



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — SEPTEMBER/OCTOBER 2020

Early Breast Cancer Diagnosis Saves Lives

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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. For more information, please visit 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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Early Breast Cancer Diagnosis Saves Lives



During their lifetime, one in eight women will be diagnosed with invasive breast cancer, according to the American Cancer Society, and one in 39 will die from the disease.



“Fortunately, we have the diagnostic tools needed to identify breast cancer and treatment options that have proven very successful,” says **Rachel Dultz, MD, FACS**, Medical Director of the Penn Medicine

Princeton Medical Center Breast Health Center. “The key really is to diagnose and treat breast cancer early.”

When women should begin regular mammograms and how often they should have them is a complex question. “Recommendations for how early mammograms should begin and whether you should have one every year or every two years depends on your personal and family history as well as your age. Speaking with your primary care doctor about what is best for you is the first step,” says Dr. Dultz, who is a board certified, fellowship trained surgeon specializing in breast surgery.

During the spring, non-urgent care was temporarily postponed as a result of COVID-19. Routine screening and diagnostic mammograms have resumed with extensive safety protocols in place.

Understanding the Risks

Although many women who develop breast cancer have no risk factors, there are certain factors that increase your chances of developing the disease. Incidents of breast cancer increase with age. Other risk factors include:

- A history of breast conditions or prior breast cancer diagnosis
- A family history of breast cancer, particularly at a young age
- Beginning menstruation at an early age
- Entering menopause at a later age
- Having a child late in life or never being pregnant
- Undergoing post-menopausal hormone therapy

Between five and 10 percent of breast cancer cases are based on genetic mutations, and genetic testing, counseling and risk assessment are available at the Breast Health Center (BHC) through the Rutgers Cancer Institute of New Jersey LIFE Center. The Breast Health Center is designated a Breast Health Center of Excellence by the American College of Radiology and holds a three-year accreditation from the National Accreditation Program for Breast Centers, a program administered by the American College of Surgeons. The BHC offers 3D mammography services, and ultrasound guided and stereotactic breast biopsy. In addition to the cutting-edge technology, it provides the personalized services of breast health navigators, who help to guide patients after a breast cancer diagnosis.

For more information about the Breast Health Center, or to schedule an appointment, call 609.688.2700 or visit www.princetonhcs.org.

Watch for These Signs

Seek medical advice if you notice any of the following signs, even if you recently had a mammogram:

- A lump or thickening in the breast that feels different than surrounding tissue
- Changes in the shape, size or appearance of the breast
- Changes in the skin over the breast, such as dimpling
- Peeling or flaking of the skin around the nipple
- A newly inverted nipple

In Light of COVID-19, Flu Shots are Especially Important this Year



Getting a flu shot has always been an important health precaution, but today, with COVID-19 continuing to spread throughout the country and the world, it is even more critical.



“Everyone six months of age and older, unless they have an absolute contraindication to getting the flu vaccine or they have had a severe reaction to a previous flu shot, should get the flu shot,” says **Sean Naini, DO**, who is board certified in internal medicine and a member of the Medical Staff at

Penn Medicine Princeton Health. “If you have never had the flu shot before, talk to your doctor first, but the importance of protecting yourself against the flu this year cannot be over-emphasized.”

The COVID-19 Connection

It is important to remember that the flu shot will not protect you from COVID-19. What it will do is protect you from the flu, or at least lessen its severity if you should contract it. If you are 65 or older or have a chronic lung condition, a pneumonia shot is also important.

“There are a couple of issues surrounding this flu season and the coronavirus,” says Dr. Naini. “The first is that if you get the flu and then later get exposed to coronavirus, or contract them both at once, you make a bad situation far worse. Your body is already weakened by fighting one illness and then you add another serious illness on top of it. For some people the flu alone can be deadly, and we know the potential complications related to coronavirus infection. While we do not have a vaccine yet for this virus, you can effectively protect yourself against the flu.”

Getting a flu shot also makes it more likely you will recognize the symptoms of COVID-19 if you should contract the virus.

“It can be challenging to distinguish the signs of the flu from coronavirus,” says Dr. Naini. “Without a flu shot, your first thoughts may be that what you are feeling is the flu, when, in fact, it could be coronavirus. Getting a flu shot potentially takes some of the guesswork out of that. You should seek immediate medical attention at the first sign of any flu-like symptoms so your condition can be evaluated quickly. If it is the flu, you can potentially be treated for that. If it is COVID-19, the proper steps can be taken for you so that you get treated appropriately and also protect others from getting exposed.”

The Best Time for a Flu Shot is Now

Flu season generally begins in the fall and runs into spring, peaking between December and February. It takes about two weeks for your body to build up antibodies to protect you from the flu, so now is a good time to get the single-dose injection.

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

Breathe Easier: Be Alert to Lung Problems

Seasonal allergies and colds can sometimes mildly affect your breathing, but any instance where breathing becomes difficult or labored is a sign that a medical consultation is warranted.



“Any number of medical conditions can affect the lungs,” says **John Heim, MD**, Chairman of the Department of Surgery at Penn Medicine Princeton Medical Center. “Today, in addition to pneumonia, asthma, chronic bronchitis, COPD (chronic obstructive pulmonary disease), pulmonary embolism, and lung cancer, we have to be alert to the possibility of

COVID-19. A medical consultation beginning with your primary care doctor is important to rule out potentially serious conditions.”

Evaluating Your Risks

Diagnosis begins with a physical examination along with a review of your medical history, since lifestyle as well as genetics and environmental factors play a part in lung health. A pulmonary function test, which measures various aspects of lung function, may be ordered to evaluate the overall health of your lungs, and blood tests, chest x-rays and CT scans can help identify any physical abnormalities. If a mass is discovered, a biopsy will be ordered for further evaluation.

“Detecting lung diseases, like cancer, early is important when it comes to treatment,” says Dr. Heim, who is board certified in general surgery and thoracic surgery. “In fact, a CT scan is recommended for anyone who is at

high risk of developing lung cancer who is 55 or older and has a 30-pack year smoking history. This means having smoked the equivalent of a pack of cigarettes a day for 30 years. The key is to catch lung cancer early, like a mammogram or colonoscopy catches breast and colon cancer. Early detection means better outcomes.”

To keep your lungs healthy, Dr. Heim recommends not smoking, vaping or being exposed to second-hand smoke; getting regular cardiovascular exercise; practicing proper health safety measures by washing hands regularly and social distancing to limit exposure to germs that can result in illness; and living a healthy lifestyle by eating a balanced diet, maintaining a healthy weight and reducing stress.

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

SIGNS OF LUNG HEALTH PROBLEMS

- Persistent cough
- Coughing up blood
- Chest pain
- Shortness of breath that becomes progressively worse during mild activity
- Shortness of breath when at rest
- Unexplained weight loss



Facing the New School Year: Helping Your Child Deal with COVID-19 Stress

With the new school year about to begin, both you and your child likely have COVID-19 on your minds. Exactly how learning — from kindergarten through college — will take place as the school year progresses remains uncertain. And that uncertainty can have an emotional impact on parents and children alike.



“This is new territory, and one of the most important things for parents to remember is that while they may be used to being able to fix everything and having all the answers, this is one time when they may not be able to do that,” says Jody Kashden, PhD, Clinical Director of Child and Adolescent Programs at Penn Medicine Princeton House Behavioral Health. “It is important not to hide this fact from your kids. Instead, model good techniques for dealing with stress, involve the kids in the process of coming up with solutions to problems, and always be open to listening to their feelings. Of course, how you do these things will depend on the child’s age.”

Communication is Key

Listening to your children’s fears and concerns is essential. For example, if a child is worried about the prospect of returning to school, listen to their concerns, validate them, and then work together to ease them. “One way to do this is to role play, with the parent being the child and the child being a friend who is not following social distancing or mask-wearing rules, for example,” says Kashden. “If the parent models how the child should behave in this type of a situation, it can ease their stress.”

For older children, concerns over how they look in a face mask and frustration over a loss of freedom are common. “Acknowledging their feelings, being patient, and discussing options can help in these cases,” says Kashden. “For example, they can find or make a special mask that represents who they are. They can find creative ways to ‘hang out’ with friends without taking health risks.”

Other valuable pointers include:

Foster appropriate expectations: Traditional birthday parties, sports participation, and other social activities may not be possible for some time. Rather than give a child false hope about an upcoming event, work together to find an alternative approach, such as a drive-by celebration or virtual gatherings.

Practice praising: Look for and reward good behaviors, even the small ones, rather than pointing out the bad.

Appreciate the positives: Rather than focus on the negatives of a situation, make an effort to point out what is positive. For example, going to a movie may be out of the question, but renting a favorite one and having special movie-going snacks is an option.

Maintain routines: Keeping to a regular eating, sleeping, school work and chores schedule is important for both parents and children.

Encourage togetherness: This is the perfect time for family fun, from game night to art or science projects to cooking together. Siblings who usually go their separate ways can learn to appreciate each other, with younger children enjoying the attention from older siblings and older children getting caught up in the playful nature of younger siblings.

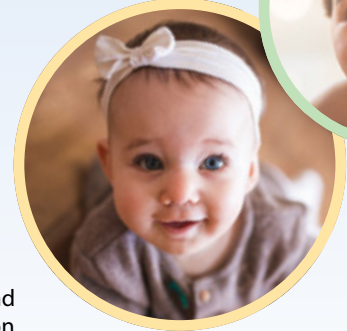
To find out more about Princeton House Behavioral Health mental health services for children, adolescents and young adults, call 888.437.1610 or visit www.princetonhouse.org.

Seek professional help for your child when:

- Anxiety or stress has a sustained impact on daily activities, such as sleep, eating or school work
- Changes in behavior develop, such as anger, sullenness or isolating
- Thoughts or actions indicate possible self-harm

Community Focus

Infant Safety Month



Infant CPR and Keeping Your Baby Safe

SUN. September 20 (11 a.m. – 1 p.m.)
Community Wellness at the Hamilton Area
YMCA John K. Rafferty Branch, Suite 100

\$20 per couple

Learn infant CPR and best practices to keep your baby safe and healthy from birth to their first year. The Family & Friends CPR portion of this class will teach participants how to perform infant CPR and how to help an infant who is choking. The CPR course is designed for family members, friends and members of the general community who want to learn infant CPR (up to age 1) but do not need a course completion card.

Reducing the Risk of Sudden Unexpected Infant Death This session is for professionals

VIRTUAL

THU September 24 (6 – 7:30 p.m.)

Registered attendees will receive a link to join the class.

This webinar will be presented by Barbara M. Ostfeld, PhD, Program Director, SIDS Center of New Jersey. Participants will learn strategies for reducing the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant death issues. Who should attend?

- Pediatricians and pediatric nurse practitioners
- Pediatric and NICU nurses
- Maternal child health nurses
- EMTs
- Doulas
- Childbirth educators
- Lactation consultants
- Daycare and in-home childcare providers

Car Seat Safety Event

SUN. September 27 (11 a.m. – 3 p.m.)
Buy Buy Baby
601 Nassau Park Boulevard, Princeton

Please call 1.888.897.8979 for an appointment and bring your car manual and car seat instructions. The rain date will be on **October 11, at the same time and location.**

We are pleased to offer FREE car seat safety checks. Car seat installation can be a challenge for many parents. Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Have your child's car seat inspected by a certified child passenger safety technician who will check for proper installation, verify age/size appropriateness, and determine if the car seat has been recalled or is visibly damaged.

Safe Sleep: Birth to 12 Months

This session is for expectant and new parents

VIRTUAL

TUE. September 29 (7 – 8:30 p.m.)

Registered attendees will receive a link to join the class.

This webinar will be presented by Ariana Nuñez, MPH, Program Manager, SIDS Center of New Jersey. Learn what expectant and new parents and caregivers can do to help babies sleep safely and reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS — the sudden, unexplained death of an infant younger than one — is the leading cause of death in children between a month and one year of age. Although there is no guaranteed way to prevent it, parents and caregivers can reduce the risk of SIDS.

Child CPR and Keeping Your Toddler Safe (Ages 1 to 3 years)

SUN. October 18 (11 a.m. – 1 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100

\$20 per couple

Learn child CPR and best practices to keep children safe and healthy during their toddler years. The Family & Friends CPR portion of this class will teach participants how to perform child CPR and how to help a child who is choking. This course is designed for family members, friends and members of the general community who want to learn child CPR but do not need a course completion card.

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

VIRTUAL

THU. & SAT. September 3, 5, 10, 12, 17, 19, 24, 26, October 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31 (8:30 – 9:30 a.m.)

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.

Osteoporosis: How to Stay One Step Ahead

THU. September 10 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction

VIRTUAL

TUE. September 22 (7 – 8 p.m.)
THU. September 24 (1 – 2 p.m.)

Worldwide, osteoporosis is responsible for more than 8.9 million fractures each year. Join Christina DeValue, BSN, RN, ONC, Registered Nurse with Penn Medicine Princeton Medical Center, and Elizabeth Shokoff, MSN, RN, ONC, Orthopaedic Nurse Navigator with the Jim Craigie Center for Joint Replacement, to learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment options for osteoporosis in aging adults.



Common Golf and Tennis Shoulder Injuries

VIRTUAL

THU. September 10 (7 – 8 p.m.)

Regardless of your age and activity level, shoulder injuries can be debilitating. Join Chris Blessing, MPT, OCS, CSCS and MS in exercise physiology, with Penn Medicine Princeton Medical Center, to learn more about the diagnosis, treatment and prevention of common orthopaedic ailments specific to golf and tennis. Exercises to protect and strengthen the shoulder will also be demonstrated.

Gentle Yoga

VIRTUAL

MON. September 14, 21, 28, October 5, 12, 19 & 26 (7 – 8 p.m.)

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.

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

VIRTUAL

TUE. September 15 (1 – 2 p.m.)

Tired of missing out in social settings 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.

Happy Feet

WED. September 16 (7 – 8 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

THU. September 24 (7 – 8 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Head into fall with healthy, happy feet. Join Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery, for this informative program offering tips to prevent and treat common summer foot complaints, such as cracked heels, skin and nail fungi, calluses, warts, blisters, and arch and heel pain. Learn more about footwear choices and get answers to your foot care questions. Dr. Hasan is a member of the Medical Staff of Penn Medicine Princeton Health.



What are Plyometric Exercises?

VIRTUAL

TUE. September 22 (11:30 a.m. – 12:30 p.m.)

One of the newest forms of exercise is plyometrics, or jump training, powerful aerobic exercises requiring you to exert your muscles to their maximum potential in a short period of time. Join William Rossy, MD, an orthopaedic surgeon and member of the Medical Staff of Penn Medicine Princeton Health, for an informative discussion about plyometric exercise and how to decide if it's right for you.

Pre-Diabetes and Diabetes: What's My Risk?

TUE. September 22 (1 – 2 p.m.)
Princeton Fitness & Wellness at
Plainsboro

Join us for an informative session presented by diabetes clinicians and certified diabetes educators Louise Gross, RN, and Sandra Byer-Lubin, MS, RD, CDE, from the Princeton Medical Center Diabetes Management Program, to learn about lowering your risks of pre-diabetes and type 2 diabetes, reducing complications for those diagnosed with diabetes and how to incorporate low-glycemic index foods into your diet.



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.

Memory, Aging and the Brain

VIRTUAL

FRI. September 25 (1 – 2 p.m.)

If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Attend this informative session presented by Jeffrey Apter, MD, board certified in psychiatry, and learn the difference between mild cognitive impairment, dementia, and Alzheimer's disease, as well as the next steps for anyone who has started to notice a decline in their memory. Early detection, diagnosis, and intervention provide the best opportunities for treatment, support, and planning for the future. Dr. Apter is a member of the Medical Staff of Penn Medicine Princeton Health.



Memory Screening

MON. October 5 (11:30 a.m. – 1:30 p.m.)

**South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction**

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. Your 15-minute screening 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.

Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. October 6 – November 10 (9 – 10 a.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$30 per person

This six-week class, designed for women experiencing pain in and around the pelvic girdle, will teach participants exercise and lifestyle management strategies to help reduce pelvic pain. Sessions will include education, along with:

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

Please wear comfortable exercise clothing and bring water to hydrate. Exercises are taught by a Princeton Rehabilitation physical therapist specializing 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. October 6 – November 19 (1:30 – 2:45 p.m.)

**Princeton Fitness & Wellness at Plainsboro
7 Plainsboro Road, Plainsboro**

\$99 per person

Improve your pelvic floor health and quality of life through this seven-week Total Control® program. Participants report improvement in: urinary leakage and bladder control; urinary frequency or overactive bladder; pelvic strength and support; post-partum core strength; and better 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.

Self-defense for Women: Personal Empowerment Safety Program

TUE. September 8, 15, 22 & 29 (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 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 is necessary.

Better Balance

THU. October 8 (10:30 – 11:15 a.m.)

**South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction**

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Join us to learn about balance; your risk for falls; and the role of physical therapy and exercise in overall wellness, balance, and fall prevention. The program will be led by Esther Frasso, PT, Physical Therapist with Princeton Medical Center Princeton Rehabilitation.

Yikes! What is Happening to My Body?

THU. October 8 (6 – 7:30 p.m.) — A Puberty Talk for Girls

THU. October 15 (6 – 7:30 p.m.) — A Puberty Talk for Boys

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

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.

Vitamins and Supplements

TUE. October 13 (11 a.m. – 12 p.m.)

**Hopewell Library
245 Pennington-Titusville Road, Pennington**

Join Phil Coco, PharmD, Pharmacy Clinical Specialist with Princeton Medical Center, for this informative program highlighting the latest information on the use of vitamins and supplements for general wellness. Topics include: product selection, dosing, cautions, drug interactions and disease prevention, with an emphasis on vitamin D.

Common Aches and Pains

WED. October 14 (7 – 8 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

THU. October 22 (7 – 8 p.m.)

**South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction**

Muscle, bone, joint, tendon and ligament aches and pains can make it difficult to get through your daily routines. 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 what may be causing your musculoskeletal aches and pains and what treatment options are available.

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.

Weight-Loss Surgery: Is It Right for Me?

VIRTUAL

WED. September 16 (6 – 6:30 p.m.)

WED. October 21 (6 – 6:30 p.m.)

To register and receive the link to join virtually, please email donna.post@penmedicine.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 tentatively be held virtually. Please check our website for the latest updates.

Constipation Management for Kids: A Class for Parent and Child

MON. September 24, October 1, 8, 15, 22 & 29 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road Suite 103, Princeton

This six-week class is designed for children ages 6-12 (and their parent/guardian) who have had issues managing constipation. Children and their parents 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

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **Tuesdays, September 15 and October 20, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.**

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

VIRTUAL

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. Also, we encourage you to join our weekly virtual pregnancy and postpartum support group where many of your questions can be answered.

Prenatal Yoga

VIRTUAL

Tuesdays (6:30 – 7:30 p.m.)

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, 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 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

VIRTUAL

Wednesdays (4:30 – 5:30 p.m.)

During these uncertain times, being a new parent can be particularly stressful. To help reduce your stress, we are sponsoring 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

MON. September 14 (7 – 9:30 p.m.)

Community Wellness at 731 Alexander Road Suite 103, Princeton

VIRTUAL

WED. October 21 (7 – 9:30 p.m.)

\$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.

SAVE!

Register for multiple classes and save! Please call 1.888.897.8979 to receive discount.

2 classes save \$10

3 classes save \$20



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.pricetonehcs.org/calendar.

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

 VIRTUAL

TUE. September 1 – 15 (7 – 9 p.m.)

TUE. October 13 – November 3 (7 – 9 p.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

\$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. September 12 (9 a.m. – 5 p.m.)

SAT. October 10 (9 a.m. – 5 p.m.)

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

\$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.

HypnoBirthing®

SAT. October 31, November 7, 14 & 21 (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.

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

MON. October 5, 12, 19, 26, November 2 & 9
(6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road
Suite 103, Princeton

Expecting? Join pelvic health physical therapists for this exciting new 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
- Breathing exercises
- 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.

Preparing for Cesarean Section

WED. September 16 (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.



Prenatal Breastfeeding Class

MON. September 21 (7 – 9:30 p.m.)

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

WED. October 14 (7 – 9:30 p.m.)

Community Wellness at 731 Alexander Road – Suite 103, Princeton

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. Penn Medicine Princeton Health is dedicated to promoting the health and well-being of all moms and babies, and we are proud to offer prenatal breastfeeding classes free of charge.

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.

Daddy Boot Camp™

SAT. October 24 (9 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road – Suite 103, Princeton

\$40 per person

This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and develop hands-on 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.

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.

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.

Bright Beginnings (birth to crawling)

Please check for schedule and topics at www.princetonhcs.org/calendar.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver.

Breastfeeding Support Group

Tuesdays & Fridays (11 a.m. – 12 p.m.)

Community Wellness at the Hamilton Area YMCA

John K. Rafferty Branch – Suite 100, Conference Rooms A & B

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. Mothers are encouraged to bring their infants.

Infant Massage

 VIRTUAL

SAT. October 3
(10 a.m. – 12 p.m.)

\$15 per family

Join us in a virtual meeting to learn how to skillfully provide calm and soothing touch

for your baby and other children too. 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.



Postpartum Power: Fitness & Education for New Moms

TUE. & THU. October 6 –

November 12 (10 – 11 a.m.)

Community Wellness at
731 Alexander Road
Suite 103, Princeton

\$80 per person

Strengthen and restore your posture, core and pelvic floor at this six-week class designed

for new moms. Participants should be at least six weeks postpartum and have their doctor's medical clearance to exercise. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga, and breathing techniques. Please wear comfortable exercise clothing. Babies are welcome.



Grandparenting 101

MON. October 19 (6:30 – 8 p.m.)

Community Wellness at the Hamilton Area YMCA

John K. Rafferty Branch – Suite 100, Conference Rooms A & B

\$10 per couple

This class is designed for grandparents-to-be and new grandparents. It will be presented by Carolyn Schindewolf, a health educator with Princeton Health Community Wellness. Topics range from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- SIDS (Sudden Infant Death Syndrome) risk reduction
- Transitioning your role from parent to grandparent
- Newborn characteristics

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.

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

 VIRTUAL

TUE. & THU. September 15, 17, 22 & 24 (10 a.m. – 12 p.m.)

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

THU. & FRI. September 24 & 25 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

WED. September 16 (9 a.m. – 5 p.m.)
MON. October 19 (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

TUE. & WED. October 21 & 22 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

WED. September 2 (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. September 9 (6 – 10:30 p.m.)
Princeton Fitness & Wellness, 1225 State Road, Princeton

MON. September 21 (9 a.m. – 1:30 p.m.)
WED. October 14 (9 a.m. – 1:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

MON. October 5 (6 – 10:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

BLS Renewal*

FRI. September 18 (9 a.m. – 1 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

TUE. September 29 (6 – 10 p.m.)
WED. October 28 (6 – 10 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

SUN. October 11 (9 a.m. – 1 p.m.)
Princeton Fitness & Wellness, 1225 State Road, Princeton

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

TUE. September 15 (6 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$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 First Aid CPR AED

SAT. October 17 (9 a.m. – 4 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$60 per person
The Heartsaver First Aid CPR AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver First Aid CPR AED also teaches how to manage illness and injuries in the first few minutes until professional help arrives. This class 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.

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 First Aid

WED. October 21 (6 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$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.

Neonatal Resuscitation Program Recertification Course

FRI. September 18 (8 a.m. – 12 p.m.)
WED. October 14 (8 a.m. – 12 p.m.)
Penn Medicine Princeton Medical Center – 6th Floor, Mother & Baby Unit

\$75 per person

The Neonatal Resuscitation Program teaches an evidence-based approach to newborn resuscitation and is designed for hospital staff members who provide care for newborns at the time of delivery, including physicians, nurses, and respiratory therapists. There is an online exam that must be completed and passed 30 days prior to the course. 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

MON. & TUE. September 14 & 15 (8 a.m. – 12 p.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

This class is geared toward EMS providers and has been awarded eight CEUs. You must attend both dates. 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.

EMT Integrated Refresher Section A – Airway Assessment and Management

SUN. October 4 (8 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

\$60 per person

Participants will review proper airway management techniques, including assessment, airway insertion, and oxygen administration.



CEVO 4

SAT. October 24 (9 a.m. – 3 p.m.)
Montgomery EMS, 8 Harlingen Road, Belle Mead

Please call 1.888.897.8979 to register.

\$10 per person. Please bring cash or a check made payable to Montgomery EMS to class.

This classroom course teaches defensive driving techniques unique to ambulance work, training drivers to navigate in traffic safely in emergency and non-emergency situations under severe time constraints and stress. This class will cover collision prevention techniques and a wide range of other safety-related topics, including vehicle inspection; vehicle handling and design characteristics; emergency and non-emergency driving differences; and safety at the emergency scene.

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

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

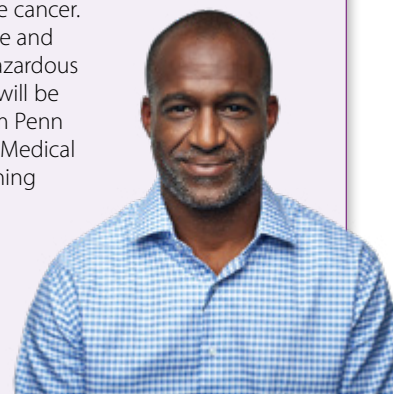
Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit 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 PMC's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

Annual Prostate Cancer Screenings

THU. September 24 (6 – 8 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
Edward & Marie Matthews
Center for Cancer Care

Please call 1.888.897.8979
for an appointment.

Early detection greatly increases your odds of successfully treating prostate cancer. To participate you must be a male 40-80 years of age, or 35-40 years of age and be in a high-risk category, for example, African American, family history, hazardous occupation. (Please call for more information). This confidential screening will be performed by a board certified urologist and healthcare professionals from Penn Medicine Princeton Health, and is sponsored by Penn Medicine Princeton Medical Center's Edward & Marie Matthews Center for Cancer Care. This free screening includes a digital rectal exam (DRE) and a blood draw to test the levels of prostate-specific-antigen (PSA) in your blood. The test is offered as part of an ongoing, long-term research project. To participate, you must sign a consent form and complete a survey focused on quality-of-life issues. Your completed survey, blood test results and demographic information will be shared with researchers.



Mindful Movement

VIRTUAL

Thursdays (10 – 11 a.m.)

To register and for a 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.

Prostate Cancer Support Group

VIRTUAL

WED. September 9 (2:30 – 4 p.m.)

WED. October 14 (2:30 – 4 p.m.)

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.

Breast Cancer Support Group

VIRTUAL

TUE. September 8 (6 – 7:30 p.m.)

TUE. October 13 (6 – 7:30 p.m.)

To register and for a 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.

Cancer Support Group

VIRTUAL

TUE. September 15 (2:30 – 4 p.m.)

TUE. October 20 (2:30 – 4 p.m.)

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.

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.

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

VIRTUAL

WED. September 16 (12 – 1:30 p.m.)
WED. October 21 (12 – 1:30 p.m.)

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.

Living Beyond Cancer

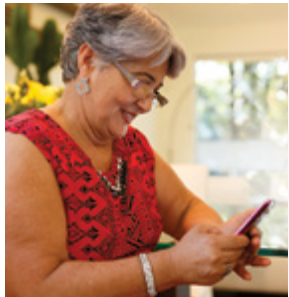
VIRTUAL

THU. September 24 (12:30 – 2 p.m.)
THU. October 22 (12:30 – 2 p.m.)

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

This group, led by an oncology nurse navigator with Penn Medicine Princeton Medical Center, offers a welcoming environment where you can ask questions and receive support from fellow survivors as you adjust to life after treatment. Participants will also learn about stress management, nutrition, and how to cope with the late effects of treatment.

SUPPORT GROUPS



Weight-loss Surgery Support Group

VIRTUAL

TUE. September 1 (7:15 – 8:15 p.m.)
TUE. October 6 (7:15 – 8:15 p.m.)
THU. September 3 (6:30 – 7:30 p.m.)
THU. October 1 (6:30 – 7:30 p.m.)
WED. September 16 (6:30 – 7:30 p.m.)
WED. October 21 (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 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.

UNITE: Perinatal Loss Bereavement Support Group

VIRTUAL

WED. September 2 (7 – 9 p.m.)
WED. October 7 (7 – 9 p.m.)

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

VIRTUAL

MON. September 21 (3 – 4:30 p.m.)
MON. October 19 (3 – 4:30 p.m.)

For information to join visit www.princetonhcs.org/calendar and search keywords "Bereavement Support".

Please call 609.819.1226 for any questions.

The support group meets the third Monday of the month. 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.

Diabetes Support Group

VIRTUAL

WED. September 16 (2:30 – 4 p.m.)
WED. October 21 (2:30 – 4 p.m.)
MON. September 28 (6:30 – 8 p.m.)

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.

Journey Back: Stroke Support Group

VIRTUAL

WED. September 9 (2 – 3 p.m.)
WED. October 14 (2 – 3 p.m.)

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.

Bariatric Support Group (for Alumni)

VIRTUAL

TUE. September 1 (6 – 7 p.m.)
TUE. October 6 (6 – 7 p.m.)

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

Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group. 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.

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



What to Expect in the Intensive Care Unit

WED. September 9 (12 p.m.)
Jasmeet S. Bajaj, MD



Long-Term Effects of Elevated Cholesterol

WED. October 14 (12 p.m.)
Sabahat Bokhri, MD

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.

What to Expect in the Intensive Care Unit

Hopefully, you or a loved one will never experience a medical emergency that requires treatment in an intensive care unit (ICU) — a specialized unit where critically ill or injured patients are treated. But if ICU treatment is needed, Penn Medicine Princeton Medical Center’s 24-bed Llura & Gordon Gund Center for Critical Care focuses on caring for both the patient and their loved ones.

The center provides 24-hour, on-site management by doctors known as intensivists, who are specially trained to treat patients in critical condition. Studies show that patients whose care is managed by intensivists in an ICU recover quicker and achieve greater clinical outcomes, according to the *Journal of the American Medical Association*.



“We have what is called a closed ICU, which means a team of intensivists is exclusively dedicated to patients during their shift, rather than care switching between various doctors on duty at a specific time,” says **Jasmeet Bajaj, MD**, Medical Director of Critical Care at Princeton Medical Center. “This allows us to very carefully manage the care of our patients and communicate with patients and their loved ones seamlessly.”

A Personalized Commitment

In most cases when a patient who has a serious injury or illness other than COVID-19 is in the ICU, loved ones are encouraged to spend as much time as they wish by their bedside. When personal visitation is not an option, video chats through tablets and phones are encouraged. Additionally, both patients and their loved ones are kept up to date on medical conditions, treatments and expectations throughout the day by physicians and nurses.

“It is a stressful time when someone is in the ICU, so it is only natural to forget to ask a question, or for a question to come up suddenly for the family or patient. We stress that we are always available to answer questions, any time, day or night, and we encourage people to approach us with their questions or concerns,” says Dr. Bajaj, who is board certified



in critical care medicine, internal medicine and pulmonary disease.

ICU intensivists regularly communicate with the patient’s primary care doctor and any specialists working with the patient in order to coordinate care. Additionally, daily bed-to-bed rounds include not only doctors and nurses, but social workers, dietitians, respiratory therapists (if needed), pain management, and pharmacists, so everyone is up to date on each patient’s condition and treatment plan.

Most monitoring and treatment can take place at the bedside, including dialysis, diagnostic imaging and even some heart and lung treatments. Palliative care to help develop a comfort care plan is also part of ICU care.

For more information visit princetonhcs.org, or call 1.888.PHCS4YOU.

In-person visitation policies may change due to COVID-19. Please visit www.princetonhcs.org for the latest news.

When a loved one is in ICU, keep these tips in mind:

- Spend time with the patient either in person or virtually, depending on their condition.
- Ask before touching or moving any equipment around the patient.
- If you are able to visit in person—ask first, but physical touch, quiet conversation and even softly playing the patient’s favorite music can be comforting.
- Improvise when needed. For example, give the patient a small writing pad and pen to write out messages if speaking is a problem.
- Take time for self-care by making time to eat and sleep.



Nutrition Tips for Breast Cancer Patients

Following a diagnosis of breast cancer,

it is important to re-evaluate your lifestyle in order to manage obesity-related conditions like heart disease and diabetes and help maintain a healthy weight so you can better manage treatment side effects and help prevent a recurrence.

“Establishing a healthy diet and including physical activity in your regular routine are extremely important while undergoing care and following treatment,” says Mehreen Husain, MS, RDN, CSO, CNSC, Registered Dietitian and Certified Nutrition Support Clinician with Penn Medicine Princeton Medical Center (PMC). “The healthier you are, the better, when it comes to cancer treatment. Additionally, excess body fat may increase your risk of a recurrence.”

The Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center offers an interactive nutrition class specifically designed to help those with breast cancer and survivors of the disease learn how nutrition and lifestyle play a role in breast cancer and its prevention.

Basic tips include:

- Increase fruit, vegetable and whole grain consumption
- Decrease added sugar in diet
- Minimize consumption of processed foods
- Incorporate daily physical activity
- Limit or eliminate alcohol consumption
- Attain and maintain a healthy weight

For more information on scheduled classes, visit www.princetonhcs.org/events.



Shared Decision Making: Developing the Best Treatment Plan for You

When it comes to treating diseases such as cancer, there are often a range of options available to you. Determining which treatments to pursue can be challenging. That’s where shared decision making can help.

“Shared decision making is the process where the doctor and patient work together to determine the best treatment options for the patient’s specific condition and objectives,” says Lori McMullen, RN, MSN, OCN, Director of Cancer Services at the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center. “It involves educating the patient on all aspects of the disease, treatment options, side effects and risks, and then working with them to find the course of care that meets their needs.”

For example, as a result of considering the risks and benefits of chemotherapy, a patient with an incurable cancer may decide not to undergo treatment if it

means their quality of life will be better, even if their life expectancy is shorter. Or, a patient with a certain type of breast cancer that may be successfully treated with a lumpectomy (where just the tumor is removed), may make the decision for a bilateral mastectomy instead, in the hope to reduce the risk of recurrence.

“It is a team approach to care that enables the patient to ask all the questions and get all the answers before making a decision on care,” says McMullen.

For information about the Edward & Marie Matthews Center for Cancer Care, call 1.888.742.7496, or visit www.princetonhcs.org.

Ouch!

What Happened to My Shoulder?

The shoulder is one of the most flexible joints in your body, which is why it is so susceptible to sudden injuries, like sprains and tears, as well as chronic conditions such as arthritis. In fact, sometimes you may not even know what brought on the stabbing pain that occurs when you raise your arm or the throbbing ache that starts when you lay down at night.



“The initial pain from a shoulder injury can interrupt sleep, limit arm movements and create difficulty with work and recreational activities,” says **Jeffrey Abrams, MD**, a member of the Medical Staff of Penn Medicine Princeton Health. “Many injuries initially require rest and gentle, assisted movement to ease stiffness. If the pain and limited movement are not improved, seeking medical attention is important. Early treatment of rotator cuff tears can reduce the size of the tear, which will impact the result after healing. Larger tears can result in permanent weakness and make surgical recovery a prolonged and arduous process.”

Treatment Varies

While the treatment for shoulder problems varies depending on the condition, nearly all treatment plans involve exercises — either as part of a formal physical therapy plan or an at-home routine — to help stretch and strengthen the joint and improve range of motion.

Dislocations, fractures and separations require repositioning the shoulder and using a sling to hold it in place while it heals. Many other conditions, such as cartilage or rotator cuff tears and impingements, where the tendons of the rotator cuff get pinched in the bones of



the shoulder; frozen shoulder, where tissue builds up in the joint and prevents the shoulder from moving freely; or bursitis, where the fluid-filled sac that cushions the shoulder swells, are usually treated initially with rest, over-the-counter anti-inflammatory medications, and heat or ice. If the condition does not improve, a steroid injection may reduce swelling and pain. Shoulder problems that persist may require surgery.

“Surgical treatment today is most often performed using minimally invasive techniques in an outpatient or same-day surgical facility,” says Dr. Abrams, who is board certified in orthopaedic surgery.

“Arthroscopic techniques provide a way to view the problem with a camera, allowing magnification to assist in the reparative surgery. By avoiding larger incisions, risks of scarring are reduced, allowing for a less painful and shorter recovery.”

For patients who have developed shoulder arthritis, there are many choices of shoulder replacements, which can be customized to the patient’s age and activity needs.

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

WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION

- Shoulder joint appears deformed
- Shoulder cannot be moved or used
- Arm or hand is weak or numb
- Pain in shoulder or arm is intense
- Shoulder suddenly swells
- Sudden loss of ability to lift arm overhead

Varicose Veins: Now You See Them, Now You Don't

As we age, the likelihood of developing varicose veins increases. In fact, according to the U.S. Department of Health and Human Services, varicose veins and their smaller counterparts, known as spider veins, affect half of adults over 50.



"Women experience varicose veins more frequently than men, but the condition does occur in both sexes," says **Kenneth Goldman, MD, RVT, FACS**, a vascular surgeon with Penn Medicine Princeton Medical Center. "The genetics behind it are strong — if one parent had them, you have a 50 percent chance of developing varicose veins. If both parents had them, the likelihood jumps to 90 percent."

Beyond the genetic factor, women who have had one or more children, along with individuals who stand for long periods of time, run the greatest risk of developing varicose veins. This condition occurs when the valves in the legs weaken and become damaged, causing the veins to bulge and stretch. This commonly leads to achiness and heaviness in the legs and, left untreated, can hinder everyday activities. Warm weather can make symptoms worse, and in more severe cases leg ulcers can develop, leading to infection and wound care challenges.

Not Your Grandma's Surgery

"Today's treatments for varicose veins are done in the office and take about 15 minutes on average," says Dr. Goldman, who is board certified in general and vascular surgery. "You generally can drive yourself to the appointment and, in many cases, head back to work the same day. Years ago, procedures required hospitalization and long uncomfortable recovery periods. Today's procedures are quick, safe and essentially painless."

If caught early enough, the first line of treatment involves keeping the legs elevated as much as possible and wearing properly fitted compression socks. If these measures fail to alleviate troublesome symptoms, surgical procedures, including radiofrequency ablation and chemical injection, can close and seal leaking veins and naturally reroute blood flow through healthier ones.

"Most insurance will cover the procedures since they are not simply a cosmetic fix," says Dr. Goldman. "There is no reason to live with the pain and discomfort caused by varicose veins, with treatment so readily available."



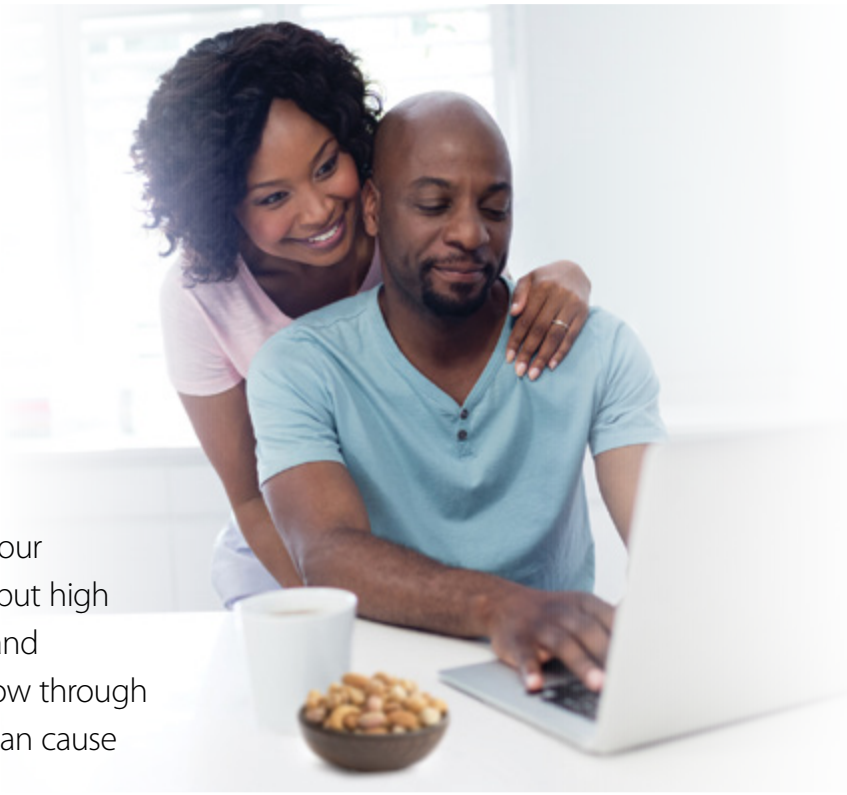
WHEN TO SEEK MEDICAL ATTENTION

See a vascular surgeon if you notice:

- Bulging veins
- Swelling in your legs
- Brownish ankle discoloration
- Achiness, tiredness or heaviness in your legs

For more information on the Center for Vascular Care at Princeton Medical Center, call 1.888.742.7496, or visit www.princetonhcs.org.

Understanding the Risks of Long-Term High Cholesterol



Cholesterol — the waxy substance found in your blood — is essential to building healthy cells, but high levels of the substance lead to fatty deposits and blockages that make it difficult for blood to flow through your arteries. Over time, reduced blood flow can cause damage throughout your body.



“While it once was something we saw mostly in people 50 and older, we are finding high cholesterol in younger patients more frequently these days, because of obesity,” says **Sabahat Bokhari, MD**, a cardiologist with Princeton Medicine Physicians, Penn Medicine Princeton Health’s network of primary and specialty care doctors. “That is concerning, because the longer you have the condition, the more damage will be done.”

Nearly 29 million American adults age 20 and older have high cholesterol, and an estimated seven percent of children suffer from the condition, according to the Centers for Disease Control and Prevention.

Over time, high cholesterol can cause heart disease, heart attack, stroke, memory problems, nervous system disruptions, and even digestive problems.

Diagnosis and Treatment

A simple blood test will determine if your cholesterol levels are high, and testing should be performed on a regular basis at the recommendation of your primary care doctor.

“You want to be sure to keep an eye on your levels if they are slightly elevated to catch any changes as they occur,” says Dr. Bokhari, who is board certified in cardiovascular disease. “The basic rule is 70-70-70: You want your LDL, which sometimes is called ‘bad’ cholesterol, under 70; your HDL, called ‘good’ cholesterol, at 70 or higher; and your triglycerides under 70.”

Once high cholesterol is diagnosed, a range of medications are available to help keep it under control. A healthy diet, exercise and not smoking can help push numbers lower as well.

“Changes in lifestyle once you have high cholesterol can usually reduce your LDL by 15 to 20 percent,” says Dr. Bokhari. “So, if your elevated LDL is just slightly elevated, your doctor may be able to take you off the medication over time, but generally medication is used to keep your cholesterol at a healthy range and, as a result, help you maintain good cardiovascular health.”

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

RISK FACTORS INCLUDE:

- Poor diet
- Obesity
- Lack of exercise
- Smoking
- Diabetes
- High blood pressure
- Family history of high cholesterol

Yoga Therapy Can Help Ease Anxiety and Depression



When it comes to treating clinical depression and anxiety — which often go hand in hand — individual and group therapy — usually combined with antidepressant or anti-anxiety medication — are the primary focus.

At Penn Medicine Princeton House Behavioral Health (PHBH), an additional form of supplemental treatment has been found to help ease the symptoms of both conditions — yoga therapy.

“We utilize yoga as a way to help people feel more connected and present in their bodies, regulate their nervous system through breath work, and relieve stress through movement,” says Kate Diviaio, MSW, LCSW, RYT, a Senior Primary Therapist and Yoga Teacher with PHBH. “It’s a great complement to traditional group and individual therapy.”

Promoting Overall Wellness

Yoga therapy is offered as an elective class in groups of up to 10 people, as part of PHBH’s outpatient programs for adults and adolescents. Presently, due to the COVID-19 pandemic, classes are offered through telehealth. Each session lasts approximately one hour and may include breathing exercises, physical postures, meditation and guided imagery. The combination helps promote overall wellness by reducing tension, slowing the heart rate, promoting mindfulness and calming the mind.

Sessions begin with a check-in with the participants to see how they are feeling emotionally and physically, so the class can be tailored to meet their present needs.

“After an often intense day of therapy, where you are focused on sharing through talking and listening, an opportunity to step back from that and quietly get back in touch with yourself can be extremely important and grounding,” says Diviaio. “This connection with our mind and body can help with depression, anxiety, trauma and even eating disorders, because it helps you realize you can regulate yourself through this connection and feel more comfortable in your own body.”

While props such as blocks, straps and rolls are frequently used during in-person sessions, when doing telehealth yoga therapy, participants are encouraged to do simple breathing exercises and postures at home, even if they do not have props.

“Just the simple act of lying on your back on the floor, with the back of your legs up against the wall for 5 or 10 minutes before you go to sleep at night can reduce anxiety and help with insomnia,” says Diviaio. “And improved sleep means reduced emotional vulnerability for the following day.”

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



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For help with finding a physician,
call 1.888.742.7496.

Community Donations

Help Us Help You During COVID-19 Pandemic

Penn Medicine Princeton Health and the Princeton Medical Center Foundation are grateful for the remarkable outpouring of support, encouragement and kindness from our community. From neighborhood groups, local schools, children, universities, faith-based organizations and our major corporate partners, support has come in all forms and sizes, and each donation has made an important impact in our fight against COVID-19.

In-kind donations have included personal protective equipment (PPE), meals for our employees, complimentary hotel rooms for staff who must self-isolate and a wide range of other comfort items and services for our staff.

Members of our community have also contributed to our COVID-19 Emergency Response Fund, which has provided resources to help us address the most pressing needs of the hospital, and the Healthcare Heroes Fund, which recognized our incredibly dedicated staff with dinners from local restaurants.

It is during times like these where we see the compassion and power of our community, and we are honored to have your partnership. As we move forward in the coming months, know that your philanthropy and shared commitment to our success will help us continue to navigate any challenges ahead and serve our community.

To donate, please visit www.princetonhcs.org/donate or call 609.252.8710.

