of the center, and a board certified general surgeon and a member of the Medical Staff of Penn Medicine Princeton Health. “Our experienced team of endocrinologists, endocrine surgeons, radiologists, and pathologists work closely together to provide seamless state-of-the-art medical and surgical care for patients with thyroid nodules, thyroid cancer, Graves’ disease, and hyperparathyroidism.”

For more information about the Center for Thyroid & Parathyroid Care, or to find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **www.princetonhcs.org**.

Community Focus



Join one or more of the programs below as part of our

Heart Failure Series

Registered participants will receive a link to join.



Sodium Reduction Strategies That Work

WED. January 5 (4 – 5 p.m.)

VIRTUAL

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for this informative program and learn where sodium can be hiding in foods, sodium reduction strategies, and how to follow the DASH (dietary approaches to stop hypertension) eating plan.

Understanding Heart Failure Medications

WED. January 12 (2 – 3 p.m.)

VIRTUAL

Gain a deeper understanding of what heart failure is and the medications used to treat it at this informative discussion led by Sarah Tobin, PharmD, PGY-1 Pharmacy Resident. The program will also cover the different types of heart medications your doctor may prescribe and how to properly take them to best treat your heart failure.

Could You Be Undernourished?

WED. January 12 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Regardless of body type, studies show that some people with heart failure are undernourished, leaving them lacking in certain essential nutrients. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for a food demonstration (and tasting) showcasing foods that contain the nutrients that may be deficient in your diet. Your tastebuds and your heart will thank you!

Monitoring Symptoms of Heart Failure

WED. January 19 (4 – 5 p.m.)

WED. February 16 (4 – 5 p.m.)

VIRTUAL

Join Tejal Narkhede, MPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation, and learn how to identify and monitor symptoms of heart failure, what to do when you are experiencing symptoms, and how to modify activities of daily living.

Palliative Care for Heart Failure Patients

WED. January 26 (12 – 1 p.m.)

WED. February 23 (12 – 1 p.m.)

VIRTUAL

Palliative care is specialized medical care that provides an extra layer of support for people with serious illnesses, and it can benefit heart failure patients and their families. Individuals living with heart failure and their loved ones are invited to join Palliative Care Nurse Practitioner Joy Hertzog, DNP, APN, AGPC-C, ACHPN, for this educational discussion addressing what palliative care is, who would benefit from it, and how to arrange for palliative care for you or your loved one.

Harnessing the Power of Protein

WED. February 2 (4 – 5 p.m.)

VIRTUAL

Join Beth Young, MS, RDN, CSOWM, registered dietitian nutritionist, for this discussion about the importance of protein in your diet and what meats and vegetables can provide lean protein. Participants will also learn the best cooking methods to reduce the saturated fat found in many sources of animal protein foods.

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for 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.

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.

Join health professionals with Community Wellness for your

Free Blood Pressure Check

on Tuesdays, January 18 and February 15, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Freedom From Smoking®

TUE. January 4, 11, 18, 25, February 1, 8, 15, 17* (6 – 7:30 p.m.)

 VIRTUAL

\$100 per person. Registered participants will receive a link to join.

Join us for this seven-week program led by American Lung Association-trained facilitators to learn proven skills and techniques to help you quit smoking. The small group setting is the perfect place to learn how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health. The program will prepare you to quit smoking, offer ideas on lifestyle changes that make quitting easier, and provide ways to manage stress and avoid weight gain. Participant workbooks and other informative materials will be provided. *Please note February 17 is a Thursday.

Self-Defense for Women: Personal Empowerment Safety Program

THU. January 4, 11, 18 & 25 (6 – 9 p.m.)

WED. February 2, 9, 16 & 23 (6 – 9 p.m.)

Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$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 work, 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.

Memory Screening

MON. January 10 (11:30 a.m. – 1:30 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Please call 1.888.897.8979 for an appointment.

Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The 15-minute screenings and review of the results are both confidential. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.



Medications & Heart Failure Exacerbation

WED. February 9 (2 – 3 p.m.)

 VIRTUAL

Recognizing signs of a heart failure exacerbation can help prevent future hospitalizations for those with cardiac issues. Join Sarah Tobin, PharmD, PGY-1 Pharmacy Resident, for this informative discussion on what may cause a heart failure exacerbation, how to treat it, and what you can do to prevent it.

Living With Heart Failure Support Group

WED. January 12 & 26 (7 – 8:30 p.m.)

WED. February 9 & 23 (7 – 8:30 p.m.)

 VIRTUAL

This support group, led by Bram Ader, RN, a cardiac nurse with Penn Medicine Princeton Medical Center, will focus on helping participants set, track, and achieve both personal and team goals related to improved heart failure management. Participants will receive practical day-to-day tips to help keep heart failure from disrupting their everyday lives.

Learn About Heart Failure

WED. February 16 (4 – 5 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Have you or someone you know been diagnosed with heart failure? Join Desiree Younes, MD, FACC, specializing in cardiovascular medicine, who will discuss what heart failure is, how to live with it, and what steps can be taken to improve quality of life. Dr. Younes is a member of the Medical Staff of Penn Medicine Princeton Health.

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

Urinary and Bowel Disorders in Children

WED. January 12 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This informative program, led by Katrina Heath, PT, DPT, PRPC, LPF-C, Physical Therapist with the Center for Pelvic Wellness, will explore bowel dysfunction in children and teens and things you can do at home to help address the conditions, as well as where you can turn if additional help is needed. Princeton Medical Center's Pediatric Pelvic Floor Program treats patients ages 7 to 18 who are experiencing a variety of voiding dysfunctions, such as urinary frequency, urgency, leakage, hesitancy, retention, bedwetting, and constipation.

Common Aches and Pains of the Musculoskeletal System

WED. January 12 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Our musculoskeletal system — the complex network of muscles, bones, joints, tendons, and ligaments — is what allows us to move comfortably and perform our daily activities. When health conditions interfere with its smooth operation, quality of life can be impacted. Join Kyle T. Stier, MD, board certified in physical medicine and rehabilitation and a member of the Medical Staff of Penn Medicine Princeton Health, for this informative session to learn about the musculoskeletal system, how it works, what can go wrong, and treatment options for various conditions.

MENTAL WELLNESS

Gentle Yoga

Mondays (6 – 6:50 p.m.)
Wednesdays (2 – 2:50 p.m.)
(No sessions on February 7 & 9)

 VIRTUAL

Winter series. Register separately for Monday series and Wednesday series.

This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, 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.

Chair Yoga

Tuesdays (8 – 8:50 a.m.)
Thursdays (8 – 8:50 a.m.)
(No sessions on February 8 & 10)

 VIRTUAL

Winter series. Register separately for Tuesday series and Thursday series.

This gentle form of yoga incorporates basic 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.



SELF-CARE SERIES: First Steps in Caring for Others

WED. January 12 (7 – 8 p.m.)

 VIRTUAL

This program is part of our Self-Care series, held on the second Wednesday of each month. Each program focuses on a new self-care topic. It may not be intuitive, but the first step in being the best caregiver to others is to take care of yourself. At this informative program, Christine Isaac, LCSW, LACADC, a licensed social worker and addictions counselor with Princeton House Behavioral Health, will share simple and practical steps to nurture yourself so you can support the ones you love.



Mental Health First Aid Training

TUE. & THU. January 25, 27,
February 1 & 3 (10 a.m. – 12 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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.

SELF-CARE SERIES: Journaling

WED. February 9
(7 – 8 p.m.)

 VIRTUAL

This program is part of our Self-Care series, held on the second Wednesday of each month. Each program focuses on a new self-care topic. In our busy lives it can be difficult to stop and clear your mind, which is an important part of coping with life's ups and downs. Join Jamie Benjamin, LPC, NCC, ACS, a licensed counselor and Clinical Manager of Princeton House Behavioral Health's Women's Program, for a discussion on how to use journaling as an outlet to help process the events of today and reset for tomorrow.



Mind on Mental Health: www.princetonhouse.org/podcast

For a fresh perspective on coping with today's challenges. Available free, wherever you get your podcasts, as well as at www.princetonhouse.org/podcast



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

Protect Yourself Against Glaucoma

THU. January 13 (11 a.m. – 12 p.m.)

Stonebridge of Montgomery
100 Hollinshead Spring Road, Skillman

Glaucoma — a leading cause of blindness in the United States — can easily go undetected, which is why regular testing is so important to diagnose and control the condition. 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 Penn Medicine Princeton Health.

Weight-Loss Surgery: Is It Right for Me?

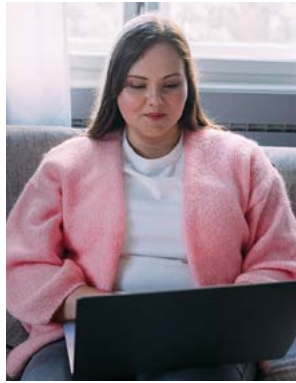
WED. January 19 (6 – 6:30 p.m.)

WED. February 16 (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 that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Those who are considering surgical weight-loss options can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Penn Medicine 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, to help you make the choice that's right for you. For those who are actively engaged in the surgical process, please join one of our regularly scheduled support groups listed on page 16. This group will be tentatively held virtually. Please check our website for the latest updates.



Arthritis of the Hip and Knee

WED. January 19 (7 – 8 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Millions of Americans suffer from osteoarthritis, caused by wear-and-tear on the joints. When osteoarthritis occurs in the hip or knee, the pain can become so unbearable that it can make doing the activities you enjoy difficult or impossible.

Join Anthony Boniello, MD, orthopaedic surgeon specializing in hip and knee replacement, to learn about what causes osteoarthritis of the hip and knee; how it is diagnosed; and the available conservative and surgical treatment options, including hip and knee replacements. Dr. Boniello is a member of the Medical Staff of Penn Medicine Princeton Health.



Vision Screenings

THU. January 20 (10 – 1 p.m.)

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

THU. February 17 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road – Suite 103, Princeton

Space is limited. Please call 1.888.897.8979 to make an appointment.

Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today! Penn Medicine Princeton Health and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.

Robotic Knee Replacement Surgery

MON. January 24 (7 – 8 p.m.)

 VIRTUAL

When conservative treatments have failed, knee replacement surgery can help restore your mobility and quality of life. Join Anthony Boniello, MD, an orthopaedic surgeon specializing in hip and knee replacement, for a discussion on robotic knee replacement surgery and whether it is right for you. Dr. Boniello is a member of the Medical Staff of Penn Medicine Princeton Health.

KIDS CORNER

RadKIDS

Ages 4 – 7

MON. & WED. January 10, 12, 17, 19, 24, 26 (4 – 5:30 p.m.)

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

Ages 8 – 13

TUE. WED. & THU. February 15, 16, 17, 22, 23, 24
(4 – 5:30 p.m.)

Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

This multi-session national program is designed to provide children with personal empowerment and practical skills to recognize, avoid, and, if necessary, escape an unsafe situation. Dress in sneakers and comfortable clothing suitable for exercising. Consent forms must be submitted for each child to participate in the class.

Safe Sitter Essentials with CPR

SAT. February 5 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

\$40 per child.

This specialized training helps babysitters, ages 11 through 13, develop the skills, confidence, compassion, and sense of responsibility they need to keep children out of harm's way. This one-day course teaches the essentials, including safe and nurturing childcare techniques and basic first aid and rescue skills. Sitters should pack a lunch.

Yikes! What is Happening to My Body? A Puberty Talk

TUE. February 8 (6 – 7:30 p.m.) – Girls
WED. February 9 (6 – 7:30 p.m.) – Boys
Princeton Fitness & Wellness
1225 State Road, Princeton

Designed for children ages 9 through 12, this program addresses the physical, intellectual and emotional changes your child will experience as they enter their teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a health educator with Princeton Health Community Wellness.

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

AARP Smart Driver

SUN. January 30 (9 a.m. – 3 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

WED. February 23 (9 a.m. – 3 p.m.)

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

\$20 for AARP members

\$25 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.

Cancer Prevention and Treatment for Women

TUE. February 1
(3 – 4 p.m.)

 VIRTUAL

Early detection and treatment of cancer saves lives. Join Noah Goldman, MD, board certified in gynecologic oncology, to learn about the various forms of cancer that impact women, cancer prevention through screening, and treatment options if cancer is detected. Dr. Goldman is a member of the Medical Staff of Penn Medicine Princeton Health.



Osteoporosis: How to Stay One Step Ahead

THU. February 3 (2 – 3 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

WED. February 9 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Worldwide, osteoporosis is responsible for more than 8.9 million fractures each year. Join us to learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment options for osteoporosis in aging adults. The February 3rd class will be presented by Christina DeValue, BNS, RN, ONC, Registered Nurse with Penn Medicine Princeton Medical Center. The February 9th class will be presented by Elizabeth Shokoff, MSN, RN, ONC, Orthopaedic Nurse Navigator with the Jim Craigie Center for Joint Replacement.

Demystifying Infectious Disease: An Overview of Common Infections and Treatments

TUE. February 8 (3 – 4 p.m.)

 VIRTUAL

Join pharmacist Sarah Hoffmann, PharmD, BCPS, to learn about common infections and the appropriate treatments, how a specific antibiotic is chosen for a specific condition, the best way to take antibiotics, common side effects, and how you can help prevent antibiotic resistance.

Autism Diagnosis and Intervention

WED. February 9 (6 – 7 p.m.)

 VIRTUAL

This informative program is an opportunity for parents, caretakers, and educators to learn more about this disorder, including the importance of early screening and diagnosis to improve the outcomes for children with autism. Interventions and therapies will be discussed, as well as an overview of local resources.



Understanding ADHD

THU. February 10 (6 – 7 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

The Centers for Disease Control and Prevention estimates that 11 percent of American children, ages 4 to 17, have attention deficit hyperactive disorder (ADHD), making them more likely to experience challenges in social situations or school. Join Bert Mandelbaum, MD, Chair of the Department of Pediatrics at Penn Medicine Princeton Health, for a discussion of various strategies to support children and adolescents with ADHD. Dr. Mandelbaum is a member of the Medical Staff of Penn Medicine Princeton Health.

The Value of Eating a Planned Lunch

WED. February 16 (2 – 3 p.m.)

 VIRTUAL

Eating a balanced lunch is an important part of keeping your body and mind functioning efficiently as you go through the day. But without a little advanced planning you can end up skipping your afternoon meal, eating an unhealthy takeout meal, or filling up on snack foods. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, to learn how lunch can benefit your health and work performance, and simple ways to plan for a satisfying and nutritious meal.

Outpatient Joint Replacement

WED. February 16 (7 – 8 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Today, many knee and hip replacement procedures can be performed on an outpatient basis, meaning you get to sleep in your own bed following surgery rather than spend the night in the hospital. Join Anthony Boniello, MD, an orthopaedic surgeon specializing in hip and knee replacement, to learn about outpatient hip and knee replacement surgery and who may be a candidate. Dr. Boniello is a member of the Medical Staff of Penn Medicine Princeton Health.

How to Be Carb Savvy

FRI. February 25 (2 – 3pm)

 VIRTUAL

Carbohydrates may have a bad reputation these days, but they still play a part in a balanced diet. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for an informative discussion on carbs, and healthy ways to fit them into your diet.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for 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.

Prenatal Yoga

Tuesdays (9 – 9:45 a.m.)
(No session on February 8)
Winter Series

VIRTUAL

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. Please bring a yoga mat or large towel, two pillows or cushions, 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, it is no surprise that parenting can leave you feeling anxious and unsettled. Join us for this virtual support group, designed to give parents-to-be and new parents an opportunity to safely connect and share experiences. This group is moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health, who can answer your questions. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Baby Care

THU. January 6 (7 – 9:30 p.m.)
THU. February 10 (7 – 9:30 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Rooms C, D, E
WED. January 26 (7 – 9:30 p.m.)
THU. February 24 (7 – 9:30 p.m.)

VIRTUAL

Registered participants will receive a link to join.

\$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.

Maternity Tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. 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 princetonhcs.org/maternitytour. At this time, all in-person maternity tours are cancelled for the foreseeable future.

Prenatal Breastfeeding Class

THU. January 13 (7 – 9 p.m.)
THU. February 17 (7 – 9 p.m.)

VIRTUAL

Registered participants will receive a link to join.

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.

Practicing MindFETALness

WED. January 19 (7 – 8 p.m.)

VIRTUAL

Pregnant mothers and unborn babies have a unique and innate connection. MindFETALness is a method of tapping into that connection by focusing on fetal movement patterns during pregnancy. Join us to learn a simple way to use mindfulness to help monitor your baby's fitness and wellbeing.

Bumps, Bands and Balls: Fitness Series for Expecting Moms

VIRTUAL

MON. February 7 – March 14 (6:30 – 7:30 p.m.)

\$60 per person. Registered participants will receive a link to join.

Join our pelvic health physical therapists for this prenatal fitness and education class, featuring pregnancy-safe exercises and movements, as well as lessons that will help keep you physically fit through your pregnancy and prepare you for childbirth. Sessions include low-impact cardio exercises, postural strengthening exercises, movements and stretches to prepare for birthing, and breathing exercises. The program will also include lessons on topics such as: guidelines for exercise during pregnancy, warning signs to stop exercising, 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.



Daddy Boot Camp™

SAT. February 12 (9 a.m. – 12 p.m.)

VIRTUAL

Registered participants will receive a link to join.

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 symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Twins and Multiples

WED. February 23 (6 – 9 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro – Conference Rooms E

\$40 per couple

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 of 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

TUE. January 4, 11, 18 & 25 (7 – 9 p.m.)

TUE. February 1, 8, 15 & 22 (7 – 9 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro
Conference Rooms C, D, E

TUE. January 20, 27 & February 3
(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.

Accelerated Birthing Basics

SAT. January 22 (9 a.m. – 5 p.m.)

SAT. February 12 (9 a.m. – 5 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro – Conference Rooms C, D, E

\$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.

Labor Fundamentals

SAT. January 15 (10 – 11 a.m.)

SAT. February 19 (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®

SAT. January 8, 15, 22, 29 & February 5 (9:30 a.m. – 12 p.m.)

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

\$200 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.

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.

Infant Massage for Parents & Caregivers

SAT. February 5 (12:30 – 2:30 p.m.)

 VIRTUAL

\$15 per family. Registered participants will receive a link to join.

Join us to learn how to skillfully provide calm and soothing touch for your infant, as well as your other children. 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.



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

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

It is no surprise that parenting can leave you feeling anxious and unsettled. Join us for this virtual support group, designed to give parents-to-be and new parents an opportunity to safely connect and share experiences. This group is moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health, who can answer your questions. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
PMC Breast Health Center
East Windsor Medical Commons 2
300B Princeton–Hightstown Road
East Windsor

No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by an internationally board certified lactation consultant. Due to COVID-19 safety precautions, participants are limited to mom and baby only.



Ask the Lactation Consultant

Mondays (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join our weekly group any time you need breastfeeding support. This interactive 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.

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.**



Five Minutes to Help

WED. January 26 (6 – 10 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

4 CEUs.

Five Minutes to Help was developed by the New Jersey Department of Health's Office of Emergency Medical Services to arm the state's first responders with new knowledge and communication skills that can be applied on the scene, post-overdose reversal, to encourage patients to seek help for their addiction and increase their awareness of available recovery resources in their communities.

Mental Health First Aid for First Responders

SUN. February 20 (8 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road – Suite 103, Princeton

8 CEUs.

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.

Emergency Medical Technician (EMT) Course

Mondays, January 24 – May 9 (6 – 9 p.m.)
Saturdays, February 5, 19, March 5, April 2 & 30 (8 a.m. – 5 p.m.)
Dempster Fire Academy
350 Lawrence Station Road, Lawrenceville

\$1,475 tuition. For full details and to register, visit www.mccc.edu.

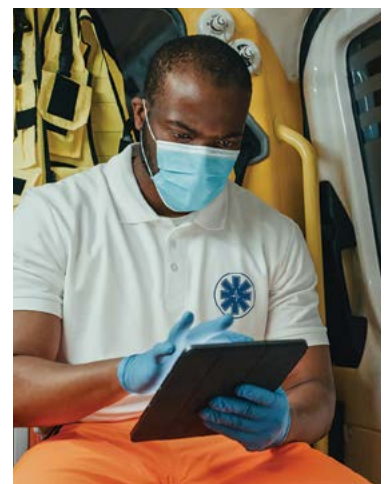
Participants will learn about human anatomy and physiology, pathophysiology, patient assessment techniques, management of common medical complaints, management of the trauma patient, administration of limited medications, and concerns for special patient populations. Course material will be presented through online lectures, simulation labs, and clinical rotations where students will interact with patients. Successful course completion requires obtaining the minimal level of competency as outlined in the National EMS Educational Standards. After successfully completing this course, students will be eligible to sit for the National Registry EMT Certification Exam to obtain certification.

POLST for EMS

WED. January 12 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

1 CEU.

Barbara Vaning, MHA, EMT Instructor, Princeton Health Community Wellness, will discuss the Practitioner Orders for Life-Sustaining Treatment (POLST) form, which benefits those who are seriously ill and improves their quality of care at the end of life. POLST ensures patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes.



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

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



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.**

ACLS Full Certification Course

THU. & FRI. January 20 & 21 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

WED. January 12 (9 a.m. – 5 p.m.)
WED. February 9 (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. The course includes a written exam and skills test. Participants will receive a course completion card.



PALS Full Course

THU. & FRI. February 7 & 8 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

MON. January 24 (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 Provider

WED. January 26 (6 – 10:30 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B, Hamilton

MON. February 28 (6 – 10:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

BLS Renewal*

THU. January 6 (6 – 10 p.m.)
MON. January 10 (9 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. February 15 (6 – 10 p.m.)
MON. February 21 (9 a.m. – 1 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B, Hamilton

Provider: \$65 per person
Renewal: \$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.



Heartsaver CPR AED First Aid

SAT. January 29 (9 a.m. – 4 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$45 per person

The Heartsaver First Aid and CPR AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. The class also teaches how to manage illness and injuries in the first few minutes until professional help arrives, and is designed for those who have a duty to respond to a cardiac or first aid 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 3 (6 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$25 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.

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

Heartsaver First Aid

THU. February 10 (6 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$25 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.

Family & Friends CPR

SAT. January 22 (10 a.m. – 12 p.m.) Adult/Child/Infant*

SAT. February 19 (10 a.m. – 12 p.m.) Adult/Child/Infant*

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$25 per person

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.

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.

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.** 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 Penn Medicine Princeton Health Cancer Center, please call 609.853.6780.

Post-Treatment Cancer Survivorship Support Group

WED. January 12 (6 – 7:30 p.m.)

WED. February 9 (6 – 7:30 p.m.)

 VIRTUAL

OR

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care
Conference Room

Participants can come in-person or join virtually. For more information or to register, call 609.853.6787.

This support group is for individuals who have completed their cancer treatment within the past 18 months. Led by an oncology nurse navigator, the group offers participants an opportunity to share personal experiences, ways of coping, and helpful resources, and helps reduce feelings of loneliness, anxiety, and distress as they transition from active treatment to living beyond oncology treatment.

Prostate Cancer Support Group

WED. January 12 (12:30 – 1:30 p.m.)

WED. February 9 (12:30 – 1:30 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Education Center, Conference Rooms A & B

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

Cancer Support Group

WED. January 19 (2:30 – 4 p.m.)

WED. February 16 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets the third Tuesday of the month in-person and third Wednesday of the month virtually, and brings 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, and a healthcare professional from Penn Medicine Princeton Health.



Breast Cancer Support Group

TUE. January 11 (6 – 7:30 p.m.)

TUE. February 8 (6 – 7:30 p.m.)

 VIRTUAL

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

This group meets the second Tuesday of the month and 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 Mary Kiensicki, RN, CBCN, Breast Health Navigator at Penn Medicine Princeton Medical Center's Breast Health Center, and Karen Davison, RN, BSN, OCN, a nurse with the Penn Medicine Princeton Cancer Center.

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

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

WED. January 19 (12 – 1:30 p.m.)
WED. February 16 (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 5 (7 – 8 p.m.)
WED. January 19 (7 – 8 p.m.)
WED. February 2 (7 – 8 p.m.)
WED. February 16 (7 – 8 p.m.)

 VIRTUAL

To register and for 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. No prior experience is necessary.

SUPPORT GROUPS

Weight-loss Surgery Support Group

TUE. January 4 (7 – 8 p.m.)
TUE. February 1 (7 – 8 p.m.)
THU. January 6 (6:30 – 7:30 p.m.)
THU. February 3 (6:30 – 7:30 p.m.)
WED. January 19 (6:30 – 7:30 p.m.)
WED. February 16 (6:30 – 7:30 p.m.)

To register and receive the link to join virtually, please email donna.post@pennteam.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 Certified Bariatric Nurse Donna Post, RN, BNS, CBN, in conjunction with 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 4 (6 – 7 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email donna.post@pennteam.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 quarterly, 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.

UNITE: Perinatal Loss Bereavement Support Group

WED. January 5 (7 – 8:30 p.m.)
WED. February 2 (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.

Journey Back: Stroke Support Group

WED. January 12 (2 – 3 p.m.)
WED. February 9 (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.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. January 31 (3 – 4:30 p.m.)
MON. February 28 (3 – 4:30 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.

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



Diabetes Support Group

WED. January 19 (2 – 3 p.m.)
WED. February 16 (2 –3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

TUE. January 18 (10:30 – 11:30 a.m.)
MON. January 24 (6:30 – 7:30 p.m.)
TUE. February 15 (10:30 – 11:30 a.m.)

 **VIRTUAL**

To register and receive the link to join virtually, please call 609.853.7890 1-2 days prior to the meeting.

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.

www.ustream.tv/princetonhealth



Princeton Health OnDemand 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



Is It Hot in Here? Managing Menopause

WED. January 12 (12 p.m.)
Shyama Mathews, MD, board certified in gynecology



Women and Lung Cancer

WED. February 9 (12 p.m.)
John Heim, MD, Chair, Department of Surgery, Penn Medicine Princeton Health

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 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.

When it Comes to Uterine and Ovarian Cancer, Knowing Your Body is Key



In the past year, according to the American Cancer Society, nearly 88,000 women in the United States — the majority of them over 50 — were diagnosed with either uterine or ovarian cancer. Tragically, nearly 30 percent of them will lose their fight against the disease.



“One potential reason behind the relatively high number of advanced cases is that women often put their lives on hold to care for family, putting their needs and concerns last. As a result, they may ignore the signs that something may be wrong, and delay seeking medical attention,” says **Noah Goldman, MD**, Medical Director of Cancer Programs at Penn Medicine

Princeton Health. “Unfortunately, with uterine and ovarian cancers, the earlier the diagnosis, the more successful the treatment.”

While many symptoms of these cancers can be vague, one in particular should push you to seek a prompt medical evaluation. “Unexplained bleeding of any kind, even the smallest amount, should be reported to your doctor and evaluated,” says Dr. Goldman, who is board certified in gynecologic oncology. “About 95 percent of uterine cancers, for example, present with abnormal bleeding.”

Minimally Invasive Treatment is Common

Testing to determine if cancer is present is completed using ultrasounds and blood tests. If cancer is diagnosed, both uterine and ovarian cancers are treated with surgery, and often can be handled through minimally invasive procedures that may include robotic assistance. In the case of ovarian cancer, some patients may require chemotherapy before surgery is performed.

“Minimally invasive gynecologic cancer surgery reduces the risk of complications, shortens recovery times, and reduces post-operative discomfort,” says Dr. Goldman.

For more information on Penn Medicine Princeton Health cancer services, call **1.888.742.7496**, or visit www.princetonhcs.org.

WATCH FOR THESE SIGNS

- Abnormal bleeding if you are pre-menopausal
- Any sign of bleeding, even if it is only spotting, if you are post-menopausal
- Unexplained changes in bowel habits
- Unusual abdominal discomfort or pain
- Bloating; unexplained changes in the way clothing fits in the abdominal area

Catching High Blood Pressure Early

Nearly half of all adults in the U.S. suffer from high blood pressure, but many are unaware they have the condition, according to the American Heart Association. Unfortunately, being unaware you have hypertension, which generally has no noticeable symptoms, does not make the condition any less of a health risk.



“Left untreated, high blood pressure can result in heart disease, stroke, kidney disease, and even blindness,” says **Puja Chabra, MD**, a primary care

physician with Penn Medicine Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health. “Because of the serious complications that can arise from hypertension, it is important to know that the guidelines have changed.”

Diagnosing Hypertension

The new guidelines, developed by the American Heart Association and American College of Cardiology, along with other medical organizations, define hypertension as a blood pressure reading of 130/80 or higher. Previously, the numbers were 140/90.

“The numbers were lowered because it allows for earlier intervention to prevent complications of persistently elevated blood pressure,” says Dr. Chabra, who is board certified in internal medicine. “Previously, a blood pressure in the 130s/80s was in a category called ‘prehypertension,’ which gave people a false sense that they were not at risk for complications related to high blood pressure.”

Medication and Lifestyle Changes Go Hand in Hand

High blood pressure is treated by making lifestyle modifications and starting medications if needed. Some of these lifestyle changes include:

- eating a balanced, low-sodium diet
- regular aerobic exercise to strengthen the heart
- keeping your body mass index (BMI) under 25
- smoking cessation
- limiting alcohol.

“By making these lifestyle changes, you may be able to reduce the dosage of your medication or, in some cases, eliminate the need for medication,” says Dr. Chabra.

Once diagnosed with hypertension, taking your blood pressure at the same time daily with a home testing machine that fits around the upper arm is advised. Sit calmly for several minutes before taking a reading, with

both feet on the ground and your arm extended out, not bent. The blood pressure cuff should not be placed over clothing.

“By regularly monitoring your blood pressure at home and keeping a record of your readings, you can help your doctor track how your medication and lifestyle changes have lowered your blood pressure,” says Dr. Chabra.



To find a physician

affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **www.princetonhcs.org**.

Women and Lung Cancer

Lung cancer remains the number one cause of cancer deaths in the nation, according to the American Cancer Society (ACS), higher than breast, colon, and prostate cancer combined. And there seem to be particular risks for women, whether they have a history of smoking or not.



A study reported by the ACS shows that women between the ages of 30 and 49 are being diagnosed with lung cancer at higher rates than men of the same age. The reason behind the rise is unclear.

“Most lung cancers relate to a history of smoking,” says **John Heim, MD**, Chair of the Department of Surgery at Penn Medicine Princeton Health, “and for many years smoking was more of a male phenomenon. That has changed over the years, so it is possible that could play a part in those findings.”

Women in their 50s and 60s who have never smoked also exhibit a distinct form of lung cancer that is being seen more frequently and presents itself as a cloudiness in the lungs rather than a distinct tumor. Usually, this is found during an unrelated test, for example, an artery calcium test where imaging is done around the lungs, or a chest x-ray.

“There are no specific guidelines for who is at risk for this condition, although women who have had breast cancer do have a higher incidence of it,” says Dr. Heim, who is board certified in general and thoracic surgery. “Genetics may also play a part if there is a family history.”

If a small nodule or area of cloudiness is found on a CT scan and is determined to not be cancerous, treatment generally involves regular surveillance to ensure there are no changes in the patient’s condition. Cancerous or larger areas of cloudiness or nodules are surgically removed and may require radiation or chemotherapy.

Should You Be Tested?

Both women and men who experience any of the signs of advanced lung cancer, including prolonged coughing, shortness of breath, chest pain, coughing up even a trace amount of blood, headache and hoarseness, should promptly have a diagnostic CT scan. Individuals who are at risk of developing lung cancer should also be tested with a low-dose/CT lung screen on an annual basis until around the age of 80. Those at risk include smokers or former smokers age 50 or older, with a 20 pack-year smoking history (i.e., one pack a day for 20 years or two packs a day for 10 years).

“Testing is generally covered by insurance and is extremely important,” says Dr. Heim. “Early detection and treatment are key when it comes to successfully treating lung cancer.”

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

Is It Hot in Here? Managing Menopause



Whether you experience the full range of symptoms or just a few, menopause can really change your life — at least until you make it through to the other side. Fortunately, there are a number of things women can do to help alleviate the symptoms.



“The average age of reaching menopause, which is when a woman has not had a menstrual cycle for a full year, is 51. Leading up to that point — usually starting in the mid-40s — is what we call perimenopause, which is when your hormone levels are changing

and you experience the symptoms we talk about when people refer to ‘going through menopause,’” says **Shyama Mathews, MD**, a board certified gynecologist and minimally invasive gynecologic surgeon on the Medical Staff of Penn Medicine Princeton Health.

Symptoms of perimenopause can include:

- hot flashes
- night sweats
- mood swings
- weight gain
- sleep issues
- vaginal changes that can result in painful intercourse
- frequent urinary tract infections, and incontinence issues

Hormonal changes also increase the likelihood of women developing osteoporosis, cardiovascular disease, weight-related conditions such as diabetes, and anxiety and depression.

A Range of Treatments are Possible

“Some women find they have little or no symptoms, while others experience the total rollercoaster ride, and it can be challenging,” says Dr. Mathews. “Hormonal changes can last five to seven years, so if you are experiencing symptoms that are impacting your quality of life, your relationship with family and friends, your work life, you should see your doctor for a diagnosis and treatment.”

For some women, certain lifestyle changes can ease or eliminate symptoms, for example, exercise; meditation; yoga; dietary changes such as eliminating caffeine and alcohol, which can trigger hot flashes; and even acupuncture. “Once diagnosed, these are things you can begin with to see if they work,” says Dr. Mathews. “If symptoms persist, your doctor can work with you on other options.”

Hormone therapies can be temporarily prescribed and used safely to smooth out hormonal fluctuations so they are more manageable. To help with vaginal issues, topical estrogen creams can help. Hot flashes, night sweats, and mood changes have been effectively treated with non-hormonal therapies that have typically been used to treat anxiety and depression.

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

When ‘Healthy Eating’ Becomes Unhealthy



We all aspire to eat a healthy diet. In fact, eating fresh foods and limiting fatty, sugary, processed food is a cornerstone of good health. But focusing too much on eating healthy — to the point of obsession — can result in physical and mental health issues.



“It is what is known as orthorexia, and it is most common in young adults in their mid- to late-20s, who are establishing themselves professionally,” says **Najeeb Riaz, MD**, Medical Director of Penn Medicine Princeton Medical Center Princeton Center for Eating Disorders. “What begins as a desire to eat healthier escalates into more and more rigid, self-imposed food restrictions with negative health consequences, including low calcium levels that can lead to osteoporosis, congestive heart failure, and weight loss and malnutrition that can lead to anorexia.”

Individuals with perfectionist tendencies or obsessive-compulsive disorder (OCD) may be at increased risk of developing orthorexia.

“Orthorexia can begin with eliminating something like gluten or sugar from your diet, and then progress to where the diet is very, very limited to a small selection of foods that do not meet your dietary needs,” says Dr. Riaz. “Another example would be only eating foods that can be verified as being 100% organically grown, which can be difficult to confirm when it comes to every ingredient in a meal.”

In addition to the physical effects of the condition on a person, there is a social isolation aspect as well. Over time, it becomes almost impossible for someone with orthorexia to go out to eat or attend social gatherings because of concerns surrounding food.

Treatment is Available

Treating orthorexia at the Princeton Center for Eating Disorders involves the same processes as treating other eating disorders, says Dr. Riaz, and includes individual and group therapy, as well as nutrition counseling and medical treatment for any related health problems the individual may be experiencing.

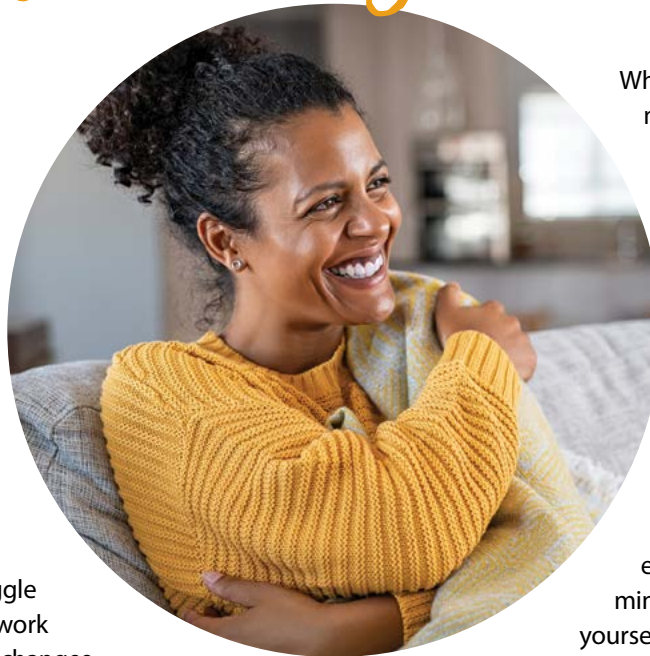
For more information about the Princeton Center for Eating Disorders, call 609.853.7575, or visit princetonhcs.org/eatingdisorders.

Watch for These Signs

- Worry/anxiety about food quality
- Avoiding eating out or eating food prepared by others because it may not meet dietary rules
- Spending excessive time researching foods and planning meals
- Refusing to eat a broad range of healthy foods because you question their nutritional value or purity
- Fear of losing control, that eating even one meal that does not meet your set standards would be disastrous
- Being overly critical of others’ food choices
- Shifting between self-satisfaction and guilt as you continue adjusting your dietary restrictions
- Showing physical signs of malnutrition due to limited food choices

Women Can Regain Control by Practicing Self-Compassion

The COVID-19 pandemic turned countless lives upside down. For women in particular, it added numerous challenges and stressors to an already heavy load of responsibilities and, in many cases, has taken a toll on their mental health.



“As caregivers, women tend to juggle a lot of balls at once — including work and family obligations — and the changes we went through with the pandemic negatively impacted the delicate balance. In general, people who are caregivers — who provide regular support to children, adults or people with chronic illnesses or disabilities — are at greater risk for poor physical and mental health, including depression and anxiety,” says Sarah Carstens, LCSW, Clinical Manager of the Women’s Program at Penn Medicine Princeton House Behavioral Health’s (PHBH) Eatonton location.

The Women’s Program at PHBH helps women struggling to cope with life’s stressors build and practice self-compassion so they can regain control of their lives.

Practicing Not Being Perfect

“Self-compassion is rooted in the understanding that no one can do it all, and that sometimes things are beyond your control,” says Carstens. “Things will not always be perfect, and that is fine.”

While the concept of self-compassion may be simple to understand, it can be challenging to put into practice, especially while juggling work and family responsibilities. Carstens offers the following techniques to help women focus on self-compassion:

Ask yourself if what you are doing now is working for you.

Imagine what it might be like to do things a little differently, even if it means getting up five minutes earlier to have a few minutes to yourself.

Set realistic goals and make changes gradually.

Notice how your body experiences emotion and explore coping skills. For example, if you experience muscle tension when angry, practice breathing techniques you can use to regulate the emotion.

Look for balance in day-to-day activities and delegate responsibilities when possible.

Identify positive affirmations and use them daily.

Stay present in the moment and refocus when your mind strays.

For more information about Princeton House Behavioral Health’s Women’s Program, visit [princetonhouse.org](https://www.princetonhouse.org), or call 888.437.1610.

See page 8 for information on our monthly self-care series. Each program focuses on a new self-care topic.



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