



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JANUARY/FEBRUARY 2020

Healthy Living Tips for Millennials

ALSO IN THIS ISSUE:

- Vaping and Lung Health
- Gestational Diabetes Impacts Mom and Baby

PLUS:

- Community Focus
Event Calendar





Healthy Living Tips for Millennials

pg. 3



Vaping: The Latest Threat to Lung Health

pg. 4



Gestational Diabetes May Pose a Lifelong Risk for Mother and Baby

pg. 5



Treating Kidney Stones and Reducing the Chance of Future Attacks

pg. 6



Community Focus

pg. 7



Helping First Responders Cultivate Resilience

pg. 18



Treatment Can Ease the Pain of Stiff, Achy Thumbs

pg. 19



Princeton House Behavioral Health: Be Prepared to Reverse Opioid Overdose

pg. 20



Learn to Recognize Mental Health Issues

pg. 21



Is a Plant-Based Diet Right for You?

pg. 21



PMC Recognized for Equitable, Inclusive Care

pg. 22



Wells Fargo Supports First Responder Treatment Services

pg. 24

**THANK YOU
FOR HELPING
US CELEBRATE
100 YEARS
OF CARE!**



Centennial Events photos on page 22



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.

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

Entire publication ©2020 Penn Medicine Princeton Health. All Rights Reserved.

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

Healthy Living Tips for Millennials



When it comes to their health, Millennials — born between 1981 and 1996 — are facing certain physical and mental health problems at a higher rate than other generations. Those conditions range from anxiety, notes the Centers for Disease Control (CDC), to colorectal cancer, according to the American Cancer Society. Their health begins to decline considerably at age 27, according to a study by the Blue Cross Blue Shield Association.



Cause for Concern

Although the exact reasons behind these health findings are unclear, the fact that Millennials are the first generation tethered to technology may play a part in at least some of their medical problems, according to **Priyanka Singh, MD**, a primary care doctor with Princeton Medicine Physicians, Penn Medicine Princeton Health's network of primary and specialty care doctors.

Prolonged exposure to blue light from electronic devices causes eye strain, headaches, and fatigue, and can impact quality of sleep; long-term use of earbuds to listen to music and videos can impact hearing; and access to social media 24/7 can lead to depression and anxiety, says Dr. Singh.

"From my experience, the most common health concern for Millennials seems to be diseases of despair, things like depression, anxiety, and stress," says Dr. Singh. These emotional conditions, as well as poor sleep, and other lifestyle choices such as limited exercise and poor diet, can contribute to high blood pressure, high cholesterol, diabetes, gastrointestinal problems, and cardiovascular conditions, as well as a host of other health issues.

Take Action Early

Working with a primary care doctor to monitor your health and identify developing problems, such as rising blood pressure, cholesterol, or blood sugar numbers, can allow time to make lifestyle changes before conditions worsen. Part of that process includes addressing any signs of depression and other emotional conditions.

Focusing on a healthy lifestyle, including a balanced diet, exercise, proper sleep, not smoking, and limiting alcohol, is key. And applying some of Millennials' tech-savvy skills in this respect can be helpful.

"Millennials often come in with a sense of what their healthcare needs may be because they are comfortable doing research on preventative care and any symptoms they may have; however, professional confirmation of any medical concerns is essential," says Dr. Singh. "Together, we work as a team to diagnose any problems they may be having and develop a treatment plan and overall approach to maintaining good health."

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

ONLINE CONVENIENCE

At Penn Medicine Princeton Health, myPennMedicine offers convenient online scheduling; the ability to send and receive messages from your healthcare team; secure, easy access to your personal medical information including test results; and even the ability to request prescription refills and specialist referrals.

*my***PENN
MEDICINE**

Vaping

The Latest Threat to Lung Health

The health risks of smoking tobacco are well known — the habit can cause lung cancer, serious lung conditions like chronic obstructive pulmonary disease (COPD), heart disease, stroke, and a host of other serious medical conditions. When it comes to the use of e-cigarettes, commonly referred to as vaping, the full impact on health is still under evaluation, and recent reports of deaths associated with the activity are understandably causing great concern.

An e-cigarette works by heating a liquid to produce an aerosol that users inhale into their lungs. The aerosol penetrates deep into the lung and includes water vapor as well as any number of additives, such as nicotine; flavorings such as diacetyl, a chemical linked to a serious lung disease; cancer-causing chemicals; and heavy metals like nickel, tin, and lead, as well as the marijuana derivatives THC and CBD.



Lung Problems on the Rise

“While it was previously advertised that e-cigarettes are not as dangerous as normal cigarettes, it seems they may not be as safe as initially thought,” says **Laura Buckley, MD**, a member of the Medical Staff of Penn Medicine Princeton Health. “In fact, as of mid-November, nearly

2,300 lung injury cases associated with vaping have been reported to the Centers for Disease Control and Prevention (CDC) in the U.S., and there have been at least 47 associated deaths in 2019, with more under investigation. As a result, the CDC is cautioning people against vaping of any type for now.”

Unlike exposure to tobacco smoking, which can take years to result in noticeable negative effects, respiratory problems as a result of vaping sometimes develop within a few days or weeks, according to Dr. Buckley, who is board certified in critical care medicine, internal medicine, and pulmonary disease. Although most of the cases of vaping-related lung injury appear to be related to the use of THC-based products, no single ingredient has been identified as the cause of the illnesses so far.

“If you have recently used an e-cigarette and experience symptoms, see your doctor right away,” says Dr. Buckley. “While some patients have made what appear to be full recoveries after a vaping-related illness, the long-term consequences of the lung injuries are unknown.”

Lung Disease Warning Signs

Whether from vaping, tobacco smoking, exposure to irritants, or an unknown cause, signs of lung disease can include:

- Persistent cough
- Shortness of breath
- Chest pain
- Nausea or vomiting
- Abdominal pain and/or diarrhea
- Fatigue
- Fever
- Unexplained weight loss

If you are experiencing these symptoms, it is important to see your physician for evaluation.



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

Gestational Diabetes May Pose a Lifelong Risk for Mother and Baby

Whether you are already expecting or considering starting a family, being in the best possible physical condition is important. Proper diet, regular exercise, maintaining a healthy weight, and reducing stress can help you conceive and deliver a healthy baby, and reduce your chances of developing gestational diabetes.

Like other forms of diabetes, gestational diabetes causes high blood sugar, causing health risks for you and your baby during pregnancy and afterwards. The condition impacts an estimated 9 percent of pregnant women and has been on the rise in recent years, according to the Centers for Disease Control and Prevention (CDC).

“Sedentary lifestyles and increasing prevalence of obesity are two main reasons for the increase in gestational diabetes,” says Jigna Patel, MD, board certified in obstetrics and gynecology, and a member of the Medical Staff at Penn Medicine Princeton Health.

Seek Medical Care Early

Since gestational diabetes usually has no noticeable symptoms, a physical examination before you become pregnant will help determine if you are at risk for the condition and provide guidance on how to reduce your chances of developing it as your pregnancy advances. If you do develop the condition, your physician will monitor you regularly and help you control your blood sugar through diet, exercise, and medication, if needed.



“The first approach in management of gestational diabetes includes dietary modifications, exercise, and glucose monitoring,” says Dr. Patel. “If those efforts fail to control the condition, insulin is the first choice to manage blood sugar level.”

Risk factors for the condition include being over the age of 25, a family history of type 2 diabetes, being significantly overweight, and race (African American, Hispanic, American Indian, and Asian women are at the greatest risk).

Follow Up Postpartum

Although blood sugar usually returns to normal after pregnancy, diagnosis and treatment of gestational diabetes is extremely important, since that is not always the case. Additionally, at any time the disease can reoccur as type 2 diabetes, so regular monitoring is important. Babies whose mothers have had gestational diabetes are also more likely to develop type 2 diabetes later in life, so should monitor their blood sugar on a regular basis.

“Postpartum screening is highly recommended, with an oral glucose tolerance test,” says Dr. Patel. “Approximately half of the women with gestational diabetes will develop diabetes later in life, and progression is influenced by race, ethnicity, and obesity.”



BE AWARE OF THESE GESTATIONAL DIABETES COMPLICATIONS

- Preeclampsia (a serious complication that causes high blood pressure and other symptoms that can threaten the lives of the mother and baby)
- Excessive birth weight resulting in the need for a C-section
- Stillbirth
- Premature birth
- Newborn respiratory distress syndrome due to delayed lung development
- Low blood sugar at birth, which can result in infant seizures
- High risk of the mother and child developing type 2 diabetes later in life

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

Treating Kidney Stones and Reducing the Chance of Future Attacks

Every year, more than half a million people seek emergency medical treatment for kidney stones, according to the National Kidney Foundation. For anyone who has experienced the searing pain of a kidney stone, it is something that is hard to forget, often ranked as being more intense than childbirth.

“People typically don’t know they have stones until they start to pass,” says Alexei Wedmid, MD, a urologist and member of the Medical Staff of Penn Medicine Princeton Health. “A stone can be silent in the kidney for years, and then one day it falls down the ureter (the tube connecting the kidneys to the bladder) and causes pain. That’s when people end up in the emergency room.”

While a moving kidney stone, or one so large that it becomes lodged and blocks urination, will spur you to seek immediate medical attention, kidney stones also may be discovered incidentally, during diagnostic testing for an unrelated condition. In those instances it is wise to consult with a urologist, who can determine if treatment is necessary.



Treatment Options Vary

“Treatment depends on the stone size and location,” says Dr. Wedmid, who is board certified in urology. “Some patients are lucky to be able to pass stones with little pain. Some may need medication assistance, while others require surgery to remove the stone.”

If a kidney stone is small enough and not causing a blockage, medication can be prescribed to help the muscles relax in the ureter, so the stone can pass more quickly and with less pain. A larger stone may be treated with a procedure called a lithotripsy, which uses shock waves to break it into tiny pieces that can pass more easily with the assistance of those same medications. In cases where surgery is required because of the stone’s size or location, endoscopic procedures are generally used where the surgeon removes the stone from the urinary channel, typically without any incisions. Following these procedures, a thin tube or stent may be inserted temporarily to help your kidneys drain easily.



Keeping New Stones from Forming

Although it is unclear why, some people, unfortunately, are predisposed to making kidney stones. “For frequent stone makers,” says Dr. Wedmid, “we can perform lab testing on a passed stone and urine sample and may be able to find a dietary or metabolic condition that can be addressed to help reduce the likelihood of new stones forming.”

Drinking plenty of water — at least two liters a day — is a key to reducing the risk of kidney stones. Eating healthy when it comes to stone prevention includes not having too much sodium, vitamin C, or protein in your diet and keeping an eye on the amount of chocolate and leafy greens you consume since they are high in oxalate, which can cause stones.

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

SEEK IMMEDIATE MEDICAL ATTENTION IF YOU EXPERIENCE:

- Severe pain in the side and back below the ribs
- Pain that radiates to the lower abdomen and groin
- Nausea and vomiting and/or fever and chills
- Pain when urinating
- Signs of blood (pink, brown, or red-tinted urine)
- Reduced ability or inability to urinate

Community Focus

Join us for the following programs
focused on **Heart Health**

Plant-Based Diet for Heart Health

WED. January 15 (7 – 8 p.m.)

Plainsboro Library

9 Van Doren Road, Plainsboro

A plant-based diet, focused on fruits, vegetables, nuts, beans, whole grains, and meat substitutes, may help reduce your risk for heart disease, as well as other conditions. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, to learn the value of plant-based foods in overall health and explore the wide range of foods available as part of a heart-healthy diet.

All About Hypertension

WED. January 22 (6:30 – 7:30 p.m.)

Sharbell Development Corporation

One Washington Boulevard

Suite 9, Conference Room (Basement)
Robbinsville

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

Varicose Veins and Your Heart

WED. January 29 (7 – 8 p.m.)

Sharbell Development Corporation

One Washington Boulevard

Suite 9, Conference Room (Basement)
Robbinsville

WED. February 12 (7 – 8 p.m.)

Community Wellness at

731 Alexander Road

Suite 103, Princeton

Treating varicose veins and venous insufficiency can be important in maintaining your cardiovascular health. Learn about the latest minimally invasive and noninvasive treatment options and the Center for Vascular Care at Penn Medicine Princeton Medical Center.

- **January 29** session will be presented by Alissa Brotman-O'Neil, DO, RPVI, FACOS, board certified vascular surgeon, and a member of the Medical Staff of Penn Medicine Princeton Health
- **February 12** session will be presented by Kenneth A. Goldman, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Penn Medicine Princeton Health

Medications and Your Heart

MON. February 3 (12:30 – 1:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

It's important for people with heart disease and those who care for them to understand their prescription medications, follow the instructions, and recognize possible side effects. Join Nicole Fluegel, PharmD, with Penn Medicine Princeton Health, for this informative program to learn what you need to know about your prescription heart medications.

Heart-Healthy Cooking

FRI. February 7 (1 – 2 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

The first step to healthy eating is knowing what to put on the menu. Join Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, and learn to identify recipes and make dishes that are nutritious, delicious, and easy to prepare.

Heart-Healthy Meals

WED. February 26 (1 – 2 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for a heart-healthy cooking class where you will learn how to understand food labels and prepare two easy recipes: one-pan farro with mushrooms and peas and a quick Mediterranean three-bean salad.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on Tuesdays, January 21 and February 18, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

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.

Weight-Loss Surgery: Is It Right for Me?

THU. January 2 (6 – 6:30 p.m.)
THU. February 6 (6 – 6:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Suite 200
Monroe Township



WED. January 15 (6 – 6:30 p.m.)
WED. February 19 (6 – 6:30 p.m.)
Community Wellness at the

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

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.

Weight Loss Surgery: Back on Track Retreat

SAT. January 25 (8 a.m. – 1 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$25 per person

If you had weight-loss surgery and put in the hard work toward a healthier lifestyle and then life happened, you can always find your way back. Join us for the Back on Track Retreat, a day of learning and empowerment led by Bariatric Coordinator Donna Post, BSN, RN-BC, that will help attendees identify what has worked in the past and explore new tools to maintain a healthy lifestyle.

Managing Hip and Knee Osteoarthritis

MON. January 6 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Osteoarthritis can cause chronic joint pain, stiffness, and swelling, which can make everyday activities difficult and impact your quality of life. Join Brian Culp, MD, board certified orthopaedic surgeon, for a discussion of the latest treatment options for osteoarthritis of the hip and knee. Dr. Culp is a member of the Medical Staff of Princeton Health.

The Art of Therapeutic Stretching

TUE. January 7 (7 – 8 p.m.)

Robbinsville Library, 42 Robbinsville-Allentown Road, Allentown

Whether or not you exercise, stretching is important. It keeps the muscles flexible, and flexibility helps maintain 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.

Self-Defense for Women: Personal Empowerment Safety Program

TUE. January 7, 14, 21 & 28 (6 – 9 p.m.)

Plainsboro Recreation Center, 641 Plainsboro Road, Plainsboro

THU. January 9, 16, 23 & 30 (6 – 9 p.m.)

Community Wellness at the Hamilton Area YMCA

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

TUE. February 25, March 3, 10 & 17 (6 – 9 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

\$25 per person

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 through RAD Women®, a multi-session, activity-based national self-defense 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.

Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. January 7 – February 11 (9 – 10 a.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$30 per person

Join us to learn exercise and lifestyle management strategies to help improve pelvic pain at this six-week class designed for women experiencing pain in and around the pelvic girdle. Sessions will include education along with:

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

Please wear comfortable exercise clothing and bring drinking water to hydrate. Exercises are taught by a Princeton Medical Center Princeton Rehabilitation physical therapist who specializes in pelvic health. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

Vision Screenings

THU. January 16 (10 a.m. – 1 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

THU. February 20 (10 a.m. – 1 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

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.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. January 7 – February 13 (12:30 – 1:45 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

\$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.

All About Joint Replacement

THU. January 9 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

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



Realtors' Lunch and Learn: All About Joint Replacement

FRI. January 10 (11:30 a.m. – 1 p.m.)

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

To register, please call 1.888.897.8979.

Realtors are invited to join us for a networking luncheon and informative presentations on joint replacement. Brian M. Culp, MD, board certified orthopaedic surgeon, will discuss the various options for joint replacement and provide an overview of the services offered at the Jim Craigie Center for Joint Replacement. Participants will also have an opportunity to explore ways they can work with Princeton Health to better serve the community.

AARP Smart Driver

WED. & FRI. January 15 & 17 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

TUE. February 11 (9 a.m. – 3 p.m.)

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

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

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

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

Bugs and Drugs: What You Need to Know About Antibiotics



FRI. January 17 (11 a.m. – 12 p.m.)

Stonebridge

100 Hollinshead Spring Road, Skillman

Overuse of antibiotics can lead to antibiotic resistance, which makes fighting illnesses (bugs) more difficult. Join Phil Coco, PharmD, Pharmacy Clinical Specialist with Penn Medicine Princeton Medical Center, for this informative program highlighting when antibiotics should be used.

Healthful Winter Eating

THU. January 23 (7 – 8 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Whether it's winter, spring, summer, or fall, it's important to eat seven to nine servings of fruits and vegetables every day. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, and discover a number of ways to work vegetables into your daily menu, from hearty vegetable-based salads to soups and stews.

Common Hand Conditions

FRI. January 24 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Chronic hand conditions such as osteoarthritis, carpal tunnel syndrome, cubital tunnel syndrome, trigger finger, and DeQuervain's syndrome can make everyday activities difficult, if not impossible. Join Jon Ark, MD, Chairman of Orthopaedics at Penn Medicine Princeton Medical Center, for this informative program addressing the different types of hand conditions and treatment options.



Home Alone

SAT. January 25 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction

\$25 per child

This specialized one-day training helps children, ages 10 and over, prepare for independence while their parents are away. The course

teaches the essentials, including how to contact parents/guardians and a back-up person when arriving home, when and how to contact 911, online dangers and safeguarding against them, and the importance of knowing their online friends. Students should pack a lunch.

All About Joint Replacement

TUE. January 28 (10:30 – 11:30 a.m.)

West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Meelan Patel, MD, board certified orthopaedic surgeon, for a discussion on how to know when it's time for a joint replacement, what is involved, and the services available at Penn Medicine Princeton Medical Center, including the Jim Craigie Center for Joint Replacement. Dr. Patel is a member of the Medical Staff of Penn Medicine Princeton Health.

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

Shoulder Injuries

WED. January 29 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Regardless of your age and activity level, shoulder injuries can be debilitating. Whether you are suffering from shoulder pain caused by a torn rotator cuff, shoulder impingement or various forms of arthritis, you may benefit from recent technological advances in treatment. Frederick S. Song, MD, board certified orthopaedic surgeon, will discuss the various treatment options available for shoulder injuries. Dr. Song is a member of the Medical Staff of Penn Medicine Princeton Health.



Advanced Self-Defense Strategies for Women®

THU. February 6, 13, 20 & 27
(6 – 9 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$25 per person

Elevate your self-defense skills and boost your confidence with this advanced course, which builds on techniques you learned in the RAD Women® Self-Defense for Women: Personal Empowerment Safety Program. This 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 RAD Women® course.

Cooking for Lactose Intolerance

THU. February 6 (7 – 8 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road
Allentown

Do you suffer from lactose intolerance or a milk allergy? If so, attend this informative program led by Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, to learn about healthy, delicious, dairy-free replacements for everyday foods.



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

FRI. February 7 (2 – 3 p.m.)
Princeton Senior Resource Center
45 Stockton Street, Princeton

Join us for an informative session presented by Diabetes Clinicians and Certified Diabetes Educators Louise Gross, RN, and Sandra Byer-Lubin, MS, RD, CDE, from Princeton Medical Center's Diabetes Management Program team, to learn about lowering your risks of pre-diabetes and type 2 diabetes, reducing complications for those diagnosed with diabetes and how to incorporate low-glycemic index foods into your diet. This program is offered in collaboration with Men in Retirement.

Wow...That's Hard to Swallow

THU. February 13 (10:30 – 11:30 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Swallowing problems (called dysphagia) and voice issues (called dysphonia) are common conditions people often think they have to live with, but the truth is there are ways to help improve both conditions. Feeling as if food is stuck in your throat, finding certain foods are difficult to swallow, or noticing your voice has gotten weaker or raspier are all signs of these conditions, which often occur as we age. Join Carly S. Schiff, MS, CCC-SLP, Voice and Dysphagia Therapist/Singing Voice Specialist, for this informative session on dealing with swallowing and voice disorders.

Tips to Keep Your Skin Radiant and Healthy

WED. February 19 (7 – 8 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

Join John E. Vine, MD, a board certified dermatologist, for this informative session on skin care. Learn what is new in sun protection, moisturizers, and treatment of skin problems, including prevention of skin cancer. Dr. Vine is a member of the Medical Staff of Penn Medicine Princeton Health.

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

WED. February 19 (6 – 7:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Designed for boys between the ages of 9 and 12, this program will address the physical, intellectual, and emotional changes your child will experience as he enters his 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.



Managing a Total Joint Replacement without Opioids

THU. February 20 (7 – 8 p.m.)
Sharbell Development Corporation
One Washington Boulevard, Suite 9, Conference Room (Basement), Robbinsville
Join Brian M. Culp, MD, specializing in orthopaedic surgery and a member of the Medical Staff of Penn Medicine Princeton Health, to learn about the various options for joint replacement, including how to manage post-surgery pain without the use of opioids.



Osteoporosis: How to Stay One Step Ahead

THU. February 20 (10:30 – 11:30 a.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Worldwide, osteoporosis is responsible for more than 8.9 million fractures each year. Join Linda Lucuski, PT, DPT, Cert. MDT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton and Certified Vestibular Rehabilitation Specialist, to learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment options for osteoporosis in aging adults.



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

FRI. February 21 (6 – 7:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Designed for girls ages 9 through 12, this program will address the physical, intellectual, and emotional changes your child will experience as she enters her 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.

New Technology for Hip and Knee Replacements

THU. February 27 (7 – 8 p.m.)
South Brunswick Wellness
540 Ridge Road, Monmouth Junction

Join Mark J. Pressman, MD, orthopaedic surgeon with Penn Medicine Princeton Medical Center, for an informative discussion about the latest advancements in joint replacement surgery. Dr. Pressman is a member of the Medical Staff of Penn Medicine Princeton Health.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

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

Daddy Boot Camp™

SAT. January 4 (9 a.m. – 12:30 p.m.)
SAT. February 1 (9 a.m. – 12:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$40 per person

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

Preparing for Cesarean Section

TUE. January 7 (7 – 9 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room E

\$30 per couple

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

Prenatal Breastfeeding Class

THU. January 9 (7 – 9:30 p.m.)
THU. February 13 (7 – 9:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

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.

Maternity Tour

SAT. January 11 (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.)
TUE. January 21 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
TUE. February 11 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. February 29 (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.

Grandparenting 101

SAT. January 25 (1:30 – 3 p.m.)
Community Wellness at the Hamilton
Area YMCA
John K. Rafferty Branch, Suite 100
Conference Rooms A & B

\$10 per couple

This class is designed for grandparents-to-be and new grandparents. Topics range from the changing birth environment to safety considerations, including:

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

This discussion will be presented by Carolyn Schindewolf, a health educator with Princeton Health Community Wellness.



OPTIONS FOR BIRTHING



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

Birthing Basics

WED. January 8 – January 29 (7 – 9 p.m.)
MON. January 20 – February 10 (7 – 9 p.m.)
WED. February 12 – March 4 (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. January 18 (9 a.m. – 5 p.m.)
SAT. February 8 (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.

HypnoBirthing®

SAT. January 18, 25, February 1, 8, & 15
(9:30 a.m. – 12 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple

This multi-session class is designed for expectant couples who have 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.

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.

Baby Care

TUE. January 14 (7 – 9:30 p.m.)
TUE. February 4 (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.

Sibling Class

TUE. January 25 (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.



Twins and Multiples

WED. February 5 (6:30 – 9 p.m.)
Penn Medicine
Princeton Medical Center
First Floor, Education Center,
Classrooms 1 & 2

\$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 couple 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.

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 Power: Fitness & Education for New Moms

TUE. & THU. January 7 – February 13 (10 – 11 a.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$75 per person

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

Postpartum Adjustment Support Group

WED. January 8 (1 – 2 p.m.)
WED. January 22 (1 – 2 p.m.)
WED. February 5 (1 – 2 p.m.)
WED. February 19 (1 – 2 p.m.)
Princeton Fitness & Wellness
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.

Infant Massage

SAT. January 25 (10 a.m. – 12 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$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.

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.

Dealing With an Active Shooter Situation

TUE. January 21 (6 – 8 p.m.)
South Brunswick Water & Sewer Building
540 Ridge Road, Monmouth Junction – Rooms A and B

With everything that is going on in today's society, being prepared is very important in saving lives. Join Lt. Gene Rickle, Community Policing Division with the Township of South Brunswick, who will discuss the efforts to enhance the EMS community's ability to deal with an active shooter situation.

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





CPR & FIRST AID

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

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

Mental Health First Aid®

MON. January 27 & February 3 (6 – 10 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

An estimated one out of every five people will experience a diagnosable mental disorder in any given year. Recognizing a mental health problem and knowing how to address it are invaluable skills. This eight-hour training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress, and, if necessary, guide the person to appropriate services.

ACLS Full Certification Course

THU. & FRI. January 2 & 3 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

WED. January 29 (9 a.m. – 5 p.m.)
MON. February 24 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

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

PALS Full Course

MON. & TUE. February 17 & 18 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

MON. January 6 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

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

BLS Provider

WED. January 8 (6 – 10:30 p.m.)
TUE. February 4 (6 – 10:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch — Suite 100, Conference Rooms A & B

MON. January 13 (9 a.m. – 1:30 p.m.)
WED. February 26 (9 a.m. – 1:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

BLS Renewal*

WED. January 22 (6 – 10 p.m.)
THU. February 13 (6 – 10 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

THU. January 30 (9 a.m. – 1 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch — Suite 100, Conference Rooms A & B

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

Provider: \$65 per person

Renewal: \$40 per person

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

**To be eligible for the renewal course, you must have a valid BLS Provider course completion card.*

Heartsaver First Aid CPR AED

SAT. January 11 (9 a.m. – 4 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$60 per person

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

Heartsaver CPR AED

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

\$45 per person

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

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.



Heartsaver First Aid

MON. February 10 (6 – 9 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$40 per person

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

Family & Friends CPR

SUN. January 12
(10 – 11 a.m.) Adult/Child
(11:15 a.m. – 12:15 p.m.) Infant*
Princeton Fitness & Wellness
1225 State Road, Princeton

THU. February 6 (10:30 – 11:30 a.m.) Adult & Child
Sharbell Development Corporation
One Washington Boulevard
Suite 9, Conference Room (Basement)
Robbinsville

THU. February 11 (7 – 8 p.m.) Infant*
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$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. January 8 (8 a.m. – 12 p.m.)
MON. February 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.

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.

Nutrition Tips for Breast Cancer Patients

FRI. January 3 (11:30 a.m. – 1 p.m.)
FRI. February 7 (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 Penn Medicine 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.

Prostate Cancer Support Group

WED. January 8 (12 – 1:30 p.m.)
WED. February 12 (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.

Breast Cancer Support Group

TUE. January 14 (6 – 7:30 p.m.)
TUE. February 11 (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 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. January 15 (12 – 1:30 p.m.)
WED. February 19 (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.



Cancer Support Group

TUE. January 21 (1:30 – 3 p.m.)
TUE. February 18 (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.

Living Beyond Cancer

THU. January 23 (12:30 – 2 p.m.)
THU. February 27 (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

WED. January 8 (7 – 9 p.m.)
WED. February 5 (7 – 9 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

NEW DATE &
LOCATION

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 Wednesday of every month, unless the date falls on a holiday.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. January 27 (1 – 2:30 p.m.)
MON. February 24 (1 – 2:30 p.m.)
Princeton Senior Resource Center
45 Stockton Street, Princeton
Please call the Senior Center at 609.924.7108 to confirm the meeting room.

MON. January 6 (6 – 7:30 p.m.)
MON. February 3 (6 – 7:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D – Please park in lot P2.

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, unless the date falls on a holiday. 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

TUE. January 7 (7 – 8:30 p.m.)
TUE. February 4 (7 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Rooms C & D

THU. January 2 (6:30 – 7:30 p.m.)
THU. February 6 (6:30 – 7:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. January 15 (6:30 – 7:30 p.m.)
WED. February 19 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

This supportive community welcomes individuals who have had weight loss surgery, as well as those considering the surgery. Join us to discuss and share strategies for dealing with the physical, emotional, and lifestyle changes related to weight-loss surgery. Group sessions are facilitated by Bariatric Coordinator/Nurse Navigator Donna Post, RN-BC, in conjunction with our board certified bariatric surgeons Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, or other healthcare professionals from Penn Medicine Princeton Medical Center. The support groups are sponsored by the Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center.

Bariatric Support Group (For Alumnis)

NEW
GROUP

TUE. January 7 (6 – 7 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Conference Rooms A & B

Bariatric Patients that are two or more years postop and are seeking additional support are welcome to join our Alumni group 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 offered once a quarter.

Diabetes Support Group

WED. January 15 (2:30 – 4 p.m.)

WED. February 19 (2:30 – 4 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

MON. January 27 (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 Princeton Medical Center's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring, and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

Journey Back: Stroke Support Group

WED. January 8

(2 – 3 p.m.)

WED. February 12

(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 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.



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



Vaping: The Latest Threat to Lung Health

WED. January 8 (12 p.m.)

David Cohn, MD

board certified in pulmonology

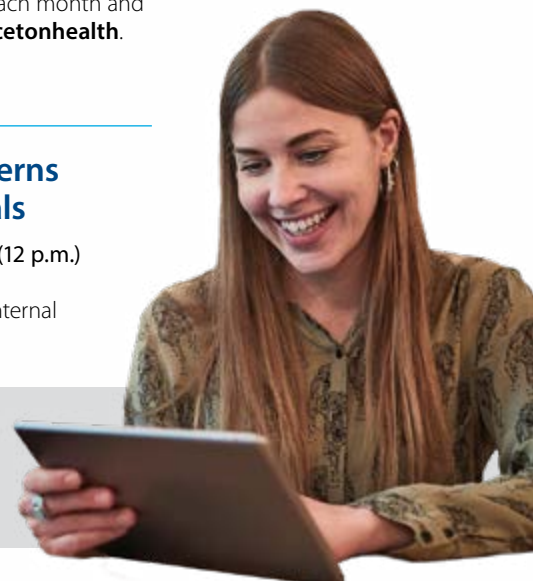


Health Concerns for Millennials

WED. February 12 (12 p.m.)

Priyanka Singh, MD

board certified in internal medicine



Penn Medicine
Princeton Health

Community Wellness

Community Wellness

731 Alexander Road, Suite 103
Princeton, NJ

Princeton Fitness & Wellness

Princeton North Shopping Center
1225 State Road
Princeton, NJ

Princeton Medical Center

One Plainsboro Road
Plainsboro, NJ

Hamilton Area YMCA

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

South Brunswick Wellness Center

540 Ridge Road
Monmouth Junction, NJ

For an up-to-date calendar, please visit
www.princetonhcs.org/calendar.

Registration is required unless otherwise noted.

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

Helping First Responders Cultivate Resilience

First responders — police, firefighters, corrections officers, and military personnel — are trained to put their lives on the line to protect the communities they serve. But functioning at such a heightened state of alertness can take its toll on their physical and emotional health.

Often, first responders experience anxiety, stress, depression, isolation, and anger, which can lead to a host of personal and professional problems, including domestic violence, substance abuse, emotional breakdowns, and suicidal thoughts. And since they are trained to be protectors, and may therefore view seeking help as “weakness,” they often hesitate to reach out when problems arise.

“This is what led to the development of our program,” says Michael Bizzarro, PhD, LCSW, Director of Clinical Services for First Responders at Penn Medicine Princeton House Behavioral Health (PHBH), and a former police officer. “Since we began the program six years ago we have helped about 1,200 first responders through the inpatient program. In the past year, we have also provided training to 1,500-2,000 first responders, giving them a toolkit to significantly reduce their sense of isolation and work toward developing resilience.”

Help From Those Who Truly Understand

PHBH’s First Responder Treatment Services program is staffed by professionals who have first-hand experience with the issues faced by first responders.

“This is a unique group of people who understand the needs of first responders because they have been in those positions themselves,” says Kenneth Burkert, Outreach Coordinator and Peer Support Specialist with the program, and a former corrections officer. “Because we have been where they are now, we can offer them a safe outlet to express what they are feeling and start to work through it.”

The inpatient program offers individually tailored services that include a comprehensive evaluation; individual and/or group therapy; family therapy; 12-step recovery-based programming; medication if needed; nutritional counseling; expressive therapies such as art, music, and



movement; and physical activity in an on-site gym. Following intensive inpatient treatment of a week to 10 days, many first responders go on to partial hospital or intensive outpatient programs that focus on trauma. These programs run five days a week, six hours a day and three days a week, three hours per day, respectively, for a total of about six weeks of outpatient treatment.

Police and fire departments, as well as other first responder groups, can arrange for training sessions to help personnel recognize stressors and learn coping skills, including feeling safe to reach out for support when needed.

“It is extremely important for first responders to realize they need to pull another individual into the equation to help them cope with the pressures that are inherent in their roles as protectors,” says Dr. Bizzarro. “They need to be able to share the burden with someone they can trust, and we are here to be that someone.”

To find out more about Princeton House Behavioral Health’s First Responder Treatment Services, call 1.888.437-1610 (outpatient) or 1.800.242.2550 (inpatient), or visit www.princetonhouse.org/firstresponders.

HELP IS AVAILABLE TO COPE WITH:

- Isolation and anger
- Personal and work-related problems
- Alcohol and drug use
- Sleep problems, including night terrors
- Flashbacks and intrusive memories
- Suicidal thoughts
- Financial pressures
- Return to work issues

Treatment Can Ease the Pain of **Stiff, Achy Thumbs**

Your thumbs have an incredible range of motion. Just consider how many things you do that require them to pinch, poke, grip, bend, or twist. Then imagine what it would be like to not have full use of them.



"We use our thumbs for just about everything, and because of that fact, and the fact that many of those actions tend to be repetitive, like texting and typing, osteoarthritis in the thumbs is a common problem, particularly as we age and become more prone

to develop arthritis in our joints in general," says **Jon Ark, MD**, Chair of Orthopaedics at Penn Medicine Princeton Medical Center.

In healthy thumbs, cartilage cushions the joints so they move smoothly, but repetitive motion and aging can cause the slippery cushion to wear away, leaving the joints exposed, causing friction and damage to the bones. The condition usually affects those over 40, but is also common in anyone who has injured or had trigger finger of the thumb in the past.

Diagnosis is Easy

Most people seek medical attention because of pain or reduced range of motion at the base of the thumb, which impacts their everyday activities, according to Dr. Ark, who is quadruple board certified in hand, foot & ankle, foot, and orthopaedic surgery. Diagnosis involves physical examination of the thumb and an X-ray, which will easily identify arthritis.

"Since inflammation around the joints tends to cause a lot of the discomfort and lack of mobility, we start with anti-inflammatory medications, bracing with a splint to rest the joint, and using ice. If that isn't enough, steroid injections can make a big difference, at least for a period of time," says Dr. Ark.



If the condition remains debilitating, surgery can be performed. There are two main surgical options:

- A thumb arthroplasty and tendon transfer, which relieves pain and restores functional motion, involves removing part or all of the affected joint and replacing it with a graft from one of your tendons.
- A fusion of the carpometacarpal joint (the joint at the base of the thumb) may be considered for anyone involved in heavy labor, since it helps preserve strength.

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



WATCH FOR THESE SIGNS

- Pain at the base of the thumb when gripping or pinching an object
- Swelling at the base of the thumb
- Aching or tenderness at the base of the thumb
- Limited range of motion in the thumb joints
- Swollen or bony growth at the thumb base
- Loss of strength in the thumb joint

Princeton House Behavioral Health: Be Prepared to Reverse Opioid Overdose



In 2017, more than 70,000 Americans died from drug overdoses, and nearly 48,000 of those — close to 4,000 each month — involved opioids, according to the Centers for Disease Control and Prevention (CDC).

The scale of the opioid epidemic is staggering, reports the CDC, with an estimated 2.1 million people from all walks of life believed to be misusing prescription opioids or turning to illegal opioids like heroin.

The problem is far-reaching, according to Mark P. Schwartz, MD, Medical Director of Inpatient Detox Services at Penn Medicine Princeton House Behavioral Health. Part of the treatment for opioid use disorder (OUD) is being prepared for the possibility of an overdose.

“At Princeton House, we encourage anyone with an opioid use disorder, as well as those close to them, to be prepared for a possible overdose by having naloxone on hand,” says Schwartz. “Naloxone is an opioid antagonist, which means it can reverse and block the effects of opioids. Basically, if a person stops breathing as a result of opioid use, naloxone can allow them to start breathing again.”

Safe and Easy to Administer

Naloxone is available in several forms, but is most often prescribed as a nasal spray, which can be administered at the first signs of opioid overdose. Physicians and advance practice nurses are able to provide prescriptions for patients with OUD or family members, and patients at Princeton House inpatient and outpatient programs are encouraged to have naloxone on hand.

Use of naloxone is endorsed by the CDC, and is needed for anyone experiencing an opioid overdose, says Schwartz. After administering the drug to reverse the effects of opioids, the person will experience opioid withdrawal symptoms.

“While that would not be pleasant,” says Schwartz, “going through withdrawal as a result of naloxone is certainly preferred, considering the possibility of death if it is not administered. Also, that moment after overdose is an opportunity to encourage seeking treatment for opioid use disorder.”

WATCH FOR THESE SIGNS OF OVERDOSE

Unresponsiveness

**Shallow or no
breathing**

Pinpoint pupils

For more information about Princeton House Behavioral Health addiction programs, call 609.497.3355 or visit www.princetonhouse.org. For information on how and when to use naloxone, visit prescribetoprevent.org.

Learn to Recognize Mental Health Issues

Mental health issues will likely touch every one of us at some time in our lives. In fact, according to the National Institute of Mental Health, one in every five individuals will experience a diagnosable mental disorder in any given year.

It is important to learn how to recognize the signs and symptoms of a mental health issue and how to respond to a loved one or acquaintance who is living with a mental disorder or is facing a mental health challenge that may require support, but not medical intervention.

Penn Medicine Princeton Health Community Wellness is offering an eight-hour course — broken into two four-hour sessions — designed to help you identify and understand the signs and symptoms of issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. Mental Health First Aid® is led by certified instructors, and will also teach participants 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.



Classes will be scheduled throughout the year at various locations. The first two-day class will be offered on January 27 and February 3, from 6-10 p.m., at the Plainsboro Recreation and Cultural Center.

To register for the upcoming class, or to seek information on future classes, visit www.princetonhcs.org/calendar and search keyword "mental health first aid," or call 1.888.897.8979.

Is a Plant-Based Diet Right for You?

A plant-based diet — consisting mostly or entirely of vegetables, fruits, whole grains, nuts, and seeds — can have many health benefits, including helping to control chronic conditions such as high blood pressure, high cholesterol, and diabetes.



"Multiple studies have shown that following a plant-based diet reduces the risk of death due to heart disease and certain cancers," says **Rameck Hunt, MD**, on staff with Princeton Medicine Physicians, Penn Medicine Princeton Health's network of employed physicians.

Eliminating or greatly reducing the amount of meat and dairy you consume, however, can result in a diet deficient in protein and certain vitamins and minerals. Protein needs can be met by including nuts and seeds, legumes, and soy products in your daily diet. Drinking milk alternatives and eating plenty of leafy greens, beans, grains, and fortified cereals can help with calcium, vitamin D, iron, and zinc.



"Just remember, the more restrictive the diet, the harder it is to get the proper nutrition," says Dr. Hunt, who is board certified in internal medicine. "Eat a balanced diet covering the four food groups of protein, fruit, vegetables, and whole grains, and work with your doctor to make sure you are meeting all of your nutritional needs."

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



PMC Recognized for Equitable, Inclusive Care

Penn Medicine Princeton Medical Center (PMC) was

designated a 2019 LGBTQ Healthcare Equality Leader by the Human Rights Campaign (HRC) Foundation, the educational arm of America's largest civil rights organization for individuals who identify as lesbian, gay, bisexual, transgender, and queer.

The designation was based on HRC's Healthcare Equality Index, which surveys healthcare organizations nationwide and scores them based on policies and practices dedicated to the equitable treatment and inclusion of LGBTQ patients, visitors, and employees. The index is a valuable resource for LGBTQ patients as well as healthcare organizations that are committed to providing equitable, inclusive care for all.

Survey participants are evaluated in four categories: non-discrimination and staff training; patient services and support; employee benefits and policies; and patient and community engagement. Participating in the survey for the first time, PMC earned a top score of 100.

While PMC was the awardee, the hospital was actually judged on efforts across Penn Medicine Princeton Health, including Princeton House Behavioral Health, which provides inpatient and outpatient treatment to individuals with behavioral health or substance use issues, or both, and supports care at hospital-based programs such as the Princeton Center for Eating Disorders and the Emergency Department's behavioral health unit.

"We are proud to have earned a top score in the Healthcare Equality Index," said Barry S. Rabner, President and CEO of Princeton Health, "and we will continue our efforts to build an even stronger culture of inclusion and respect for our physicians, employees, volunteers, patients, and visitors who identify as LGBTQ."

100 Years of Princeton Health Our Centennial Celebration



View more photos and videos from all centennial events at
www.princetonhcs.org/about-princeton-health/100-years-of-care/centennial-event-photos

Penn Medicine Princeton Health Non-Discrimination Notice

Penn Medicine Princeton Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Penn Medicine Princeton Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Penn Medicine Princeton Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
Qualified sign language interpreters
Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
Qualified interpreters
Information written in other languages

If you need these services, contact Director Patient Relations and Customer Service.

If you believe that Penn Medicine Princeton Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Director Patient Relations and Customer Service, 1 Plainsboro Road, Plainsboro, NJ 08536, telephone number 609-853-7490, fax number 609-853-7151 or email to patientadvocate@princetonhcs.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Director Patient Relations and Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

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)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490.

请注意：如果您讲中文，您可以免费获得语言协助服务。请致电 1-609-853-7490。

알림: 한국어를 쓰시는 경우, 비용없이 언어 지원 서비스를 제공해드립니다. 1-609-853-7490 번으로 연락해 주십시오.

ATENÇÃO: Se você fala português, serviços gratuitos de assistência linguística estão à sua disposição. Ligue para 1-609-853-7490.

ધ્યાન આપો: જો તમે ગુજરાતી બોલો છો તો તમને ભાષા સહાય સેવાઓ મફતમાં ઉપલબ્ધ છે. કૌલ કરો 1-609-853-7490

UWAGA: Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Proszę zadzwonić pod numer: 1-609-853-7490.

ATTENZIONE – Se lei parla italiano, potrà disporre del servizio di interpretariato gratuito per assisterla. Chiami il numero 1-609-853-7490.

ملاحظة: إذا كنت تتكلم اللغة العربية، تتوفر لك خدمات المساعدة اللغوية بدون تكلفة. اتصل بالرقم 1-609-853-7490.

PAUNAWA: Kung nagsasalita ka ng Tagalog, may makakatulong sa iyo sa wikang ito; ito'y libreng serbisyo. Tumawag sa 1-609-853-7490.

ВНИМАНИЕ! Если вы говорите по-русски, то можете бесплатно получить услуги по переводу. Позвоните по номеру телефона 1-609-853-7490.

ATANSYON : Si w pale kreyòl, w ap jwenn sèvis tradiksyon lang disponib gratis pou ede w. Sonnen nimewo : 1-609-853-7490.

ધ્યાન દે: यदि आप हिंदी बोलते हैं तो भाषा सहायता सेवायें आपके लिए मुफ्त में उपलब्ध हैं। 1-609-853-7490 पर फोन करें।

LU'U Ý: Nếu quý vị nói tiếng Việt, các dịch vụ trợ giúp ngôn ngữ, miễn phí, sẽ có sẵn cho quý vị. Gọi số 1-609-853-7490.

ATTENTION : Si vous parlez le français, vous bénéficiez de services gratuits d'assistance linguistique. Appelez le 1-609-853-7490.

توجه دیں: اگر آپ اردو بولتے ہیں تو، آپ کے لیے زبان سے متعلق مدد کی خدمات، بالکل مفت دستیاب ہیں۔ 1-609-853-7490 پر کال کریں۔

January 2018



Penn Medicine
Princeton Health

One Plainsboro Road, Plainsboro, NJ 08536

NONPROFIT
U.S.
POSTAGE
PAID
PMPH



Like us on Facebook
www.facebook.com/princetonhealth



Follow us on Twitter
[@princetonhealth](https://twitter.com/princetonhealth)



Watch Princeton Health OnDemand
www.ustream.tv/princetonhealth



Visit our website
www.princetonhcs.org



**For help with finding a physician,
call 1.888.742.7496.**

**WELLS
FARGO**

Wells Fargo Supports First Responder Treatment Services

The traits that enable first responders to survive also make them highly susceptible to substance abuse disorders and high levels of psychological stress. Prevention and education are the keys to ensuring health and wellness among this selfless and dedicated population.

Philanthropic support from Wells Fargo will be used to expand and enhance the work of our First Responder Treatment (FRT) Services at Princeton House Behavioral Health. This specialized program provides first responders, including law enforcement, firefighters, paramedics, emergency medical technicians, and military veterans/ personnel with education about stress management and risk awareness from the beginning of their careers, by instilling coping skills and encouraging them to seek help before they become debilitated. Additionally, we provide treatment for substance abuse or mental health conditions, ensuring that patients successfully reintegrate into their lives and return to work.

FRT Services has been in existence since 2013, and in that short period of time we have treated about 1,200 military personnel, veterans, and first responders who live and

work in our service area and beyond. The program is staffed by four seasoned professionals, all of whom were former law enforcement or military personnel.

This generous donation from Wells Fargo is an investment in the well-being of those who play a critical role in the safety of others in our community. Princeton Medical Center Foundation is grateful for this generous gift, as it is a way to help those who do so much for our community. We are proud to recognize Wells Fargo for their philanthropic commitment to this important cause.

