

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MAY/JUNE 2021

Put **Treating Back Pain**

Front and
Center



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■ What to Expect After COVID-19 Vaccination

- Emotional Eating
- Physical Therapy for Osteoporosis

PLUS:
■ Community Focus Event Calendar



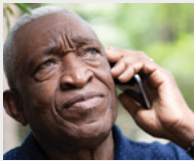
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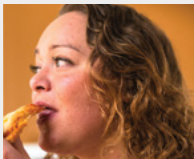
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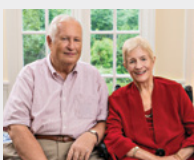
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Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it
www.princetonhcs.org/covid-19/telemedicine



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.

Princeton Health is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.252.8785.

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Princeton Health is published under contract by The Nautilus Publishing Company www.nautiluspublishing.com
T: 662.513.0159

Put Treating Back Pain Front and Center



A strong spine is literally the backbone of good health, providing the structural support needed for both your muscles and your nerves. As a result, paying attention to back pain or discomfort is important. An aching back could mean you simply overexerted yourself, but prolonged discomfort could be a sign of a bulging or herniated disk — the cartilage that serves as a cushion between your vertebrae.



“You can think of a spinal disk like a jelly donut — it has a thick outer layer with a soft inner layer,” says **Seth Joseffer, MD**, Co-Medical Director of Penn Medicine Princeton Medical Center’s Spine Services. “When some of that soft center pushes partially out through the outer layer, that results

in a bulging disk. When the soft center pushes all the way out, that is considered a herniated disk.”

Both conditions are relatively common, often go undetected and may never need medical intervention. But disk problems that cause pain in the back or neck, or result in numbness, weakness or pain, most often in the arms or legs, need evaluation and treatment.



“Bulging and herniated disks occur most often in the neck or lower back, and they become more common as we age, since over time the spine gets stiffer and experiences more repetitive wear and tear,” says **David Lamb, MD**, Co-Medical Director of Spine Services. “Disk damage can also result from

being overweight, inflammation caused by smoking or diet, moving or twisting the wrong way, and, of course, a traumatic injury.”

When to Seek Medical Care

Any discomfort or change in mobility that does not resolve with rest or over-the-counter anti-inflammatory medication should be evaluated by a doctor.

“You want to make sure any problems are addressed sooner rather than later, to prevent any further complications, such as additional damage to the spine, loss of leg function or bladder control, from developing,” says Dr. Lamb, who is board certified in orthopaedic and spinal surgery. In many cases, mild conditions can be treated with physical therapy. More serious conditions may require a steroid injection or series of injections to reduce inflammation and allow healing. Severe cases may require surgery to repair a bulging or herniated disk, which can be done through minimally invasive techniques, making recovery quicker.

“The important thing is to reach out for a proper evaluation of your back pain if it persists,” says Dr. Joseffer, who is board certified in neurological and spinal surgery. “With proper care you can be back to your old self again, rather than suffer with pain and lifestyle limitations and risk further problems down the road.”

For more information about Princeton Medical Center’s Spine Services, or to find a physician affiliated with Princeton Health, call **1.888.742.7496**, or visit www.princetonhcs.org.



Exercise to maintain a strong core

4

Maintain a healthy body weight



Avoid smoking and eat a healthy diet

Tips for a Healthy Back

Practice proper lifting



Take Proper Precautions Against COVID-19 During and After Pregnancy



Whether you are expecting your first baby or adding another bundle of joy to your household, it is only natural to feel a little anxious during pregnancy. These days, with COVID-19 still a major health concern, that anxiety can be especially high.



“Keeping COVID-19 in mind is important, but it is also important to note that expectant mothers are not at any higher risk of getting the virus than anyone else,” says **Jigna Patel, MD**, a member of the Medical Staff of Penn Medicine Princeton Health, who is board certified in obstetrics and gynecology. “However, if the virus is contracted during pregnancy — when a woman’s immune system is naturally in a slightly compromised state — she may experience worse symptoms than a woman of the same age and health who is not pregnant.”

Taking the recommended precautions of wearing a mask, washing your hands regularly and, as much as possible, limiting close contact to members of your household, are important steps in protecting yourself from the virus. As an added precaution, the American College of Obstetricians and Gynecologists (ACOG) suggests that women without any pregnancy complications or identified risk factors can reduce visits with their physician to every six weeks rather than every four during the first two trimesters.

“That is not to say that going to your doctor is risky. This is just one more precaution — another way to limit your exposure to people outside your immediate household,” says Dr. Patel.

What About the Vaccine?

At present, the general recommendation by the ACOG is that pregnant women should get the COVID-19 vaccine if available. “This is not a live virus vaccine and it does not cross the placenta,” says Dr. Patel. “Currently, it is recommended that the vaccine be given to both pregnant and lactating patients.”

Women also should be sure to get the Tdap vaccine to protect their baby against whooping cough.

Keeping Your Baby Safe

If a mother is COVID-positive at the time of delivery or after delivery, the virus can be transmitted to her newborn by exposure to respiratory droplets.

“Because transmission is possible, the recommendation is that if at the time of delivery, or at any time after, a new mother tests positive for the virus or is symptomatic, she should wear a mask and regularly wash her hands when handling or breastfeeding the baby,” says Dr. Patel.

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

WHAT TO EXPECT

Once You are Fully Vaccinated Against COVID-19



As the process of vaccinating Americans against COVID-19 continues, there is good news on the pandemic front. The Johnson and Johnson (J&J) vaccine — this one requiring just one dose — has been approved by the Food and Drug Administration (FDA) and is now being distributed and administered, along with the two-dose Moderna and Pfizer vaccines.

All Three Vaccines are Highly Effective Against COVID-19



“Each one of these vaccines is very safe, and will help prevent serious infection, hospitalization and death from COVID-19,” says **David Herman, MD**, who is board certified in infectious disease and internal medicine and a member of the Medical Staff of Penn Medicine Princeton Health. “Some people mistakenly think they should only take the Moderna or Pfizer vaccine. The J&J single-dose vaccine is also highly effective and was carefully tested. When you are given the opportunity to get vaccinated you should feel confident that whichever vaccine is available to you is a good choice.”

Reasons to Get Vaccinated

- 1 Protect yourself from infection.
- 2 Prevent spread of the virus to other people.
- 3 All three vaccines are very safe. While some people may experience a sore arm, fever, achiness, or fatigue, these side effects generally last only one or two days. Compare these generally mild symptoms to the approximately 10% risk of long-term debilitating side effects from COVID-19 infection, such as cough, fatigue, body aches, joint pain, shortness of breath, loss of taste and smell, difficulty sleeping, headaches and brain fog, which may last for months, and the choice is clear.
- 4 The vaccines do not alter a person’s DNA, do not affect fertility, and cannot alter a person’s ability to become pregnant.

Patience is Important

Regardless of which vaccine you get, it takes two weeks following the final injection for your body to build up maximum immunity. “Since none of the vaccines are 100% effective in preventing infection, it remains important to maintain social distancing and to continue to wear masks, even after the two weeks,” says Dr. Herman. According to the Centers for Disease Control and Prevention (CDC), it is safe for small groups of fully vaccinated people to gather without masks after the two-week period has passed.

“It is still not entirely clear whether someone who is fully vaccinated can pass the virus on to someone who has not been vaccinated,” says Dr. Herman. “While the CDC is still evaluating that point, the evidence suggests a low likelihood that a fully vaccinated person could infect an unvaccinated person. Still, until there is a clearer picture regarding transmission, it is better to err on the side of caution.”

KEEP UP-TO-DATE

Keeping up to date on the latest information is important. General information and details about vaccine availability at Penn Medicine Princeton Health can be found at www.princetonhcs.org. Details about vaccination availability at other locations throughout the state can be found at www.covid19.nj.gov.



When it Comes to Stroke, **QUICK ACTION SAVES LIVES**

Someone has a stroke every 40 seconds in the United States, according to the American Heart Association, and every four minutes someone dies as a result of stroke. The good news is that quick action can increase the odds of surviving and recovering from a stroke.



"It is extremely important to quickly identify a stroke and seek emergency medical attention," says **Paul Kaiser, MD**, Medical Director of Penn Medicine Princeton Medical Center's Stroke Program. "If caught early enough, patients can benefit from advanced treatment that may reverse the stroke. For example, the drug t-PA must be administered within three hours of the

onset of symptoms. It can prevent some of the disabilities that can be caused by stroke."

Signs of a stroke can include: numbness, weakness or paralysis of the face, arm or leg (often one side of the body); sudden confusion; difficulty speaking or difficulty understanding; vision problems in one or both eyes; difficulty walking; dizziness; loss of balance or coordination; and sudden, severe headache.

Are You at Risk?

Stroke can occur at any age, but is more common in those over the age of 60. Hispanics and African-Americans tend to experience strokes more frequently than other ethnicities.

Risk factors for stroke include:

- High blood pressure
- High cholesterol
- Diabetes
- Sleep apnea
- Cardiovascular disease
- Family history of stroke or heart attack
- COVID-19 infection
- Smoking

"While some factors, such as family history, are not within our control, you can work to control other risk factors to reduce your chance of having a stroke," says Dr. Kaiser, who is board certified in neurology and vascular neurology. "By making sure your blood pressure, cholesterol, diabetes and heart conditions are under control; not smoking; eating a healthy diet; getting regular exercise and reducing stress, you can lower your risk of stroke."



Take the following steps if you suspect someone has had a stroke:

FACE. Ask the person to smile. Does one side of their face droop?

ARMS. Ask the person to raise both arms. Is one side weaker than the other?

SPEECH. Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME. If any of these signs are present, call 911 immediately.

A High Standard of Care

Princeton Medical Center (PMC) offers advanced transcranial Doppler technology, a non-invasive ultrasound technique to assess an individual's risk for stroke, as well as other neurological imaging studies. Assessments and other imaging studies are conducted based on physician referrals.

PMC has been designated a Primary Stroke Center by the Joint Commission and earned the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award, recognizing a commitment to the latest evidence-based guidelines for diagnosing and treating patients.

For more information about PMC's Stroke Center, or to find a physician affiliated with Princeton Health, call **1.888.742.7496**, or visit www.princetonhcs.org.

Community Focus

Summer PROGRAM SERIES



Coping with Allergies and Asthma

THU. May 6 (7 – 8 p.m.)


 VIRTUAL

To register and receive the link to join, call the Robbinsville Library at 609.259.2150.

If you suffer from chronic nasal stuffiness; headaches; coughs; or other sinus, allergy or asthma symptoms, join us for this informative program and learn about the symptoms, causes, and treatments of these disorders. This session will be presented by Neeti Gupta, MD, board certified in allergy and immunology, and a member of the Medical Staff of Penn Medicine Princeton Health.

Getting Past an Unrealistic Body Image

FRI. May 14 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

It can take a toll on women and men any time of year, but as bathing suit season fast approaches dissatisfaction with your body can become more intense. While there are health-based things you can do to build a better body, harboring an unrealistic body image is bad for both your physical and mental health. Join Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, for this informative session to gain a better understanding of body image, how to help yourself and others improve perspectives on body image, and how to increase acceptance of body size rather than focus on attaining “the perfect body.”



Healthy Skin and Sun Safety

WED. May 19 (11 a.m. – 12 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join John Vine, MD, a board-certified dermatologist, for this informative session on skin cancer and skin care. Learn about what effects the sun has on the skin, sun protection and other tips for healthy skin.

Summer Barbeque Cooking Demonstration

WED. June 9 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, for this virtual cooking demonstration featuring delicious recipes for your next BBQ. Recipes will include: grilled Greek-style chicken, potato and red pepper kebobs, Mediterranean bean salad and berry salad.



International Day of Yoga

MON. June 21 (7 – 8 p.m.)

Plainsboro Recreation & Cultural Center
641 Plainsboro Road, Plainsboro

In partnership with Plainsboro Township Recreation and Community Services, please join us for International Day of Yoga. This annual event commenced globally in 2015 and is a day to raise awareness of the many benefits of practicing yoga. This session will take place on the Plainsboro

municipal grounds, and will include the sun salutation (Surya Namaskar), which is a series of yoga poses designed to help warm up the body and increase flexibility of the muscles. This class is appropriate for beginners as well as those with yoga experience. Please bring a mat and a water bottle.

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.

CURRENT PROGRAMS

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

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

Chair Yoga

Tuesdays & Thursdays (8:30 – 9:25 a.m.)
No classes week of June 21st

 **VIRTUAL**

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

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

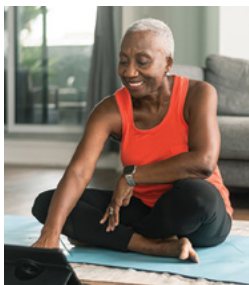
Gentle Yoga

Mondays (6 – 6:55 p.m.)
Wednesdays (3 – 3:55 p.m.)
No classes week of June 21st

 **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.



Weight-Loss Surgery: Is It Right for Me?

WED. May 19 (6 – 6:30 p.m.)
WED. June 16 (6 – 6:30 p.m.)

 **VIRTUAL**

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

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Those who are considering surgical weight-loss can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, 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.

Self-Defense for Women: Personal Empowerment Safety Program

WED. May 5, 12, 19 & 26 (6 – 9 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

TUE. June 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 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.



SENIOR SERIES: Mindfulness Practice for Healthy Aging

TUE. May 4 (10 – 11 a.m.)

 **VIRTUAL**

As we age, we face many challenges. Join Carolyn Schindewolf, Health Educator with Penn Medicine Princeton Health Community Wellness, to learn how mindfulness can help reduce worry, improve sleep, increase mental clarity, and deepen your enjoyment of life.

SENIOR SERIES: Spring Clean Your Medication Cabinet

TUE. May 11 (10 – 11 a.m.)

 **VIRTUAL**

When the time comes to freshen up for spring, don't forget to extend your spring cleaning to the medicine cabinet! Join Phil Coco, PharmD, Pharmacy Clinical Specialist with Princeton Medical Center, as he shares tips on expiration dates, proper disposal and replenishing, testing medical devices, and organizing medications in an easy-to-find way.



SENIOR SERIES: Understanding and Preventing Ageism

TUE. May 18 (10 – 11 a.m.)

 **VIRTUAL**

Join Carolyn Schindewolf, Health Educator with Penn Medicine Princeton Health Community Wellness, to learn what you can do to prevent the negative effects of ageism — a form of discrimination — on society and individuals.

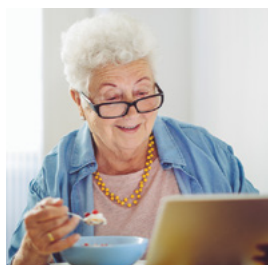
SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

• **SENIOR SERIES:**
Simple, Quick & Delicious Lunches

TUE. May 25 (10 – 11 a.m.)

VIRTUAL

If you're in a rut planning lunches, join Heather Bainbridge EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, for a virtual cooking demonstration to learn about foods that provide key nutrients to meet your body's needs as you get older, and how to easily incorporate them into your meal planning so you don't find yourself skipping lunches.



• **HYPERTENSION SERIES:**
Preparing High-Flavor, Low-Salt Meals

THU. May 6 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

Cooking with less salt doesn't have to mean settling for less flavor. Knowing which herbs, spices, and other ingredients to use can result in delicious and flavorful meals that are lower in sodium. Join Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, for this informative cooking demonstration.

• **HYPERTENSION SERIES:**
Open Your Heart to Chakra with Yoga

THU. May 20 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

Chakra yoga is the practice of using yoga postures and controlled breath, known as pranayama, to cleanse, balance, and open the chakras, or energy centers, of the body. This class includes gentle poses and breathing techniques that help reduce stress and promote relaxation. This class is open to beginners as well as those with yoga experience. Please have a yoga mat and a small blanket handy.

• **HYPERTENSION SERIES:**
Hypertension 101

THU. June 10 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join.

The guidelines for high blood pressure were recently lowered to 130/80, meaning more than 100 million Americans are now classified as having hypertension, a serious condition that if left untreated can lead to stroke or heart attack. Join Maya Mann, PA-C, specializing in internal medicine and a member of the Medical Staff of Penn Medicine Princeton Health, for a discussion about the new guidelines and what they could mean for you, and learn what measures you can take to lower and control your blood pressure.



• **HYPERTENSION SERIES:**
Heart-Healthy Cooking

THU. June 24 (10 – 11 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, Registered Dietitian Nutritionist with Princeton Medical Center, and learn to identify recipes and make dishes that are nutritious, delicious, and easy to prepare.

Is That Pain in Your Heel Plantar Fasciitis?

WED. May 19 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Plantar fasciitis is one of the most common causes of heel pain, and involves inflammation of the tissue in your foot connecting the bone in your heel to your toes. It can cause stabbing pain that can significantly affect your quality of life. Join Jennifer Hasan, DPM, podiatrist on the Medical Staff of Penn Medicine Princeton Health, who is board certified in podiatry and foot and ankle surgery, for this informative program on what you can do to help alleviate the pain of plantar fasciitis.



Managing Chronic Constipation

THU. May 20 (1 - 2 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Occasional constipation is common, but some people experience chronic constipation that can interfere with their daily lives. Join Iram Fatima Shah, PT, DPT, CLT-LANA, STMT, a physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, and learn some simple and practical ways to manage and reduce constipation.

Is It Time for Joint Replacement Surgery?

WED. June 9 (7 – 8 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Elizabeth Shokoff, MSN, RN, ONC, Orthopaedic Nurse Navigator at the Jim Craigie Center for Joint Replacement, Penn Medicine Princeton Medical Center (PMC), for a discussion on how to recognize when it's time for a joint replacement, what is involved, and the services available at PMC, including the Jim Craigie Center for Joint Replacement.

Avoiding Overuse Injuries in Sports: For Athletic Trainers, Coaches, and Parents

WED. June 9 (6 – 7 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Overuse injuries in sports can occur in athletes of all ages, from participants in recreational youth and adult leagues to professional athletes. Join Barb Kutch, PT, DPT, CSCS, a physical therapist with Princeton Medical Center Princeton Rehabilitation, for a presentation on the causes of common overuse injuries in sports. Injuries of the foot, ankle, shoulder, and elbow will be discussed, as well as how to reduce the likelihood of overuse injuries. Ample time will be allotted for questions and answers.

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.

Recognizing and Preventing Drowsy Driving

THU. June 10 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

If you find yourself losing concentration or struggling to avoid nodding off while driving, there may be something more at play than you think. Join Barbara Vaning, MHA, EMT, with Penn Medicine Princeton Health, for this informative discussion on drowsy driving, how to recognize it, what it can mean, and what you can do to reduce or eliminate the problem.

How Physical Therapy Can Help Pelvic Floor Dysfunction

THU. June 17 (1 – 2 p.m.)

 VIRTUAL

Pelvic floor dysfunction — including urinary incontinence, frequency, pelvic organ prolapse and constipation — are common conditions faced by both men and women, and in many cases physical therapy can help improve quality of life. Join Iram Fatima Shah, PT, DPT, CLT-LANA, STMT, a physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, for this informative discussion on the causes and symptoms of pelvic floor dysfunction and how physical therapy can help.

Managing Hip and Knee Arthritis

MON. June 14 (7 – 8 p.m.)

 VIRTUAL

Join Brian M. Culp, MD, specializing in orthopaedic surgery and a member of the Medical Staff of Penn Medicine Princeton Health, for an informative discussion on some of the unique challenges of managing osteoarthritis during COVID-19. Learn about non-operative care for your painful knee or hip.

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.



SAVE!

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

2 classes save \$10

3 classes save \$20



Maternity Tour

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

Prenatal Yoga

Tuesdays (9:30 a.m. – 10:25 a.m.)

No classes week of June 21st

 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.

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

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

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

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

MON. June 7 – July 12 (6:30 – 7:30 p.m.)

 VIRTUAL

\$60 per person.

Expecting? Join our pelvic health physical therapists for this 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

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.

Expecting Twins & Multiples

THU. May 20 (6 – 9 p.m.)

 VIRTUAL

\$40 per couple.

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

Baby Care

THU. May 27 (7 – 9 p.m.)

 VIRTUAL

WED. June 23 (7 – 9 p.m.)

 VIRTUAL

\$50 per couple.

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



Prenatal Breastfeeding Class

THU. May 20 (7 – 9 p.m.)

THU. June 24 (7 – 9 p.m.)

 VIRTUAL

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.

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. May 5, 12 & 19 (7 – 9 p.m.)

 VIRTUAL

TUE. June 8, 15 & 22 (7 – 9 p.m.)

 VIRTUAL

\$125 per couple.

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

Labor Fundamentals

SAT. May 8 (10 – 11 a.m.)

SAT. June 12 (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.



Visit www.princetonhcs.org/maternitytour

to take a virtual tour of our state-of-the-art Center for Maternal & Newborn Care from the comfort of your home and also to download important information you would have received on the tour.

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.

Grandparenting 101

WED. June 9 (6:30 – 8 p.m.)

 VIRTUAL

\$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

Preparing for Cesarean Section

WED. June 16 (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.

Daddy Boot Camp™

SAT. June 19 (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 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, and offer tips and tricks on: 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.

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.

Ask the Lactation Consultant

MON. May 3, 10, 17, 24, June 7, 14, 21 & 28 (7 – 8 p.m.)

 VIRTUAL

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



Infant Massage for Parents & Caregivers

SAT. May 22 (12:30 – 2:30 p.m.)

 VIRTUAL

\$15 per family.

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.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. June 8 – July 15 (10 – 11 a.m.)

 VIRTUAL

\$80 per person

Strengthen and restore your posture, core and pelvic floor with this six-week class designed for new moms. Participants should be at least six weeks postpartum and have their 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.

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.

CPR & FIRST AID

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

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

Mental Health First Aid Training

TUE. & THU. May 11, 13, 18 & 20 (10 a.m. – 12 p.m.)

 VIRTUAL

THU. May 20 & 27 (8 a.m. – 12 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

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. May 20 & 21 (9 a.m. – 5 p.m.)

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

ACLS Recertification Course

TUE. May 18 (5 – 10 p.m.)

WED. May 19 (9 a.m. – 5 p.m.)

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

Full: \$175 per person

Recertification: \$125 per person

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

PALS Full Course

THU. & FRI. June 10 & 11 (9 a.m. – 5 p.m.)

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

PALS Recertification Course

THU. May 13 (9 a.m. – 5 p.m.)

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

Full: \$175 per person

Recertification: \$125 per person

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



BLS Renewal*

MON. May 3 (9 a.m. – 1 p.m.)

THU. June 3 (6 – 10 p.m.)

FRI. June 18 (9 a.m. – 1 p.m.)

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

THU. May 13 (6 – 10 p.m.)

Princeton Medical Center
West Entrance of Main Atrium
1 Plainsboro Road, Plainsboro

\$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. June 12 (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.

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.

Family & Friends CPR

SAT. May 15 (10 a.m. – 12 p.m.) Adult/Child/Infant*

WED. June 16 (6 – 8 p.m.) Adult/Child/Infant*

Princeton Medical Center

West Entrance of Main Atrium

1 Plainsboro Road, Plainsboro

\$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 B – Medical Assessment and Management

SUN. May 23 (8 a.m. – 5 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

\$75 per person

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



CEVO 4 (For EMTs)

SAT. June 19 (9 a.m. – 3 p.m.)

Montgomery EMS

8 Harlingen Road, Belle Mead

\$10 per person. 6 CEUs.

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.

EMT Refresher Class: Section C – Trauma Assessment and Management

SUN. June 6 (8 a.m. – 5 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

\$75 per person

Students will review immobilization techniques, splinting and wound care.

Mental Health First Aid Training for First Responders

MON. June 14 & 21 (8 a.m. – 12 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

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.

Five Minutes to Help for First Responders

WED. June 16 (8 a.m. – 12 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

4 CEUs pending state approval.

We are all aware that nothing changes if nothing changes. In an effort to encourage overdose victims to consider assistance, Five Minutes to Help was envisioned by the NJ Department of Health's Office of Emergency Medical Services. The goal: to arm New Jersey'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. Join Barbara Vaning, MHA, EMT instructor, and Bill Greenhalgh, BFA, NREMT, to learn what you can do to help after reviving the person who overdoses. *Prerequisite: 1 CEU on-line class completed prior to participation in this class. Visit the DOH Learning Management Site: <https://njlmn.njlincs.net>.*

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

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

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.

Nutrition for Breast Cancer Patients

FRI. May 7 (2 – 3:30 p.m.)

 VIRTUAL

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

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

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

Prostate Cancer Support Group

WED. May 12 (2:30 – 4 p.m.)

WED. June 9 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Cancer Support Group

TUE. May 18 (2:30 – 4 p.m.)

TUE. June 15 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



Breast Cancer Support Group

TUE. May 11 (6 – 7:30 p.m.)

TUE. June 8 (6 – 7:30 p.m.)

 VIRTUAL

To register and for link to join, please call 609.853.6787. The Breast Cancer Support Group meets the second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members, and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a breast health navigator from Penn Medicine Princeton Medical Center's Breast Health Center.

Head & Neck Cancer Support Group

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

WED. May 19 (12 – 1:30 p.m.)

WED. June 16 (12 – 1:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Restorative Yoga

WED. May 5 (7 – 8 p.m.)

WED. May 19 (7 – 8 p.m.)

WED. June 2 (7 – 8 p.m.)

WED. June 16 (7 – 8 p.m.)

 VIRTUAL

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

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



Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

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

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

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.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. May 5 (7 – 8:30 p.m.)
WED. June 2 (7 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. May 17 (3 – 4:30 p.m.)
MON. June 21 (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.



Weight-loss Surgery Support Group

TUE. May 4 (7:15 – 8:15 p.m.)
TUE. June 1 (7:15 – 8:15 p.m.)
THU. May 6 (6:30 – 7:30 p.m.)
THU. June 3 (6:30 – 7:30 p.m.)
WED. May 19 (6:30 – 7:30 p.m.)
WED. June 16 (6:30 – 7:30 p.m.)

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

This supportive community welcomes individuals who have had weight-loss surgery, as well as those considering the surgery. Join us to discuss and share strategies for dealing with the physical, emotional, and lifestyle changes related to weight-loss surgery. Group sessions are facilitated by 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. May 4 (6 – 7 p.m.)
TUE. June 1 (6 – 7 p.m.)

 VIRTUAL

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

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

Diabetes Support Group

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

 VIRTUAL

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

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



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



Journey Back: Stroke Support Group

WED. May 12 (2 – 3 p.m.)
WED. June 9 (2 – 3 p.m.)

 VIRTUAL

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

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

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.

MAY IS MENTAL HEALTH MONTH



Mental Health First Aid Overview

MON. May 3 (7 – 9 p.m.)

 VIRTUAL

Recognizing the signs of a mental health condition and crisis is just as important as recognizing the signs of someone having a stroke or heart attack. Join Debbie Millar, RN, and Craig Harley, both certified mental health instructors with Princeton Health Community Wellness, for an overview of our in-depth Mental Health First Aid training.

Is COVID-19 Stressing You Out?

TUE. May 4 (1 – 2 p.m.)

 VIRTUAL

It has been an unprecedented year of isolation and anxiety brought on by the COVID-19 pandemic, and, while things are improving, stress may still be impacting your life. Join Jeffrey T. Apter, MD, board certified psychiatrist and a member of the Medical Staff of Princeton Health, for a discussion on the signs and symptoms of stress and what you can do to help you or someone close to you cope.

Mindfulness to Reduce Stress

TUE. May 11 (6:30 – 7:30 p.m.)

 VIRTUAL

Practicing mindfulness — experiencing the present moment without judgment — can help you manage stress and improve your quality of life. Attend this informative session led by Carolyn Schindewolf, health educator with Penn Medicine Princeton Health Community Wellness, to learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of life.

Managing Burnout in the Midst of Chaos

WED. May 19 (7 – 8 p.m.)

 VIRTUAL

Join us for this invaluable program, led by Chelsea Williamson, MSW, LCSW, a therapist with Princeton House Behavioral Health, and learn:

- the warning signs of burnout
- helpful skills and tools to manage burnout
- tips on handling stress
- how to reach out for help and available resources

There will also be ample time to answer your questions.



Nutritional Strategies to Cope with Stress

WED. May 26 (12 – 1 p.m.)

 VIRTUAL

Stress can take a toll on both your body and your mind, and can often result in overeating or loss of appetite. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, to learn how stress can impact your appetite and strategies to manage it without putting your nutritional needs at risk.

Slow Flow & Restorative Yoga

THU. May 27 (11 a.m. – 12 p.m.)

 VIRTUAL

Join Maria Benerofe, certified yoga instructor, for an hour of basic yoga postures and breathing exercises that are designed to promote relaxation and calm the mind. This slow flow class is appropriate for beginners and those with yoga experience.



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.

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



That Late-Night "Heartburn" Could Be Gallstones

WED. May 12 (12 p.m.)
Tomer Davidov, MD, FACS, board certified surgeon



Music Therapy Strikes the Right Note

WED. June 9 (12 p.m.)
Andrew Freedman, Music Therapist and Allied Clinical Therapist, Princeton House Behavioral Health

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

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

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



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.

That Late-Night ‘Heartburn’ Could Be Gallstones



If the sensation of heartburn keeps you up at night or strikes a few hours after a rich meal, the problem may not be acid reflux, it may actually be gallstones.



“That is the hallmark of gallstones; the condition is often misdiagnosed as a case of heartburn by someone experiencing the problem,” says **Tomer Davidov, MD, FACS**, a member of the Medical Staff at Penn Medicine Princeton Health. “The discomfort can be mild and last 30 minutes or so, or it can be more intense and last for hours. In cases where a stone gets lodged in a bile duct and causes a blockage, it can come on with the severity of a kidney stone attack, where you experience abdominal pain that can be really intense.”

Keep Flareups Under Control

“About 10 percent of the general population has gallstones,” says Dr. Davidov, who is board certified in general surgery. The condition — where hardened deposits of digestive fluid form in the gallbladder — tends to run in families, and most commonly presents itself in women in their 30s and 40s.

They can lay dormant for years, causing occasional symptoms or no symptoms at all, but recognizing you have the condition, which can be diagnosed with an abdominal ultrasound, can help you take the proper steps to reduce the chances of experiencing pain. Eating a low-fat diet and not skipping meals are important ways to help keep flareups under control.

“Once you have had a severe attack, you are likely to have others,” says Dr. Davidov. “The solution, in that case, is surgery to remove the gallbladder. In most cases this can be done with a minimally invasive procedure, in some cases using robotic technology, that takes about an hour under general anesthesia. You go home the same day and in seven to 10 days you can resume your normal life.”

Dr. Davidov recommends seeking a medical evaluation if over-the-counter medications do not eliminate symptoms, if symptoms become more frequent, or if the discomfort intensifies.

Signs You May Have a Blockage

Seek prompt medical attention if you experience:

- ▶ Sudden, intensifying pain in the upper right abdomen
- ▶ Sudden, intensifying pain in the center abdomen just below the breastbone
- ▶ Pain between the shoulder blades or in the right shoulder
- ▶ Nausea, vomiting, or a bloated sensation

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



Physical Therapy Can Help Limit the Impact of Osteoporosis

One out of every four women and one out of every 20 men over the age of 65 has osteoporosis, and many will be unaware of the condition until they experience a broken bone, according to the Centers for Disease Control and Prevention. For most people, those injuries include broken hips, wrists, forearms and spines due to falls, although in advanced disease bones can weaken to the point where simply coughing, sneezing or bumping into something can cause a break.

“For people with osteoporosis who are recovering from a fracture, or even those who have been recently diagnosed with osteoporosis as a result of a bone density test and are looking to take preventative measures, physical therapy can make a big difference in their lives,” says Lisa Baptis, PT, DP, a physical therapist on staff at Princeton Medical Center Princeton Rehabilitation. “The goal is to build bone and muscle strength, improve posture and balance, as well as educate patients on how to perform their everyday activities to reduce their risk of fracture.”

An Individualized Plan

The first step is an evaluation to determine the individual’s overall physical condition, flexibility, strength, balance, and postural alignment, as well as their lifestyle needs, and design a program specific to that patient.

“From there,” says Baptis, “we develop a series of general and site-specific exercises to help lengthen the spine and strengthen the muscles. The exercises are progressed slowly, starting with support and progressing to standing with resistance and weights. It is very important for patients with osteoporosis to start an exercise program under physical therapy

supervision. Simply going to a gym or coming up with your own exercise routine without proper technique and progression can put fragile bones at risk.

“In addition, we help train individuals on how to perform daily activities with correct alignment to reduce fractures and protect the spine. Balance exercises are incorporated to further reduce risk of falls. Ultimately, after physical therapy the individual will be equipped to continue with the program on their own and make lifestyle changes, providing an improved quality of life.”

Physical therapy sessions, which are generally covered by insurance when a patient is diagnosed with osteoporosis and referred by a physician, start out at two or three times per week, and the duration of the program depends on the individual’s progress.

For more information about Princeton Medical Center Princeton Rehabilitation, call **609.853.7840**, or visit www.princetonhcs.org.

Staying Mentally Sharp as You Age



We all have occasional “senior moments” where we misplace the car keys or walk into a room with a purpose that suddenly escapes us. But when those moments occur frequently, or when changes in mental sharpness start to impact your daily life, for example forgetting how to get home or having difficulty completing your normal work or personal tasks, seeking a medical evaluation is important.



“Often it is someone close to the patient who first brings concerns to our attention,” says **Muhammad Azam, MD**, a primary care doctor with Princeton Medicine Physicians,

Penn Medicine Princeton Health’s network of primary and specialty care doctors. “In many cases the patient has actually come to see the changes as being normal for them, and some people simply want to ignore the changes. But it is important to address what is happening.”

Changes in mental abilities can be the result of depression; stress; underlying medical conditions that are not being properly managed, such as blood pressure and diabetes; or some level of dementia, which can include Alzheimer’s disease.”

Generally speaking, regardless of the cause, there are medical treatments that can help reduce, or in some cases eliminate, these changes in mental sharpness,” says Dr. Azam. Those treatments can include medications to manage underlying conditions, depression and dementia. Practicing yoga and other forms of relaxation techniques can also help.

Tips to Keep Your Mind Fit

Dr. Azam recommends the following tips to keep your mind sharp:

Enjoy social stimulation. COVID-19 has left everyone more isolated than usual. Making time to safely socialize with others stimulates the brain and helps reduce depression and stress.

Focus on words. Spend time reading or writing. Both require your brain to make connections between thoughts and help improve communication. “Make the most of it and start writing down your memories for your family,” Dr. Azam says. “It will trigger things you may have forgotten about and be a wonderful gift to the people you love.”

Listen to music. Allowing yourself to enjoy your favorite music helps promote relaxation and transport your thoughts to another place. Music stimulates a different part of the brain than reading and writing.

Puzzle over puzzles. Whether they are word puzzles, math puzzles, or even jigsaw puzzles, working to solve them forces your brain to analyze information and make connections.

Play a game. Playing games such as chess or video games can stimulate your brain to think ahead and plan a strategy, helping to keep those processes nimble.

Get some exercise. Exercise, whether it is vigorous activity or taking a walk, helps clear toxins from your brain, increases oxygen levels, promotes healing and reduces stress.

Eat well. A healthy diet focusing on fruits, vegetables, whole grains and healthy proteins, rather than fatty, sugary foods, nourishes your body and your mind.

Get some shuteye. A good night’s sleep provides downtime for your brain and helps you process the day’s events, rejuvenating you for the next day.

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

Recognizing and Treating Emotional Eating

Occasionally rewarding yourself or using food as a pick-me-up is not cause for concern; it is something we all do now and again. But when your first impulse is to turn to food as a coping mechanism, you are practicing emotional eating.

“Any time you are making a food choice where emotion is driving your decision, emotional eating is at play,” says Katie Gaffney, RD, a registered dietitian with Penn Medicine Princeton House Behavioral Health’s Women’s Program. “When it becomes your sole coping mechanism for stress, depression, anxiety, loneliness, anger, or even boredom, seeking professional help is important.”

The Women’s Program at Princeton House includes a component that focuses on emotional eating, helping women recognize the behavior; explore what is bringing about the stress, anxiety, or depression that triggers it; develop healthy coping mechanisms; and practice mindfulness.

“For some, it’s beneficial to seek individual counseling with a therapist to work through their emotional eating behaviors,” says Gaffney. Those who are suffering from both mood and eating disorders may benefit from Princeton House’s comprehensive Women’s Program, which provides partial hospital or intensive outpatient treatment (three or five days per week).

Seeking Help is Important

“Addressing the behavior is very important for both emotional and physical health,” says Gaffney. “Using food to cope may prevent you from developing the tools that can help solve problems longer term, rather than depending on one coping mechanism.”



Emotional eating can include overeating, undereating, and even constructing complex rituals around eating. The behavior can reinforce a person’s belief that they cannot manage their emotions. “It can also lead to increased shame about eating; low self-esteem; and medical complications such as heart disease,” Gaffney says.

“Mindfulness is important in determining what is driving your eating behavior,” says Gaffney. “Ask yourself, why you are eating the way you are, and what you are looking to food for, and you will start to get an understanding of what is going on.”

For more information on Princeton House Behavioral Health’s Women’s Program, visit www.princetonhouse.org/women, or call 888.437.1610.

ARE YOU AN EMOTIONAL EATER?

Emotional eating signs may include:

- Eating more when you feel stressed
- Eating when you are not hungry
- Eating to calm or soothe yourself
- Rewarding yourself with food
- Eating until you are very uncomfortably full
- Feeling out of control around food

MUSIC THERAPY

Strikes the Right Note When It Comes to Expression

Feeling comfortable and finding the right words to express your feelings can be challenging when it comes to opening up in therapy. That is why Penn Medicine Princeton House Behavioral Health's (PHBH) inpatient and outpatient programs offer music therapy as part of their treatment plans.

"Expressive therapies like music therapy can help give a voice to anyone who is having a difficult time processing information or expressing themselves, and empower a person to more comfortably work through trauma," says Andrew Freedman, MTBC, a music therapist at PHBH's Moorestown outpatient facility. "Whether that involves playing an instrument, singing, listening to a soothing song, or even exploring the lyrics of a song, the process can help with mood regulation, stress tolerance, impulse control, and cultivating positive relationships with the group."

Pitch Perfect

Each music therapy session is tailored to the unique needs of the group on that specific day. Sessions begin with an opening mindfulness-based activity, followed by a musical activity. Music therapy is available to inpatients and outpatients involved in PHBH's Women's Program, Adult Programs, Children's Program, Adolescent Program or Senior Link for individual's over age 65.

"We have a piano, a xylophone, and a range of percussion instruments, and I play the guitar," says Freedman. "From the start we make it clear that this is not about musical ability. Whether you have experience with an instrument or are totally new to musical expression, the goal is to meet in the middle and connect. At the end of each session, we circle back to a grounding exercise that pulls everything together."

The goal is to use the structure of the music to open up individually and as a group. "In music, everything is important — the rhythm, the lyrics, the tone. It is the same with therapy," says Freedman. "By using music therapeutically, we can experience how each piece fits together as a whole, and open ourselves up to expressing the emotions that are within us."

For more information on Princeton House Behavioral Health's inpatient and outpatient programs, visit www.princetonhouse.org, or call 888.437.1610.



Creativity and Expressive THERAPIES

In addition to traditional therapy modalities, PHBH's inpatient and six outpatient centers offer the following expressive therapies:



Music, dance/ movement, and art therapies

Journaling



Relaxation and stress management

Emotion regulation techniques





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For help with finding a physician,
call 1.888.742.7496.

Forever Grateful: Leaving a Lasting Legacy



Longtime Princeton residents Nancy and Norman Klath remembered Penn Medicine Princeton Health in their estate plans. Their belief in the importance of having a high-quality community hospital along with very positive experiences at Princeton Medical Center (PMC) have motivated their contributions and estate planning over the years.

Nancy, a graduate of Wellesley College and Drexel University, had a career as a librarian at Princeton University, and in retirement she volunteered with several Princeton area nonprofits. Over the years, she and her husband Norm supported the hospital with contributions to the capital campaign, as well as other gifts for robotic surgery, acute rehab, and Covid-19 needs.

With Nancy's passing, her planned gift has created a lasting legacy. Her recent estate gift will be used to fund nursing education and hospital staff needs. We are deeply grateful for this meaningful support. Norm, a graduate of Dartmouth College, the London School of Economics, and

Harvard Business School, made his career at J.P. Morgan. He has provided for a generous gift to the PMC Foundation in his estate plan, which will support the exciting future of Princeton Health. As a Foundation board member, he also serves as an advocate and strongly urges others to become members of the *1919 Society* by including Princeton Health in their estate plans.

To learn more about how you can make a difference through planned giving, please visit www.planmylegacy.org. You may also contact Danielle Oviedo for more information at 609.252.8709, or Danielle.oviedo@penmedicine.upenn.edu.