

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — SEPTEMBER/OCTOBER 2021

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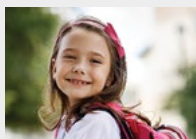
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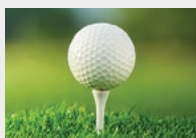
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Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it.

www.princetonhcs.org/covid-19/telemedicine



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



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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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Princeton Health's New Cancer Suite: Greater Access to Coordinated Care



Patients with cancer now have greater access to coordinated, expert care through a new Penn Medicine Princeton Health oncology suite in the Medical Arts Pavilion, adjacent to Princeton Medical Center (PMC) in Plainsboro.

The suite houses medical and surgical specialists in a variety of disciplines, including hematology/oncology, gynecologic oncology, and minimally invasive gynecologic surgery. It represents the latest expansion of Princeton Health locations that provide care and support to individuals with cancer. Existing locations providing oncology care include the Matthews Cancer Care Suite at PMC and the Breast Health Center, located in East Windsor.



"By creating this suite, we are bringing together a team of cancer experts who are not only highly specialized and educated in their fields of medicine but who are also dedicated to helping patients understand their diagnosis, their options, and what will give them the best chance to beat their cancer," said **David B. Sokol**,

MD, Medical Director of Outpatient Infusion, PMC. "Locating all of these professionals within the same suite supports a highly integrated approach to each patient's care that better serves the patients and their families."

The suite expands access to specialized care in a number of clinical areas, including care for women with ovarian, endometrial/uterine, cervical, vulvar and vaginal cancer. For women, the care available at PMC provides greater opportunities for the early detection and treatment of these cancers while also utilizing approaches that help preserve fertility — a concern among many women of childbearing age who wish to have children.

A cancer diagnosis can be overwhelming and affect many different aspects of a patient's life. Recognizing this, the suite will provide patients access to a range of supportive services, including nurse navigation, social services, and financial counseling. Future plans include the addition of more Princeton Health specialists to the suite who treat lung and gastrointestinal cancers.

"The new suite will offer members of the community who need cancer care greater and more convenient access to services," said James Demetriades, Princeton Health CEO. "And while we work to expand the depth and breadth of cancer care services available locally, we will also continue to provide seamless access to the world-class cancer care services offered by Penn Medicine's Abramson Cancer Center in Philadelphia when that level of care is needed. We are deeply committed to offering outstanding care and providing as much support and peace of mind as possible."

Cancer care available through Princeton Health includes state-of-the-art imaging and pathology services; radiation oncology; infusion; treatments including chemotherapy, immunotherapy, targeted therapy and hormone therapy; as well as surgical care; physical therapy; nutrition support; and palliative care. As part of Penn Medicine, Princeton Health also offers patients access to highly advanced treatments through Abramson Cancer Center, a world leader in cancer research and patient care. These include proton therapy, immunotherapy, and clinical trials.

For more information about cancer care at Princeton Health, call **833.927.1246**.

Medical Director of Cancer Programs Named



Noah A. Goldman, MD, a gynecologic oncology specialist who has taught at five medical schools during the past two decades, joined Penn Medicine Princeton

Health as the new Medical Director of Cancer Programs in August 2021.

Dr. Goldman will collaborate with administrative and medical staff leaders at Princeton Health and Penn Medicine's Abramson Cancer Center to foster the development of a comprehensive cancer program for central New Jersey. His research interests include the use of minimally invasive surgery to treat gynecologic cancers and expanding enrollment in clinical trials. He also will see patients in Princeton Health's new oncology suite in the Medical Arts Pavilion.

Treating Urinary Incontinence Without Surgery



Enjoying everyday life can be challenging when your activities have to be planned around frequent visits to the bathroom, or you experience urinary leakage or other bladder-related problems. While an estimated 33 million Americans of all ages experience an overactive bladder, according to the American Urological Association, many hesitate to discuss their condition with a doctor out of embarrassment.



“The thing to remember is that this problem is common and very treatable,” says **Heather van Raalte, MD**, Chair of Penn Medicine Princeton Health’s Department of Obstetrics and Gynecology. “It affects both men and women, although it is more common in women. Weakening pelvic floor muscles as we age, and childbirth and obesity are major contributing factors for urinary incontinence.”

Wear and tear on the body over time takes a toll on the pelvic floor, says Dr. van Raalte, who is double board certified in obstetrics and gynecology, as well as female pelvic medicine and reconstructive surgery. Women often experience problems as a result of pregnancy and childbirth, and men often develop the condition in conjunction with prostate disease.

Several Options Exist

Once the cause of your problem has been diagnosed, there are several options to treat the condition. While surgery is sometimes necessary, a physician can often treat urinary incontinence by recommending certain lifestyle changes, instructing you in pelvic floor exercises, or referring you to the Center for Pelvic Wellness at Princeton Medical Center for specialized physical therapy. Certain medications may also be prescribed to help relax bladder muscles to help decrease urgency and frequency and increase the amount of “warning time” so you have more time to make it to the bathroom without a leak.

When medication does not work or is not a good fit for the patient, Botox or a synthetic bulking material may be administered as injections in the office

setting to help treat incontinence episodes as well. Women may also be fitted for an internal medical device that can be inserted as needed, and is designed to help prevent urinary leakage.

“For those whose problem persists, we have had a lot of success with a tiny device that works like a pacemaker, providing gentle nerve stimulation that helps restore proper bladder function,” says Dr. van Raalte. “The device is inserted just under the skin in the upper part of the buttock in a brief outpatient procedure.”

There also are minimally invasive surgical options, including an implantable support for the urethra called a pubovaginal sling. Another option is pelvic reconstructive surgery if the bladder is out of position, for patients who also have prolapse, where the pelvic organs have dropped from their normal position.

“With so many options available, including surgical intervention if needed, there is no reason to limit your activities or plan your life around the bathroom,” says Dr. van Raalte.

To find a physician affiliated with Penn Medicine Princeton Health, or for more information about the Center for Pelvic Wellness at Princeton Health Center, call **1.888.742.7496**, visit **www.princetonhcs.org**. Information on Community Education programs on pelvic wellness can be found on page 10.

Decrease your risk of developing urinary incontinence by:

- Maintaining a healthy weight
- Eating a diet high in fiber
- Avoiding bladder irritants like caffeine, alcohol, and high-acid foods
- Not smoking

Living With HEART FAILURE

A diagnosis of heart failure, also called congestive heart failure, means you will need to make changes in your lifestyle and carefully follow the recommendations of your doctor, but living a full life with the chronic condition is possible.



“Heart failure is a serious condition where your heart muscle has stiffened or weakened and is unable to pump blood as well as it should,” says **Lisa Motavalli, MD**, a board certified cardiologist on the Medical Staff of Penn Medicine Princeton Health. “It often develops after other medical conditions have damaged the heart over time, such as coronary artery disease, or high blood pressure. It can also come on suddenly as a result of a virus that attacks the heart.”

Heart failure can be life threatening, so proper diagnosis and treatment are essential, and in some cases can even help strengthen a weakened heart.

A Lifelong Journey

“Depending on the cause of your heart failure, treating the underlying condition, for example a faulty heart valve or a heart rhythm problem, can help correct the problem,” says Dr. Motavalli, who is board certified in cardiovascular disease and internal medicine. “But in most cases treatment will involve a combination of medications and lifestyle changes, including maintaining a healthy weight, exercising regularly, and eating a healthy diet that limits sodium intake.”

Medications may be used to relax blood vessels to lower blood pressure and improve blood flow so the heart does not have to work as hard, slow the heart rate and reduce abnormal heart rhythms, and decrease fluid that may build up in your body. You may also be prescribed medications to help lower cholesterol or prevent blood clots.

“Regular medical monitoring is extremely important since your medications may need to be adjusted often so your condition can be properly controlled,” says Dr. Motavalli. “Between appointments, if you notice any changes in your health — including a sudden weight gain, which may be a sign your body is retaining fluid — contact your doctor right away.”

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



WATCH FOR THESE SIGNS OF HEART FAILURE

Shortness of breath



Cough or wheezing



Swollen legs



Severe weakness
or fainting



Rapid or irregular
heartbeat

Community Focus



HEALTHY AGING SERIES

Chair Yoga

Tuesdays & Thursdays (8 – 8:50 a.m.)

VIRTUAL

Monthly 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.

Who Turned Up the Heat? Understanding Peri-Menopause

THU. September 16 (7 – 8 p.m.)

VIRTUAL

Registered participants will receive a link to join.

The years before menopause are filled with many surprises, including irregular periods, hot flashes, and night sweats. Neha Deshpande, MD, board certified gynecologist, will discuss what you can expect as you approach menopause and offer strategies on how to meet these new challenges. Dr. Deshpande is a member of the Medical Staff of Penn Medicine Princeton Health.

Healthcare Planning: Your Wishes and Options

THU. October 14 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

It can be challenging to make sound decisions during difficult times, which is why knowledgeable support can be so important and can help reduce stress and anxiety. Learn how hospice and palliative care programs provide help and support, their similarities and differences, and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker with Penn Medicine Hospice Princeton Health, will present this invaluable program, which will include ample time to answer your questions.

Memory Screenings

THU. October 14 (10:30 – 12:30 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.

How to Stay Strong and Limber as We Age

THU. October 14 (1 – 2 p.m.)

VIRTUAL

Registered participants will receive a link to join.

The role of flexibility and strength in maintaining our independence as we age is important. Join Megan Advani, PT, DPT, Director of Outpatient Rehab and Physical Therapist with Princeton Rehabilitation, for this presentation, and learn some basic stretching and strengthening exercises you can do at home to improve your quality of life.

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.

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

SAT. September 25 (9 a.m. – 3 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

FRI. October 8 (9 a.m. – 3 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$15 for AARP members
\$20 for non-members

Payable at the door (cash or check). Checks should be made payable to AARP.

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

CarFit

MON. October 4 (10 a.m. – 12 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Appointment required. Call 1.888.897.8979 to schedule an appointment.

As we age, changes in our vision, flexibility, strength, range of motion, and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide more comfort and better control of your vehicle. In addition, a trained Princeton Health CarFit technician will take the driver through an observation and questionnaire session. Participants are requested to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

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.

Self-Defense for Women: Personal Empowerment Safety Program

WED. September 8, 15, 22 & 29 (6 – 9 p.m.)

TUE. October 5, 12, 19 & 26 (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.



Getting You and Your Photography in Shape

THU. September 9 (6 – 7 p.m.)

Millstone River Park
1 Plainsboro Road, Plainsboro

(Across from the front of the hospital)

Limited space. Spending time outdoors taking nature photos can be a boost to your emotional and physical wellbeing, helping you become more active and creative. Whether you decide to explore in your own backyard or venture out for the day, professional photographers Monica Daszykowski and Nancy Erickson will offer a variety of tips to help get both you and your photography in shape, including sharing their favorite photo spots, how to compose better photos, and the best time of day for lighting. No photography experience required.

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.

Constipation Management for Kids: A Class for Parent and Child

THU. September 9, 16, 23, 30, October 7 & 14 (6:30 – 7:30 p.m.)

VIRTUAL

\$45 per parent/child

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



Tacos, Tortillas, and More: Cooking with Fruits and Veggies

WED. September 15 (11:30 a.m. – 12:30 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Join us in celebration of Hispanic Heritage Month as Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, discusses a variety of fruits and vegetables and demonstrates how to incorporate them into Latino-influenced cuisine that is both healthy and tasty.

Weight-Loss Surgery: Is It Right for Me?

WED. September 15 (6 – 6:30 p.m.)

WED. October 20 (6 – 6:30 p.m.)

VIRTUAL

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



Recognizing the Signs of Anaphylactic Shock

THU. September 9 (10:30 – 11:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

Anaphylactic shock — an extreme response to an allergen, which can be life-threatening — can happen to anyone at any time. Join us for this invaluable session presented by Regan Tuder, MD, specializing in emergency medicine and a member of the Medical Staff of Penn Medicine Princeton Health, to learn the signs and symptoms of anaphylactic shock, what you can do to improve your outcome, and what to expect in the emergency room.

HYPERTENSION SERIES

All About Hypertension

THU. September 9 (9:30 – 10:30 a.m.)

THU. October 28 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

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



Heart-Healthy Cooking

THU. September 23

(9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

The first step to healthy eating is knowing what to put on the menu. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Penn Medicine Princeton Medical Center, and learn to identify heart-healthy recipes and make dishes that are nutritious, delicious, and easy to prepare.

Open Your Heart to Gentle Yoga Flow

THU. October 7

(9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

Not sure if you are up to a full-fledged yoga class? This gentle-flow class features a warm up with breathing exercises, a series of gentle yoga poses and balancing exercises, and a cool down.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on Tuesdays, September 21 and October 19, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

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.

MENTAL WELLNESS

Gentle Yoga

Mondays (6 – 6:50 p.m.)
Wednesdays (3:30 – 4:20 p.m.)

 VIRTUAL

Monthly 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 & Thursdays (8 – 8:50 a.m.)

 VIRTUAL

Monthly 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.

Depression or Just the Blues?

WED. September 8 (1:30 – 2:30 p.m.)

South Brunswick Senior Center
540 Ridge Road, Monmouth Junction

Learn the difference between depression, mood disorders, anxiety, and normal levels of stress and sadness, as well as where to get help, at this informative program led by Debbie Millar, RN, Director, and Craig Harley, Associate Director, both of Community Wellness & Engagement.

Beginner Yoga

WED. September 22 (9 – 10 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join us for this beginner's yoga class, which introduces students to yoga postures through step-by-step demonstration.

Alignment and breathwork are emphasized in this slow, gentle practice led by a certified yoga instructor.

Mental Health First Aid Training

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. The 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.

WED. September 22 (8 a.m. – 1:30 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

 BLENDED

This blended class includes a two-hour online portion that must be completed prior to the 5.5-hour in-person training.

TUE. & THU. September 28, 30, October 5 & 7 (10 a.m. – 12 p.m.)

 VIRTUAL

Registered participants will receive a link to join this eight-hour virtual class held over four-days.

Vinyasa Flow Yoga

WED. October 20 (9 – 10 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

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.



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

Vision Screenings

THU. September 16 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

THU. October 21 (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 and underinsured adults and children. All children must be accompanied by a legal guardian.

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.

Healthy Living: Planting the Seeds for Good Nutrition in Childhood

TUE. September 21
(12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

It can be quite a challenge convincing your children to eat a healthy diet of fruits, vegetables, whole grains, and lean meats, and conflicting information about good nutrition only complicates matters. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for this informative program to learn the facts about nutrition and weight, and how to help your children cultivate a healthy relationship with food and their bodies.



Resolving Elbow Pain

THU. September 23 (11 a.m. – 12 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Overuse is just one of the things that can cause elbow pain. Join Daniel Bronsnick, MD, specializing in orthopaedic surgery and member of the Medical Staff of Penn Medicine Princeton Health, to learn what may be behind your elbow pain and what you can do to help alleviate the problem.

Finding Health Insurance Coverage Through NJ's Marketplace

TUE. October 5 (7 – 8 p.m.) – ENGLISH
TUE. October 19 (7 – 8 p.m.) – SPANISH

 VIRTUAL

Registered participants will receive a link to join.

Navigating the state's health insurance marketplace can be challenging. Join a certified application counselor (CAC) from Princeton Health Community Wellness for this overview of New Jersey's marketplace, including how it works, who qualifies, and how to enroll.



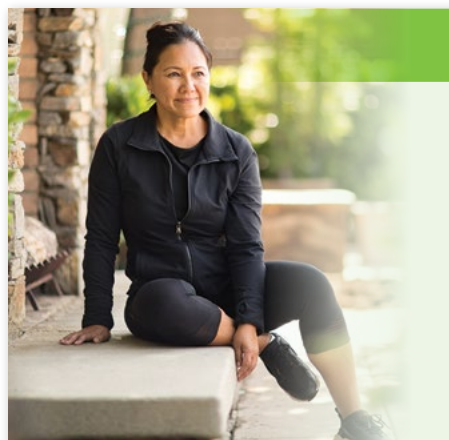
Moving Beyond the Pain: Exercise Options for Pain Management

WED. October 13 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Regular exercise can make a considerable difference in your level of chronic pain, but understanding proper technique and limitations for your specific condition is important. Learn about the types of exercises that are beneficial for a variety of medical conditions at this informative program led by Perry Herman, MD, FAAP, board certified in physical medicine and rehabilitation, and get answers to your questions about the link between physical movement and pain. Dr. Herman is a member of the Medical Staff of Penn Medicine Princeton Health.



PELVIC WELLNESS PROGRAMS

Addressing Pelvic Pain

THU. September 23 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

There are a number of reasons why you could be experiencing pelvic pain. Join Becky Keller, PT, MSPT, PRPC, a Princeton Rehabilitation physical therapist who specializes in pelvic health, for this discussion about physical therapy interventions for a variety of pelvic pain disorders.

Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. October 12 – November 16
(9 – 10 a.m.)

 VIRTUAL

\$30 per person. Registered participants will receive a link to join.

Learn exercise and lifestyle management strategies to help improve pelvic pain at this six-week class designed for women experiencing pain in and around the pelvic girdle. Sessions will include education, along with stretching and gentle movement exercise, and yoga and posture. Please wear comfortable exercise clothing and bring water to hydrate. Exercises are taught by a Princeton Rehabilitation physical therapist who specializes in pelvic health. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. October 12 – November 18
(1:30 – 2:45 p.m.)

 VIRTUAL

\$99 per person. Registered participants will receive a link to join.

Improve your pelvic floor health and quality of life through this six-week Total Control® program. Participants report improvement in:

- Urinary leakage and bladder control
- Frequency or overactive bladder
- Pelvic strength and support
- Post-partum core strength
- 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.

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.

All Stuffed Up? Understanding Common Sinus and Allergy Problems

THU. October 28 (1 – 2 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

If you suffer from nasal congestion, sinus or allergy issues, or postnasal drip, join us for this informative session presented by Neil S. Baman, MD, member of the Medical Staff of Penn Medicine Princeton Health, to learn more about common sinus problems, including nasal blockage, nasal polyps, and sinus infections, as well as treatment options.

Understanding Prostate Health

THU. October 28 (7:30 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Early detection greatly increases your odds of successfully treating prostate cancer. Men 40 years of age or older, or who have a family history of prostate cancer, are particularly at risk. Join Edward M. Soffen, MD, board certified radiation oncologist, to learn about the importance of getting screened. Dr. Soffen is a member of the Medical Staff of Penn Medicine Princeton Health.

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 a.m. – 9:45 a.m.)

 VIRTUAL

Monthly series.

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 any questions you have. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Prenatal Breastfeeding Class

THU. September 2 (7 – 9 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

THU. October 21 (7 – 9 p.m.)

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

Baby Care

MON. September 27 (7 – 9 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

WED. October 27 (7 – 9 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$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. 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.

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.

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

WED. September 8, 15, 22 & 29 (7 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. October 5, 12 & 19 (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. September 18 (9 a.m. – 5 p.m.)

Community Wellness at the Hamilton Area YCMA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road – Suite 103, Hamilton

SAT. October 16 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$155 per couple

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

Labor Fundamentals

SAT. October 2 (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. October 9, 16, 23 & 30 (9 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.

Daddy Boot Camp™

SAT. October 9 (9 a.m. – 12 p.m.)

 VIRTUAL

\$40 per person. 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.

Grandparenting 101

WED. October 13 (6:30 – 8 p.m.)

 VIRTUAL

\$10 per couple. Registered participants will receive a link to join.

This class is designed for grandparents-to-be and new grandparents. It will be presented by Bernadette Kelton, RN, a health educator with Princeton Health Community Wellness. Topics range from the changing birth environment to safety considerations, including car seat guidelines, SIDS (sudden infant death syndrome) risk reduction, transitioning your role from parent to grandparent, and newborn characteristics.

Bumps, Bands, and Balls:

A Fitness & Education Class for Expecting Moms

MON. October 11 – November 15 (6:30 – 7:30 p.m.)

 VIRTUAL

\$60 per person

Expecting? 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.

Preparing for Cesarean Section

WED. October 20 (7 – 9 p.m.)

 VIRTUAL

\$30 per couple. Registered participants will receive a link to join.

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

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.

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 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.

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 any questions you have. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.



Ask the Lactation Consultant

MON. September 13, 20 & 27, October 4, 11, 18 & 25 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join our weekly group anytime you need breastfeeding support. This interactive discussion group will give pregnant and breastfeeding families an opportunity to ask questions of a board certified lactation consultant. No class on September 6 for the holiday.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. October 12 – November 18 (10 – 11 a.m.)

 VIRTUAL

\$80 per person. Registered participants will receive a link to join.

Strengthen and restore your posture, core, and pelvic floor with this six-week class designed for new moms. Participants should be at least six weeks postpartum and have their doctor's medical clearance to exercise. Please call 1.888.8979 to obtain the form. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga, and breathing. Please wear comfortable exercise clothing. Babies welcome.

Infant Massage for Parents & Caregivers

SAT. October 30 (12:30 – 2:30 p.m.)

 VIRTUAL - OR -

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$15 per family. Join us virtually or in-person. 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.

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.**



ACLS Full Certification Course

THU. & FRI. September 23 & 24 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

WED. September 29 (9 a.m. – 5 p.m.)
THU. October 21 (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.

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.

PALS Full Course

THU. & FRI. October 14 & 15 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road – Suite 103, Princeton

PALS Recertification Course

THU. 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

THU. September 2 (6 – 10 p.m.)
MON. September 27 (6 – 10 p.m.)
WED. October 13 (6 – 10 p.m.)
MON. October 25 (6 – 10 p.m.)
Princeton Medical Center (West Entrance of Main Atrium)
1 Plainsboro Road, Plainsboro

BLS Renewal*

THU. September 9 (6 – 10 p.m.)
TUE. October 12 (9 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

MON. September 13 (9 a.m. – 1 p.m.)
WED. October 6 (6 – 10 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B, Hamilton

\$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. October 16 (9 a.m. – 4 p.m.)
Princeton Medical Center
(West Entrance of Main Atrium)
1 Plainsboro Road, Plainsboro

\$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.

Family & Friends CPR

SAT. September 18 (10 a.m. – 12 p.m.)
Adult/Child/Infant*
Community Wellness at
731 Alexander Road – Suite 103, Princeton

WED. October 20 (6 – 8 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.

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.**

EMT Refresher Class: Section A

SUN. October 3 (8 a.m. – 5 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

\$75 per person

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

CEVO 4

SAT. October 23 (9 a.m. – 3 p.m.)
Montgomery EMS – 8 Harlingen Road, Belle Mead

\$10 per person. Please bring a 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. The 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.



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.

Five Minutes to Help

WED. October 27 (8 a.m. – 12 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

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.



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

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

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.

Restorative Yoga

WED. September 15 (7 – 8 p.m.)
WED. October 6 (7 – 8 p.m.)
WED. October 20 (7 – 8 p.m.)

 VIRTUAL

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

This class is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. No prior experience is necessary.

Prostate Cancer Support Group

WED. September 8 (12:00 – 1:30 p.m.)
WED. October 13 (12:00 – 1:30 p.m.)
Penn Medicine Princeton Cancer Center
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.

Breast Cancer Support Group

TUE. September 14 (6 – 7:30 p.m.)
TUE. October 12 (6 – 7:30 p.m.)

 VIRTUAL

To register and for a 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.

Head & Neck Cancer Support Group

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

WED. September 15 (12 – 1:30 p.m.)
WED. October 20 (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.

Cancer Support Group

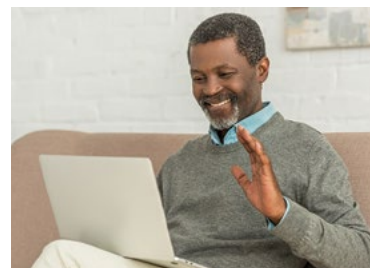
TUE. September 21 (1:30 – 3 p.m.)
TUE. October 19 (1:30 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

WED. September 15 (2:30 – 4p.m.)
WED. October 20 (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 the third Wednesdays of the month virtually and brings individuals with cancer the support they need to move along the path to recovery. Topics include coping with the emotional impact of cancer, communicating effectively with your healthcare team, adjusting to changes during and after treatment, maintaining healthy relationships, 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.



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.

Annual Prostate Cancer Screening

THU. September 30 (6 – 8 p.m.)
Penn Medicine Princeton Cancer Center
Matthews Cancer Care Suite Princeton Medical Center
1 Plainsboro Road, Plainsboro

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 Cancer Center. 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 information will be shared with researchers.

Building Strength after Breast Cancer

TUE. October 5 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Physical activity is an important part of building back strength following breast cancer treatment. Join Kelly A. Gray, PT, RN, DPT, CLT-LANA, a physical therapist and certified lymphedema therapist with Princeton Medical Center Princeton Rehabilitation, for this discussion on how a closely monitored program can help you safely return to physical activities, build strength, reduce the risk of lymphedema, improve independence, and more.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. September 1 (7 – 8:30 p.m.)
WED. October 6 (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.

Weight-loss Surgery Support Group

THU. September 2 (6:30 – 7:30 p.m.)
TUE. September 7 (7:15 – 8:15 p.m.)
WED. September 15 (6:30 – 7:30 p.m.)
TUE. October 5 (7:15 – 8:15 p.m.)
WED. October 20 (6:30 – 7:30 p.m.)

To register and receive the link to join virtually, please email

donna.post@penmedicine.upenn.edu.

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

Bariatric Support Group (for Alumni)

TUE. September 7 (6 – 7 p.m.)
TUE. October 5 (6 – 7 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email donna.post@penmedicine.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 addition to the other weight-loss surgery support groups. We will delve deeper into issues unique to patients beyond the two-year mark. This group will be tentatively held virtually. Please check our website for the latest updates.

Journey Back: Stroke Support Group

WED. September 8 (2 – 3 p.m.)
WED. October 13 (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. September 20 (3 – 4:30 p.m.)
MON. October 18 (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. 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

TUE. September 21 (10:30 – 11:30 a.m.)

MON. September 27 (6:30 – 7:30 p.m.)

TUE. October 19 (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



Men and Stress

WED. September 8 (12 p.m.)

Pete MacLearie, Adult Program Clinical Manager, Penn Medicine Princeton House Behavioral Health



Understanding Peripheral Artery Disease

WED. October 13 (12 p.m.)

Elliot Sambol, MD, board certified in vascular and general surgery

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.

Leg Pain When Active Could be a Sign of an **Artery Blockage**

If you experience pain in your legs when exercising, and it goes away once you stop the activity, you may have a medical condition known as peripheral artery disease, or PAD. While PAD, in and of itself, is not life threatening, it does require medical attention.



“PAD is what many people often think of as hardening of the arteries — blockages in the blood vessels — most often occurring in the lower extremities,” says **Kenneth Goldman, MD, RVT, FACS**, a vascular surgeon on the Medical Staff of Penn Medicine Princeton Health. “Early diagnosis and treatment are important since it will often worsen and it can also be a sign of other blockages in the heart, carotid arteries, or other blood vessels. If left unchecked, that could result in heart attack, stroke, or other complications.”

While PAD is most often diagnosed in older individuals, it often begins developing much earlier in life. “Development of PAD is usually a slow process, that takes place over years or decades, and has already progressed once the pain begins,” says Dr. Goldman, who is board certified in vascular and general surgery. “Left untreated, it can result in wounds or sores that will not heal, and can even lead to limb loss.”

Focus on the Risk Factors

There are five common risk factors for PAD: diabetes, high blood pressure, high cholesterol, smoking, and a family history of vascular or cardiovascular disease. Prevention and treatment of PAD begins with treatment of those underlying conditions, as well as quitting smoking.

“The first step if you think you may have PAD is to consult with your primary care doctor, who can diagnose and help you manage the condition, by treating underlying medical problems and developing an appropriate exercise program,” says Dr. Goldman. Your primary physician will review your medical history and perform a physical exam, including feeling for pulses.

In more advanced cases, you may be referred to a vascular surgeon, who will continue the diagnostic process, often using a non-invasive ultrasound of the legs. He or she may then perform an angiogram to further evaluate your condition. Treatment for more severe cases may involve angioplasty (a minimally invasive procedure where a balloon is used to widen narrowed arteries), placement of a stent to open arteries, or bypass surgery to clear arteries.

“The bottom line is, if you are someone who is at risk for PAD, seek the proper medical attention to treat those risk factors, and most definitely avoid smoking,” says Dr. Goldman. “If you have symptoms of PAD, see your doctor for an evaluation so you can avoid future complications down the road.”

To find a physician

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



Are You at Risk for LUNG CANCER?



More people die each year from lung cancer than from breast, colon, and prostate cancer combined, according to the American Cancer Society, making it the number one cause of cancer deaths in the nation. Taking the time for a quick annual test if you are at risk of developing lung cancer can mean the difference between a treatable condition and a deadly one.



“Anyone at risk should pursue getting a low-dose CT scan that takes about a minute,” says **John Heim, MD**, Chair of the Department of Surgery at Penn Medicine Princeton Health. “It is a simple test that requires no preparation, no

blood test, very little radiation exposure, and is painless. And, it can save your life.”

Guidelines Have Changed

The guidelines have recently changed regarding who should be tested, lowering the age and smoking exposure in order to catch lung abnormalities sooner, when they are more easily treated. It is now recommended that anyone 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), undergo testing. Speaking with your primary care doctor about the screening, which involves a CT scan that creates a cross-sectional view of the lungs, is the first step.

Most insurance covers the cost of lung screens for those who meet the guidelines.

“In about 10 to 15 percent of the people tested, a nodule will be found, and they will need to see an experienced medical professional for further testing to determine whether it is benign or malignant,” says Dr. Heim, who is board certified in general and thoracic surgery. “If a malignancy is found, in some cases it will need to be removed, while in others it may be possible to monitor it regularly for any changes.”

Smokers or former smokers who meet the new criteria should continue to be tested annually until around the age of 80. “Guidance on when to stop annual testing should come from your doctor, who can evaluate what is best for you at that time,” says Dr. Heim.

Nonsmokers are Also at Risk

While having a history of smoking puts a person at far greater risk of developing the disease, nationwide 10 to 20 percent of lung cancer cases involve individuals who have never smoked. As a result, nonsmokers who experience a prolonged cough, shortness of breath, chest pain, headache and hoarseness should seek a medical evaluation as well.

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

HEALTH CONCERNS *as We Age*



The outward effects the years have on our bodies can be pretty obvious — multiplying wrinkles and graying hair (or a noticeable lack of hair), to name just a few. But there are age-related physical and mental health changes that may not be so obvious, and are far more significant.



“Generally, when a person reaches their 60s, age-related medical issues begin to arise,” says **Arun Rao, MD**, a geriatrician with Penn Medicine Princeton Medicine Physicians, the primary

and specialty care physician network of Penn Medicine Princeton Health. “It really is a cumulative effect, resulting from medical conditions they have developed over the years, the long-term impact of medications used to treat those chronic conditions, and age-related physiologic changes such as loss of bone and muscle mass or the diminished ability to bounce back from an acute stressor. For example, bouncing back from even something as basic as the common cold, which usually passes in three to five days in a 30- or 40-year-old can leave someone in their 60s feeling miserable for up to two weeks.”

Keep Your Doctor Informed

Many older adults hesitate to bring up physical and mental health changes with their doctors because they misinterpret them as part of aging, do not want to worry their loved ones, or assume they would have to undergo further testing or treatments. One of the most common concerns that comes up as we age is a sense of being very tired or easily fatigued. This could reflect the gradual decline in resiliency that happens as we age or indicate an underlying condition such as a sleep disorder, medication side effect, depression, or another medical condition. A medical evaluation can determine the cause and help you find relief.

Older patients also often hesitate to mention memory concerns, but should speak with their doctor about any changes so they can be properly evaluated and treated, if necessary. “It is possible that there is nothing wrong — it is just normal aging, distraction, or depression — but if something is wrong, ignoring the situation will not make it go away,” says Dr. Rao, who is board certified in geriatric medicine and internal medicine.

“When you start experiencing something physically or mentally that is out of the ordinary for you, bring it to your doctor’s attention, do not just assume you are getting older and that is just the way things are,” says Dr. Rao. “Talking about those changes, whether it is feeling tired more than usual, new aches and pains, memory concerns, or even just a sense of loneliness or depression, is important and can be addressed.”

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

TIPS TO STAY PHYSICALLY AND MENTALLY HEALTHY

- ▶ Eat a balanced diet.
- ▶ Get enough sleep.
- ▶ Exercise regularly, based on your physical capabilities.
- ▶ Seek medical treatment for health conditions and follow doctor’s recommendations for care.
- ▶ Maintain a social network; stay connected with friends and family.
- ▶ Have a sense of purpose; find something you enjoy doing and make it part of your routine.

Helping Kids Transition Back to In-Person Classrooms



Last year was filled with firsts, from virtual learning to unprecedented social isolation. With the new academic year and the likely return to in-person classrooms right around the corner, children (and their parents) may be experiencing a mix of emotions, ranging from excitement and relief to panic and fear.



“These emotions are natural considering what we have been through as a result of COVID restrictions,” says **Madhurani Khare, MD**, Medical Director of Child/Adolescent Services at Penn Medicine Princeton House Behavioral Health. “Life was turned upside down, and it can be difficult to transition back. There are a lot of unknowns for children as things start to return to ‘normal,’ and, for those who may have already had some social anxiety before COVID, the challenges can be even harder.”

Dr. Khare, who is board certified in psychiatry and child and adolescent psychiatry, suggests parents keep the following tips in mind when it comes to helping their children, regardless of their age, adjust to the new school year.

Plan Ahead. Start your child on a school bedtime schedule several weeks ahead of time, and if you know what the school’s safety precautions will be, take the time to thoughtfully go over them with your child until they feel comfortable with them. Develop contingency plans for changes in policies or slip-ups on the part of your child. Familiarizing your child with what will be expected of them can ease anxiety.

Talk Openly. Create a safe environment for your child to express their excitement, fears, and concerns. Sometimes just being able to let their feelings out may be enough to ease their mind. Take their feelings seriously, and help them work through them before school begins and as the term continues.

Be Consistent. Stability during times of change is important, so try to remain consistent in how you address their concerns and provide support.

Stay Flexible. Anxiety and stress, as well as excitement and joy, can come and go as the school term approaches and progresses, sometimes on what seems like a daily basis. By keeping the lines of communication open, many challenges can be anticipated and addressed in advance. Others will require support and understanding as they arise.

Practice Patience. Readjusting will take time, whether it involves reintegrating into a classroom setting, reestablishing social relationships, or meeting academic expectations. Focus on providing steady support and encouragement.

Professional Help is Available

If your child refuses to go to school; becomes withdrawn; shows a lack of interest in friends or activities they previously enjoyed; exhibits a change in diet, sleep patterns or temperament; or shows signs of possible self-harm, seeking professional help is important.

“Parents should not hesitate to reach out for help for their children if they are having trouble adjusting,” says Dr. Khare. “Family counseling may also help parents learn how to handle these situations appropriately.”

If your pediatrician or outpatient therapist suggests more intensive treatment for your child, Princeton House Behavioral Health’s Child/Adolescent Services may be an option.

For more information, visit [PrincetonHouse.org](https://www.PrincetonHouse.org), or call 888.437.1610 option 2.

Princeton House Behavioral Health: Helping Men Cope with Stress



The past 18 months, since COVID-19 entered our lives, have been fraught with uncertainty, from health and financial concerns to changes in the way we live our everyday lives. These changes, even if most of them were temporary, can have a lasting impact on mental health.

“What we went through certainly had an effect on everyone, but men in particular faced certain challenges that resulted in stress, anxiety, and depression,” says Peter Maclearie, MSW, LCSW, Clinical Manager of Adult Services at Penn Medicine Princeton House Behavioral Health’s Eatontown location. “Most significantly, men typically function within their social network differently, for example hanging out playing or watching sports, and are less likely to pick up the phone and open up about their fears or concerns. Instead, they hold those feelings inside, which leads them to experience more isolation as time goes on, and, as a result, even more stress, anxiety, and depression.”

Feeling an innate need to control the situation and “fix” things only makes matters worse, says Maclearie.

A Safe Haven

“These issues often existed before COVID, but they were easier to simply ignore,” says Maclearie. “What the pandemic did was take away the band-aid for a lot of people, exposing what they were trying to cover up before. Now, even though things have returned pretty much to normal in their lives, for many men the mental stress they suffered from during the pandemic remains.”

Princeton House offers men an opportunity to explore their concerns and develop the individualized skills needed to cope with past traumas and present stressors. By better understanding what causes stress and anxiety, how to develop reasonable expectations and accept your limitations, and how to express concerns in a healthy way, healing is possible. The techniques learned will also help you cope with stressful situations in the future.

Signs that you should seeking professional support include:

- The thought of resuming activities you once enjoyed results in dread or nervousness, and keeps you from reengaging.
- Fear or anxiety that your emotional state will be “exposed”, which prevents you from resuming prior activities.

For more information on Princeton House Behavioral Health’s adult services, visit PrincetonHouse.org/men, or call 888.437.1610.



Annual Golf Outing Raises \$360,000 to Support Nursing Education

On June 1, Penn Medicine Princeton Health held its 25th Golf Outing at Metedeconk National Golf Club in Jackson, NJ, raising more than \$360,000 in support of nursing excellence at Princeton Health. It was a perfect way to celebrate the start of summer, while enjoying a beautiful day outdoors with our community partners.

More than 71 companies and individuals supported the event, which is organized each year by the Penn Medicine Princeton Medical Center (PMC) Foundation.

Serving as Title sponsors of this year's Golf Outing were Compass

One Healthcare and its related companies, Morrison Healthcare and Crothall Healthcare, as well as the Medical Staff of Princeton Health and Princeton Anesthesia Services, PC. Other top sponsors included Edward E. Matthews, Fred Price and Piper Sandler, along with Acclara Solutions, Eagle Janitorial Services, Gilbane Company, Princeton Orthopaedic Associates, P.C. and The Northern Trust Company.

On the heels of a year filled with change and uncertainty, we applaud the continued generosity and extraordinary commitment of our supporters, noted W. Thomas Gutowski, MD, Medical Director, Jim Craigie Center for Joint Replacement, PMC, and Chairman, PMC Foundation.

"Nursing excellence is a priority at Princeton Health, and we are grateful for this investment in one of our most invaluable assets. Proceeds from this

outing will enable our nurses to pursue continuing education, research and innovation, to enhance patient care and improve quality outcomes," said Sheila G. Kempf, RN, PhD, Vice President of Patient Care Services and Chief Nursing Officer, Princeton Health.

The Foundation thanks everyone who supported this important fundraising event, including the staff at Metedeconk National Golf Club and the members of the 2021 Golf Outing Committee and its co-chairs, James Demetriades, Princeton Health CEO and Golf Outing Committee Co-Chair, and Fred Price, Managing Director, Financial Services Group of Piper Sandler, Golf Outing Committee Co-Chair and member of the PMC Foundation Board of Directors.

Pictured above (left to right): James Demetriades, Fred Price, Sheila G. Kempf, and W. Thomas Gutowski.

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KNEE REPLACEMENT

Penn Medicine Princeton Medical Center (PMC) was rated high performing in five types of care in the 2021-2022 Best Hospitals rankings published July 27 by *U.S. News & World Report*.

PMC was rated high performing in one adult specialty — orthopaedics — and four additional areas: treating chronic obstructive pulmonary disease (COPD), heart failure, and kidney failure, and performing knee replacement procedures.

This marks the seventh year in a row that PMC has earned high performing ratings in three or more types of care in the hospital rankings, which are published annually by *U.S. News & World Report*.

The ratings are based largely on data related to clinical outcomes and patient safety, as well as patient satisfaction surveys and indicators such as whether a hospital holds Magnet® status, the highest institutional recognition available for nursing excellence. PMC, a part of the University of Pennsylvania Health System, is one of approximately 560 hospitals worldwide to hold Magnet status.

PMC also holds several independent quality recognitions, including:

- **Perinatal care certification**, an advanced designation granted by The Joint Commission to only 60 hospitals or health systems in the country, seven of them in New Jersey
- **The Joint Commission's advanced total hip and total knee replacement certification**, which is held by only four other New Jersey hospitals
- **Primary Stroke Center designation** by The Joint Commission and American Heart Association/American Stroke Association (AHA/ASA)
- **The AHA/ASA's Get With The Guidelines®** — Stroke Gold Plus Quality Achievement Award
- **Exemplar Hospital designation by NICHE** — Nurses Improving Care for Healthsystem Elders — an international program promoting patient-centered care for older adults