



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JULY/AUGUST 2019

Columbus Couple is Loving Life Again After Bariatric Surgery

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- Precise Cancer Treatment With Surface Guided Radiation Therapy
- Healthy Mom...Healthy Baby

PLUS:

- Community Focus
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Howard and Lisa Kohler and their dog, Anna Pearl.

Princeton Health

JULY/AUGUST 2019



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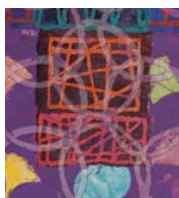
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Detail of "Capriccio" by Marie Sturken, handmade paper.



SAVE THE DATE!
NOVEMBER 24

**CELEBRATE PRINCETON
HEALTH'S CENTENNIAL**

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**CENTENNIAL
CHASE 5K RACE**

AUGUST 17

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**Penn Medicine
Princeton Health**

Princeton Medical Center

Princeton House Behavioral Health

Princeton Medicine Physicians

Princeton Medical Center Foundation

Princeton HealthCare Partners

Princeton Health International

**Penn Medicine Home Health
Princeton Health**

(formerly Princeton Home Care)

**Penn Medicine Hospice
Princeton Health**

(formerly Princeton Home Care - Hospice)

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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Penn Medicine Princeton Health: Meeting Your Healthcare Needs Yesterday, Today and in the Future

As Princeton Health celebrates its 100th anniversary, there is no better time to evaluate our mission, vision and values. In fact, we surveyed nearly 800 members of the Princeton Health community to assess our past performance and help lay our path for the future.

“It is integral to the mission of Princeton Health to continually improve our quality of service to our patients and community, and to provide appropriate healthcare to all,” said Princeton Health President and CEO Barry Rabner. “The mission of Princeton Health is to be the focal point of a comprehensive community health system that responds to the healthcare needs of our service area residents. Moving forward, we will continue to provide inpatient and outpatient care, community health education, medical education, and promote medical and scientific research when appropriate.”

Our Mission

We are committed to providing exceptional, compassionate care to enhance the health and wellness of our patients, their families and our community.

Our Vision

We are committed to lead the region in enhancing the health and wellness of each person we serve through personalized, innovative care and education.

Our Values

We are committed to the core values of:

- Communication
- Compassion
- Collaboration
- Excellence
- Integrity

For more information about Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.



SAVE THE DATE! CELEBRATE PRINCETON HEALTH'S CENTENNIAL NOVEMBER 24

Mark your calendars now and plan to join Penn Medicine Princeton Health on **Sunday, November 24** in celebrating 100 years of caring for the residents of central New Jersey.

This very special event will be held at Penn Medicine Princeton Medical Center and will feature an afternoon of free fun for the entire family, including educational exhibits, games, entertainment, refreshments and much more!

We are grateful to the community for its longstanding support and for helping us reach this centennial milestone. So please save the date, and get ready to celebrate with us on Sunday, November 24!

Want to join the celebration early?

Visit www.princetonhcs.org/100years to submit your stories, memories, old photographs and even video testimonials for a chance to win a \$25 Target gift card — we're randomly choosing two winners each month!

A CHANCE
TO WIN A
\$25 GIFT
CARD

Columbus Couple is Loving Life Again After Bariatric Surgery



Howard Kohler and his wife Lisa had stopped doing many of the things they loved — such as travelling and attending plays and concerts — for one reason. “We couldn’t fit in the seats,” recalls Lisa. “And so, we just stopped doing things.”

Both in their early 50s, and each weighing a bit over 300 pounds, the Columbus couple had tried numerous times to lose weight, with little success. Then, Lisa’s father, who weighed over 400 pounds, passed away from a pulmonary embolism. The loss led Lisa to consider bariatric surgery.

“She had the surgery in October 2017, and when I saw how well she was doing, I made up my mind to have the surgery too,” says Howard, who had the procedure October 2018. “It has made a big difference in both our lives.”



A Prescription for Success

Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery at Penn Medicine Princeton Medical Center, handled both procedures and continues to treat Howard and Lisa, who both had gastric bypass surgery. Lisa has lost 115 pounds and Howard has shed close to 80.

Both have also addressed other health problems as well — a hiatal hernia and sleep apnea in Lisa’s case and Barrett’s esophagus, a precursor to esophageal cancer, in Howard’s.

“They’ve both done really well and continue to do well,” says Dr. Dobruskin. “Their relationship helps them stay on track, which is important since lifestyle changes are extremely important for long-term success.”



Both Lisa and Howard are committed to continued success. “We’re so much more active now,” says Lisa. “We kayak, hike, I run.

We find it easier to diet and exercise now that we’ve had the surgery, and we are sticking to it. It’s funny how you don’t really realize how bad you feel until you finally start feeling good.”

Howard, a heavy equipment operating engineer, has received a lot of congratulatory comments from coworkers. Lisa, a high school teacher, is still waiting for a response from her students.

“The funny thing is, none of them said a word when I lost 100 pounds, probably because they didn’t want to be disrespectful, but this year I got a nose piercing and they were all over it,” she says with a laugh.

For more information or to find a physician with the Center for Bariatric Surgery & Metabolic Medicine, call 609.785.5870 or visit www.princetonhcs.org.

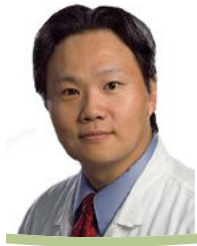
Surgical Options for Bariatric Patients



For patients facing obesity and those who have tried diets and other weight loss solutions but they haven't worked, bariatric surgery may be an option. Bariatric surgery can change the way food is digested or limit what you can eat, helping patients achieve their weight loss goals, improve their health and feel better about their overall appearance.

The most common bariatric surgery performed at the Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center (PMC) is sleeve gastrectomy, which results in patients feeling full after eating small portions. During the procedure, about 70 percent of the stomach is removed, which will reduce the amount

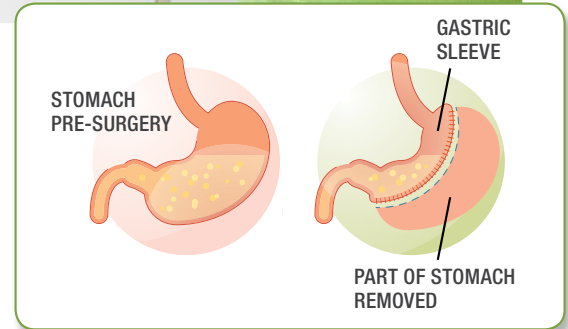
that someone can eat by about 80-90 percent. The method used by PMC surgeons includes the creation of a pouch that resembles the natural shape of the stomach, which can reduce post-operative complications such as heartburn and acid reflux, according to **Wai Yip Chau, MD**, who is board certified in general surgery and fellowship trained in bariatric surgery.



Sleeve gastrectomy is performed using either a laparoscopic approach or with advanced robotic surgery equipment. For both methods, just a few small incisions are required, which can reduce surgical discomfort and scarring and lead to earlier discharge from the hospital.

Individualized Care

Each patient who visits the center is evaluated on an individual basis to determine if they are a candidate for surgery. According to Dr. Chau, "Your physician will examine you and review your health and weight loss history as well as your lifestyle to determine which surgical option will help you meet your goals." If you meet the general guidelines for bariatric surgery, your physician will take you through the different options and help you better understand what to expect after the surgery, so you can choose the path that's right for you.



A Team Approach

The Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center (PMC) combines the skill of surgeons with an exceptional level of care that is sensitive to each patient's needs and comfort. The patient care team includes a dedicated bariatric coordinator, nutritionists, psychologists, bariatricians and exercise physiologists.

After surgery, the care team educates patients about nutrition and exercise and helps them create a plan to achieve their weight loss goals.

"Patients must make a long-term commitment to changing their lifestyle so they can lose weight and keep it off," says Dr. Chau. "We form a partnership with our patients that focuses on the steps they can take to realize good health."

For more information or to find a physician with the Center for Bariatric Surgery & Metabolic Medicine, call 609.785.5870 or visit www.princetonhcs.org.

For a Kendall Park Man, Princeton Medical Center's Helipad Was a Lifesaving Investment

When Russell Annich of Kendall Park arrived in the Emergency Department at Penn Medicine Princeton Medical Center (PMC), his care team determined that he needed critical lifesaving emergency surgery, so they had to act quickly.

After Russell's condition was stabilized, his physicians arranged for immediate helicopter transport to the Hospital of the University of Pennsylvania (HUP) in Philadelphia, which is also part of Penn Medicine.

Russell was the first PMC patient to be airlifted from the Medical Center's new helipad. Previously, patients would have to go to a local airport to be transported for care.

The availability of the helicopter saved critical travel time and saved Russell's life. In fact, only 23 minutes passed from liftoff until Russell was in the operating room at HUP.

Russell explained, "My wife, Wendy, and I were trying to put together a timeline of events that day. We figured that from the time I started feeling pain to the time I was in the operating theater was less than three hours. That's amazing. The helipad was a lifesaving investment."

Russell reflects on the moments after he awoke from surgery. He believes what happened that day was a sequence of miracles. "I woke up in the ICU. I was alive. There were people and monitors around me. I still haven't fully processed what happened. I'm still piecing it all together."

Three months after his emergency surgery, Russell and his wife Wendy visited the PMC Emergency Department medical team to thank them for their role in saving his life.

Pictured (left to right): Jessica Tobias, Patient Care Technician, Emergency Department; Sandra Mariani, MSN, RN-BC, Senior Nurse Manager, Emergency Department; Russell Annich; Stephen Harrison, DO, Emergency Department; Russell's wife Wendy Mathews; and Agnes Wiernasz, BSN, RN, Assistant Nurse Manager, Emergency Department.



Princeton Medical Center Helipad Service

The helipad service, operated and managed by PennSTAR, enhances patient care by providing rapid, safe helicopter transportation for critical patients in need of specialized care. The helipad is located close to the PMC Emergency Department, to help ensure optimal response time.

Critical patients may be transported to a hospital of their choosing that is capable of receiving them within a 100-mile radius of Penn Medicine Philadelphia. The pad will be available to other critical care air transport services as well.

For more information, call 1.866.460.4776, or visit www.princetonhcs.org.



Community Focus

CENTENNIAL CHASE

SAT. August 17 – 9 a.m.

**Skillman Park
Main Boulevard, Skillman**

A 5K race to celebrate our 100th year caring for the community. Family friendly event also features a 1-mile fun walk and a non-competitive 5K roll.

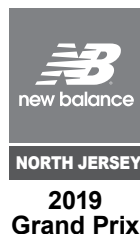
\$20 for runners / \$10 for walkers & rollers

Walk, run or roll your way to the finish line and help Penn Medicine Princeton Health celebrate our 100th anniversary. The event is 100 days before the actual centennial, which will be held this fall to mark the November 24, 1919, opening of the original Princeton Hospital.

Enjoy healthy refreshments, music, our photo booth, and giveaways. Attendees are also welcome to join us for a photo opportunity to honor the centennial.

Registration is required for all of the day's festivities.

Runners: The 5K race is a USA Track & Field (USATF) Certified Course, Sanctioned Event and Grand Prix Event. USATF-NJ members receive discounted registration.



**LEARN MORE OR REGISTER:
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. Registered participants will be notified of any event changes.
Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Managing Diabetes and Prediabetes

MON. July 1 (7 – 8 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Learn about lowering your risk of prediabetes and Type 2 diabetes, reducing complications for those diagnosed with diabetes, updates on insulin and medical products and nutrition recommendations at this informative session presented by Louise Gross, RN, BSN, CDE, and Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinicians and Certified Diabetes Educators from Princeton Medical Center's Diabetes Management Program.

Parkinson's Disease: Move Big

MON. July 1 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

Parkinson's and other progressive neurological diseases can make walking and balance difficult. The Lee Silverman Voice Treatment (LSVT) BIG program is designed to help individuals suffering from these symptoms improve walking and balance, as well as their ability to carry out the activities of daily life. Join Vaani Pillai, PT, DPT, physical therapist with Princeton Medical Center Princeton Rehabilitation, to learn how LSVT programs can help.



AARP Smart Driver

MON. & TUE. July 8 & 9 (5 – 8 p.m.)

Princeton Medical Center

First Floor, Education Center, Classrooms 1 & 2

WED. & FRI. August 7 & 9 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

\$15 for AARP members, \$20 for non-members, Payable at the door (cash or check). Checks are payable at the door and 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

THU. July 11 (10 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

FRI. August 9 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

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 the driver with greater comfort and vehicle control. In addition, a trained Penn Medicine Princeton Health CarFit technician will take each driver through an observation and questionnaire session. Participants are asked to drive their own vehicles to this event. We are pleased to partner with American Automobile Association (AAA) and AARP to provide this service.

Dealing with Dizziness and Vertigo

TUE. July 9 (11 a.m. – 12 p.m.)

Monroe Library

4 Municipal Plaza, Monroe

Learn about the anatomy and physiology of the inner ear, common causes of dizziness, vertigo and loss of balance, as well as how vestibular rehabilitation can help. This session will be presented by Kelly A. Gray, PT, RN, DPT, CLT, Rehab Manager, Outpatient Rehab and Physical Therapist with Princeton Rehabilitation.

Total Control® A Pelvic Wellness Program for Women

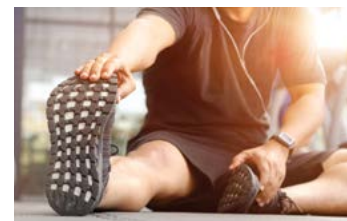
TUE. & THU. July 9 – August 22 (12:30 – 1:45 p.m.)

Princeton Fitness & Wellness

7 Plainsboro Road, Plainsboro

\$99 per person

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



The Art of Therapeutic Stretching

WED. July 10 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

Whether or not you exercise, stretching is important. It keeps the muscles flexible and healthy, and we need that flexibility to maintain a range of motion in the joints. Join Chris Blessing, MPT, OCS, CSCS, and MS, with Princeton Medical Center Princeton Rehabilitation, for a look at the physiology of stretching, as well as a demonstration and review of common stretching techniques for various parts of the body.

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

WED. July 10 (7 – 8 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch, Suite 100

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Kenneth A. Goldman, MD, FACS, double board certified in general surgery and vascular surgery, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Princeton Medical Center Center for Vascular Care. Dr. Goldman is a member of the Medical Staff of Princeton Health.

Cooking for People with Lactose Intolerance or Allergies

THU. July 11 (10:30 – 11:15 a.m.)

South Brunswick Wellness Center

Do you suffer from lactose intolerance or a milk allergy? If so, attend this informative program led by Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian Nutritionist with Princeton Medical Center, to learn about healthy, delicious dairy-free replacements for everyday foods.



Health Screenings at the West Windsor Farmer's Market

SAT. July 13, 27, August 10 & 24 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive), Princeton Junction

Twice a month, health professionals from Penn Medicine Princeton Health will be on hand to offer free health screenings and information to area residents at the West Windsor Community Farmer's Market.

Redefining Self After Loss

TUE. July 16 (10:30 – 11:30 a.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch, Suite 100

Join Amelia Vastola, LCSW, Hospice Social Worker with the Hospice Program of Penn Medicine at Home (formerly Princeton HomeCare), for an open conversation exploring the ways we are transformed by the loss of a loved one and to consider who we are now. Whether you feel as if you are existing, living, surviving, struggling or thriving since your loss, this program will be an opportunity to share, connect and promote healing.

Weight-Loss Surgery: Is It Right for Me?

WED. July 17 (6 – 6:30 p.m.)

WED. August 21 (6 – 6:30 p.m.)

Community Wellness at the

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

THU. August 1 (6 – 6:30 p.m.)

Princeton Medicine Physicians

2 Centre Drive, Suite 200, Monroe Township

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. Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, will provide 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.



Cooking for 1 or 2

WED. July 17 (7 – 8 p.m.)

Ewing Library

61 Scotch Road, Ewing

Sometimes cooking for one or two may seem like it's not worth the trouble, and that eating out is a better choice, but good health hinges on healthy eating, which begins at home. Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian Nutritionist with Princeton Medical Center, for this informative session and learn how to make nutritious, tasty and inexpensive meals for your small household.

Abdominal Pain: What Could it Be?

FRI. July 19 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

According to the Centers for Disease Control and Prevention (CDC), abdominal pain is the most common reason why people visit the emergency room.

The cause of severe abdominal pain can range from an intestinal flu to a life-threatening condition such as a ruptured appendix. Attend this informative session led by Tomer Davidov, MD, FACS, board certified in general surgery and a member of the Medical Staff of Penn Medicine Princeton, to learn when to seek medical attention for abdominal pain.

Common GI Disorders: When to Seek Medical Advice

MON. July 22 (12 – 1 p.m.)

Gardens at Monroe

189 Applegarth Road, Monroe Township

Millions of people suffer from intestinal disorders such as diverticulitis, irritable bowel syndrome and inflammatory bowel disease. Join Kristina Katz, MD, a gastroenterologist with Penn Medicine Princeton Health Center for Digestive Health, for an informative discussion on the signs and symptoms of these common GI problems, as well as treatment options and when further testing is warranted. Dr. Katz is a member of the Medical Staff of Penn Medicine Princeton Health.

Vision Screenings

THU. July 18 (4 – 7 p.m.)

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

THU. August 15 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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

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

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

Regenerative Therapy for Arthritis and Movement Disorders

TUE. July 23 (10:30 – 11:30 a.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100

Learn about the latest therapies to manage musculoskeletal and movement disorders, such as arthritis and tendon injuries, including platelet-rich plasma (PRP) and stem cell therapy, at this invaluable program led by Zachary Perlman, DO, specializing in sports medicine and a member of the Medical Staff of Penn Medicine Princeton Health.

Memory, Aging & the Brain

WED. July 24 (10:30 – 11:30 a.m.)

West Windsor Senior Center

271 Clarksville Road, Princeton Junction

Memory loss is often dismissed as a normal part of aging, but it is not something to ignore. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Attend this informative session presented by Jeffrey Apter, MD, board certified in psychiatry, and learn the differences between mild cognitive impairment, dementia, and Alzheimer's, as well as the steps you should take if you or a loved one has started to notice a decline in memory. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future. Dr. Apter is a member of the Medical Staff of Penn Medicine Princeton Health.

Kids Can Cook: Fresh from the Garden

WED. July 24

1 – 2 p.m. – Kids ages 5 - 11.

2:30 – 3:30 p.m. – Special needs participants up to age 21

Princeton Fitness & Wellness

Learn what local produce is in season and how you can turn it into a simple, flavorful meal without turning on the heat. Join Alyssa Luning, RD, LDN, CSOWM, a registered dietitian nutritionist, for this interactive nutrition demonstration, and sample your creations afterward.



Self-defense for Women: Empower Yourself with a New Sense of Awareness and Confidence!

WED. July 24, 31, August 7, & 14 (6 – 9 p.m.)

Princeton Fitness & Wellness Center

\$25 per person

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

Benefits of Massage

SAT. July 27 (10 – 11 a.m.)

South Brunswick Wellness Center

TUE. August 13 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

In addition to relieving muscle tension and everyday stress, massage can provide many other health benefits. In fact, it can help treat neuromuscular dysfunction; support the immune system; alleviate anxiety and soothe mood disorders. Join Cynthia Sinicropi-Philibosian, LMBT, Licensed Massage and Bodywork Therapist, and learn how massage therapy can help you; how to prepare for a massage; what to expect from a massage therapist and how to maximize the benefits of massage therapy.

Gluten Intolerance 101

THU. August 1 (7 – 8 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Do you suffer from gluten intolerance or celiac disease? If so, attend this informative program led by Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian Nutritionist with Princeton Medical Center, to learn about healthy, delicious replacements for everyday, gluten-based foods.

Fulfillment Through Volunteering

MON. August 5 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

WED. August 21 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

Do you want to help others? Are you unsure of how to give back? Research suggests that people who volunteer may live longer and happier lives. Join the certified volunteer administration professionals from the Penn Medicine Princeton Health Volunteer Services Department to learn about all the benefits of volunteering, including the physical and psychological health benefits and how to find volunteer opportunities with community nonprofits.

Throwing: More Than Just the Arm

WED. August 7 (7 – 8 p.m.)

Plainsboro Library

9 Van Doren Street, Plainsboro

Join Penn Medicine Princeton Health physical therapist and former college softball player Barb Kutch, PT, DPT, CSCS, for an informative discussion on baseball/softball throwing. The program will focus on the mechanics of throwing, including the roles of the legs and core; common throwing injuries; injury prevention tips; the current guidelines for pitching; and recent research on new training concepts.

Reconstructive Surgery After Mastectomy

THU. August 8 (6:30 – 7:30 p.m.)

Princeton Medical Center

First Floor, Education Center

Conference Rooms A & B

Join Evan Katzel, MD, member

of the Medical Staff of Penn

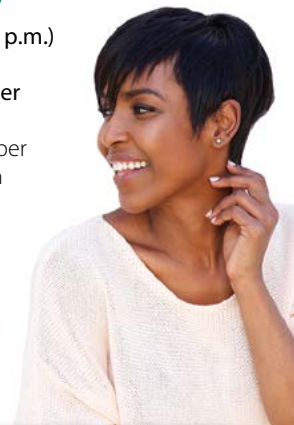
Medicine Princeton Health,

to learn about the various

options available for

reconstructive surgery

post-mastectomy.



Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **Tuesdays, July 16 and August 20, from 10 a.m. – 12 p.m.**, at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

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

Yikes! What is Happening to My Body?

A Puberty Talk for Girls

THU. August 8 (6 – 7:30 p.m.)

A Puberty Talk for Boys

THU. August 15 (6 – 7:30 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch, Suite 100

Designed for children between 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as they enter their teenage years. The program will be led by a health educator with Princeton Health Community Wellness.

What You Need to Know About Influenza

THU. August 8 (11 a.m. – 12 p.m.)

Stonebridge

100 Hollinshead Spring Road, Skillman

Do you have questions about getting your flu shots this year? Join Rohit Bhalla, DO, CWS, FACP, board certified in infectious disease, to learn more about influenza, including:

- Background information on influenza and H1N1 (swine flu)
- Who is most at risk for the flu
- Who should get vaccinated and information about the traditional flu vaccine and the H1N1 vaccine
- Other ways to prevent the spread of the flu
- Signs and symptoms of influenza
- Treatment options for both types of flu

Dr. Bhalla is a member of the Medical Staff of Penn Medicine Princeton Health.

Body Contouring After Weight Loss

WED. August 21 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

After losing weight, whether from surgery or not, body-contouring procedures, including tummy tuck, breast lift or lower body lift, may help improve your body shape and tone. Join Evan B. Katzel, MD, a member of the Medical Staff of Penn Medicine Princeton Health, to learn about the procedures available for body contouring after weight loss.

Putting Sleep Disorders to Rest: Recent Advances in Treatment

THU. August 22 (7 – 8 p.m.)

Lawrence Library

2751 Brunswick Pike, Lawrence

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect health and mood. Join Robert G. Mignone, DO, board certified in otolaryngology, for a discussion on new advances in the treatment of common sleep disorders, such as sleep apnea. Dr. Mignone is a member of the Medical Staff of Penn Medicine Princeton Health.

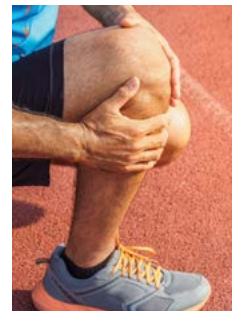
Understanding Knee Injuries

TUE. August 27 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Regardless of your age and activity level, knee injuries can be debilitating. Join Chris Blessing, MPT, OCS, CSCS, and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, for a discussion on reducing pain in your knee, flexibility and strength training exercises, and how post-surgical physical therapy can improve outcomes.



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

Thursdays (6 – 7:15 p.m.)

Saturdays (10:15 – 11:15 a.m.)

Community Wellness at

731 Alexander Road, Suite 103

\$10 per person, per class

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feel good during pregnancy.

No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.



Prenatal Breastfeeding Class

TUE. July 9 (7 – 9:30 p.m.)

MON. August 12 (7 – 9:30 p.m.)

Penn Medicine Princeton

Medical Center

First Floor, Education Center

THU. August 22 (7 – 9:30 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch, Suite 100

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems at this informative program. This class is taught by an internationally board certified lactation consultant. Penn Medicine Princeton Health is dedicated to promoting the health and well-being of all moms and babies, and we are proud to offer prenatal breastfeeding classes free of charge.

SAVE!

When you register for any multiple prenatal classes:

2 classes save \$10

3 classes save \$20

To receive discount, call 1.888.897.8979 to register.

OPTIONS FOR BIRTHING

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

Birthing Basics

THU. July 11 – August 1 (7 – 9 p.m.)
WED. July 24 – August 14 (7 – 9 p.m.)
TUE. August 6 – 27 (7 – 9 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$125 per couple

This four-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. The third session of each series will include a tour of our Center for Maternal & Newborn Care.



Accelerated Birthing Basics

SAT. July 20 (9 a.m. – 5 p.m.)
SAT. August 17 (9 a.m. – 5 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$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. This class includes a tour of our Center for Maternal & Newborn Care.

Private childbirth and family classes are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

Sibling Class

SAT. July 13 (1 – 2:30 p.m.)
Penn Medicine Princeton Medical Center – Atrium
\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, and tour a maternity room. Classes are designed for children 3 to 8 years of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

SAT. July 13 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
TUE. July 16 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
WED. August 21 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. August 24 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium
Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at PMC or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the maternity rooms. A tour is included in all Childbirth Preparation classes.



Director of Neonatology for CHOP Pediatric & Newborn Care at Princeton Medical Center (PMC), to learn about our state-of-the-art Center for Maternal & Newborn Care and what you can expect in the hospital after your baby's birth.

Ask the Neonatologist

WED. July 17 (7 – 9 p.m.)
Princeton Medical Center
One Plainsboro Road
Plainsboro
Education Center

Join Marilyn Giorgi, MD,

SAVE!

When you register for any multiple prenatal classes:

2 classes save \$10

3 classes save \$20

To receive discount, call 1.888.897.8979 to register.

Twins and Multiples

TUE. August 13 (6:30 – 9 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$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 few weeks at home. Parents are encouraged to take our Birthing Basics series as well for a more comprehensive program and a tour of our Center for Maternal & Newborn Care.

Baby Care

TUE. July 23 (7 – 9:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$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.



Daddy Boot Camp™

SAT. August 3 (9 a.m. – 12:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$40 per person

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



Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

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

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

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar.

Breastfeeding Support Group

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

No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by an internationally board certified lactation consultant. Mothers are encouraged to bring their infants.

Postpartum Adjustment Support Group

WED. July 3 (1 – 2 p.m.)
WED. July 17 (1 – 2 p.m.)
WED. July 31 (1 – 2 p.m.)
WED. August 14 (1 – 2 p.m.)
WED. August 28 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join a healthcare professional from Penn Medicine Princeton Health and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are encouraged to bring their infants.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. July 9 – August 15 (10 – 11 a.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$75 per person

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

Infant Massage

SAT. July 20 (12:30 – 2:30 p.m.)
MON. July 22 (6 – 8 p.m.)
SAT. August 3 (12:30 – 2:30 p.m.)
MON. August 12 (6 – 8 p.m.)
SAT. August 17 (12:30 – 2:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$30 per family

Join us and learn new ways of soothing your baby and promoting healthy development. Connect with your baby through gentle massage and stretching, nursery rhymes and lullabies. These techniques will enhance your parenting skills and help calm your baby during times of discomfort. Please bring a blanket, exercise mat or large towel and grapeseed or sunflower oil (test oil on your baby's ankle or wrist 24 hours before coming to class to ensure there are no skin sensitivities). Please wait at least one week after your baby's most recent immunization to join this class. Medical clearance from a healthcare professional is required. The form can be obtained by calling 1.888.897.8979.



Grandparenting 101

SUN. August 18 (10:30 a.m. – 12 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

\$10 per couple

This class is designed for grandparents-to-be and new grandparents. 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; and newborn characteristics. This discussion will be presented by a health educator with Princeton Health Community Wellness.

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

MON. & TUE. July 1 & 2 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

ACLS Recertification Course

WED. July 17 (9 a.m. – 5 p.m.)
MON. August 12 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

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



PALS Full Course

TUE. & WED. August 20 & 21 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

PALS Recertification Course

MON. July 8 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

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

FRI. July 12 (9 a.m. – 1:30 p.m.)
WED. July 24 (6 – 10:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

SUN. August 11 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

WED. August 28 (6 – 10:30 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

BLS Renewal*

FRI. July 19 (9 a.m. – 1 p.m.)
MON. August 5 (9 a.m. – 1 p.m.)
MON. August 19 (6 – 10 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

MON. July 29 (6 – 10 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Provider: \$65 per person

Renewal: \$40 per person

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

Family & Friends CPR

WED. July 10 (6 – 7 p.m.) Adult/Child
WED. July 10 (7:45 – 8:45 p.m.) Infant
Princeton Fitness & Wellness

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

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

Neonatal Resuscitation Program Recertification Course

WED. July 10 (8 a.m. – 12 p.m.)
Penn Medicine Princeton Medical Center
6th Floor, Mother & Baby Unit

\$75 per person.

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



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

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

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



Stop the Bleed

WED. July 17 (6 - 8 p.m.)

Princeton Fitness & Wellness Center

Join Barbara Vaning, MHA, EMT Instructor with Penn Medicine Princeton Health, to learn bleeding control in a mass casualty incident.

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 PMC's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

Prostate Cancer Support Group

WED. July 10 (12 - 1:30 p.m.)

WED. August 14 (12 - 1:30 p.m.)

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

No registration required. Walk-ins welcome.

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

Cancer Support Group

TUE. July 9 (1:30 - 3 p.m.)

TUE. August 13 (1:30 - 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road
Monroe Township

No registration required. Walk-ins welcome.

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



Breast Cancer Support Group

TUE. July 9 (6 - 7:30 p.m.)

TUE. August 13 (6 - 7:30 p.m.)

PMC Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required. Walk-ins welcome.

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 PMC's Breast Health Center.



Head & Neck Cancer Support Group

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

WED. July 17 (12 - 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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.

Nutrition Tips for Breast Cancer Patients

FRI. July 5 (11:30 a.m. – 1 p.m.)

FRI. August 2 (11:30 a.m. – 1 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration preferred. To register, 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, CNSC, Registered Dietitian and Certified Nutrition Support Clinician 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 after treatment and physical activity, as well as answers to your nutrition questions.

Living Beyond Cancer

THU. July 25 (12:30 – 2 p.m.)

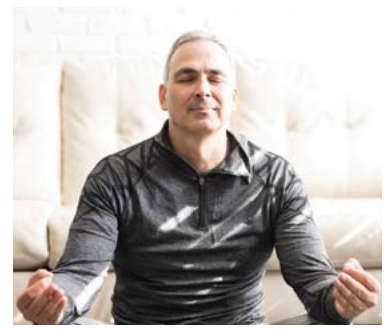
THU. August 22 (12:30 – 2 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Walk-ins welcome.

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



Mindful Movement

Thursdays (10 – 11 a.m.)

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

Registration preferred. To register, 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.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. July 1 (7 – 9 p.m.)

MON. August 5 (7 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

No registration required. Walk-ins welcome.

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

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. July 1 (6 – 7:30 p.m.)

MON. August 5 (6 – 7:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Conference Room D

MON. July 15 (1 – 2:30 p.m.)

MON. August 19 (1 – 2:30 p.m.)

Princeton Senior Resource Center

Corner House Room 19

45 Stockton Street, Princeton

No registration required. Walk-ins welcome. Please call 609.819.1226 for more information.

The evening support group meets the first Monday of the month and the afternoon 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 in coping with grief and loss.

Weight-loss Surgery Support Group

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; 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.

TUE. July 2 (7 – 8:30 p.m.)

TUE. August 6 (7 – 8:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center

Conference Rooms C & D

WED. July 17 (6:30 – 7:30 p.m.)

WED. August 21 (6:30 – 7:30 p.m.)

Community Wellness at the

Hamilton Area YMCA

John K. Rafferty Branch, Suite 100

Conference Rooms A & B

THU. August 1 (6:30 – 7:30 p.m.)

Princeton Medicine Physicians

2 Centre Drive

Monroe Township



Journey Back: Stroke Support Group

WED. July 10 (2 – 3 p.m.)
WED. August 14 (2 – 3 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
4th Floor, MNO Conference Room

For more information contact
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 Princeton Medical Center, the group helps those touched by stroke work toward increased independence, adjust to life after stroke and provide support and hope to one another. There will be occasional presentations by experts in stroke and rehabilitation.



Diabetes Support Group

WED. July 17 (2:30 – 4 p.m.)
WED. August 21 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. July 22 (6:30 – 8 p.m.)
Penn Medicine Princeton Medical Center
5th Floor, Medical Arts Pavilion, Occupational Health Waiting Room

No registration required. Walk-ins welcome. Please call
609.853.7890 for information.

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.*



Join us for our bimonthly focus group, Sensitive, Supportive Care for All,

where we seek insight into how Penn Medicine Princeton Health can ensure that its policies and practices are inclusive and supportive of patients, visitors and staff who identify as LGBTQ. The next meeting will be held **Wednesday, August 28 (6:30 – 8:30 p.m.)** at **Princeton Medical Center, Education Center, Conference Rooms A & B**. RSVP requested, but not required. Please RSVP by calling Debbie Millar at 609.897.8982. Dinner will be served.

www.ustream.tv/princetonhealth

Princeton Health
OnDemand
Our experts. At your convenience.

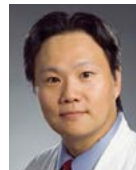
Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Penn Medicine Princeton Health. New episodes will premiere each month and then remain available for on-demand viewing on our USTREAM channel at www.ustream.tv/princetonhealth.

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



Surface Guided Radiation Therapy Delivers Precise Treatment

WED. July 10 (12 p.m.)
Joseph Pepek, MD, Section Chief of Radiation Oncology
at the Edward & Marie Matthews Center for Cancer Care
at Princeton Medical Center



Surgical Options for Bariatric Patients

WED. August 14 (12 p.m.)
Wai Yip Chau, MD, board certified in general
surgery and fellowship trained in bariatric surgery



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.

Surface Guided Radiation Therapy Delivers Precise Treatment for Breast Cancer

Radiation therapy is one of the most common treatments for patients with cancer, using high-energy radiation to shrink tumors and kill cancer cells. When it comes to radiation therapy for breast cancer, pin-point accuracy is critical for optimal treatment delivery and patient safety.

Patients at the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center now have access to surface guided radiation therapy with AlignRT® — an advanced, noninvasive visual guidance technology that delivers submillimeter precision.



According to **Joseph Pepek, MD**, Section Chief of Radiation Oncology at the Matthews Center for Cancer Care, surface guided radiation therapy uses 3D cameras placed around the treatment room to create a visual map of the patient's skin and track their position before and during treatment.

Dr. Pepek explains, "Surface guided radiation therapy is so sophisticated that it can turn the radiation beam off if the patient moves slightly during treatment, protecting healthy tissue. The goal is to consistently deliver treatment to the most precise location possible, reducing the risk of radiation exposure to the surrounding area."

An Option to Consider

This therapy is typically recommended for women who have undergone breast conservation surgery, or lumpectomy, with the goal of removing the cancer while leaving as much normal breast tissue as possible. It can also be an option for women who undergo mastectomy and require radiation therapy after mastectomy.



AlignRT® cameras are used with the Varian TrueBeam® linear accelerator to deliver precise treatment.

While surface guided radiation therapy is currently being used for patients with breast cancer, there are possibilities of treating other types of cancer on the horizon, including lung, brain, and gastrointestinal cancers.

For more information about the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center or to find a physician with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.

Healthy Mom...Healthy Baby

Taking care of yourself before you conceive and during your pregnancy can help ensure better health for both you and your baby. In fact, proper prenatal self-care can even make delivery easier.



“When a mother is in good health and at her best, there is less stress on her and on the baby during pregnancy and delivery,” says **Christopher Naraine, MD, FACOG**, a board certified obstetrician and gynecologist on the Medical Staff of Penn Medicine Princeton Health.

“It reduces the risk of preterm delivery and placenta complications and impacts the baby’s growth.”

Healthy Habits

Dr. Naraine recommends starting prenatal vitamins before you conceive or as soon as you discover you are pregnant, and speaking with your physician about any vitamins, supplements or medications you may be taking, so your intake of nutrients can be properly monitored and medications can be adjusted to prevent any possible negative impacts on fertility and development of the baby.

“It is also important to identify and manage any underlying medical conditions, such as diabetes, high blood pressure, significant cardiac problems and auto-immune diseases, since these will put stress on the mother and baby and can become worse during pregnancy,” says Dr. Naraine.

“In some cases these conditions can actually go undetected until you become pregnant, so proper monitoring and management of your health is very important.”

Other elements of maintaining proper health before and during pregnancy include proper nutrition, including eating a healthy diet and avoiding excess caffeine and sugar; regular exercise, which can even help with infertility issues; eliminating smoking and alcohol; avoiding exposure to toxic chemicals and infectious diseases; and making sure you are up-to-date on appropriate vaccines.

Quality Care and Support Services

Whether you are pregnant or hoping to conceive, Penn Medicine Princeton Medical Center’s Center for Maternal & Newborn Care can provide the quality care and support needed to maintain good health. The Center’s team includes OB/GYNs, midwives and nurses who are specially trained in maternity and newborn care. Anesthesiologists are at the hospital 24/7 and maternal fetal medicine experts are available for women with high-risk pregnancies. Additionally, neonatologists from Children’s Hospital of Philadelphia (CHOP) are on-site 24/7 to care for newborns in the Neonatal Intensive Care Unit (NICU).

A wide range of education programs for expectant and new parents are also available through Princeton Health, including prenatal and postnatal classes and support groups for parents, grandparents and siblings, as well as lactation services, including breastfeeding classes and support groups.

For more information or to find an obstetrician with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.



Managing Diabetes for a Happier, Healthier You

An estimated 30.3 million Americans have diabetes — a chronic condition where your body does not produce enough insulin and/or does not use it efficiently, according to the American Diabetes Association. More than 7 million of them are undiagnosed, placing them — along with those diagnosed with the disease who do not properly manage their condition — at risk for developing other serious medical complications



“Once you are diagnosed, diabetes management really is a life-long process, and it is something that requires planning and follow through,” says **Siddiq Faisal, MD**, Director of the Diabetes Management Program at Princeton Medical Center

(PMC). “Successful diabetes management is not always easy, but proper care can make a significant difference in your quality of life.”

Understanding Diabetes

“There are four main types of diabetes that we commonly see and treat — prediabetes, which is where blood glucose levels are higher than normal but not in the diabetes range; Type 1; Type 2 and gestational, which can occur during pregnancy and increases your risk of developing diabetes in the future,” says Dr. Faisal. “All four require medical attention, whether it is medication and/or lifestyle changes, including diet and exercise.”

Although some patients do not have any early signs of diabetes, some may have symptoms that may go unnoticed, including increased thirst, frequent urination, unexplained weight loss, fatigue, irritability and blurred vision. A simple blood test can determine if you have prediabetes or diabetes.



Taking Decisive Action

“Often people do not understand the seriousness of their condition, possibly because diabetes doesn’t always have obvious symptoms, and patients feel overwhelmed with the new diagnosis and lack of information and support,” says Sandra Byer-Lubin, MS, RD, CDE, a Certified Diabetes Educator at PMC.

“They may think as long as they take their medication, everything is fine. But the truth is, they need to see their doctor regularly, follow through with monitoring their blood sugar if needed, and make lifestyle changes to include a healthy diet and regular exercise.”

They also need to report any new or worsening medical issues, like a sore that won’t heal or numbness or tingling, to their doctor, according to Louise Gross BSN, RN, CDE, a Certified Diabetes Educator at PMC. These new symptoms should be reported in order to avoid the complications of diabetes, which can include heart disease and nerve, kidney, and eye damage, as well as skin infections caused by wounds that won’t heal.

The Diabetes Management Program at PMC can help you develop personalized management plans, including education on nutrition, weight-loss strategies, exercise, and medications; assistance with glucose monitoring and emotional support. Patients are generally referred to the program by their primary care doctor.

For more information or to find a physician with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.

Keeping Tabs on an Invisible Danger: High Cholesterol



Nearly 29 million Americans age 20 and older have high cholesterol, according to the Centers for Disease Control and Prevention, while another 95 million are bordering on high cholesterol.



“It’s a fairly common condition in terms of the general population, and as we age, about one in three people will end up with high cholesterol,” says **Priyanka Singh, MD**, a primary care physician with Princeton

Medicine Physicians, Penn Medicine Princeton Health’s network of primary and specialty care doctors. “But just because it is a common problem does not mean it can be ignored. High cholesterol requires medical attention and increases your risk of heart disease and stroke.”

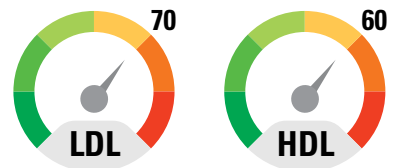
An Invisible Danger

The waxy substance found in your blood, known as cholesterol, is important to build healthy cells, but high levels can result in fatty deposits forming in your blood vessels, making it difficult for blood to flow through your arteries. As blockages form, the strain on your heart increases, which can weaken your heart and lead to coronary artery disease or a heart attack. In addition to restricting blood flow, a fatty deposit can break off and form a clot that causes a heart attack or stroke.

Because high cholesterol has no real symptoms, it is important to follow your doctor’s recommendations for blood tests to monitor your levels, says Dr. Singh. Generally, blood work should be done annually if your levels are elevated or if you are at risk for high cholesterol. Risk factors include poor diet, obesity, lack of exercise, smoking, diabetes, high blood pressure or a family history of the condition. Your doctor can advise you on how often to have follow-up blood work if your cholesterol numbers are low.

Understanding Your Numbers

Blood work individually measures two types of cholesterol — LDL (known as ‘bad’ cholesterol) and HDL (known as ‘good’ cholesterol) — and also provides a total cholesterol number. Those within the safe zone for cholesterol will have LDL numbers below 70, HDL numbers of 60 or above and a total cholesterol number of below 200.



“High cholesterol can be controlled with medications,” says Dr. Singh. “That is the good news. However, just because you are on medication that doesn’t mean you should not be making lifestyle changes, including eating a healthy diet with a limited amount of fats, maintaining a healthy weight, exercising, limiting alcohol, not smoking and managing stress. With the right lifestyle changes you may be able to reduce or stop medications over time, but only with supervision from your doctor.”

A range of medications are available to control high cholesterol, and your doctor can help you find the one that best meets your needs. They include:

- Statins, which block a substance your liver needs to make cholesterol.
- Bile-acid-binding resins, which change the way the liver uses cholesterol, leading to a reduction in cholesterol levels.
- Cholesterol absorption inhibitors, which limit the absorption of cholesterol by your body.
- Injectable medications, which help the liver absorb more LDL.

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

Your Undiagnosed Physical Complaints May Be Linked to Emotional Trauma



In many cases, chronic pain, excessive fatigue, stomach and bowel problems and complaints such as headaches, palpitations and dizziness can be diagnosed and treated by your primary care physician or a specialist. But what do you do when tests and physical exams fail to provide an explanation for your symptoms?



“Physical complaints like these, where a specific clinical diagnosis cannot be immediately pinpointed, are often associated with emotional trauma. That does not mean they should be disregarded. These symptoms are very real, and need to be properly treated,” says **Susanne Steinberg, MD, MBA, MSCE**, Medical Director of the Moorestown Outpatient Program of Penn Medicine Princeton House Behavioral Health.

In fact, failure to properly address and treat symptoms can lead to feelings of hopelessness, depression and anxiety. And if the symptoms become debilitating, self-medicating can result in unintentional dependence on substances such as opioids, alcohol and anti-anxiety medications. “This can create new issues to be resolved,” says Dr. Steinberg.

Emotional Trauma

“Undiagnosed physical complaints, trauma and depression often co-occur. There is a growing literature describing the biological connections between the brain and body that result from stress and depression,” says Dr. Steinberg.

During trauma, the body goes into survival mode, and may have difficulty stabilizing later. As a result, stress hormones are constantly released, raising blood pressure and blood sugar and causing inflammation, which, over time, causes physical damage. Additionally, a constant state of stress may cause muscle tension, leading to more pain and fatigue.

A Dual Approach

Princeton House Behavioral Health provides treatment for trauma and its related physical complaints through its partial hospital and intensive outpatient programs designed specifically for men or women. The Men’s Trauma Program and the Women’s Program are offered in Princeton, North Brunswick, Moorestown and Eatontown. The Women’s Program is also available in Hamilton.

“We work collaboratively with the individual’s primary care doctor and specialists in treating all aspects of their wellbeing to help them live life to the fullest,” says Dr. Steinberg.

“Through the Men’s Trauma Program and the Women’s Program, they develop the skill sets to ease distress and emotionally regulate, improve interpersonal effectiveness and practice mindfulness meditation.”

Often, feeling better emotionally can begin to help someone feel better physically.

For more information about Princeton House Behavioral Health’s trauma programs for men and for women, call 888.437.1610 or visit www.princetonhouse.org.

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U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 1-800-537-7697 (TDD)

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Creating Your Legacy: Today, Tomorrow and Beyond

Longtime area residents Robert C. and Marie Sturken remembered Penn Medicine Princeton Health with a generous estate gift.

Marie was an artist who continued to create and exhibit her work well into her mid-90s. She studied printmaking and worked in monotypes and handmade paper. Marie was a founding member of the Princeton Artists Alliance and shared her craft by teaching throughout the area. Several of her pieces are part of the Art for Healing collection at Princeton Medical Center (PMC).

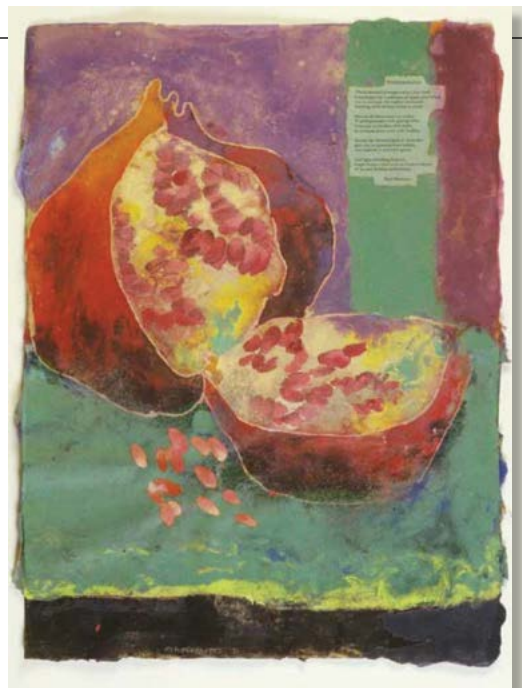
Equally accomplished, Bob was an engineer and executive who pioneered work in paper-coating technology. After a successful career at DuPont, he became vice president and chief financial officer of Egan Machinery Company. His inventions had an impact on the public in a variety of ways and his technology was eventually licensed to many companies worldwide.

The PMC Foundation is grateful to the Sturkens for remembering Princeton Health in their estate plans. In addition to their gift, we are honored to have Marie's work on display at PMC.

As exhibited by the Sturkens, philanthropic generosity comes in many forms, and it's often the best way to support important causes that matter the most in your life. As Princeton Health celebrates 100 years of caring for our community, we challenge you to think about your legacy.

By including a gift to the PMC Foundation in your estate plans this year, you will not only create a legacy of support at the PMC Foundation but also have the opportunity to support an area of the hospital that you cherish today.

Contact us to learn more about PMC's 100th Anniversary Legacy Challenge. Our office will work with you to create a charitable plan that suits your needs. Contact Danielle Oviedo at danielle.oviedo@penmedicine.upenn.edu or 609.252.8709.



Above,
artwork by Marie Sturken,
handmade paper:
"Pomegranates"
"The Marsh in Autumn"