



Penn Medicine

# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — SEPTEMBER/OCTOBER 2022

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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. [princetonhcs.org/telemedicine](https://princetonhcs.org/telemedicine)



For current updates on COVID-19, modified visitation policies and schedules, please visit [princetonhcs.org](https://princetonhcs.org)



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# Elective Coronary Angioplasty

## Offers Relief for Heart Disease Symptoms



When it comes to treating heart conditions, angioplasty is usually thought of as a minimally invasive procedure used to clear a blockage in an artery following a heart attack. While this procedure is regularly performed on an emergency basis at Penn Medicine Princeton Medical Center (PMC), angioplasty is also performed on an elective basis to treat heart disease symptoms.



### A Proactive Approach

“We have performed emergency angioplasty at PMC for years, and have now expanded our services to include elective coronary angioplasty. As an elective procedure,

angioplasty opens arteries that are the cause of chest pain or pressure, heart rhythm disorders or heart failure,” says **Andrew Shanahan, MD**, Director of the Catheterization Laboratory and Coronary Intervention Program at PMC. “The majority of patients recover quickly from elective coronary angioplasty and experience immediate improvement in symptoms such as shortness of breath, tiredness, and chest pain.”

You may be a good candidate for elective coronary angioplasty if you have a significant narrowing or blockage of a coronary artery, or you have symptoms of heart disease caused by hardening of the arteries. The procedure may be recommended if you:

- have a heart attack,
- have a significant blockage in one or two coronary arteries,
- have a heart rhythm disorder,
- are not responding well to medications and lifestyle changes prescribed to reverse hardening of the arteries,
- previously had a coronary bypass graft to treat a blockage and the artery is narrowing again, or
- had an abnormal cardiac stress test.

The procedure involves inserting a catheter into the clogged artery and using a tiny balloon to clear the blockage and improve blood flow. A stent is usually put in place as well, designed to help prevent the artery from becoming blocked again in the future.

“Most people go home the same day or the next morning, and can resume their normal activities within a week,” says Dr. Shanahan, who is board certified in cardiovascular disease, interventional cardiology, and nuclear cardiology.

Following elective coronary angioplasty, your cardiologist may prescribe aspirin or other blood-thinning medications to help keep the stent open, as well as medications to help manage cholesterol or blood pressure, if necessary. Lifestyle changes such as eating a healthy diet, becoming more active, and not smoking are also important to maintain good heart health.

“In some cases, cardiac rehabilitation may be recommended to help you learn how to live a healthier lifestyle and manage your long-term heart health,” says Dr. Shanahan. “Our Cardiac Care Program provides comprehensive care, from advanced testing to minimally invasive procedures, as well as rehabilitation services.”

PMC was recently rated high performing in providing care for heart failure by *U.S. News & World Report*.



### SIGNS OF HEART DISEASE

- ▶ Chest pain or discomfort (angina)
- ▶ Dizziness
- ▶ Shortness of breath
- ▶ Swelling of the legs

To find a cardiologist affiliated with Princeton Medical Center, or for more information on PMC's Cardiac Care Program, call **888.742.7296**, or visit **princetonhcs.org**.

If you are experiencing signs of a heart attack, seek immediate medical attention or call 911.

# Coronary Artery Disease Often Starts Earlier Than You Might Think

More than 18 million Americans age 20 years and older have coronary artery disease (CAD), according to the Centers for Disease Control and Prevention (CDC), and many of them are unaware they have the condition. Although the disease — where the arteries leading to the heart become narrowed or blocked — is often thought of as something that only impacts older adults, the CDC reports that two out of every 10 CAD-related deaths occur in people under the age of 65.



“Genetics and lifestyle are the main contributors for the development of coronary artery disease,” says **Benita Philip, DO**, a cardiologist on the Medical Staff of Penn Medicine Princeton Health. “Keeping conditions such as high blood pressure, high cholesterol, and diabetes under control, as well as maintaining a healthy diet, being physically active, not smoking, and limiting alcohol use are important when it comes to preventing or stabilizing the disease.”

CAD usually develops over decades, but symptoms may go unnoticed until a significant blockage or heart attack occurs. When signs do occur, they can include chest pain or pressure, shortness of breath, fatigue, or a reduction in the level of activities of daily life.

## Seek Medical Attention

“If you are experiencing signs of a heart attack, such as chest pain or uncomfortable pressure on the left side, which may radiate down the back, neck or jaw, seek medical attention

immediately for evaluation,” says Dr. Philip. “If you are experiencing any of the other symptoms of coronary artery disease, talk to your primary doctor about being evaluated by a cardiologist to determine if you have the condition.”

Testing can involve blood work, EKGs, various types of stress tests, CT scan of the heart vessels, or a heart catheterization to determine whether there is a blockage. Treatment of CAD can involve medication or intervention with the placement of a stent after clearing a blocked artery.

“Modifications in your lifestyle will need to be incorporated to help control the underlying conditions that contributed to the development of the disease and to assist with preventing further damage,” says Dr. Philip.

To find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **[princetonhcs.org](https://princetonhcs.org)**.

# Abnormal Mammogram: What Happens Next?

About 20 percent of women require additional testing following an annual mammogram, but fortunately, less than one in 10 of them will be diagnosed with breast cancer, according to the American Cancer Society.



“Getting a callback for a follow up naturally makes your mind jump to thoughts of cancer, but there can be a number of reasons for a callback,” says **Rachel Dultz, MD, FACS**, Medical Director of the Penn Medicine Princeton Medical Center Breast Health Center.

## Three Reasons for Callbacks

“Generally, there are a few reasons why you would be called back following a mammogram,” says Dr. Dultz. “And in most cases, the next step would be additional imaging such as a 3-D mammogram, an ultrasound, an MRI, and, in some cases, a biopsy.”

One of the most common reasons for a callback is that the individual has not had a breast screening in the past, and some type of abnormality shows up on the mammogram. Without a baseline mammogram for comparison, additional testing is needed to determine whether there is cause for concern.

A woman who has dense breast tissue may also get a callback for a follow up so more testing can be done to ensure clearer images and rule out any changes since the last mammogram.

The third reason for a callback is when something new is detected in a screening mammogram. In that case, an ultrasound and possibly a biopsy will determine if treatment is needed.

## Early Diagnosis is Important

“Mammograms should begin at the age of 40, and continue until a woman’s health reaches a point where cancer treatment would be too risky to consider,” says Dr. Dultz. “It is important to remember that finding breast cancer early makes treatment much easier. In non-aggressive cases that are found early, a lumpectomy may be all that is needed, and in some cases radiation is not needed. In fact, in some cases a hormone blocker may be enough to take care of the problem.”



## Watch for These Signs

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

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

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

# GET A LEG UP on Knee Problems

Your knees are the joints most likely to develop problems over time. In fact, one in four adults in the U.S. experience some form of knee pain, according to the Centers for Disease Control and Prevention.



"If you look at the makeup of the knee, and the strain put on it every day, the fact that so many people have knee problems is no surprise," says **Harvey Smires, MD**, a board certified orthopaedic surgeon on the Medical Staff of Penn Medicine Princeton Health. "For example, your kneecap bears four times your weight when going up stairs. Simply standing puts a lot of pressure on your knees."

Addressing any symptoms of knee problems early can make treatment easier.

## A Range of Causes and Treatments

While knee damage can occur as a result of an accident, such as a sports-related injury, wear and tear over time; a sudden movement; or being overweight can all cause knee problems. Conditions that generally may develop include arthritis, tears, strains, and fluid buildup in the knee.

"The knees are very unforgiving," says Dr. Smires. "So, if you have a knee injury when you are younger, say 40 or under, and it is not taken care of properly, you will be far more prone to knee problems as you age."

Maintaining a healthy weight, remaining physically active, and being mindful of proper lifting and other movements that can involve the knees can help reduce the chances of developing a knee problem or slow the degenerative process.

"When a patient presents with a knee problem, we start by going over the symptoms and checking their range of motion," says Dr. Smires. "If there is a problem, weight-bearing x-rays and sometimes advanced imaging like an MRI will be ordered."

Treatment for some conditions involves physical therapy and, if warranted, recommended weight loss. Steroid injections or draining a knee that has a buildup of fluid may help in certain instances as well.

**“If surgery is needed to repair a tear or treat certain other conditions, it can be done arthroscopically, so the procedure is easy and recovery is quick,” says Dr. Smires.** "If a partial or total knee replacement is needed, we are now able to use robot-assisted surgery, which allows for a very high precision."

## SIGNS OF KNEE PROBLEMS

The most common signs of a knee problem include:

- Pain or aching in any part of the knee joint area
- Stiffness or locking in the knee
- Swelling in or around the knee
- Instability when pivoting on the knee
- Sensation of tightness in the knee area
- Crepitus or popping of the knee
- Pain with squatting or walking down stairs
- Deformity such as bowed legs or knock knees

To find an orthopaedist affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **[princetonhcs.org](http://princetonhcs.org)**.



# Community Focus



## Cancer

AWARENESS

PREVENTION

TREATMENT  
PROGRAMS

### Healthy Eating for Cancer Prevention

WED. September 21 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Beth Young, MS, RDN, a registered dietitian nutritionist, for a discussion highlighting healthy food choices that not only provide overall wellness benefits but may also help reduce your risk of cancer.

### Cancer Prevention & Treatment for Women

WED. September 28 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

### Managing GERD & Preventing Esophageal Cancer

MON. October 3 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Anish A. Sheth, MD, Chief of Gastroenterology at Penn Medicine Princeton Medical Center and Co-Director of the Center for Digestive Health, to learn about a condition called Barrett's esophagus, advances in GERD diagnosis and management, and preventing esophageal cancer. Dr. Sheth is a member of the Medical Staff of Penn Medicine Princeton Health.

### Breast Cancer Prevention Through Screenings

THU. October 6 (1 – 2 p.m.)

Community Wellness at the  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

Attend this invaluable presentation led by Mary Kiensicki, RN, CBCN, Breast Health Navigator at Princeton Medical Center's Breast Health Center, to learn about breast cancer prevention, including: risk factors, how to reduce your risk, early detection, and the latest American Cancer Society guidelines for screening.

### Hysterectomy: History & Controversies

WED. October 19 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

A hysterectomy is one of the most common surgical procedures performed on reproductive-aged women, and there are often misconceptions about the purpose and scope of this surgical treatment option. Find out more about types of hysterectomy surgeries and recovery with Charlotte Marcus, MD, a board certified gynecologic oncologist and member of the Medical Staff of Penn Medicine Princeton Health.

Be sure to visit page 17 for our upcoming cancer support groups.

**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](http://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](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.

## Living with Osteoporosis & Osteopenia

TUE. & THU. September 6, 8, 13, 15, 20, 22 & 27 (5:30 – 7:30 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

\$50 per person.

This seven-session program will help individuals with osteoporosis or osteopenia (bone density loss) reduce their risk of falls, improve spinal alignment, and protect the spine during daily activities. The program includes an educational and exercise component, and participants must be able to safely and independently get down onto the floor and back up. Specially trained physical therapists will lead exercises intended to improve bone health, posture, strength, and balance. A medical clearance form is required to attend, and can be obtained during online registration.

## Establishing Patient Goals in Geriatric Medicine: The POLST Form

WED. September 7 (10 – 11 a.m.)  
Mercer County Library System  
Hopewell Branch  
245 Pennington Titusville Road  
Pennington



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

## Daily Living After a Stroke

MON. September 12 (4 – 5 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Experiencing a stroke can be devastating, and result in many physical changes that make daily tasks difficult. Join Claudine Collins, OT, an occupational therapist with Princeton Health Occupational Therapy, and learn ways to make basic daily living activities easier, including getting dressed, bathing, and using the bathroom.

## Vision Screening

THU. September 15 (9:30 a.m. – 12:30 p.m.)

THU. October 20 (9:30 a.m. – 12:30 p.m.)

Community Wellness, 731 Alexander Road, Suite 103, Princeton

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

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

## AARP Smart Driver

SAT. September 17 (9 a.m. – 3 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

FRI. October 7 (9 a.m. – 3 p.m.)  
Community Wellness  
731 Alexander Road, Suite 103, Princeton



\$20 for AARP members | \$25 for non-members. No walk-ins.  
Register online or call 1.888.897.8979.

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

## CarFit

MON. September 19 (10 a.m. – 12 p.m.)

MON. October 10 (10 a.m. – 12 p.m.)

Community Wellness, 731 Alexander Road, Parking Lot, Princeton

Please call 1.888.897.8979 to schedule an appointment.

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better fit the driver, which will provide 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.

## Weight-Loss Surgery: Is It Right for Me?

WED. September 21 (6 – 6:30 p.m.)

WED. October 19 (6 – 6:30 p.m.)

VIRTUAL

To register and receive the link to join virtually, please email [donna.post@pennmedicine.upenn.edu](mailto: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. Join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Penn Medicine Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy, and laparoscopic stomach banding, to help you make the choice that's right for you. For those who are actively engaged in the surgical process, please join one of our regularly scheduled support groups listed on page 18. This group will be tentatively held virtually. Please check our website for the latest updates.

**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](http://www.princetonhcs.org/calendar).

## Self-defense PROGRAMS



### Self-defense for Women: Personal Empowerment Safety Program

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

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100 – Conference Rooms A & B, Hamilton

WED. October 5, 12, 19 & 26 (6 – 9 p.m.)

Plainsboro Recreation Center, 641 Plainsboro Road, Plainsboro

\$40 per person.

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. Learn to be more aware of potential danger and how to protect yourself through this basic self-defense course. This 12-hour, multi-session, activity-based program includes lectures, safety drills, muscle memory work, and physical defense techniques. This basic course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. \*No prior experience necessary.

### Advanced Self-defense for Women

TUE. September 20, 27, October 4 & 11 (6 – 9 p.m.)

Plainsboro Recreation Center  
641 Plainsboro Road, Plainsboro

\$40 per person.

Elevate your self-defense skills and boost your confidence with this advanced course, which builds on techniques you learned in the basic Self-Defense for Women class. This 12-hour, multi-session, activity-based program includes lectures, safety drills, muscle memory, and advanced physical defense techniques. This course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. \*Participants must have previously completed the basic Self-Defense for Women course.

### Memory, Aging, and the Brain

WED. September 21 (6:30 – 7:30 p.m.)

Hickory Corner Library, 138 Hickory Corner Road, West Windsor

MON. October 10 (6:30 – 7:30 p.m.)

Community Wellness, 731 Alexander Road, Suite 103, Princeton

If you or someone you know is experiencing memory loss or changes in behavior and thinking skills, it's time to learn the facts. Attend this informative session and learn the difference between mild cognitive impairment, dementia, and Alzheimer's disease, as well as the next steps for anyone who has started to notice a decline in their memory. Sanjay Varma, MD, board certified in psychiatry, will lead the September 21 program and Jeffrey Apter, MD, board certified in psychiatry, will lead the October 10 session. Both speakers are members of the Medical Staff of Penn Medicine Princeton Health.

### Freedom from Smoking & Vaping

TUE. & THU. September 27, October 4, 11, 18, 20, 25, November 1 & 3 (6:30 – 8 p.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

\$99 per person.

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

### Car Seat Safety Check

SAT. October 8 (10 a.m. – 12 p.m.)

Mercer County Library System  
Hopewell Branch, 245 Pennington Titusville Road, Pennington

Appointment required. Please call the library at 609.737.2610 for an appointment time.

The vast majority of child safety seats are incorrectly installed or may be incorrectly used by parents and caregivers. Have your child seat checked for proper installation and use by a certified child passenger safety technician at this free event.

### Canning & Jarring 101

MON. October 24 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Canning and preserving are some of the best ways to keep seasonal, freshly harvested produce available to you all year. Attend this informative class presented by Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, and learn how to safely store and preserve your seasonal foods.

### Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. October 25 – December 1 (11 a.m. – 12:30 p.m.)

No class on November 24

 VIRTUAL

\$109 per person. Registered participants will receive a link to join.

Improve your pelvic floor health and quality of life through this six-week Total Control® program designed to help with 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.

### Sensitive, Supportive Care for All: A Focus Group for Those Who Identify as LGBTQ+



Join us for our focus group, every other month, 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 **Thursday, October 27 (6:30 – 8:30 p.m.)** at **731 Alexander Road, Suite 103 in Princeton.**

**RSVP requested.** Please RSVP by calling Craig Harley at 609.936.5883. Dinner will be served.

**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](http://www.princetonhcs.org/calendar).

# Heart Failure SERIES

## Sodium Reduction Strategies that Work

WED. September 14 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

## Understanding Heart Failure Medications

WED. September 14 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



## Living With Heart Failure Support Group

WED. September 14 (4 – 5 p.m.)

WED. October 12 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This support group, led by Kat Dombrowski, BSN, RN, a registered nurse with Princeton Health Community Wellness, will focus on helping participants set, track, and achieve both personal and

team goals related to improved heart failure management. Participants will be receive practical day-to-day tips to help keep heart failure from disrupting their everyday lives.

## Exercise Training with Heart Failure

WED. September 21 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Exercise improves cardiac muscle strength and function, which can lead to better day-to-day living and quality of life for those with heart failure. Join Hina Karanjawala, DPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation, to learn more about the exercises that can help you stay active following a heart failure diagnosis.

## Palliative Care for Heart Failure Patients

WED. September 28 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Palliative care is specialized medical care that provides an extra layer of support for people with serious illnesses, and it can benefit heart failure patients and their families. Individuals living with heart failure and their loved ones are invited to join Ramy Sedhom, MD, board certified in medical oncology, for this educational discussion addressing what palliative care is, who can benefit from it, and how to arrange for palliative care for you or your loved one. Dr. Sedhom is a member of the Medical Staff of Penn Medicine Princeton Health.

## Harnessing the Power of Protein

WED. October 5 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

## Medications & Heart Failure Exacerbation

WED. October 12 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



## Monitoring Symptoms of Heart Failure

WED. October 19 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



Join health professionals with Community Wellness for your **Free Blood Pressure Check** on Tuesdays, September 20 and October 18, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

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

## Mental Wellness PROGRAMS



### Mental Health First Aid Training

WED. September 14 (8 a.m. – 5 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

\$49 per person.

Attend this invaluable training session and learn to identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.

### Self-Care Series: Focusing on Relaxation

WED. September 14 (7 – 8 p.m.)

VIRTUAL

Registered participants will receive a link to join.

The stress, fast pace, and challenges of everyday life can make it difficult to find time to relax, but making time for yourself helps restore you physically and mentally. Find out why relaxation is important and what you can do to add it into your life, and learn a technique that can help you hone in on positive feelings and experiences at this informative program led by Bridget Thoreson, MSW, LCSW, LCADC, Clinical Manager with the Women's Program at Princeton House Behavioral Health. This program is part of our Self-Care Series, held on the second Wednesday of each month. Each month focuses on a new self-care topic.

### Chair Yoga

THU. September 15, 22, 29, October 6 & 13 (8 – 8:50 a.m.)

VIRTUAL

\$15 per person for the series. Registered participants will receive a link to join.

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

### Gentle Yoga

TUE. September 20, 27, October 4, 18 & 25 (9 – 9:50 a.m.)  
No class on October 11

VIRTUAL

\$15 per person for the series. Registered participants will receive a link to join.

This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, and a gentle flow of poses, 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.

### Mental Health First Aid Training

TUE. & THU. September 27, 29, October 4 & 6 (10 a.m. – 12 p.m.)

VIRTUAL

\$49 per person. Registered participants will receive a link to join the virtual session.

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.

### Yoga Flow

WED. September 28, October 5, 12 & 19 (11 – 11:50 a.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100 – Conference Rooms A & B, Hamilton

\$20 per person for the series.

Practicing yoga helps improve strength, balance, and flexibility, as well as reduce stress. In this introductory yoga class, participants will explore basic poses using alignment and breath. This class is for new students or past yoga practitioners who would like a refresher class. Please wear comfortable clothing and bring a yoga mat and a bottle of water.

### Silent Hike

TUE. October 11 (8 – 9 a.m.)

Plainsboro Preserve  
80 Scotts Corner Road, Cranbury

Join environmental educator and guide Craig Harley and yoga instructor Maria Benerofe for a serene silent hike on the trails of the Plainsboro Preserve, which overlooks the pristine McCormack Lake.

### Restorative Yoga

THU. October 6 (6 – 7 p.m.)

Community Wellness at the 731 Alexander Road, Suite 103, Princeton

\$5 per person.

This practice, led by Maria Benerofe, yoga instructor, will be held in a dimly lit room and utilize calming aromatherapy, bolsters, blankets, and eye pillows for deep relaxation, as participants are guided through gentle, restful yoga poses.

### Self-Care Series: All about Mindfulness

WED. October 12 (7 – 8 p.m.)

VIRTUAL

Registered participants will receive a link to join.

What exactly is mindfulness, and how does it differ from meditation? What are the benefits of this type of practice? And how can we incorporate mindfulness into our everyday lives? Join Kathleen Masterson, MS, LPC, NCC, ACS, a licensed professional counselor with Princeton House Behavioral Health, and explore the concept of mindfulness, including an opportunity to practice some mindfulness techniques. This program is part of our Self-Care Series, held on the second Wednesday of each month. Each month focuses on a new self-care topic.



### Mind on Mental Health:

[www.princetonhouse.org/podcast](http://www.princetonhouse.org/podcast)

For a fresh perspective on coping with today's challenges. Available free, wherever you get your podcasts.

**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](http://www.princetonhcs.org/calendar).

## Kids CORNER



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

WED. October 5 (6 – 7:30 p.m.) – Girls

WED. October 12 (6 – 7:30 p.m.) – Boys

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

1315 Whitehorse-Mercerville Road, Suite 100

Conference Rooms A & B, Hamilton

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

### Safe Sitter

SAT. October 8 (9 a.m. – 3 p.m.)

Community Wellness

731 Alexander Road, Suite 103, Princeton

\$49 per child

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

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### Bright Beginnings (birth to crawling)

Wednesdays (11 a.m. – 12 pm.)

Princeton Fitness & Wellness

1225 State Road, Princeton

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.

### Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

### Prenatal Yoga

TUE. September 13, 20, 27, October 4 & 11 (3 – 3:45 p.m.)

 VIRTUAL

\$3 per person, per class.

Register per class and receive a link to join.

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, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

### Bumps, Bands, and Balls: Fitness Series for Expecting Moms

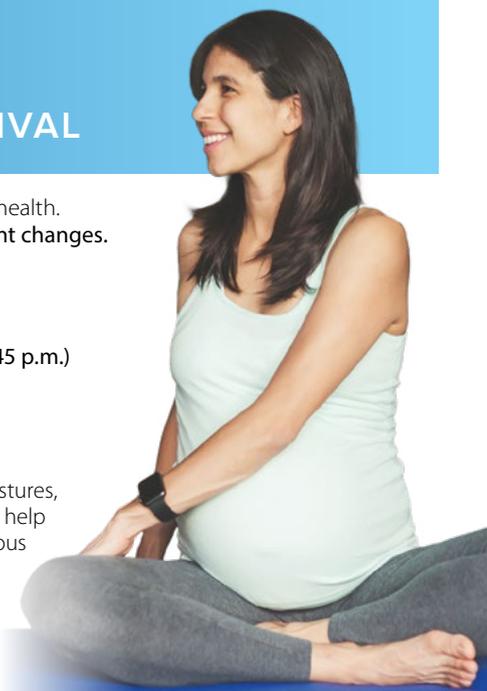
MON. October 3 – November 14 (6:30 – 7:30 p.m.)

No class on October 31

 VIRTUAL

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

Join our pelvic health physical therapists for this prenatal fitness and education class, featuring pregnancy-safe exercises and movements, as well as lessons that will help keep you physically fit through your pregnancy and prepare you for childbirth. Sessions include low-impact cardio exercises, postural strengthening exercises, movements and stretches to prepare for birthing, and breathing exercises. The program will also include lessons on topics such as: guidelines for exercise during pregnancy, warning signs to stop exercising, and physically preparing for childbirth. Participants should dress in comfortable exercise clothing and have water available. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.



**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](http://www.princetonhcs.org/calendar).

## Birthing Options



### Birthing Basics

THU. September 1, 8 & 15 (7 – 9 p.m.)

**VIRTUAL**

TUE. September 13, 20 & 27 (7 – 9:30 p.m.)

THU. October 20, 27, November 3 & 10 (7 – 9 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro  
Conference Room A & B

\$125 per couple. Registered participants will receive a link to join the virtual session.

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

### Accelerated Birthing Basics

SAT. September 24 (9 a.m. – 5 p.m.)

SAT. October 22 (9 a.m. – 5 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro  
Conference Rooms C, D, E

\$155 per couple

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

### Labor Fundamentals

SAT. September 10 (10 – 11 a.m.)

**VIRTUAL**

\$20 per couple. Registered participants will receive a link to join.

If you getting close to your due date but have not had a chance to take a full childbirth preparation class, this program is for you. In one hour, we will cover the essentials, including a virtual maternity tour, the signs of labor, and when to go to the hospital.

### HypnoBirthing®

SAT. October 22, 29, November 5

& 12 (9 a.m. – 12 p.m.)

Community Wellness at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville  
Road, Suite 100  
Conference Rooms A & B  
Hamilton

\$200 per couple. To register, call 609.897.8991.

This multi-session class is designed for expectant couples with a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques, and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

### Baby Care

TUE. September 6 (7 – 9:30 p.m.)

MON. October 3 (7 – 9:30 p.m.)

**VIRTUAL**

THU. September 29 (7 – 9:30 p.m.)

WED. October 26 (7 – 9:30 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro – Conference Room A & B

\$50 per couple. Registered participants will receive a link to join the virtual session.

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. September 12 (7 – 9 p.m.)

TUE. October 17 (7 – 9 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Expectant parents will learn about breastfeeding, including getting started, positioning, nutrition, pumping, and avoiding common problems at this informative program. This class is taught by an internationally board certified lactation consultant.

### Practicing MindFETALness

SAT. September 24 (10 – 11 a.m.)

**VIRTUAL**

Registered participants will receive a link to join.

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

### Infant Safety

SAT. October 1 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

\$20 per couple.

As part of SIDS (sudden infant death) Awareness Month, join us for this informative session on how to keep your infant safe and protected through their first year, including: an infant CPR demonstration, choking intervention information, safe sleep updates, proper car seat use, and childproofing your home. Grandparents and families are welcome.

## Maternity tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at PMC or considering delivering here to take a virtual tour of our state-of-the-art Center for Maternal & Newborn Care by visiting [www.princetonhcs.org/maternitytour](http://www.princetonhcs.org/maternitytour).

At this time, all in-person maternity tours are cancelled for the foreseeable future.

**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](http://www.princetonhcs.org/calendar).

## 10 Things I Wish I Knew: Tips for Parents-to-Be

THU. October 6 (6:30 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join us for this invaluable program designed to help prepare you for what to expect when you bring your baby home. Participants will learn the top 10 things new parents wish they knew before bringing their babies home. From sleep tips to parenting techniques, this class will give you the tools you need to handle whatever may come your way.

## Daddy Boot Camp™

SAT. October 22 (9 a.m. – 12 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro – Conference Room A & B

\$49 per person.

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



## Twins and Multiples

If you are interested in this class, please call us at 1.888.897.8979.

## Preparing for Cesarean Section

If you are interested in this class, please call us at 1.888.897.8979.

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

## Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

## Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)

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

No registration required.

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

## Infant Massage for Parents & Caregivers

SAT. September 17 (12:30 – 2:30 p.m.)

 VIRTUAL

\$20 per family. Registered participants will receive a link to join.

Join us to learn how to skillfully provide calm and soothing touch for your infant, as well as your other children. Prepare a warm and quiet space with a blanket, exercise mat, or large towel. We recommend the use of grapeseed or sunflower oil (test oil on baby's ankle or wrist 24 hours before class to ensure there are no skin sensitivities). Please wait at least one week after baby's most recent immunization to join this class.

## All About Breast Pumps

MON. October 24 (6:30 – 7:30 p.m.)

 VIRTUAL

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

Whether you are pumping periodically or pumping exclusively, join Carolyn Schindewolf, BS, an internationally board certified lactation consultant with Princeton Health Community Wellness, to learn how to get the most out of your pumping experience, including when to pump, how to size flanges, settings, storage, and cleaning.



**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](http://www.princetonhcs.org/calendar).

# 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

## CEVO 4

SAT. September 24 (9 a.m. – 3:30 p.m.)  
Montgomery EMS  
8 Harlingen Road, Belle Mead

\$10 payable at the door. 6 CEUs.

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. Register online, then bring cash or a check made payable to Montgomery EMS to class.

## Caring for Patients with Hearing Loss



WED. September 28  
(6:30 – 8:30 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

2 CEUs.

As we age, our hearing starts to diminish, but encounters with EMS increase. Join Jaclyne Pallies, Deaf Language Advocate with the New Jersey Department of Human Services / Division of the Deaf and Hard of Hearing, for this informative session to understand what you can do to communicate effectively with deaf and hard of hearing individuals during an emergency.

## Five Minutes to Help

WED. October 19 (6 – 10 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

In an effort to encourage overdose victims to consider assistance, Five Minutes to Help was developed by the New Jersey Department of Health's Office of Emergency Medical Services. The goal is 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 and NREMT, to learn what you can do to help after reviving a person who overdoses. See required prerequisite upon registration.

## EMT Refresher Classes

\$90 per person, per session

### Section A – Airway Assessment and Management

FRI. September 30 (8 a.m. – 5 p.m.)  
SUN. October 16 (8 a.m. – 5 p.m.)  
Dempster Fire Training Academy  
350 Lawrence Station Road, Lawrenceville

SUN. October 2 (8 a.m. – 5 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

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

### Section B – Medical Assessment and Management

FRI. October 14 (8 a.m. – 5 p.m.)  
SUN. October 30 (8 a.m. – 5 p.m.)  
Dempster Fire Training Academy  
350 Lawrence Station Road Lawrenceville

Students will review proper CPR techniques, childbirth, and approved medication administration.

### Section C – Trauma Assessment and Management

FRI. October 28 (8 a.m. – 5 p.m.)  
Dempster Fire Training Academy  
350 Lawrence Station Road Lawrenceville

Students will review immobilization techniques, splinting, and wound care.

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](http://www.princetonhcs.org/calendar).



Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health. **REGISTRATION IS REQUIRED**, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

## ACLS Full Certification Course

MON. & TUE. September 19 & 20 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

## ACLS Recertification Course

FRI. September 9 (9 a.m. – 5 p.m.)  
THU. October 27 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

Full: \$250 per person

Recertification: \$175 per person

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



## PALS Full Course

MON. & TUE. October 3 & 4 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

## PALS Recertification Course

MON. September 12 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

Full: \$250 per person

Recertification: \$175 per person

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

## BLS Provider

THU. September 29 (9 a.m. – 1:30 p.m.)  
THU. October 13 (6 – 10:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

## BLS Renewal\*

TUE. September 13 (6 – 10 p.m.)  
MON. October 17 (9 a.m. – 1 p.m.)  
Community Wellness at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Suite 100 – Conference Rooms A & B  
Hamilton

FRI. September 23 (6 – 10 p.m.)  
TUE. October 25 (6 – 10 p.m.)  
Community Wellness at the  
731 Alexander Road, Suite 103, Princeton

Provider: \$75 per person

Renewal: \$50 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 First Aid

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

\$39 per person

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies, and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

## Heartsaver CPR AED

WED. September 28 (6 – 9 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

\$49 per person

The Heartsaver AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

## Heartsaver CPR AED First Aid

SAT. October 15 (9 a.m. – 4 p.m.)  
Community Wellness at the  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

\$65 per person

The Heartsaver CPR AED First Aid course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. The class also teaches how to manage illness and injuries in the first few minutes until professional help arrives, and is designed for those who have a duty to respond to a cardiac or first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

## Family & Friends CPR

SAT. September 24 (10 a.m. – 12 p.m.)  
Adult/Child/Infant\*  
SAT. October 8 (10 a.m. – 12 p.m.)  
Adult/Child/Infant\*  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

\$25 per person

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

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

**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](http://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](http://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 Cancer Center, please call 609.853.6780.

## Reiki Sessions

To schedule an appointment and for more details, call 609.853.6787.

These services are offered to patients receiving care at Penn Medicine Princeton Cancer Center.

## Post-Treatment Support Group

WED. September 14

(6 – 7:30 p.m.)

WED. October 12

(6 – 7:30 p.m.)

 VIRTUAL

OR

Penn Medicine Princeton  
Cancer Care  
Conference Room

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

This support group is for individuals who have completed their cancer treatment. Led by Karen Davison, RN, BSN, OCN, a nurse navigator with the Penn Medicine Princeton Cancer Center, the group offers participants an opportunity to share personal experiences, ways of coping, and helpful resources. It is designed to help participants reduce feelings of loneliness, anxiety, and distress as they transition from active treatment to living beyond oncology treatment.



## Prostate Cancer Support Group

WED. September 14 (12 – 1:30 p.m.)

WED. October 12 (12 – 1:30 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Education Center, Conference Rooms A & B

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

## Cancer Support Group

WED. September 21 (2:30 – 4 p.m.)

WED. October 19 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

## Breast Cancer Support Group

TUE. September 13 (6 – 7:30 p.m.)

TUE. October 11 (6 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets the second Tuesday of the month and welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is facilitated by Mary Kiensicki, RN, CBCN, Breast Health Navigator at 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. September 21

(12 – 1:30 p.m.)

WED. October 19

(12 – 1:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



## Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

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

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

## Breast Cancer & Nutrition Tips

To register and for more details about this group, call 609.853.6788.

This group invites women undergoing treatment and breast cancer survivors to learn about how diet and lifestyle play a role in breast cancer and its prevention.

**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](http://www.princetonhcs.org/calendar).

# SUPPORT GROUPS

## UNITE: Perinatal Loss Bereavement Support Group

WED. September 7 (7 – 8:30 p.m.)  
WED. October 5 (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. September 19 (11 a.m. – 12:30 p.m.)  
MON. October 17 (11 a.m. – 12:30 p.m.)

 VIRTUAL

For information to join, visit [www.princetonhcs.org/calendar](http://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

THU. September 1 (6:30 – 7:30 p.m.)  
WED. September 21 (6:30 – 7:30 p.m.)  
TUE. October 4 (7 – 8 p.m.)  
THU. October 6 (6:30 – 7:30 p.m.)  
WED. October 19 (6:30 – 7:30 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email [donna.post@pennmedicine.upenn.edu](mailto:donna.post@pennmedicine.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 Donna Post, RN, BSN, CBN, Bariatric Coordinator, 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. October 4 (6 – 7 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email [donna.post@pennmedicine.upenn.edu](mailto:donna.post@pennmedicine.upenn.edu).

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

## Diabetes Support Group

WED. September 21 (2 – 3 p.m.)  
WED. October 19 (2 – 3 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

TUE. September 20 (10:30 – 11:30 a.m.)  
MON. September 26 (6:30 – 7:30 p.m.)  
TUE. October 18 (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](http://www.princetonhcs.org).



## Journey Back: Stroke Support Group

WED. September 14 (6 – 7 p.m.)  
WED. October 12 (6 – 7 p.m.)  
Community Wellness at  
731 Alexander Road  
Suite 103, Princeton

To register, or for more information, 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](http://www.princetonhcs.org/calendar).

[www.ustream.tv/princetonhealth](http://www.ustream.tv/princetonhealth)



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

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



### Safe and Effective Pain Management after Joint Replacement

WED. September 14 (12 p.m.)

Anna Battat, MD, a member of the Medical Staff at Penn Medicine Princeton Health



### Trauma and Addiction in Women

WED. October 12 (12 p.m.)

Michelle Reuben, M.Ed, LPC, ACS, Dialectical Behavior Therapy Clinical Director, Penn Medicine Princeton House Behavioral Health

For the most up-to-date schedule visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

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

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



**Penn Medicine**  
Princeton Health

#### Community Wellness

**Community Wellness**  
731 Alexander Road, Suite 103  
Princeton, NJ

**Princeton Fitness & Wellness**  
Princeton North Shopping Center  
1225 State Road  
Princeton, NJ

**Princeton Medical Center**  
One Plainsboro Road  
Plainsboro, NJ

**Hamilton Area YMCA**  
**John K. Rafferty Branch**  
1315 Whitehorse-Mercerville Road  
Hamilton, NJ

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

For an up-to-date calendar, please visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

Registration is required unless otherwise noted.

Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 1.888.897.8979 (unless another number is indicated). For directions, please visit [www.princetonhcs.org](http://www.princetonhcs.org).



# Safe and Effective Pain Management after Joint Replacement

Following a knee or hip replacement, managing pain is key to a quicker recovery, allowing you to both rest and move the joint more comfortably. At Penn Medicine Princeton Medical Center Jim Craigie Center for Joint Replacement, an individualized pain management plan is developed weeks before the surgical procedure takes place.

“We begin at the pre-operative testing stage, discussing any special challenges the person may face regarding pain management,” says **Anna Battat, MD**, an anesthesiologist on the Medical Staff of Penn Medicine Princeton Health. “For example, we check for sensitivities or allergies to certain medications; whether the person has been chronically using pain medication, which can mean they may have developed a tolerance to the medication; and whether there is a history of opioid use disorder.”



While most patients may need to take an opioid briefly to manage pain following a joint replacement, every effort is made to limit their use.

“**We focus a lot on non-narcotic pain medications, nerve blocks, and icing to help reduce pain and swelling,” says Dr. Battat.** “We also use spinal anesthesia in the operating room, which helps reduce pain in the early recovery stage. When a patient does need to use an opioid for a short time, we provide guidance on the usage and tailor it to their needs.”

Additionally, when leaving the hospital after a joint replacement, patients are given a kit with instructions on how to properly dispose of any leftover prescribed opioids.

**For more information** on the Jim Craigie Center for Joint Replacement, call **1.888.742.7496**, or visit **princetonhcs.org**.



## COVID Vaccines

### Protect Children as Young as Six Months

With the new school year just around the corner, this is the time to get your children vaccinated against COVID-19.

“The FDA (Food and Drug Administration) has approved both the Moderna and the Pfizer vaccine for children ages six months and older,” says **Bert Mandelbaum, MD**, a board certified pediatrician on the Medical Staff of Penn Medicine Princeton Health.

“The vaccine will protect your children from the more serious consequences of COVID-19 infection, including hospitalization and multisystem inflammatory syndrome in children (MIS-C). MIS-C can cause serious inflammation in the heart, lungs, brain, kidneys, and other organs.”



A series of two doses of the Moderna vaccine or three doses of the Pfizer vaccine are required for full protection. Infants and younger children receive a much smaller dose of the vaccine compared to older children or adults.

“**Parents should be confident in the safety and effectiveness of the vaccines,” says Dr. Mandelbaum.** “Thousands of children were involved in the study of both vaccines and there were no serious adverse reactions. Some had temporary minor side effects like soreness or redness at the injection site or a fever. The only reason someone should hesitate getting the vaccine would be if the child previously had an allergic reaction to a vaccine component, and that is very rare.”

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

# Princeton Medicine Physicians to Expand Service Area



Princeton Medicine Physicians, the primary and specialty care provider network of Penn Medicine Princeton Health, will widen its reach by adding practices in downtown Robbinsville, Hillsborough, and Pennington by early 2023. The initiative reflects an overall goal to expand access to care in Somerset, Middlesex, and Mercer counties — building outward from Princeton Health’s traditional service area.

“Our patients deserve quality care close to home. These new locations will provide access to a broad range of specialists. We also remain committed to providing telemedicine appointments when clinically appropriate,” says

Yisrael Kraus, Vice President of Physician Alignment for Princeton Health.

The downtown Robbinsville location will provide access to specialists in **bariatric surgery, cardiology, endocrinology, gastroenterology, gynecologic oncology, gynecologic surgery, oncology, pulmonology, rheumatology, thoracic surgery, and urogynecology.**

The Hillsborough location will offer similar specialties. Available specialties at Pennington are still to be determined. The Monroe practice will be Princeton Medicine’s first location dedicated exclusively to women’s health. It will offer urogynecology, minimally invasive gynecologic surgery and additional women’s health-related disciplines.

Princeton Medicine Physicians employs more than 170 providers at nearly two

dozen locations across Mercer, Middlesex, and Somerset counties.

- Robbinsville site opens September 13
- Pennington site opens December 2022
- Hillsborough site opens early 2023
- Monroe site (Women’s Health) opens early 2023

For more information and locations, please visit [www.princetonmedicine.org](http://www.princetonmedicine.org).

## OPEN HOUSE SAVE THE DATE!

Thursday, October 20 – 4 to 7 p.m.  
Robbinsville site  
2346 Route 33, Suites E-105 and E-107,  
Robbinsville, NJ  
Tours • Meet Providers & Staff  
Refreshments • Giveaways

## Don’t Let Varicose Veins Stop You in Your Tracks

Half of all adults over the age of 50 experience varicose veins or other forms of venous insufficiency, according to the U.S.

Department of Health and Human Services. Varicose veins develop when weakened or damaged valves cause blood to back up and pool within the veins, which then become elongated, stretched, and bulged. This condition most often impacts women, though men can experience the problem as well.



“The risk factors include age; standing or sitting for long periods of time, which puts added pressure on the veins in the legs; having had one or more children; and genetics,” says **Kenneth**

**Goldman, MD, RVT, FACS**, a vascular surgeon with Penn Medicine Princeton Medical Center. “The family history aspect is particularly strong. In fact, if one of your parents had varicose veins, you have a 50 percent chance of developing them, and if both parents had them, the likelihood rises to about 90 percent.”

First-line treatment often involves keeping your legs elevated as much as possible and wearing properly fitted compression socks. This will often improve symptoms but does not fix the underlying problem. If these recommendations fail to alleviate the pain and allow you to resume your regular activities, the veins can be effectively treated with procedures including radiofrequency ablation and chemical injection, which seal off leaking veins and reroute blood flow to healthier ones.

Most insurances cover these procedures.

“**Treatments only take about 15 minutes,**” says Dr. Goldman, who is board certified in general and vascular surgery. Patients can drive themselves to their appointment and resume most activities that same day. With the advances that have been made, there is absolutely no reason to suffer with the pain caused by varicose veins.”



For more information on the Center for Vascular Care at Princeton Medical Center, call **1.888.742.7496**, or visit [princetonhcs.org](http://princetonhcs.org).

# Princeton House Telehealth Program Receives National Recognition



At the outset of the COVID-19 pandemic in March 2020, Penn Medicine Princeton House Behavioral Health was providing necessary treatment to over 600 partial hospital and intensive outpatient patients, in addition to its inpatient services. Three to six hours a day, three to five days a week, these patients attended outpatient programs to help them transition from inpatient psychiatric care or to avert a psychiatric hospitalization.

“Because of the importance of continuity of care for our patients, it was essential to establish a telehealth program as rapidly as possible to ensure patient safety,” says Peter Thomas, PhD, Vice President of Outpatient Behavioral Health at Princeton House. “Without hesitation, our team of psychiatrists, nurses, therapists, and support staff worked together to develop and refine a high-quality virtual intensive care program to meet the needs of our patients.”

## A Prompt Response

Within nine days of closing in-person outpatient services due to COVID precautions in March of 2020, 250 staff members and over 600 patients, ranging in age from six to older adults, were transitioned to a newly developed intensive outpatient (IOP) program that included psychiatric evaluation; medication management; and group, individual, and family therapy. The IOP program developed at Princeton House has since been recognized by the Association for Ambulatory Behavioral Healthcare — a national organization representing outpatient providers — as the national program of the year.

“This award is a recognition of the scale, quality, and effectiveness of our virtual IOP,” says Thomas. “The entire Princeton House outpatient team is honored to have our hard work acknowledged by our national peer group of IOP providers.”

Since it began, the virtual program has provided IOP care to more than 7,000 children, adolescents, and adults.

Although in-person outpatient programs have recently resumed, Princeton House, one of the largest IOP providers in the country, will continue to offer its award-winning virtual programming as well.

“A key factor in this decision is the demonstrated effectiveness of the virtual program,” says Thomas. “In addition, a third of patients surveyed actually preferred virtual over in-person IOP. For some, telehealth was more convenient, and for others, telehealth allowed them to receive care from Princeton House, even if they do not live near one of our five outpatient sites.”

To learn more about in-person or telehealth services for mental health issues, call **888.437.1610** and selection **Option 1 for inpatient treatment** and **Option 2 for outpatient treatment**, or visit [princetonhouse.org](https://princetonhouse.org).

# Understanding the Role of Trauma in Women's Addiction

It is not uncommon for trauma and addiction to go hand-in-hand. Recognizing the connection between the two can mark the first step in a woman overcoming both the traumatic experience and substance addiction.

"It is important to realize that trauma is very personal, and how it manifests and affects one person may be different from how it affects another," said Michelle Reuben, M.Ed, LPC, ACS, Dialectical Behavior Therapy (DBT) Clinical Director at Penn Medicine Princeton House Behavioral Health. "There are big 'T' traumas, such as sexual or physical abuse, or witnessing something like a shooting, and there are little 't' traumas, such as being told repeatedly as a child that you will never amount to anything. Either one can negatively impact your life."

A woman who has experienced trauma may turn to drugs or alcohol as a coping mechanism, using substances to dull the pain or cope with emotions surrounding the trauma. Over time, that coping mechanism can evolve into an addiction.

## Learning Healthy Coping Skills

The Women's Program at Princeton House helps women understand the connection between trauma and addiction, and develop healthy coping skills to replace addictive behaviors. For between nine and 30 hours per week, depending on whether they are in the intensive outpatient or partial hospital level of care, women in the program focus on:

**Understanding** what addiction is and the link between trauma and addiction

**Achieving** abstinence from addictive substances

**Learning** healthy ways to manage emotions, and coping and relationship-building skills

**Building** self-esteem



DBT is one set of tools women learn at Princeton House to help them manage their emotions. The therapy helps patients regulate their emotions, tolerate uncomfortable feelings that may arise, and interact effectively with others.

**“ We teach them how to recognize their trauma and triggers, and replace unhealthy coping skills with healthy ones,” says Reuben. “With support from therapists, others in their group sessions, and committed loved ones, the goal is to learn to feel safe within themselves and navigate their world in a healthier way.”**

**For more information** about Princeton House Behavioral Health's Women's Program, visit [princetonhouse.org/women](https://princetonhouse.org/women). To speak with an admissions clinician about starting treatment in the Women's Program, call **888.437.1610 x2 (outpatient)**.

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[www.princetonhcs.org](http://www.princetonhcs.org)

# Princeton Health Golf Outing Benefits Cardiac Services

MARK YOUR  
CALENDARS FOR  
JUNE 6, 2023

The 26th Annual Penn Medicine Princeton Health Golf Outing was held on a beautiful spring day at Metedeconk National Golf Club located in Jackson, New Jersey. More than 80 organizations and individuals supported the event, with 156 golfers looking to par.

"We are honored and proud to share that more than \$388,000 was raised. Proceeds will benefit the expansion of Princeton Health's Cardiac Services, an essential resource to many in our community. Thank you to our generous supporters," said Golf Outing Committee Co-Chairs James Demetriades, Penn Medicine Princeton Health CEO, and Fred Price, Managing Director of Financial Services at Piper Sandler.

The event would not have been a success without the support of our generous sponsors and other patrons. Title sponsors included Compass One Healthcare – Crothall / Morrison, as well as the Medical Staff of Penn Medicine Princeton Health. Other top sponsors included Edward E. Matthews and Piper Sandler.



The annual fundraising event is facilitated by the Princeton Medical Center Foundation. The Foundation thanks everyone who supported this important fundraising event, including the staff at Metedeconk National Golf Club and the members of the 2022 Golf Outing Committee.

*Pictured above, from left to right, Golf Outing Committee Co-Chairs James Demetriades, CEO, Penn Medicine Princeton Health; Fred Price, Managing Director, Financial Services Group, Piper Sandler; and Penn Medicine Princeton Medical Center Foundation Chairman W. Thomas Gutowski, MD.*

**TITLE SPONSORS:**



**Medical Staff**  
of Penn Medicine Princeton Health