



Penn Medicine

# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JANUARY/FEBRUARY 2023

# FAST

## ACTION SAVES LIVES DURING A STROKE

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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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# STROKE

## Fast Action Saves Lives



Every 40 seconds someone in the United States has a stroke, and every three and a half minutes someone dies as a result of a stroke, according to the American Heart Association (AHA).



“Those numbers may seem shocking,” says **Paul Kaiser, MD**, Medical Director of Penn Medicine Princeton Medical Center’s Stroke Program. “The reality is, the numbers show that if you quickly identify a stroke and seek immediate emergency medical attention, you can increase the likelihood of surviving a stroke.”

If caught early enough, patients can benefit from advanced treatment that may reverse the stroke. For example, clot-busting medications must be administered within three hours of the onset of symptoms, and can prevent some of the disabilities a stroke may cause.

### Strokes Can Occur at Any Age

While strokes are most common in people age 60 and over, they can occur at any age. Hispanics and African-Americans experience strokes more often than other ethnicities, but anyone with risk factors should remain alert to signs of a stroke.

Risk factors include:

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

“While you obviously cannot control some of the risk factors, you can control others,” says Dr. Kaiser, who is board certified in neurology and vascular neurology. “By keeping your blood pressure, cholesterol, diabetes, and heart conditions under control; not smoking; maintaining a healthy diet; exercising regularly; and reducing stress, you can lower your stroke risk.”

### Testing is Available

Princeton Medical Center (PMC) offers advanced carotid Doppler technology, a non-invasive ultrasound technique to assess a patient’s risk for stroke, as well as other neurological imaging studies. Testing is available for individuals at risk for stroke.

### Quality Care Close to Home

PMC has been designated a Primary Stroke Center by the state of New Jersey and the Joint Commission, has been ranked high performing in stroke care by *U.S. News & World Report*, and for the fourth year in a row has earned the AHA/American Stroke Association’s Get With The Guidelines® Stroke Gold Plus Quality Achievement Award, recognizing a commitment to the latest evidence-based guidelines for diagnosing and treating patients.



**For more information** on the Princeton Medical Center Stroke Program, or to find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.

**F**

FACE DROOPING

**A**

ARM WEAKNESS

**S**

SPEECH SLURRED

**T**

TIME TO CALL 9-1-1

**SEEK IMMEDIATE MEDICAL ATTENTION IF YOUR EXPERIENCE THESE SIGNS**

# 8

## Symptoms You Should Not Ignore



We all have occasional aches and pains, and usually they fade away with an over-the-counter pain reliever or a little rest. But some aches and pains, as well as unexplained physical changes in body function, can be signs of serious illness, and require medical evaluation.



“A lot of times people ignore important symptoms because they think they will pass, but the truth is, your body is telling you there may be a problem you need to address,” says **Patrick Puliti, MD**, a primary care physician with Penn Medicine

Princeton Medicine Physicians, the primary and specialty care provider network of Penn Medicine Princeton Health. “Anything that is reoccurring or unexplained should be brought to your primary care doctor’s attention. Hopefully it will be nothing serious, but checking it out is important.”

Dr. Puliti recommends seeking a medical evaluation for the symptoms listed on the right.

“**I recommend patients make a list of the symptoms they have experienced since their last doctor’s visit and bring it with them to their appointment,**” says Dr. Puliti. “Keeping up with your annual physical exam and health screenings is extremely important, but in between these, be sure to alert your doctor if you experience any unusual symptoms.”

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

- 1 UNEXPLAINED WEIGHT LOSS.** This can be a red flag for cancer, gastrointestinal conditions, or thyroid problems, as well as other conditions.
- 2 INCREASED THIRST AND/OR URINATION.** These symptoms can mean you are experiencing high levels of blood sugar, indicating the start of diabetes.
- 3 FREQUENT CHEST DISCOMFORT.** While sudden chest pain or discomfort may be a sign of a heart attack and require immediate medical attention, recurring chest discomfort may be a sign of a lung, gastrointestinal, or heart problem.
- 4 CHRONIC HEADACHES.** A sudden intense headache may be a sign of a stroke or aneurysm, and you should seek immediate medical attention, but recurring headaches may be a sign of a number of other medical conditions, including anxiety and stress, migraines, back problems, and even tumors.
- 5 UNEXPLAINED NIGHT SWEATS/FEVERS.** Night sweats or fevers unrelated to menopause can be a sign of certain autoimmune diseases or cancer.
- 6 BUMPS AND LUMPS.** Any unexplained bumps or lumps should be brought to your doctor’s attention since they may be signs of a tumor or infection.
- 7 BOWEL CHANGES.** Changes in frequency and consistency of bowel movements may be signs of cancer or a gastrointestinal condition.
- 8 MUSCLE ACHES.** Chronic achy muscles may be a sign of an autoimmune disease such as arthritis, lupus, or Lyme disease, as well as cancer, an infection, or an injury.

# Cancer Clinical Trials Can Help You and Future Patients



In addition to advanced routine treatments for cancer, some Penn Medicine Princeton Medical Center (PMC) patients may qualify for research studies known as clinical trials—an opportunity to receive developing treatments. As part of Penn Medicine, PMC works with teams at Abramson Cancer Center, a world leader in cancer research.



“Clinical trials are the final step in the process of developing new testing and treatments for cancer,” says **Noah Goldman, MD**, Medical

Director of Cancer Programs at Penn Medicine Princeton Medical Center. “There can be any number of trials going on at a given time, so patients have ongoing opportunities to participate.”

A misconception people often have when it comes to cancer clinical trials is that participants may be denied some aspect of care. In fact, the opposite is true.

“**Participating in a clinical trial is a win/win situation,**” says Dr. Goldman. “**The treatment you receive is as good as or better than the standard of cancer care, so rather than being denied something, you receive added care. In fact, most medical interventions used today are the result of past trials.**”

## The Benefits Can Be Far Reaching

The primary benefits of participating in clinical trials are twofold, according to Dr. Goldman. “First, you are potentially getting the newest and the greatest treatment to help beat cancer. Second, you are helping work on future advances in cancer care that can benefit others.”

Each trial has certain inclusion and exclusion guidelines, so patients may not qualify for every available trial. Treating physicians usually recommend qualified patients for clinical trials, but it is also a good idea for patients to inquire about what is available and take advantage of the opportunities.

“Patients with cancer already have a lot on their plates when it comes to medical matters, so they may hesitate to sign up for a trial, thinking it will be time consuming,” says Dr. Goldman. “The truth is, on average, participating may simply mean an extra scan or an extra blood draw. These clinical trials do not require a big commitment on the patient’s part, but can have an impact on their care and the future of care.”

## For more information

on cancer clinical trials at Princeton Medical Center, call **609.853.6786**, or visit **princetonhcs.org**.

Cancer clinical trials investigate new ways to:

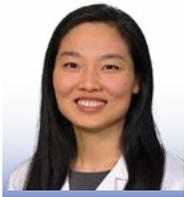
- Find and diagnose cancer
- Treat cancer
- Prevent cancer
- Manage symptoms of cancer
- Manage side effects of cancer treatment



# Urinary Incontinence is Nothing to Sneeze At



Frequent or occasional urinary incontinence is a common problem, particularly among women as they age, and over time the problem usually becomes worse.



“Women are often reluctant to discuss urinary incontinence with their doctor out of embarrassment, and doctors do not always think to ask if there is a problem,” says **Rui Wang, MD**, a urogynecologist on the Medical Staff of Penn Medicine Princeton Health. “So instead of getting relief for the condition, women end up suffering with something that can be easily treated.”

There are two common types of incontinence—stress incontinence where leakage is caused by coughing, sneezing, laughing, or movements such as running or jumping, and urgency incontinence (also called overactive bladder) where you feel a pressing need to urinate. Age, childbirth, and medical conditions such as diabetes and obesity are among the causes of urinary incontinence.

“**Both types of incontinence can be successfully treated so you can get back to living your life and not be held back by urinary issues,**” says Dr. Wang. “We evaluate each woman and develop an individualized treatment plan to meet her condition and needs.”

## A Range of Treatments

Pelvic floor physical therapy, which is available through the Center for Pelvic Wellness at Princeton Medical Center, can help both conditions, strengthening and retraining the muscles that control urinary flow. Medication therapies; behavior modification or lifestyle changes, such as fluid management and diet changes; and office procedures that narrow the bladder opening, relax the bladder muscles, or stimulate nerves can also help resolve problems.

“If problems persist, we have minimally invasive surgical options available, including a tiny pacemaker-like device that is implanted to help restore proper bladder function, or bladder sling or prolapse surgery if the pelvic floor needs support,” says Dr. Wang. “These surgical procedures are done mostly on an outpatient basis, and recovery generally involves nothing more than some discomfort for a week or so. Really, it is a small price to pay to be able to enjoy life without worrying about staying close to a bathroom.”

**To find a physician** affiliated with Penn Medicine Princeton Health, or for more information on the Center for Pelvic Wellness at Princeton Medical Center, call **1.888.742.7496**, or visit **princetonhcs.org**.

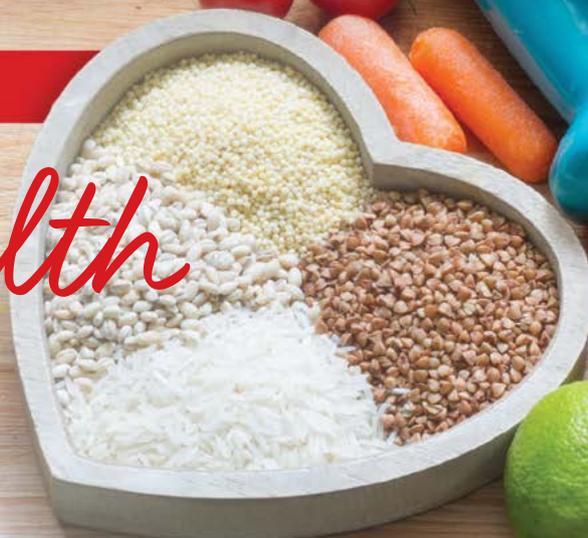
### Decrease your risk of developing incontinence by:

- Maintaining a healthy weight
- Eating a high-fiber diet
- Avoiding caffeine, alcohol, and high-acid foods, which can irritate the bladder
- Not smoking

# Community Focus

## PROGRAMS IN HONOR OF

# Heart Health Month



### Preparing Heart-Healthy Foods

TUE. January 24 (1 – 2 p.m.)  
Mercer County Connection  
967 Route 33, Hamilton

The first step to healthy eating is knowing what to put on the menu. Heart-healthy cooking will be the focus of this demonstration, led by Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist. Learn to identify recipes and make dishes that are delicious, nutritious, and easy to prepare.

### Heart-Healthy Yoga Stretch

THU. February 2 (9 – 9:50 a.m.)

 VIRTUAL

\$5 per person. Registered participants will receive a link to join.

Yoga stretching helps build cardiovascular health, increase lung capacity, and improve respiratory function and heart rate. This slow-paced class will focus on stretches and yoga poses that help reduce stress and relax the mind and body.

### Heart Health & Stroke Prevention

THU. January 19 (4:30 – 5:30 p.m.)  
Mercer County Connection  
967 Route 33, Hamilton

FRI. February 3 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Discover what you can do to lower your risk for heart attack and stroke at this invaluable program led by Megan Yellareddigari, RN-BSN, Stroke Coordinator with Princeton Medical Center (PMC). Learn the early warning signs of a stroke, when to seek medical attention, and prevention methods, as well as which heart conditions can lead to a stroke. PMC is a state-designated Primary Stroke Center.

### Yin Yoga for a Healthy Heart

THU. February 9 (6 – 6:45 p.m.)  
Community Wellness at the Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

\$5 per person.

Yin yoga is a slow, soothing, meditative style of yoga that targets the deep connective tissues, bones, joints, and ligaments in the body. Holding poses in this style of yoga relaxes both the body and the mind. Join Maria Benerófe, certified yoga instructor, and learn the basics of yin practice. Please bring a mat and a water bottle.

### Cooking Heart-Healthy Soul Food

THU. February 9 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, and learn how to adjust ingredients and cooking techniques to make your soul food cooking more heart healthy, while maintaining delicious flavor. Feel free to send your favorite recipes ahead of time when you register for the class.

### How to Read Nutrition Labels for Diabetes & Heart Health

TUE. February 21 (1 – 2 p.m.)  
Mercer County Connection  
967 Route 33, Hamilton

Nutrition labels are full of important information about the food we eat, but how do we make sense of it all? Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, to learn how to properly decipher nutrition labels in order to maintain a balanced, healthy diet.

**IN-PERSON SAFETY GUIDELINES:** In-person classes are limited in size. Masks and social distancing are required.

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

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

WED. January 18 (6 – 6:30 p.m.)  
WED. February 15 (6 – 6:30 p.m.)

 VIRTUAL

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

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 17. This group will be tentatively held virtually. Please check our website for the latest updates.



## AARP Smart Driver

WED. January 25 (1 – 7 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

THU. February 23 (9 a.m. – 3 p.m.)  
Community Wellness at  
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.

## Girl Talk: What to Expect at Your First GYN Visit

TUE. January 24 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

It's normal to feel nervous or embarrassed about your first visit to the gynecologist, but it's an important part of taking care of your health. Join Shyama Mathews, MD, board certified gynecologist, and Emily Anderson, APN-C, board certified Women's Health Nurse Practitioner, to learn what to expect at your first appointment; what may be causing painful, heavy, and irregular periods; and how to prevent cervical cancer. Both Dr. Mathews and Anderson are members of the Medical Staff of Penn Medicine Princeton Health.

## Red Hot Mamas<sup>®</sup>

Menopause can be a difficult and confusing time—but it doesn't have to be. Join us for this new monthly series to help you understand the changes in your body and give you strategies to manage menopausal symptoms.

### Meeting Menopause... Unraveling the Mystery

TUE. January 10 (7 – 8:30 p.m.)

 VIRTUAL

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

**\$15 per person.**

Just as menstruation and pregnancy are a natural part of a woman's life, so is menopause, which often begins around the age of 45. Join Shyama Mathews, MD, MD, FACOG, NCMP, board certified gynecologist and NAMS Certified Menopause Practitioner, at this informative session for a better understanding of menopause, and have your questions answered. Dr. Mathews is a member of the Medical Staff of Penn Medicine Princeton Health.



### Hormone Therapy: Taking Control of Symptoms

TUE. February 14 (7 – 8:30 p.m.)

 VIRTUAL

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

**\$15 per person.**

One of the ways to manage the symptoms associated with menopause, such as hot flashes and night sweats, is to replace the hormones you are losing with prescription medications, known as hormone therapy (HT). Join Shyama Mathews, MD, MD, FACOG, NCMP, board certified gynecologist, and NAMS Certified Menopause Practitioner, for an overview of hormone therapy as a potential treatment option, including some of the benefits and risks, and have your questions answered. Dr. Mathews is a member of the Medical Staff of Penn Medicine Princeton Health.

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

# January IS GLAUCOMA AWARENESS MONTH



## Protect Yourself Against Glaucoma

SAT. January 14 (9 – 10 a.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton  
Glaucoma—a leading cause of blindness in the United States—can easily go undetected. Fortunately, simple diagnostic testing can catch the condition, and treatment can help preserve your vision if caught in the early stages. Join David Mostafavi, MD, board certified in ophthalmology, to learn about the importance of taking care of your vision and getting screened. Dr. Mostafavi is a member of the Medical Staff of Penn Medicine Princeton Health.

## Vision Screening

THU. January 19 (9:30 a.m. – 12:30 p.m.)  
THU. February 16 (9:30 a.m. – 12:30 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

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

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

## Glaucoma Screenings

SAT. January 21 (9 a.m. – 12 p.m.)  
Mostavi Eye Princeton, 300 Witherspoon Street, Suite 203, Princeton

Please call 1.888.897.8979 for an appointment.

Join us for a free glaucoma screening, provided by David Mostafavi, MD, board certified ophthalmologist, and his staff. Dr. Mostafavi is a member of the Medical Staff of Penn Medicine Princeton Health.

## Yoga for Fertility

WED. January 25 (6:30 – 7:30 p.m.)  
Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

\$5 per person.

This workshop is designed to introduce yoga practice to women who are trying to conceive naturally without assisted reproductive technology. Yoga for Fertility uses specific yoga postures and practices to stimulate and tone the reproductive system, and enhance the flow of energy and circulation. The class is led by Maria Benerofe, a certified yoga instructor with Princeton Health Community Wellness.

## Understanding & Treating Osteoporosis

WED. February 1 (7 – 8 p.m.)  
Plainsboro Public Library  
9 Van Doren Street, Plainsboro

To register call the library at 609.275.2897.

Learn what a diagnosis of osteoporosis or osteopenia means and effective strategies to reduce your risk for fractures and optimize bone health at this informative program led by Lisa Baptis, PT, DPT, and Esther Frasso, PT, physical therapists with Princeton Medical Center Princeton Rehabilitation specializing in treating those with osteoporosis. Included will be a discussion of posture, balance, and exercise related to daily activities.

## Dance Injury Prevention & Rehabilitation: A Workshop for Dancers

WED. February 8 (6:30 – 7:30 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Join Megan Advani, PT, DPT, Director of Outpatient Rehabilitation and a physical therapist with Princeton Medical Center Princeton Rehabilitation, to learn about dance-related injuries, with a focus on the foot/ankle and lower leg. Discussion will include dance injury prevention and treatment, proper turnout and plié technique in ballet, as well as proper nutrition for dancers.



## Healthy Eating on a Budget

MON. February 13  
(1 – 2 p.m.)  
Mercer County  
Connection  
967 Route 33,  
Hamilton

Preparing healthy meals for your family doesn't have to be complicated or expensive. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for simple tips on how to improve everyday meals. Find out which foods provide essential nutrients for your growing family, as well as cost-saving food shopping tips making it easier to choose between frozen or fresh and organic or natural foods.



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

TUE. & THU. February 14 – March 23 (11 a.m. – 12:30 p.m.)

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.

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

## The Art of Therapeutic Stretching

WED. February 15 (6 – 7 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

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.

## Freedom from Smoking & Vaping

TUE. January 17, 24, 31, February 7, 9\*, 14, 21 & 28 (6:30 – 8 p.m.)  
Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch  
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 on 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. \*Please note, the February 9th session will be held on a Thursday.

## Self-defense Programs

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

THU. January 5, 12, 19 & 26 (6 – 9 p.m.)  
WED. February 1, 8, 15 & 22 (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.

### Weapons Self-defense for Women

MON. February 6 & 13 (6 – 9 p.m.)  
Plainsboro Recreation Center  
641 Plainsboro Road, Plainsboro

\$30 per person.

Elevate your self-defense skills and boost your confidence with this course, which builds on techniques learned in the basic Self-Defense for Women class, including strategies to use if you are ever abducted at knife/gun point. This six-hour, multi-session, activity-based program includes lectures, safety drills, muscle memory work, 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.

## Kids Corner

### RADkids (8-12-year-olds)

MON. & WED. January 16, 18, 23, 25, 30  
(4 – 5:30 p.m.)

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

\$30 per child.

This multi-session national program is designed to provide children with personal empowerment and practical skills to recognize, avoid, and, if necessary, escape an unsafe situation. Dress in sneakers and comfortable clothing suitable for exercising. Consent forms must be submitted for each child to participate in the class.



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

TUE. February 7 (6 – 7:30 p.m.) – GIRLS  
TUE. February 21 (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

MON. February 20 (9 a.m. – 3 p.m.)

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

\$49 per child.

This specialized training helps babysitters, ages 11-13, 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.

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

## Understanding Strokes and Medication Compliance

MON. February 20 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Attend this informative program with Bianca Bucuresteanu, PharmD, PGY-1 Pharmacy Resident, to learn about the types of strokes, the impact they can have on a person's physical and mental health, and the importance of following medical recommendations for prescribed medications as a result of a stroke.

## Fore! 2.0: Improve Your Golf Game

WED. February 22 (1 – 2 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

Are you looking to improve your golf game and understand what you can do to help reduce injury? Join Chris Blessing, MPT, OCS, CSCS, and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, for this updated review of common injuries, swing characteristics, and a discussion of exercises to help reduce injury and possibly improve your golf game.



## Mental Wellness Programs

### Self-Honoring Goals for 2023

WED. January 11 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

We make new year's resolutions with the best of intentions, but when we go off course it's easy to be hard on ourselves and even give up. Setting smart goals, having self-compassion, and knowing how to bounce back can make all the difference. Learn more about setting self-honoring goals at this informative program led by Jamie Benjamin, LPC, NCC, ACS, a licensed counselor with Penn Medicine Princeton House Behavioral Health.

### Chair Yoga

THU. January 12, 19, 26, February 2, 9, 16, 23, March 2, 9 & 16 (8 – 8:50 a.m.)

 VIRTUAL

\$30 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. January 17, 24, 31, February 7, 21, 28, & March 7 (8:30 – 9:20 a.m.)

 VIRTUAL

\$21 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.

### Mindfulness to Reduce Stress

TUE. January 17 (1 – 2 p.m.)  
Mercer County Library  
Hopewell Branch

245 Pennington-Titusville Road,  
Pennington

To register, please call the library at 609.737.2610.

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

### Mental Health First Aid Training (one-day)

TUE. January 17 (8 a.m. – 5 p.m.)

Community Wellness at  
731 Alexander Road, Suite 103, Princeton

\$49 per person.

Attend this invaluable one-day 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.

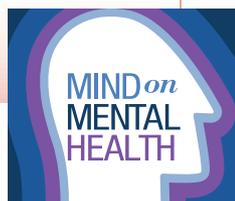
### Mental Health First Aid Training (four-day)

MON. & WED. February 6, 8, 13 & 15  
(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, four-day 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.



Mind on Mental Health:  
[princetonhouse.org/podcast](https://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. To view the most up-to-date schedule, visit [www.princetonhcs.org/calendar](https://www.princetonhcs.org/calendar).

## Heart Failure Series

### Sodium Reduction Strategies that Work

WED. January 11 (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.

### Medications & Heart Failure Exacerbation

WED. January 18 (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 Vanessa Clergeau, 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. January 18 (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.

### Living With Heart Failure Support Group

WED. January 25 (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 receive practical day-to-day tips to help keep heart failure from disrupting their everyday lives.

### Harnessing the Power of Protein

WED. February 1 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join nutritionist Beth Young, MS, RDN, CSOWM, registered dietitian nutritionist, for this discussion about the importance of protein in your diet and what 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.

### Understanding Heart Failure Medications

WED. February 8 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Learn more about what heart failure is with Sarah Tobin, PharmD, PGY-2 Pharmacy Resident, and the medications prescribed to treat it. This informative discussion will also cover the classes of different heart medications your doctor may prescribe and how to take them to best treat your heart failure.

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

## 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 [princetonhcs.org/calendar](http://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.

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.

#### 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.

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

## Prenatal Yoga

TUE. January 31, February 7, 14, 21  
(3 – 3:45 p.m.)

 VIRTUAL

\$12 per person, for the series.  
Registered participants will 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

TUE. February 14 – March 21 (9:30 – 10:30 a.m.)

 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.

## Practicing MindFETALness

SAT. January 21 (10 – 11 a.m.)

 VIRTUAL

\$5 per person. 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.

## Prenatal Breastfeeding Class

MON. January 9 (6:30 – 8:30 p.m.)

MON. February 6 (6:30 – 8:30 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.

## Baby Care

MON. January 30 (7 – 9:30 p.m.)

TUE. February 28 (7 – 9:30 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro – Conference Room A & B

MON. February 13 (7 – 9:30 p.m.)

 VIRTUAL

\$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.

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

SAT. February 25 (10 – 11:30 a.m.)

 VIRTUAL

\$10 per couple. 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. This program will be presented by a health educator and lactation consultant with Princeton Health Community Wellness,

## Daddy Boot Camp™

SAT. February 11 (9 a.m. – 12 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Conference Room C, D, E

\$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.

# 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 [princetonhcs.org/maternitytour](https://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. To view the most up-to-date schedule, visit [www.princetonhcs.org/calendar](https://www.princetonhcs.org/calendar).

## Birthing Options



### Birthing Basics

TUE. January 3, 10 & 17 (7 – 9:30 p.m.)  
WED. February 1, 8, 15 & 22 (7 – 9 p.m.)  
Princeton Medical Center  
1 Plainsboro Road, Plainsboro – Conference Room A & B

THU. January 26, February 2 & 9 (7 – 9 p.m.)

 VIRTUAL

**\$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. January 7 (9 a.m. – 5 p.m.)  
SAT. February 18 (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. January 14 (10 – 11 a.m.)

 VIRTUAL

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

If you are 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.

## 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 [princetonhcs.org/calendar](https://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. January 21 (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. February 13 (6:30 – 7:30 p.m.)

 VIRTUAL

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

Whether you are pumping periodically or 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. To view the most up-to-date schedule, visit [www.princetonhcs.org/calendar](https://www.princetonhcs.org/calendar).

# CPR & FIRST AID



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

## BLS Provider

THU. January 19 (6 – 10:30 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. February 8 (6 – 10:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

## BLS Renewal\*

TUE. January 10 (6 – 10 p.m.)  
MON. February 13 (9 a.m. – 1 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103  
Princeton

MON. January 30 (9 a.m. – 1 p.m.)  
THU. February 23 (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



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 CPR AED First Aid

SAT. January 28 (9 a.m. – 4 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$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.

## Heartsaver CPR AED

TUE. February 21 (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 First Aid

THU. February 23 (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

\$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.

## Family & Friends CPR

SAT. January 14 (10 a.m. – 12 p.m.) Adult/Child/Infant\*  
THU. February 16 (6:30 – 8:30 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.

## Pet CPR & First Aid

TUE. January 24 (6 – 9 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$25 per person.

Penn Medicine Princeton Health is offering Pet First Aid & CPR. Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate

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

## Understanding Popular Supplement Interactions

WED. January 18 (7 – 8 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Supplements for energy, pre-workout, or weight-loss are widely used by many, but it's important to be aware of the potential interactions between them and other supplements or prescription drugs. Attend this informative program with Bianca Bucuresteanu, PharmD, PGY-1 Pharmacy Resident, to learn more about these interactions.

## Mental Health First Aid Training for Fire and EMS

SUN. February 19 (8 a.m. – 5 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$49 per person. 8 CEU's.

The Mental Health First Aid for Fire/EMS curriculum focuses on the unique experiences and needs of fire and emergency medical services (EMS) personnel. The better prepared EMS are to respond effectively and appropriately to individuals experiencing mental illness and substance use disorders, the more likely the interaction will be positive. Additionally, the increased prevalence of mental illness and substance use disorders among fire and EMS workers due to stress and exposure to trauma makes this program an important part of any agency's wellness initiative.

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

# CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. **To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit [princetonhcs.org/calendar](http://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. January 11 (6 – 7:30 p.m.)  
WED. February 8 (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. January 11 (12 – 1:30 p.m.)  
WED. February 8 (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. January 18 (2:30 – 4 p.m.)  
WED. February 15 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets virtual 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. January 10 (6 – 7:30 p.m.)  
TUE. February 14 (6 – 7:30 p.m.)  
PMC Breast Health Center  
East Windsor Medical  
Commons 2  
300B Princeton–Hightstown Road  
East Windsor

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.

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

## Head & Neck Cancer Support Group

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

WED. January 18 (12 – 1:30 p.m.)  
WED. February 15 (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.

# SUPPORT GROUPS

## UNITE: Perinatal Loss Bereavement Support Group

WED. January 4 (7 – 8:30 p.m.)  
WED. February 1 (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. January 23 (11 a.m. – 12:30 p.m.)  
MON. February 27 (11 a.m. – 12:30 p.m.)

 VIRTUAL

For information to join, visit [princetonhcs.org/calendar](http://princetonhcs.org/calendar) and search keywords "Bereavement Support." Please call 609.819.1226 with any questions.

This support group usually meets the third Monday of the month, except on holidays. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton Hospice Program, this group welcomes community members who need support and assistance coping with grief and loss.

## Weight-loss Surgery Support Group

TUE. January 3 (7 – 8 p.m.)  
THU. January 5 (6:30 – 7:30 p.m.)  
WED. January 18 (6:30 – 7:30 p.m.)  
THU. February 2 (6:30 – 7:30 p.m.)  
TUE. February 7 (7 – 8 p.m.)  
WED. February 15 (6:30 – 7:30 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email [donna.post@penmedicine.upenn.edu](mailto:donna.post@penmedicine.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. January 3 (6 – 7 p.m.)

 VIRTUAL

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

Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group, 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.

## Journey Back: Stroke Support Group

WED. January 11 (6 – 7 p.m.)  
WED. February 8 (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. To view the most up-to-date schedule, visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

## Diabetes Support Group

WED. January 18 (2 – 3 p.m.)  
WED. February 15 (2 – 3 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

TUE. January 17 (10:30 – 11:30 a.m.)  
MON. January 23 (6:30 – 7:30 p.m.)  
TUE. February 21 (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 [princetonhcs.org](http://princetonhcs.org).

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

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



### Specialized Therapy for Vestibular Disorders

WED. January 11 (12 p.m.)  
Paula Hoffman, PT, DPT, Certified Vestibular Rehabilitation Specialist



### Understanding Stroke

WED. February 8 (12 p.m.)  
Paul Kaiser, MD, Medical Director, Penn Medicine Princeton Medical Center Stroke Program

*We'd like to hear from you!*



### How can we improve our community programming to serve you better?

Whether it's a particular topic, preferred times or locations, we'd like to hear from you. Please complete this short one-minute survey by scanning the QR code or visiting us online at [princetonhcs.org/community](http://princetonhcs.org/community). Your feedback is important to us.

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

**IN-PERSON SAFETY GUIDELINES:** In-person classes are limited in size. Masks and social distancing are required.

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

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



# Basic and Refresher EMT Classes Open at Princeton Health

Community members interested in becoming certified emergency medical technicians (EMTs) or who are seeking recertification can receive the necessary training through Penn Medicine Princeton Health. Classes are held at different locations, including Princeton Fitness and Wellness Center in Montgomery and the Dempster Fire Training Academy in Lawrenceville.

The basic EMT course provides initial training for individuals seeking certification as EMTs so they can help serve their communities. During the course, participants learn human anatomy and physiology, pathophysiology, patient assessment techniques, management of common medical complaints and trauma, administration of limited medications, and concerns for special patient populations.

“Our certification and recertification courses are designed to focus on all aspects of emergency medical care,” says Barbara Vaning, MHA, Emergency Medical Services Training Center Coordinator with Princeton Health. “Our objective is to assist our communities in being able to provide up-to-date, quality emergency medical services to those in need.”

Additional information is available by emailing Vaning at [barbara.vaning@penmedicine.upenn.edu](mailto:barbara.vaning@penmedicine.upenn.edu). EMT courses can be viewed at [princetonhcs.org/calendar](http://princetonhcs.org/calendar) and search by EMT & EMS classes.

Full-day refresher courses for EMTs who need recertification every two to three years are offered as well, including:

**A Airway**, which focuses on proper airway management techniques, including assessment, airway insertion, and oxygen administration

**B Medical**, which encompasses CPR, medical conditions, patient-assisted medications, patient assessment, and childbirth

**C Trauma training**, which reviews immobilization techniques, splinting, and wound care

All courses are taught by licensed New Jersey EMT instructors.



## Community Wellness Programs Focus on Self-defense

With violence on the rise around the world, knowing how to protect yourself is important. Women and children can learn to recognize, avoid, and protect themselves against physical danger through three programs regularly offered by Penn Medicine Princeton Health Community Wellness.

“Two of these programs are part of the national RAD® self-defense educational series. All three are taught

by specially trained instructors,” says Debbie Millar, RN, Director of Community Wellness and Engagement at Penn Medicine Princeton Health. “Each program is tailored to the specific audience and provides participants with personal empowerment and invaluable practical self-defense skills.”

**RADkids®** is a multi-session course for children between the ages of four and seven, designed to teach the young participants how to recognize, avoid, and, if necessary, escape an unsafe situation.

“The class is an invaluable tool to teach children to feel and be safe,” says Millar.

**RAD Women®** is open to women (teenagers through seniors) of all fitness levels. The 12-hour multi-session class helps women become more aware of potential dangers and teaches physical defense techniques. Women who have completed the RAD Women course can move on to a more advanced second program, Weapons Self-defense for Women. The six-hour program focuses on protecting yourself against attack from someone with a knife or gun.

Please register online at [princetonhcs.org/calendar](http://princetonhcs.org/calendar), or call 1.888.897.8979.

# 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.”

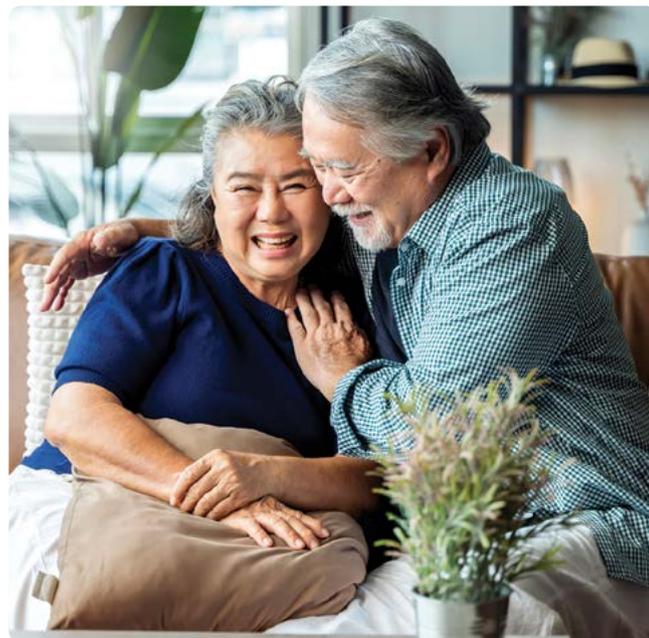
You may be a good candidate for elective coronary angioplasty if you have a significant narrowing or blockage of a coronary artery, or you have symptoms of heart disease caused by hardening of the arteries. The procedure may be recommended if you:

- 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.

### SIGNS OF HEART DISEASE

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



“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*.



**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.

# Feeling Dizzy?

## Vestibular Rehab Can Help



If you are experiencing dizziness and a sense of being off balance, you could be suffering from a disorder affecting your vestibular system, which includes the parts of the inner ear and brain that process sensory information involved with controlling balance and eye movements.

Vestibular rehabilitation, available at Penn Medicine Princeton Medical Center Princeton Rehabilitation, can help decrease, manage, and eliminate symptoms of these disorders.

“Vestibular disorders are common, and can affect people of any age, although older adults are at greater risk since the inner ear tends to degenerate with age, and, as a result, these individuals can suffer falls and serious injuries,” says Paula Hoffman, PT, DPT, a licensed physical therapist and certified vestibular rehabilitation specialist with Penn Medicine Princeton Medical Center Princeton Rehabilitation.

“**In fact, more than one out of every four Americans age 65 and over will suffer a fall this year, according to the Centers for Disease Control and Prevention. And one in every five of those falls will cause a serious injury, putting the person out of commission and possibly starting spiraling physical decline.**” adds Hoffman.

One of the most common vestibular disorders is benign paroxysmal positional vertigo (BPPV), which is often caused by a head injury or advanced age, although in some cases there is no identifiable underlying cause. Other conditions that can cause vestibular problems include bacterial and viral infections, ALS or Lou Gehrig’s disease, multiple sclerosis, stroke, Parkinson’s disease, migraines, Meniere’s disease, middle or inner ear problems, non-malignant tumors, and neck injuries.

### Treatments are Available

Symptoms of vestibular disorders may be mild, lasting for only seconds or minutes at a time, or severe, causing problems with bathing, dressing, or simply moving around the house. Not everyone with a vestibular disorder will experience the same symptoms, which are most often brought on by certain

head movements, such as turning quickly, bending down, or rolling over to get out of bed.

Occasionally, symptoms will resolve on their own, but when they persist or interfere with your daily routines, physical therapy can help.

“Depending on the cause, treatment for vestibular disorders may include medication, traditional physical therapy techniques to strengthen and tone muscles, balance and gait training, visual tracking exercises, and instruction in activities of daily living to help minimize symptoms,” says Hoffman. “If BPPV is the cause, something called the Epley maneuver can often correct dizziness with a series of sequential head movements.”

At Princeton Rehabilitation, specially trained therapists offer comprehensive testing and treatment for dizziness, vertigo, and loss of balance due to vestibular disorders.

### For more information

about Princeton Rehabilitation, or to find a physical therapist with Princeton Rehabilitation, call **609.853.7840**, or visit [princetonhcs.org](http://princetonhcs.org).

The goals of vestibular rehabilitation at Princeton Rehabilitation are to:

- Decrease symptoms
- Improve balance function
- Increase general activity level



# Coping with High-Functioning Depression

When you think of someone suffering from depression, you probably imagine them sitting listlessly, unable to complete everyday tasks or interact with others. The truth is, depression can be hiding in plain sight, and you may not even realize it.

“High-functioning depression is a very common condition,” says Katie Munger, LPC, Director of Outpatient Services at Penn Medicine Princeton House Behavioral Health’s Hamilton site. “It can be difficult to diagnose since these individuals are usually still functioning in terms of work, parenting, and other responsibilities. Even so, they are really just getting through each day without feeling any contentment, joy, or hope.”

Known as persistent depressive disorder (PDD), high-functioning depression is characterized by a persistent low mood for at least two years, along with symptoms such as appetite and sleep disturbances, lack of energy, low self-esteem, and difficulty focusing. PDD may also include episodes of major depression, and in some instances suicidal thoughts.

## Motivational Interviewing Can Help

At Princeton House, individuals experiencing PDD can be helped through motivational interviewing, a counseling method that helps resolve ambivalent feelings and motivate changes in behavior. The process is grounded in an understanding that making life changes can be difficult, and encouragement and understanding are key to working through PDD.

“Motivational interviewing helps individuals recognize they have the power to change their lives for the better,” says Munger. “It instills confidence so they can articulate their reasons for change, discover motivation, and create momentum. We serve as effective guides on this journey, helping them see that they deserve joy in their lives and a path toward attaining it.”

Because PDD presents itself differently than what people commonly think of as depression, in some instances a person may not even recognize they are experiencing it. In some cases, they may seek help for an ineffective coping mechanism such as substance use; in others, they may push their feelings aside, believing they will resolve on their own, or they do not want to take the time away from their busy lives to address the problem.

“**Consider what you are feeling as you move through your day, and if PDD is a possibility, seek help,**” says Munger. “The time you invest in treatment will result in the return of happiness and satisfaction in your day-to-day life, and there can be no denying that it is well worth the effort.”

Your first step may be to reach out to your company employee assistance program (EAP) or university counseling center for short-term counseling and referral to a regular therapist, psychiatrist, or treatment program. If you suspect PDD is interfering with your work, school, or home life, consider calling Princeton House at 888.437.1610 to discuss more intensive treatment.

# Harm Reduction Therapy

## Approaching Addiction at Your Own Pace

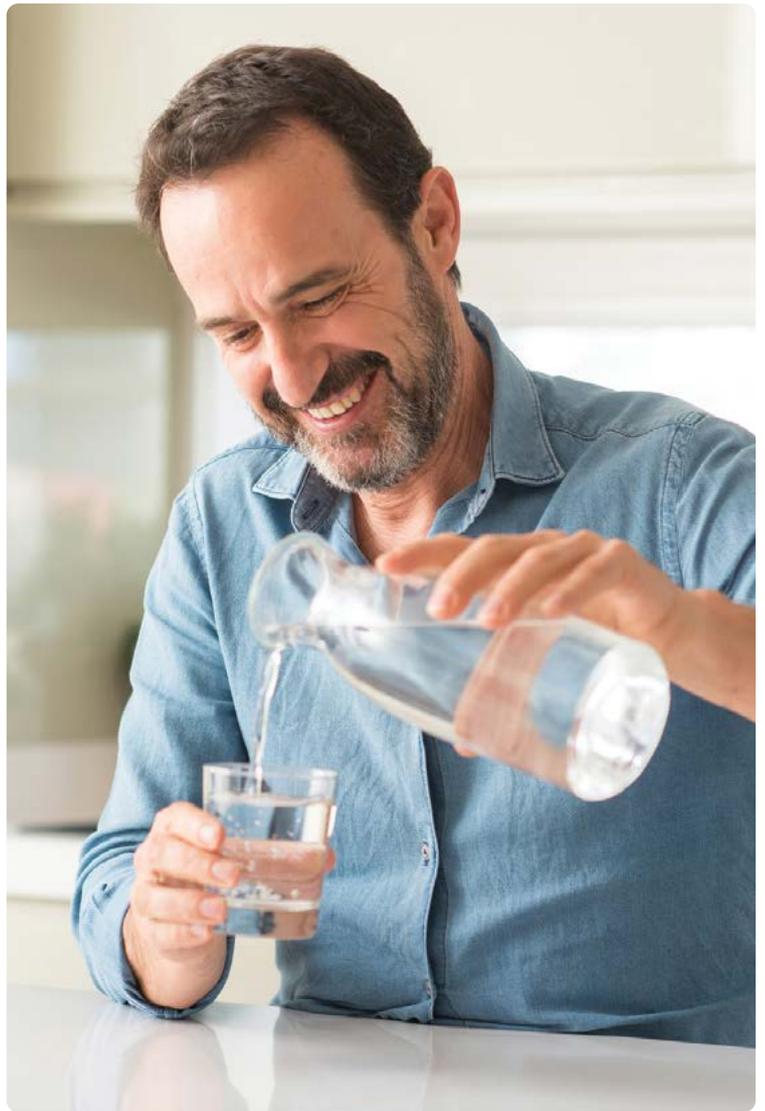
Not everyone living with addiction approaches treatment in the same way. In some instances, total abstinence is the goal, while in others, a more selective approach may be needed. That is where harm reduction therapy comes into play.

“With harm reduction therapy, the goal is specific to what the individual sees as an issue,” says Sarah Carstens, LCSW, LCADC, Addictions Clinical Director at Penn Medicine Princeton House Behavioral Health. “The process is very patient-centered, so we work collaboratively with patients to help them minimize risks and the negative impacts they have experienced, while identifying and focusing on personal goals.”

Examples, says Carstens, include changes in behavior to only drink alcohol at home, not drink and drive, or eat before having a drink in order to reduce the effects of alcohol.

### An Alternate Treatment

While abstinence is what most people think of when they consider substance abuse treatment, harm reduction therapy offers a more attainable approach for some people. It can also be invaluable to individuals who might experience serious medical problems if they withdraw from drugs or alcohol too quickly.\* By meeting individuals where they are in the recovery process, harm reduction therapy can increase an individual’s chances of meeting their goals. For some, this may be the first step toward abstinence, while for others a modification of behavior may be enough.



“This can be a stepping stone, allowing a patient to take one small step at a time, while actively minimizing the impact substance abuse is having on their life,” says Carstens. “Abstinence may seem insurmountable all at once, but with small steps it can be achieved if that is the goal.”

Princeton House has been incorporating harm reduction therapy into individual and group therapy programs for some time, helping patients set and reach attainable goals, and the treatment model is generally covered by insurance.

**For more information** about substance use disorder treatment or withdrawal management (detox), call **888.437.1610**, or visit **PrincetonHouse.org**.

\*Withdrawal from alcohol and benzodiazepines requires inpatient medical supervision, which is available through Princeton House Behavioral Health’s Inpatient Program.



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FUNDS RAISED FOR BREAST CANCER AWARENESS

# Together WE CAN MAKE A DIFFERENCE



The Princeton Medical Center Foundation thanks the local retail businesses and restaurants who partnered with us during the month of October to promote breast cancer awareness. The funds that were raised will support specialized breast cancer treatments, advanced diagnostic services, genetic counseling, holistic and individualized support services, and more.

“We are proud to be part of such a philanthropic community, and we are grateful for the many ways our partners show their commitment to our mission,” said James Demetriades, CEO, Penn Medicine Princeton Health.

These businesses generously donated a portion of their sales to the Penn Medicine Princeton Health’s Breast Health Center: Arlee’s Raw Blends, Delizioso Bakery + Kitchen, Hamilton Jewelers, K.K. Sweets, and La Mezzaluna.

**EVERY GIFT MATTERS.** If you would like to make a donation in support of this cause, please contact Brannan Berman at [Brannan.Berman@pennteam.upenn.edu](mailto:Brannan.Berman@pennteam.upenn.edu), or 609.252.8701.