



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JULY/AUGUST 2018



Recognizing Pediatric Bladder and Bowel Conditions

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- Protect yourself from tick-borne illnesses

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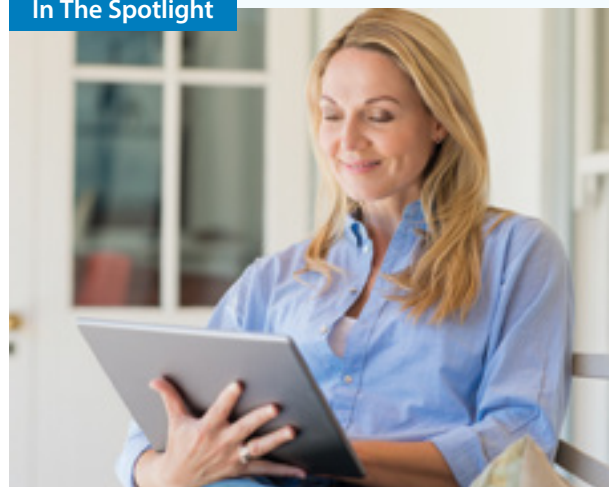
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myPennMedicine

A new and easy way to
access your medical records.

See details on page 4.



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Princeton Health, published six times each year by Penn Medicine Princeton Health, is dedicated to providing you with the latest health-related news and information.

The health information provided in *Princeton Health* is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

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

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

Recognizing Pediatric Bladder and Bowel Conditions



The occasional daytime or overnight bathroom accident is nothing to be concerned about when it comes to young children, says **Heather van Raalte, MD**, Program Director of the Center for Pelvic Wellness at Penn Medicine Princeton Medical Center. But frequent bouts of incontinence (including bed wetting), constipation or pain or discomfort when using the bathroom may be signs of a pediatric bladder or bowel condition.



“People often think of bladder and bowel conditions as being adult problems, but they impact children as well,” says Dr. van Raalte. “Because children may not recognize what is ‘normal,’ they may not think to mention that they are having difficulties. Instead, it is often up to an adult to identify symptoms and pursue treatment.”

Look for These Signs

BLADDER PROBLEMS

- Urinary urgency
- Urinary hesitancy (stopping/starting)
- Pain or burning when urinating
- Doing the “pee dance”
- Infrequency (urinating one to three times per day)
- Frequency (urinating more than six times per day)
- Frequent bed wetting, particularly after the age of 7 or 8
- Damp or wet undergarments
- Frequent urinary tract infections

BOWEL PROBLEMS

- Constipation
- Less than three bowel movements a week
- Large or hard stools
- Pain during bowel movements
- Abdominal or lower back pain
- Bloating belly
- Soiled or stained undergarments

Monitoring diet and making some basic lifestyle changes are the first steps in treating both bladder and bowel problems, says Dr. van Raalte. Introducing more fiber, water and other health foods into a child’s diet is important, as well as limiting sugary and caffeinated drinks. Establishing a bathroom schedule, reducing fluids at night and setting aside enough time for the child to relax and relieve him or herself may also help train the body to eliminate more regularly.

“If the problem persists,” says Katrina Heath, PT, DPT, PRPC, a physical therapist experienced in pediatric conditions at the Center for Pelvic Wellness, “physical therapy may help. Following a medical evaluation, a urologist can determine if physical therapy, medication or a combination of the two can help resolve the problem.”

To find out more about the Center for Pelvic Wellness or to find an urologist affiliated with Penn Medicine Princeton Health, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

myPennMedicine:

A New, Easy Way to Access Your Medical Records



A new online health record system is now available to Penn Medicine Princeton Health patients. myPennMedicine provides easy and secure digital access to your medical information at any time, from your computer or through the myChart app on your smartphone, and replaces the Princeton HealthConnect patient portal. The change is part of our transition to the PennChart electronic health record system, designed to enhance care and improve efficiency.

myPennMedicine can help patients:

- Schedule and manage appointments
- Request prescription renewals, physician referrals and pre-certifications
- View test results, medication lists and health summaries
- Communicate with their care team and review details of previous appointments
- Share medical records with other healthcare providers

The specific myPennMedicine features you can use depend on where you are receiving care within Penn Medicine Princeton Health. Please speak with your care provider if you have any questions.

To register for myPennMedicine, visit www.myPennMedicine.org, click "Activate An Account" on the right side of the page and then select "Signup Online" to request an activation code. Your personal code will be emailed to you. You also can request an activation code from your physician practice.

Medical information for patients of Penn Medicine Princeton Medical Center, Princeton HomeCare and Hospice, Ewing Medical Associates and Hightstown Medical Associates is no longer being sent to your previous portal. By the end of the year, all patients at Penn Medicine Princeton Medical Center and our employed physician practices will be able to use myPennMedicine.

Keep in mind that not all of the medical information that is saved in your current patient portal can be transferred to myPennMedicine. Of course, your medical records will continue to be available at physician practices and through our medical records department. You can also save any information currently in Princeton HealthConnect by printing or downloading it.

Make the most of managing your healthcare by signing up for myPennMedicine today.



www.myPennMedicine.org

Schedule Your Appointments Quickly and Easily, Online



When it comes to scheduling a doctor's appointment, it's only natural to want the process to be as simple as possible. That's why Penn Medicine Princeton Health offers an online service that lets you book an appointment with the click of your mouse.

Visit www.princetonmedicine.org, and you can quickly and easily make an appointment with primary care physicians and specialists affiliated with Princeton Medicine, the primary and specialty care physician network of Penn Medicine Princeton Health.

Simply click the "Book an Appointment" button at the top of the page, and select from primary care providers specializing in family medicine, geriatric medicine and internal medicine; specialists in behavioral health, cardiology, epilepsy, gastroenterology, hematology/oncology, metabolic medicine, obstetrics and gynecology, pulmonary medicine and sleep medicine; and surgeons in bariatric surgery and thoracic surgery.



"Improving access to quality medical care is a primary goal of Penn Medicine Princeton Health," says Barbara Yost, BSN, MBA, Vice President, Network Development, Penn Medicine Princeton Health. "This online service does just that for the community, on an essential and basic level."

Easy to Use

The online service allows you to select a specialty or doctor by name, and even narrow your search further by selecting an insurance provider. You can easily see which doctors have appointments available on certain days and then book online.

The list of doctors provided from your search includes an easy-to-read profile of the physician, patient reviews, and even a map showing office locations.

"Staying on top of your medical care by keeping up to date on appointments is extremely important, and it is something that many people put on the back burner because it isn't always convenient to search for a doctor or call about an appointment," says Yost. "This online service makes it easy to follow through, by putting everything at your fingertips, 24/7."

Visit www.princetonmedicine.org today to schedule an appointment.

Book an Appointment

www.princetonmedicine.org

Early Detection is Key in Treating Lung Cancer

In the United States, the leading cause of cancer deaths is lung cancer in both men and women — claiming more lives than colon, prostate, ovarian and breast cancer combined, according to the American Cancer Society.



“Although lung cancer is thought of as a smoker’s disease, and smoking is the number one cause of lung cancer, the disease can, and does, strike nonsmokers,” says **John Heim, MD**, Chair of the Department of Surgery, Penn Medicine Princeton Health. “Having a history of

smoking puts you at the greatest risk, but nationwide 10 to 20 percent of lung cancer cases involve individuals who have never smoked.”

The best chance of successfully treating lung cancer is when it’s caught early. But, most people only experience symptoms — including a protracted cough, shortness of breath, chest pain, headache and hoarseness — in the later stages of the disease. As a result, anyone in the at-risk population should consider having a low-dose CT scan to identify tumors and nodules as early as possible, says Dr. Heim, a board certified general and thoracic surgeon with Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health.

You Could Be at Risk

A CT scan, which uses X-rays to create a cross-sectional view of the lungs to identify abnormalities, is recommended for anyone 55 and over who has a smoking history of at least 30 pack-years (one pack a day for 30 years or two packs a day for 15 years).

Most insurance plans cover scans for at-risk patients, and to help make lung cancer screenings more affordable and accessible, Penn Medicine Princeton Health makes them available at no cost to patients who meet the eligibility criteria.

Treatment Varies

If a tumor or nodule is detected during screening, further testing will determine whether it is benign or malignant. In some cases the abnormality will be monitored regularly rather than removed. In cases where surgery is recommended, chemotherapy and/or radiation may or may not be necessary.

“A newer technology we are using to improve treatment is molecular testing of tumors to determine the genetic makeup of the mass,” says Dr. Heim. “This allows us to more accurately determine what will and will not work, and whether immunotherapy, which stimulates a person’s immune system to destroy cancer cells, is an option.”

To find a physician affiliated with Princeton Medicine Physicians, call 1.800.FINDADR (1.800.346.3237), or visit www.princetonhcs.org.



“Anyone in the at-risk population should consider having a low-dose CT scan to identify tumors and nodules as early as possible.”

— John Heim, MD

Community Focus

Complementary Therapies

Art for Wellness

WED. July 11 (11 – 11:45 a.m.)
Lawrence Senior Center
30 East Darrah Lane
Lawrenceville
To register call 609.844.7048.



WED. August 22 (6:30 – 7:30 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Creating art promotes mental and emotional well-being, and growing evidence suggests it can improve your physical health as well. Join us to learn about art therapy and how creative expression can start you on a path toward wellness. Kristina Baktis, LCAT, ATR-BC, ATCS, board certified art therapist with Penn Medicine Princeton House Behavioral Health, will provide materials and guidance. No previous art experience is necessary.

Exploring the Benefits of Massage

THU. July 12 (7 – 8 p.m.)
South Brunswick Wellness Center

WED. August 22 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton
Massage can provide many other health benefits beyond relieving muscle tension and everyday stress. In fact, it can help treat neuromuscular dysfunction; support the immune system; alleviate anxiety and soothe mood disorders. Join Cynthia Sinicropi-Philibosian, LMBT, and learn how massage therapy can improve many conditions; how to prepare for a massage; what to expect from a massage therapist and how to maximize the benefits of massage therapy.

Exercise as We Age

THU. July 12 (10:30 – 11:15 a.m.)
South Brunswick Wellness Center
As we age, our muscles change in ways that impact our strength and daily functioning. Exercise is a great way to build muscle and maintain an active lifestyle. Join Joe Smeck, MS EXSC, ACSM, CEP, Personal Training Manager with Princeton Fitness & Wellness, for this informative discussion on getting motivated, exercise options and personalizing your exercise routine to combine fun and fitness.

Practicing Mindfulness to Reduce Anxiety and Depression

TUE. July 17 (7 – 8 p.m.)
West Windsor Library, 333 North Post Road, West Windsor

To register, please call 609.275.8901.
There are moments in life that are trying, painful and difficult to endure, leaving us with feelings of anxiety and depression. Practicing mindfulness can teach you to turn these challenging emotions into sources of strength. Join Julie Sprotzer, LSW, Primary Therapist with Penn Medicine Princeton House Behavioral Health Women's Program—Eatontown, and learn how to identify and improve your ability to cope with anxiety and depression.

Practicing Mindfulness to Reduce Stress

WED. August 1 (11 – 11:45 a.m.)
Lawrence Senior Center, 30 East Darrah Lane, Lawrenceville

To register call 609.844.7048.
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 Jessica Levy, LCSW, Director of Penn Medicine Princeton House Behavioral Health—Eatontown, 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.

What's the Point of Acupuncture?

TUE. July 10 (7 – 8 p.m.)
Princeton Fitness & Wellness, 1225 State Road, Princeton

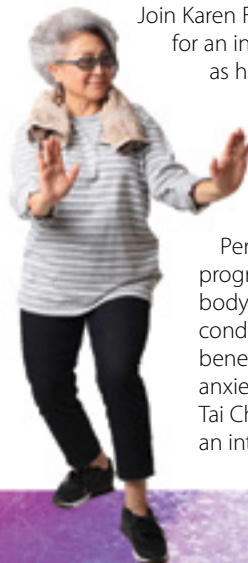
THU. August 23 (7 – 8 p.m.)
South Brunswick Wellness Center

Join Karen Flicker, MA, LAc, with Princeton Medical Acupuncture Center, for an informative discussion of the benefits of acupuncture, as well as how it works and what it can relieve.

Exploring the Benefits of Tai Chi

WED. August 29 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

Performed by millions around the world, Tai Chi is a mind-body program that gently works all of the joints and muscles of the body and is ideal for people of all ages and levels of physical conditioning. Practicing Tai Chi is associated with many health benefits, including lowering blood pressure, reducing stress and anxiety, improving sleep and boosting your immune system. Join Tai Chi instructor Lee Atwater for a discussion about Tai Chi and an interactive demonstration.



CURRENT PROGRAMS

Penn Medicine Princeton Health Community Wellness offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Penn Medicine Princeton Health. Registration is required, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call **1.888.897.8979** (unless another number is indicated).

Weight-Loss Surgery: Is It Right for Me?

THU. July 5 (6 – 6:30 p.m.)
THU. August 2 (6 – 6:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Monroe Township



WED. July 18 (6 – 6:30 p.m.)
WED. August 15 (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 not been effective, 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.

AARP Smart Driver Program

MON. & TUE. July 9 & 10 (5 – 8 p.m.)
Princeton Medical Center
One Plainsboro Road, Plainsboro
First Floor, Classroom 3

WED. & FRI. August 8 & 10 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

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

Checks are payable at the door and should be made payable to AARP. The techniques learned in this two-part course could result in a reduction in car 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.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. July 10 – August 23 (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 a 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.

CarFit

WED. July 11 (10 a.m. – 12 p.m.)
707 Alexander Road (parking lot), Princeton

THU. July 26 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

FRI. August 10 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better “fit” the driver, which will provide more comfort and better control of your vehicle. In addition, a trained Princeton Health CarFit technician will take the driver through an observation and questionnaire session. Participants are requested to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.



Summer Salads

WED. July 11 (6:30 – 7:30 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Learn to prepare a variety of delicious, summer-inspired salads for easy meals with minimal cooking during the long, hot days of summer. A registered dietitian will introduce creative ideas for dressing up your salad.



Pelvic Floor Dysfunction: How Physical Therapy Can Help

THU. July 12 (7 – 8 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

To register, please call 609.448.1330.

Join Iram Fatima Shah, PT, DPT, and Katrina Heath, PT, DPT, both physical therapists specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, for this informative discussion on the causes and symptoms of pelvic floor conditions, including bowel and urinary dysfunctions, urinary incontinence, urinary frequency, pelvic organ prolapse and constipation, and learn how physical therapy can help.

Health Screenings at West Windsor Community Farmer's Market

SAT. July 14, 28, August 11 & 25 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

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

Registration not required.

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

Nutrition Management for Prediabetes and Diabetes

WED. July 18 (7 – 8 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

Attend this informative session presented by Diabetes Clinician/Educator Sandra Byer-Lubin, MS, RD, CDE, with the Diabetes Management Program at Princeton Medical Center, to learn how to manage your diabetes and reduce your risk for development of diabetes and prediabetes through nutrition.

Safeguarding Against Shingles

THU. July 19 (7 – 8 p.m.)

Lawrence Library, 2751 Brunswick Pike, Lawrence

To register, please call 609.989.6920.

Nearly one out of every three people in the United States will develop shingles during their lifetime. The risk increases as you age, but you can protect yourself against this painful virus. Join Aubrie J. Nagy, MD, FACP, board certified in internal medicine, for a discussion of what causes shingles and how to reduce your risk of developing it. Dr. Nagy is a member of the Medical Staff of Penn Medicine Princeton Health.

Constipation: How Physical Therapy Can Help

FRI. July 20 (11 a.m. – 12 p.m.)

Stonebridge of Montgomery

100 Hollinshead Spring Road, Skillman

Join Eileen Malong-Geary, PT, licensed physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, and learn some simple and practical ways to manage and improve constipation symptoms.

It Could Be Poison!

WED. July 25 (10 – 11 a.m.)

Hopewell Valley Senior Center

395 Reading Street, Pennington

Every year, between 2 to 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT Instructor with Princeton Health's Community Wellness, to learn about identifying poisons, how poisons can enter the body, dos and don'ts of using medications and household cleaners, and what to do if you suspect poisoning.

KIDS PROGRAMS

Yikes! What is Happening to My Body?

A Puberty Talk for Boys

WED. July 11 (6 – 7:30 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

TUE. August 28 (6:30 – 8 p.m.)

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

Designed for boys ages 9–12, 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.

A Puberty Talk for Girls

THU. July 26 (6 – 7:30 p.m.)

South Brunswick Wellness Center

WED. August 15 (6 – 7:30 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

TUE. August 28 (6:30 – 8 p.m.)

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

Designed for girls ages 9–12, 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.

Art Expression for Parents and Children

SAT. July 28 (10 – 11 a.m.)

South Brunswick Wellness Center

This program offers parents and children an opportunity to use art materials to promote connection, communication and expression of feelings in a child-centered atmosphere. A board certified art therapist provides project materials and guidance to enhance exploration in verbal and non-verbal ways. Appropriate for children ages 5–10. No previous art experience is required.

Safe Sitter Essentials with CPR

SAT. August 18 (9 a.m. – 3:30 p.m.)

South Brunswick Wellness Center

\$40 per child

This specialized training helps babysitters, ages 11–13, develop the skills, confidence 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.

Safe Sitter Expanded Two-Day Program

TUE. & WED. August 21 & 22 (9 a.m. – 3 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

\$65 per child

This two-day class teaches adolescents, ages 11–13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, CPR, first aid & rescue skills, as well as life and business skills. Participants will also learn about online safety and behavior management, and can interact with a toddler or preschool classroom guest. Sitters should bring their own lunch.

Get Back in the Swing of Things

MON. August 6 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

Whether you have been golfing for years or are new to the sport, swinging a club can have a serious impact on your body. Join Barbara Kutch, PT, DPT, CSCS, physical therapist with Princeton Medical Center Princeton Rehabilitation, who is certified by the Titleist Performance Institute, as she provides golf swing assessments and discusses:

- The components of the golf swing
- How injuries occur
- Swing-specific strengthening, flexibility, balance and warm-up exercises

Allergies & Asthma

WED. August 8 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville Allentown Road, Robbinsville

WED. August 8 (7 – 8 p.m.)

West Windsor Library

333 North Post Road, West Windsor

To register, please call 609.275.8901.



If you suffer from chronic nasal stuffiness, headaches, coughs or other sinus, allergy or asthma symptoms, join us for this informative program and learn about the symptoms, causes and treatments of common allergy disorders.

- The session at West Windsor Library will be presented by Sandy Yip, MD, board certified in allergy and immunology.
- The session at Robbinsville Library will be presented by Neeti Gupta, MD, board certified in allergy and immunology.

Dr. Yip and Dr. Gupta are both members of the Medical Staff of Penn Medicine Princeton Health.

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

WED. August 8 (6:30 – 7:30 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

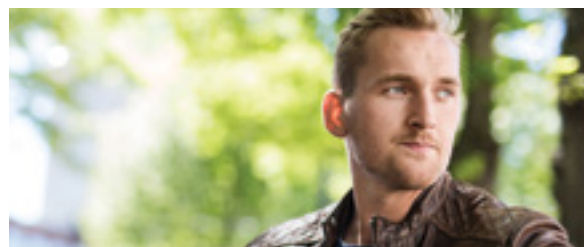
Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Kenneth A. Goldman, MD, FACS, double board certified in general surgery and vascular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

Get Balanced: Don't Fall

THU. August 9 (10:30 – 11:15 a.m.)

South Brunswick Wellness Center

Each year, one in three people over the age of 60 experiences a fall. Many of these falls can be prevented with the right exercises and some simple changes in your habits and environment. This informative four-part class will explore how to improve your balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so wear sturdy shoes and comfortable clothes. Class will be taught by trained facilitators, with a special presentation by Sunita Mani, PT, DPT, MBA, CEAS, Director of Princeton Medical Center Princeton Rehabilitation.



Post-Traumatic Stress Disorder: What You Need to Know

THU. August 9 (7 – 8 p.m.)

South Brunswick Wellness Center

Join Jeffrey Apter, MD, board certified in psychiatry and member of the Medical Staff of Penn Medicine Princeton Health, for a discussion on the latest developments in post-traumatic stress disorder (PTSD) research and treatment options. Learn more about how injury or severe psychological shock can cause this persistent mental and emotional stress disorder.

Staying Alert to Childhood Eye Safety

MON. August 13 (7 – 8 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

To register, please call 609.448.1330.

Vision problems in children can be easy to detect, as a result of wandering or crossed eyes, or less obvious, such as a disinterest in reading or learning challenges can signal a need for corrective glasses. Join Colleen Coleman, MD, board certified in ophthalmology, to learn about the warning signs that may indicate that your child has a vision problem, and basic safety measures you can take to help prevent eye injuries. Dr. Coleman is a member of the Medical Staff of Penn Medicine Princeton Health.

Keeping Psoriasis in Check

WED. August 15 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

As part of Psoriasis Awareness Month, Jerry Bagel, MD, board certified dermatologist, will discuss the prevalence of psoriasis, risk factors, triggers, the latest treatment options and emotional considerations. Dr. Bagel is a member of the Medical Staff of Penn Medicine Princeton Health.

Sports Specialization in Young Athletes

TUE. August 21 (6:30 – 7:30 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Evidence is mounting that specializing in a single sport before puberty may not be the best way to accomplish athletic goals, and may result in both physical and psychological problems. Attend this educational program presented by William Rossy, MD, specializing in orthopaedic sports medicine and orthopaedic surgery, for a discussion on sports specialization and intensive training in young athletes. Dr. Rossy is a member of the Medical Staff of Penn Medicine Princeton Health.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **July 17 and August 21, from 10 a.m. – 12 p.m.**, at the **South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.**

Life After Trauma: PTSD

THU. August 30 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

An estimated 70 percent of adults in the United States have experienced a traumatic event at least once in their lives, and up to 20 percent of them develop post-traumatic stress disorder (PTSD). While the signs of PTSD may appear immediately after a traumatic event, they can lay dormant until another overwhelming stress triggers them. Join Lorna Stanley, MD, Medical Director of Penn Medicine Princeton House Behavior Health—Princeton, as she discusses how to recognize trauma symptoms, how trauma affects peoples' lives, and available treatment options. Dr. Stanley is a member of the Medical Staff of Penn Medicine Princeton Health.

Self-defense for Women: Personal Empowerment Safety Program

THU. August 30, September 6, 13 & 20 (5:45 – 8:45 p.m.)

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

\$60 per person

The FBI estimates that 1 of every 3 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.

Vision Screening

THU. July 19 (4 – 7 p.m.)

Community Wellness at the Hamilton Area YMCA

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

THU. August 16 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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

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

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. Call **1.888.897.8979** or visit **www.princetonhcs.org/calendar** to register.

OPTIONS FOR BIRTHING

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

Birthing Basics

WED. July 11 – August 1 (7 – 9 p.m.)

THU. July 26 – August 16 (7 – 9 p.m.)

TUE. August 7 – 28 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$125 per couple

This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. The third session of each series will include a tour of our Center for Maternal & Newborn Care.

Accelerated Birthing Basics

SAT. July 21 (9 a.m. – 5 p.m.)

SAT. August 11 (9 a.m. – 5 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience. This class includes a tour of our Center for Maternal & Newborn Care.

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



Sibling Class

SAT. July 14 (1 – 2:30 p.m.)
Penn Medicine Princeton Medical Center
Atrium

\$30 per child

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

Maternity Tour

SAT. July 14 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
TUE. July 24 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. August 4 (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.)
MON. August 20 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

Penn Medicine Princeton Medical Center is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at Princeton Medical Center 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.

Baby Care

THU. July 12 (7 – 9:30 p.m.)
MON. August 13 (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.



Prenatal Breastfeeding Class

MON. July 16 (7 – 9:30 p.m.)
WED. August 8 (7 – 9:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

THU. August 23 (7 – 9:30 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms
A & B

\$50 per couple

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 certified lactation consultant.

Daddy Boot Camp™

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

\$40 per person

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

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.)
Princeton Medical Center 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 certified lactation consultant. Mothers are encouraged to bring their infants.

August sessions are FREE in observance of World Breastfeeding Month



Postpartum Adjustment Support Group

WED. July 18 (1 – 2 p.m.)
WED. August 1 (1 – 2 p.m.)
WED. August 15 (1 – 2 p.m.)
WED. August 29 (1 – 2 p.m.)
Princeton Fitness
& Wellness Center
1225 State Road, Princeton



No registration required.

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

Infant Massage

MON. July 9 (6 – 8 p.m.)
THU. July 12 (9:30 – 11:30 a.m.)
MON. August 13 (6 – 8 p.m.)
MON. August 20 (6 – 8 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

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.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. July 17 – August 23 (10 – 11 a.m.)*
Community Wellness at 731 Alexander Road, Suite 103

\$60 per person.

Strengthen and restore your posture, core and pelvic floor with this new six-week class designed for new moms. Participants should be at least six weeks postpartum and have their doctor's medical clearance to exercise. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga and breathing. Please wear comfortable exercise clothing. Babies are welcome. *August 17 is a Friday and August 22 is a Wednesday.



Grandparenting 101

MON. July 2 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center

THU. August 2 (6:30 – 8 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

This class is designed for grandparents-to-be and new grandparents. Topics range from the changing birth environment to safety considerations, including: car seat laws and recommendations; SIDS (Sudden Infant Death Syndrome) risk reduction; transitioning your role from parent to grandparent and newborn characteristics. The July 2 lecture will be presented by Bernadette Flynn-Kelton, RN, and the August 2 lecture will be presented by Carolyn Schindewolf, both health educators with Princeton Health Community Wellness.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs. Call **1.888.897.8979** or visit **www.princetonhcs.org/calendar** to register.

Self-care for the Healthcare Professional

WED. July 25 (6 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton
CEU's pending.

Developing a self-care practice is vital for healthcare professionals, who are highly susceptible to compassion fatigue. Still, many find it difficult to make time for self-care. Drawing from art therapy theory, this workshop will help you bridge the gap between knowledge and action. The presenter will create a fun and supportive atmosphere for you to engage in creative techniques to build your self-care practice. No art-making experience is necessary.

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



CPR & FIRST AID

Call **1.888.897.8979** or visit **www.princetonhcs.org/calendar** to register for CPR and first aid classes. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health.

ACLS Full Certification Course

TUE. & WED. July 10 & 11 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

ACLS Recertification Course

MON. July 23 (9 a.m. – 5 p.m.)
FRI. August 10 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

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

PALS Full Course

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

PALS Recertification Course

FRI. July 20 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

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

BLS Provider

MON. July 16 (9 a.m. – 1:30 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

SUN. August 12 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

BLS Renewal*

TUE. July 31 (6 – 9:30 p.m.)
THU. August 23 (6 – 9:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

WED. August 15 (9 a.m. – 12:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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 CPR AED

SAT. August 4 (10 a.m. – 1 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$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.

Heartsaver CPR AED First Aid

MON. August 6 (9 a.m. – 3 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$60 per person

The Heartsaver First Aid and CPR AED 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 First Aid

MON. July 16 (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

\$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.

Adult/Child and Infant

SAT. July 14 (10 a.m. – 12 p.m.)
South Brunswick Wellness Center

Adult/Child and Infant

SAT. August 11 (10 a.m. – 12 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Neonatal Resuscitation Program

MON. July 23 (8 a.m. – 12 p.m.)
Penn Medicine Princeton Medical Center
6th Floor, Mother & Baby Unit

\$75 per person.

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



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

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit **www.princetonhcs.org/calendar**. Penn Medicine Princeton Medical Center is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For further information about PMC's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

Prostate Cancer Support Group

WED. July 11 (12 – 1:30 p.m.)
WED. August 8 (12 – 1:30 p.m.)
Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care – Conference Room

No registration required. Walk-ins welcome.

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

Cancer Support Group

TUE. July 17 (1:30 – 3 p.m.)
TUE. August 21 (1:30 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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



Breast Cancer Support Group

TUE. July 17 (6 – 7:30 p.m.)
TUE. August 21 (6 – 7:30 p.m.)
Princeton Medical Center 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 third 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 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. July 18 (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.

Living Beyond Cancer

THU. July 26 (12:30 – 2 p.m.)

THU. August 23 (12:30 – 2 p.m.)

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

Walk-ins welcome.

Join us for a monthly support group led by an oncology nurse navigator with Penn Medicine Princeton Medical Center. The group offers a welcoming environment where you can ask questions and receive support from fellow survivors as you adjust to life after treatment. Also learn more about stress management, nutrition and how to cope with the late effects of treatment.

Mindful Meditation

THU. July 5, 12, 19 & 26 (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.

Join us for mindful meditation designed for patients with cancer, survivors and their caregivers. Practice mindful awareness as you explore simple relaxation and breathing techniques to enhance your wellness. This class will be taught by a certified Yoga for Cancer instructor. No experience is necessary.

Restorative Yoga

WED. July 18 (6 – 7 p.m.)

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

Registration required. Space is limited.
To register, call 609.853.6787.

This class is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. Prior experience is not necessary, and any needed equipment will be provided at the class.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. July 2 (7 – 9 p.m.)

MON. August 6 (7 – 9 p.m.)

Community Wellness at
731 Alexander Road, Suite 103

No registration required. Walk-ins welcome.

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

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. August 6 (6 – 7:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center
Conference Room D

MON. July 16 (1 – 2:30 p.m.)

MON. August 20 (1 – 2:30 p.m.)

Suzanne Patterson Center at Princeton Senior
Resource Center

Corner House Room 19
45 Stockton Street, Princeton

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

Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton HomeCare, this group welcomes community members who need support and assistance in coping with grief and loss. 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.

Weight-loss Surgery Support Group

TUE. July 3 (7 – 8:30 p.m.)

TUE. August 7 (7 – 8:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center, Classroom 1

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group sessions are facilitated by Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and member of the Medical Staff of Penn Medicine Princeton Health, or other healthcare professionals from Princeton Medical Center. Sponsored by the Center for Bariatric Surgery & Metabolic Medicine at Princeton Medical Center.

THU. July 5 (6:30 – 7:30 p.m.)

THU. August 2 (6:30 – 7:30 p.m.)

Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. July 18 (6:30 – 7:30 p.m.)

WED. August 15 (6:30 – 7:30 p.m.)

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

This group meets the first Thursday of every month at the Monroe location and the third Wednesday of every month at the Hamilton location. Join fellow patients; their significant others and Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, to discuss and share strategies for dealing with the physical, emotional and lifestyle changes related to weight-loss surgery.

ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators

WED. July 18 (6:30 – 8 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

Registration requested. Please call 1.888.897.8979 for more information and to register.

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of Penn Medicine Princeton Medical Center's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.



Diabetes Support Group

WED. July 18 (2:30 – 4 p.m.)
WED. August 15 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road
Monroe Township

MON. July 23 (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.



Journey Back: Stroke Support Group

WED. July 11 (6:30 – 7:30 p.m.)
WED. August 8 (6:30 – 7:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

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, 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.

For more information on PMC's Diabetes Management Program

and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.



www.ustream.tv/princetonhealth

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

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

Princeton Health
OnDemand

Our experts. At your convenience.



Teen Anxiety

WED. July 11 (12 p.m.)
Jennifer Reynolds, LAC, Adolescent Primary
Therapist, Princeton House Behavioral Health



Urinary and Bowel Disorders in Children

WED. August 8 (12 p.m.)
Katrina Heath, PT, DPT, PRPC,
Physical Therapist, Center for Pelvic Wellness



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.

Protect Yourself Against Tick- and Mosquito- Borne Illnesses



In 2015, the Centers for Disease Control and Prevention (CDC) reported that 95 percent of the nation's confirmed cases of Lyme disease were found in just 14 states, and New Jersey ranked number two in reported cases. With the incidence of tick- and mosquito-borne illnesses tripling nationwide since 2004, the threat of contracting Lyme — which can cause debilitating symptoms if left untreated — is very real.



"It is important to protect yourself against ticks as best you can," says **Karina Lee, MD**, a primary care physician with Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health. "If you find you have been bitten by a tick and experience symptoms following the bite, or experience unexplained symptoms and are unsure if you have been bitten, seek prompt medical attention."

A physical examination and discussion with your physician about the likelihood of a tick bite and the onset of symptoms can determine if antibiotic treatment should be prescribed.

Watch for Symptoms

When it comes to Lyme disease, the symptom most people first notice is a rash that develops at the site of a tick bite anywhere from three to 30 days after the bite. While it may appear in a bull's eye pattern, that is not always the case.

"The rash will typically expand, and will not be itchy or painful," says Dr. Lee, who is board certified in internal medicine. "Common symptoms of Lyme disease also include fever, chills, fatigue, aches and headache. If left untreated, over the course of months or years it can cause severe joint pain, neurological conditions like Bell's palsy, numbness and weakness in the limbs, muscle impairment, memory problems and even heart conditions."

Since most infections require 24 to 48 hours of attachment, carefully check yourself for ticks following outdoor activities, notes Dr. Lee. If a tick is discovered, and has already attached itself, carefully remove it with tweezers with the head intact, pulling straight and steady without squeezing. Then, apply a topical antiseptic.

To find a physician affiliated with Princeton Medicine Physicians, call 1.800.FINDADR (1.800.346.3237), or visit www.princetonhcs.org.

PROTECT YOURSELF

- Cover up, avoiding light-colored clothes when in areas where ticks are likely
- Use insect repellent
- Check yourself and pets for ticks
- Don't assume you're immune — you can get Lyme disease more than once

Managing Menopausal Symptoms

Menopause impacts every woman a little differently, but one thing is certain — whether the hormonal changes result in minor annoyances or major emotional and physical challenges, there are treatments that can help.

For most women, menopause occurs after the age of 45. The symptoms, however, usually begin a few years earlier, during a period called perimenopause.



“With the onset of perimenopause, we see a gradual decline in the function of the ovaries until the amount of estrogen and progesterone reaches a critical low level — at which point menstrual periods stop,” says **Michael Resnick, MD**, a board certified physician in obstetrics and gynecology with Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health.

“The most common symptoms of menopause and perimenopause are hot flashes and vaginal dryness,” according to Dr. Resnick. Other symptoms may include:

- Insomnia and night sweats
- Incontinence
- Difficulty concentrating
- Irritability
- Weight gain
- Hair loss
- Bone loss

Holistic Treatments May Help

“All women going through perimenopause or menopause should speak to their physician and review treatment options,” says Dr. Resnick. “It’s important to realize that treatments need to be tailored to each individual patient.”

For patients who wish to avoid medication, holistic options, including adhering to a healthy diet, starting an exercise regimen and avoiding caffeine, alcohol, and spicy foods, which can trigger hot flashes, may help.

“I have conversations with my patients about bone health long before menopause,” Dr. Resnick says. A healthy lifestyle, good nutrition, weight-bearing exercises, and obtaining calcium from food sources can help maintain healthy bones. Bone mineral density tests can identify significant bone loss and help determine if medications could help stimulate bone growth and prevent bone loss.



Hormone Replacement Therapy — Another Option

Various forms of hormone replacement therapy (HRT) can be effective in treating menopausal symptoms as well. Estrogen replacement treats menopausal symptoms, while progesterone is often used to protect the uterus from developing precancer or cancer.

“I usually reserve HRT for women with severe, unremitting symptoms that are unresponsive to other remedies,” Dr. Resnick says, since HRT carries some significant risks, including possible development of certain forms of cancer, heart disease, stroke and bloodclots. “It is essential to discuss the risks and benefits of HRT with a physician.”

To find a physician affiliated with Princeton Medicine Physicians, call 1.800.FINDADR (1.800.346.3237), or visit www.princetonhcs.org.

Don't Let Shingles Catch You By Surprise

Nearly one out of every three people in the United States will develop shingles — a painful rash related to the chicken pox virus — during their lifetime, resulting in close to a million reported cases each year, according to the Centers for Disease Control and Prevention (CDC). Fortunately, there are treatments available to protect you against shingles or minimize the symptoms if you do experience an outbreak.



Have You Had Chicken Pox?

Anyone who has had chicken pox has the potential to develop shingles, says **Aubrie J. Nagy, MD, FACP**, a primary care provider with Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health, who is board certified in internal medicine. “Shingles is a reactivation of a prior chicken pox infection that is latent in the body. It can develop at any age, but it is more common in people over 50, or those with compromised immunity.”

Symptoms of shingles include a burning pain on the skin, followed by a rash that turns to blisters. “For most people, the pain associated with shingles can be intense for 10-14 days, if untreated,” says Dr. Nagy, “and typically ends within three weeks.” But in one out of five cases complications can cause chronic pain that lasts more than six weeks.

Most people who develop shingles have only one episode during their lifetime, and while you can't catch shingles from someone experiencing an outbreak, you can develop chicken pox if you are exposed to someone with shingles and have never had chicken pox or been vaccinated against the virus.

“This is particularly dangerous for women in the third trimester of pregnancy who've never had chicken pox,” says Dr. Nagy. Exposure increases the risk of neonatal varicella, or newborn chicken pox, which can be serious and even life threatening for the infant.

Treatments and Vaccines are Available

Getting vaccinated, or revaccinated if you were inoculated before 2017, against the virus can reduce your risk of developing shingles, as well as help prevent any long-term complications if you do have an outbreak. Your doctor can determine if you are a candidate for a vaccine.

If you do experience a shingles outbreak, seeking prompt medical attention is important since there are several anti-viral therapies available to help reduce the symptoms. “Ideally, these treatments should begin within 72 hours of the outbreak,” Dr. Nagy says, “in order to minimize the pain and duration of shingles.”



“Shingles can develop at any age, but it is more common in people over 50, or those with compromised immunity.”

*— Aubrie J. Nagy,
MD, FACP*

To find a physician affiliated with Princeton Medicine Physicians, call 1.800.FINDADR (1.800.346.3237), or visit www.princetonhcs.org.

Coping with Teen Anxiety

We all experience anxiety in life, but the challenges can be particularly difficult for teens. Keeping the lines of communication open and recognizing when to seek professional help is extremely important during these transition years.

“Anxiety and adolescence go hand in hand,” says Krista Taylor, MA LAC, Primary Therapist at Penn Medicine Princeton House Behavioral Health in Hamilton. “Between hormonal changes, changing relationships and interests and the natural desire to pursue increased independence, this can be a challenging time.

An added layer of anxiety exists for today’s youth as a result of technology.



“There was a time when home was pretty much a safe place away from social and academic pressures that sparked anxiety,” says Taylor. “Today, with social media, it can be difficult for teens to find an escape. Teens have to worry about what to post, what has been posted about them, and trying to be ‘perfect’ to establish the ‘right’ reputation. As a result of social media, we see a decrease in self-esteem and an increase in anxiety.”

Validation Matters

Communicating with your teen is essential when it comes to coping with anxiety. “It’s important that you validate their feelings when they express anxiousness and stress,” says Taylor. “At Princeton House we teach several coping skills, distress tolerance skills and mindfulness skills to assist teens in managing increased anxiety. We also educate their families and support networks on setting clear boundaries and expectations.”

At Princeton House both full-day and half-day programs are available to teens at Princeton, Hamilton, North Brunswick and Moorestown. In addition to learning the skills to cope with anxiety, participants also discuss current issues and topics of concern as part of group sessions, to help bring a sense of unity and understanding to their anxieties. Another portion of the program brings together families to provide added support and help implement changes in the home setting.

When to Seek Help

Professional help is important when the intensity, duration and frequency of anxiety impairs the teen’s ability to engage in daily activities, says Taylor.

To find out more about Princeton House Behavioral Health’s adolescent programs, call 888.437.1610, or visit www.princetonhouse.org/teens.

WATCH FOR THESE SIGNS

Common signs of increasing anxiety include:

- Excessive worry
- Isolation
- Changes in appetite
- Sweating
- Racing heartbeat
- Difficulty focusing
- Increased irritability

Combating Malnutrition is a **Key to Overcoming Eating Disorders**

When it comes to treating eating disorders, the psychological and physical aspects of the condition are equally important.

“Treating the underlying psychological aspects of an eating disorder is the key to unlocking the reason behind the behavior, but you also need to address the physical impact eating disorders have on the body, and learn to build healthy, new behaviors,” says Eric Cassara, RD, Nutrition Therapist for the Princeton Center for Eating Disorders. “Malnutrition — which can be found in all forms of eating disorders — is a severe, life-threatening medical condition, and nutritional rehabilitation is a fundamental component of treatment.”

While the outward signs of self-starvation may be obvious, malnutrition can also have serious hidden health repercussions, including:

- Low blood pressure, heart rate and breathing rate
- Poor growth in height and weight
- Interrupted sexual development and loss of or irregular menstrual periods
- Heart problems that can lead to abnormal heart rhythms
- Brittle bones and risk of fractures
- Dehydration and abnormal electrolytes (minerals in the blood or other body fluids)
- Constipation and digestive problems
- Inability to concentrate
- Skin conditions and hair loss

“When the brain is malnourished, it also can have negative consequences on your mood, behavior, appetite regulation and relationships. It can even distort your perception about your body weight and shape,” says Cassara.

Restoring Weight and Eating Behaviors

The initial step to physical recovery is to restore the patient’s weight and normalize their eating behaviors so they are able to eat enough to meet their nutritional needs and energy requirements, and they are comfortable eating a variety of different foods in order to ensure their body is supplied with all of the nutrition it needs. Treatment plans are individualized to focus on the patient’s specific eating disorder and caloric requirements.



“For example, when it comes to adolescent patients,” says Cassara, “in addition to the food needed to regain lost weight, their bodies require more food to fuel physical development and catch up on delayed growth.”

For more information about the Princeton Center for Eating Disorders, visit www.princetonhcs.org/eatingdisorders, or call 609.853.7575.

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200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
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January 2018



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Cancer Care: Meditation and Yoga May Help

In recent years, research has shown that simple meditation techniques and gentle yoga practice can help reduce stress and depression, improve sleep and encourage a state of mindfulness, where you focus on the moment rather than dwell on the past or future, according to Joanita Miranda, MSW, LCSW, OSW-C, Oncology Social Worker and Oncology Financial Navigator, Penn Medicine Princeton Medical Center Edward & Marie Matthews Center for Cancer Care.

With this in mind, the Center regularly offers two programs — Mindful Meditation and Restorative Yoga — open to all patients with cancer and survivors. The meditation program focuses on simple breathing and relaxation techniques, while the yoga sessions use “props” that help participants get into comfortable positions that naturally promote relaxation.

“Through these programs, patients with cancer experience the ‘mood boost effect’, where endorphins are produced and your mood is improved,” says Karen Davison, RN, BSN, OCN, Nurse Navigator Survivorship and Wellness, at the Center. “The programs also benefit participants by aiding in reducing pain through relaxation and mindfulness and providing them with a sense of community.”

To find out more
about these and other
cancer care programs, visit
www.princetonhcs.org/calendar.
To register, call
609.853.6787.