

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JULY/AUGUST 2021

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50^{YEARS}

Changing Lives

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Princeton Health

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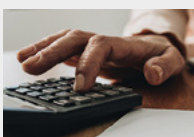
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Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it.

www.princetonhcs.org/covid-19/telemedicine



For current updates on COVID-19, modified visitation policies and schedules, please visit www.princetonhcs.org



Penn Medicine
Princeton Health

[Princeton Medical Center](#)

[Princeton House Behavioral Health](#)

[Princeton Medicine Physicians](#)

[Princeton Medical Center Foundation](#)

[Princeton HealthCare Partners](#)

Penn Medicine Home Health
Princeton Health

(formerly Princeton Home Care)

Penn Medicine Hospice
Princeton Health

(formerly Princeton Home Care – Hospice)

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

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

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Weight-loss Surgery Made His Knee Replacement Easier

Just a few years ago, Edward Bishop (pictured right) was struggling with a series of medical problems. The South Amboy resident needed both knees replaced, had been diagnosed with sleep apnea and a heart condition, and at 357 pounds was severely overweight.



Today, at the age of 70, he has two new knees; his sleep apnea and heart condition are under control; and he is 158 pounds lighter, weighing in at 199.

"I am definitely in much better condition than I was a few years ago," says Bishop, the lead IT instructor at a technical school. "I can get around so much better now, and I'm walking faster and without a cane. I am not experiencing the constant pain I had before either, so my overall attitude about life is better because I feel so much better."

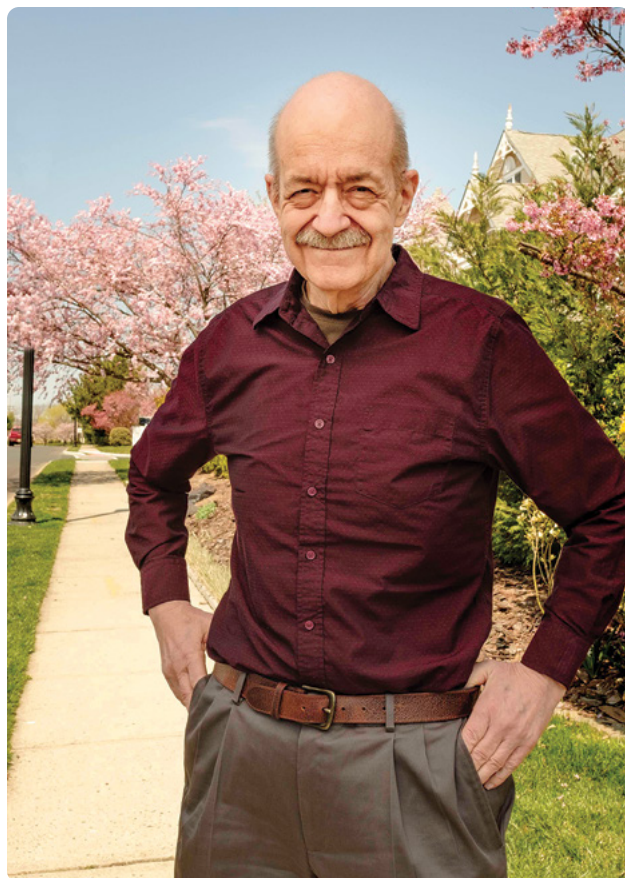
A Two-Step Process

His first total knee replacement was completed in December 2018, and the process went well. The second surgery took place in December 2019 and, says Bishop, went even better. That is because two months before the second knee replacement, he had a laparoscopic sleeve gastrectomy at Penn Medicine Princeton Medical Center's Center for Bariatric Surgery and Metabolic Medicine. The procedure removed a portion of his stomach, leaving him feeling full after smaller portions of food. It is one of several bariatric procedures available at the center for people who continue to struggle with obesity, despite diet and exercise.



"The impact extra weight can have on joints is considerable," says **Lisa Dobruskin, MD, FACS**, a board certified surgeon and Director of the center, "and eliminating some of that pressure before a joint replacement can have a significant impact on recovery. You would be surprised, but just 10 pounds of excess weight adds about 40 pounds of extra pressure on a person's knees."

Weight loss is often recommended for overweight patients prior to a joint replacement, and in some cases is required if a patient is to qualify for the procedure.



"Patients like Mr. Bishop generally recover more quickly if they have reduced their weight. They have more mobility to be able to progress faster in physical therapy and they are putting less stress on the new joint, which means faster healing with less pain," says **Harvey Smires, MD**, a board certified orthopaedic surgeon on staff at Penn Medicine Princeton Medical Center's Jim Craigie Center for Joint Replacement.

Based on Bishop's experience, bariatric surgery before a joint replacement was well worth it.

"Because of the weight-loss surgery, the recovery from the second knee replacement was less painful, and I was able to bend and straighten my knee faster than I was after the first knee surgery," he says.

For more information about the Center for Bariatric Surgery and Metabolic Medicine or Jim Craigie Center for Joint Replacement, or to find an orthopaedic or bariatric surgeon affiliated with Princeton Health, call **1.888.742.7496**, or visit **www.princetonhcs.org**.

PRINCETON HOUSE BEHAVIORAL HEALTH:

50 YEARS

Changing Lives



In July 1971, when Princeton House Behavioral Health first opened its doors to serve the mental health needs of the community, it was licensed to treat 84 patients in an inpatient setting. At the time, patient stays were measured in weeks, not days. Advancements in medication and a transition to community-based care — brief inpatient hospitalization followed by a more lengthy period of acute outpatient programming — now allow for shorter hospitalizations and more effective treatment.

Today, Penn Medicine Princeton House Behavioral Health operates a 116-bed inpatient facility with an average length of stay of less than 10 days, as well as acute partial hospitalization and intensive outpatient services at five locations throughout Central and Southern New Jersey.

“Our continuum also includes a 22-bed center for eating disorders care, a six-bed behavioral health emergency department, consultation and liaison services at Penn Medicine Princeton Medical Center, and a Princeton-based electroconvulsive therapy suite treating inpatients and outpatients,” says Neal Schofield, MD, Chair of the Department of Psychiatry at Penn Medicine Princeton Health.

INNOVATIVE PROGRAMMING

Developing innovative programming to meet the evolving needs of the community has always been a part of Princeton House’s mission. For example, in 2013 it became clear that first responders — who often experience trauma, substance abuse and other mental health problems but hesitate to seek professional help — needed a safe, confidential place to seek treatment. In response, Princeton House launched a specialized program tailored to the unique needs of this population. Similarly, staff have created curricula or groups designed to help LGBTQ patients, and to address racial trauma.

“Today we have specialty programs based on developmental phase (child, teen, young adult, adult, and seniors), gender (specialty women’s and men’s programs), clinical needs of the patient (trauma, emotional eating, psychiatric, and co-occurring mental health and substance use disorders), and specialized intervention (dialectical behavioral therapy (DBT),



Today

**WE ARE WELL EQUIPPED
TO PROVIDE THE RIGHT
TREATMENT FOR ANY
PATIENT.**

family programs, and more,” says Peter Thomas, PhD, Vice President of Outpatient Services. “In essence, we are well equipped to provide the right treatment for any patient.”

A CRITICAL RESOURCE

Over the past half-century, Princeton House has treated tens of thousands of people, serving as a critical resource for patients, their families, and the community, as well as a resource for community providers. This includes inpatient units needing aftercare appointments for their patients upon discharge, schools with struggling students, and psychiatrists and therapists in the community who are seeking a first-rate facility when their patients are in crisis.

“From our humble beginnings to the present day as part of Penn Medicine Princeton Health, Princeton House has stood on a firm foundation of caring, dedicated professionals committed to delivering outstanding care and the best patient experience possible for those we serve,” adds Marguerite Pedley, PhD, Senior Vice President of Princeton House.

**Treatment programs for
people struggling with mental
health issues, substance use
problems, or both:**

- Children, adolescents, young adults, adults, and older adults
- Specialized program for men
- Specialized program for women
- First responder treatment services
- Electroconvulsive therapy (ECT)
- Medical detoxification (inpatient)

For more information on Princeton House Behavioral Health’s inpatient and outpatient services, visit www.princetonhouse.org, or call 888.437.1610.



Locations

Since the onset of COVID-19, outpatient services have been offered via telehealth, with limited in-person treatment available.

Inpatient:
PRINCETON

Outpatient:
PRINCETON **MOORESTOWN**
EATONTOWN **NORTH BRUNSWICK**
HAMILTON

A Hip Fracture Can Change Your Life:

Take Steps to Reduce Your Risk



Every year, 300,000 older Americans — age 65 and over — are hospitalized for falls that result in hip fractures, according to the Centers for Disease Control and Prevention. In many cases those accidents can mark life-changing events.



“Hip fractures typically require surgery to heal and permit a patient to walk,” says **Brian Culp, MD**, an orthopaedic surgeon on the Medical Staff of Penn Medicine Princeton Health. “The goal of the surgery is to get the patient out of pain, and ideally to become mobile again. Our goal is to get them as close to their prior self as possible. Of course, successful surgery will

not always restore the person to their prior level of function. They may have a limp, or need a cane, or if they used a cane before the fall they may need a walker. If they live in a two-story home, the second floor may be inaccessible to them. This is why quality medical care for hip fractures is so important.”

Reduce Your Risks

Hip fractures generally occur when you lose your balance, stumble over something or slip, like in the shower or getting out of the tub.

“Taking precautions to help prevent a fall that could result in a hip fracture is something everyone should do,” says Dr. Culp, who is board certified in orthopaedic surgery and sports medicine.

Risk reduction measures include:

- Eliminate tripping hazards like throw rugs, loose electrical cords, and furniture and other items in your pathway.
- Make sure hallways and rooms are well lit.
- Install grip bars in the bathroom to provide stability.
- With a doctor’s approval, exercise to keep bones strong and improve balance.
- Use a cane or other assistive device if you feel unsteady walking.
- Take your time when rising from a seated or prone position so your body has time to regain its balance.

Treatment Should be Prompt

If a fall does occur, signs of a hip fracture include an inability to put weight on a leg, severe hip or groin pain, bruising and swelling around the hip area, or a shift in the position of the leg.

“A hip fracture really is a medical emergency and treatment should be prompt,” says Dr. Culp. “A fractured hip will not heal on its own, and it is very painful. Left untreated for even a short time, the injury can leave a person bedridden, and for an older person even a few days in bed can impact their overall health.”

Surgery usually involves a minimally invasive x-ray-guided procedure, where the hip is either repaired or partially or totally replaced. Hospital stays are generally four days, and physical therapy is part of the recovery process.

To find an orthopaedic surgeon affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **www.princetonhcs.org**.

Community Focus

New Parent Series

JOIN ONE OR MORE OF THE PROGRAMS BELOW AS PART OF OUR NEW PARENT SERIES,
WITH A FOCUS ON BREASTFEEDING IN HONOR OF WORLD BREASTFEEDING WEEK.

Better Sleep Through Baby's First Year

TUE. July 20 (7 – 8:30 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Sleepless nights are an expected part of having a new baby in your life, but you don't have to be sleep deprived. At this informative session you will learn various techniques to help the whole family sleep better. This program will be led by Nicole Cannon, a sleep consultant certified through the International Maternity and Parenting Institute.



Nutrition During Pregnancy

THU. July 22 (7 – 8 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Proper nutrition is important for both the mother and baby during pregnancy. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Penn Medicine Princeton Medical Center, and learn how to develop healthy eating habits during your pregnancy. There will also be time for your nutrition-related questions to be answered by our expert.



Prenatal Breastfeeding Class

THU. July 15 (7 – 9 p.m.)

TUE. August 3 (7 – 9 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping, and avoiding common problems. This class is taught by an internationally board certified lactation consultant.



Will I Make Enough Breastmilk?

THU. August 12 (7 – 8 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

There are several health conditions that can have an impact on breast milk production. Join Carolyn Schindewolf, IBCLC, and Bernadette Flynn Kelton, BSN, RN, IBCLC, both international board certified lactation consultants with Penn Medicine Princeton Health Community Wellness, and learn what to expect and what you can do to improve milk production.

Nutrition During Breastfeeding

MON. August 16 (7 – 8 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Penn Medicine Princeton Medical Center, and learn how to make healthy nutritional choices to fuel your breastmilk production.

Infant Massage

SAT. August 21 (12:30 – 2:30 p.m.)

 **VIRTUAL**

\$15 per family. Registered participants will receive a link to join.

Join us in a virtual session 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.

Prenatal Yoga

Tuesdays (9 – 9:55 a.m.)

 **VIRTUAL**

Monthly 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.



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

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

SAFETY NOTICE: Registered participants will be notified of scheduling changes.
For the most up-to-date schedule visit www.princetonhcs.org/calendar.

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

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.

Chair Yoga

Tuesdays & Thursdays
(8 – 8:55 a.m.)

 **VIRTUAL**

Monthly series. Register separately for Tuesday series and Thursday series.

This gentle form of yoga incorporates standard 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

Mondays (6 – 6:55 p.m.)
Wednesdays (3 – 3:55 p.m.)

 **VIRTUAL**

Monthly series. Register separately for Monday series and Wednesday series.

This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, and seated postures, 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.

Self-Defense for Women: Personal Empowerment Safety Program

THU. July 8, 15, 22 & 29 (6 – 9 p.m.)
TUE. August 3, 10, 17 & 24 (6 – 9 p.m.)

Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$25 per person

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. The FBI estimates that one of every three women in the United States will be assaulted in their lifetimes. Learn to be more aware of potential danger and how to protect yourself. RAD Women® is a multi-session, activity-based program that includes lectures, safety drills, muscle memory work, 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 necessary.

Putting Sleep Disorders to Rest: Recent Advances in Treatment

MON. July 12 (12:30 – 1:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

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

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. July 13 – August 19 (1:30 – 2:45 p.m.)

 **VIRTUAL**

\$99 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. Participants report improvement in:

- Urinary leakage and bladder control
- Frequency or overactive bladder
- Pelvic strength and support
- Post-partum core strength
- 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.

Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. July 13 – August 17 (9 – 10 a.m.)

 **VIRTUAL**

\$30 per person. Registered participants will receive a link to join.

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

- Stretching and gentle movement exercise
- Yoga and posture

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



HYPERTENSION SERIES

Heart-Healthy Cooking

THU. July 1 (9:30 – 10:30 a.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

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



Heart-Healthy Summer Barbeque Cooking Demonstration

THU. August 5 (9:30 – 10:30 a.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

No need to miss out on summer barbeques just because you are watching your salt intake due to high blood pressure. You can still enjoy tasty summer grilling without settling for less flavor. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Penn Medicine Princeton Medical Center, for this cooking demonstration featuring delicious heart-healthy recipes for your next gathering.

Open Your Heart to Chair Yoga

THU. July 15 (9:30 – 10:30 a.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Beyond reducing stress, practicing yoga may help lower blood pressure, blood cholesterol, and blood glucose levels, as well as your heart rate, making it a useful lifestyle intervention. This gentle form of yoga incorporates standard yoga poses while sitting or standing next to a chair. This class, led by Maria Benerofe, 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.

All About Hypertension

THU. Thursday, July 22 (9:30 – 10:30 a.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke, and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Srujana Polsani, MD, board certified nephrologist and a member of the Medical Staff of Penn Medicine Princeton Health, will lead this discussion.

Open Your Heart to Yin Yoga

THU. August 19 (9:30 – 10:30 a.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Attend this hour-long class in Yin yoga, led by Maria Benerofe, a certified yoga instructor, to help reduce stress and lower your blood pressure. Yin is a slow, soothing, and meditative style of yoga that targets the deep connective tissues, bones, joints, fascia, and ligaments in the body. Holding poses in this style of yoga relaxes the mind and body.

Advances in Posterior Hip Replacement

THU. July 15 (1 – 2 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

If you are experiencing hip pain and think it may be time for a hip replacement, join Brian Vannozzi, MD, board certified orthopaedic surgeon, to find out what options are available, including a new alternative technique to anterior (front) hip replacement that involves muscle-sparing, minimally invasive posterior (back) hip replacement. Dr. Vannozzi is a member of the Medical Staff of Penn Medicine Princeton Health.

Weight-Loss Surgery: Is It Right for Me?

WED. July 21 (6 – 6:30 p.m.)

WED. August 18 (6 – 6:30 p.m.)

 **VIRTUAL**

To register and receive the link to join virtually, please email donna.post@pennmedicine.upenn.edu.

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Those who are considering surgical weight-loss options can 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 16. This group will be tentatively held virtually. Please check our website for the latest updates.



SENIOR SERIES

Staying Active as We Age

TUE. July 6 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Whether it is an actual exercise routine, simply scheduling a walk on a regular basis, or tending your garden, physical activity remains an important part of a healthy lifestyle as we age. Remaining active can help prevent and manage a range of health conditions, such as high blood pressure, and even help loosen stiff joints and tight muscles. Join Sunita Mani, PT, DPT, MBA, CEAS, Director of Princeton Rehabilitation at Princeton Fitness & Wellness in Plainsboro and South Brunswick Wellness Center, for this informative session providing information on what you can do to stay active.

Understanding Common Shoulder and Knee Injuries

TUE. July 13 (11 a.m. – 12 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

As we age, our joints tend to show signs of wear and tear, particularly in the knees and shoulders. Join William Rossy, MD, an orthopaedic surgeon and member of the Medical Staff of Penn Medicine Princeton Health, at this informative session to learn about the common injuries that can impact the knees and shoulders, how to prevent these injuries, and what treatments are available.



The Link Between Heart Health and Stroke

TUE. July 20 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Learn how to lower your risk for heart attack and stroke at this program led by Philip Tran, RN-BSN, Stroke Coordinator with Penn Medicine Princeton Medical Center (PMC). Topics will include heart conditions that can lead to a stroke, steps you can take to prevent a stroke, the early warning signs of a stroke, and when to seek medical attention. PMC is a state-designated Primary Stroke Center.

Osteoporosis: Prevention & Management

TUE. July 27 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Learn about the prevention and management of osteoporosis to reduce the risk of fractures at this informative program led by Kelly A. Gray, PT, RN, DPT, CLT-LANA, a physical therapist and certified lymphedema therapist with Princeton Medical Center Princeton Rehabilitation. An appropriate exercise program can help you safely improve your posture, balance, and strength.

Cooking for One or Two

TUE. August 10 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

It's easy to fall into a pattern of eating out or simply snacking to satisfy your hunger when there's just you or one other person to cook for, but the truth is, good health hinges on a healthy diet. Preparing healthy meals doesn't have to be complicated or time consuming. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Penn Medicine Princeton Medical Center, and learn how to make simple, nutritious, tasty, and inexpensive meals for your small household.

Shoulder Pain: Problems & Solutions

THU. July 22 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Attend this informative program to learn about common problems in and around the shoulder joint. Presented by John Prodrromo, MD, specializing in orthopaedic surgery, the program will address techniques to maximize function and minimize pain. Dr. Prodrromo is a member of the Medical Staff of Penn Medicine Princeton Health.

Family Yoga

WED. July 28 (6:30 – 7:30 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Healing Garden

Practicing yoga improves strength, balance, and flexibility. This class will feature stretching and a flow of yoga poses for all ages. All family members are welcome to join in to experience a fun, healthy family activity. Bring a yoga mat and a bottle of water.

Benefits of Massage

THU. August 5 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

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

Using Medications Safely as We Age

THU. August 12 (1 – 2 p.m.)

 VIRTUAL

Registered participants will receive a link to join. Join Alyssa Elicone and Maegan Silva, both doctorate of pharmacy candidates at Penn Medicine Princeton Medical Center, for an informative discussion on medications to avoid as you age and strategies to avoid medication-related falls.

Stomach Issues: A Guide to Better Health

WED. August 18 (1 – 2 p.m.)

 VIRTUAL

Registered participants will receive a link to join. Stomach problems such as acid reflux, constipation, and diarrhea are common occurrences that can cause discomfort and make it difficult to participate in the everyday activities you enjoy. Join Marina Boulos, PharmD, PGY-1 Pharmacy Resident, for this informative program designed to help you determine the best over-the-counter options to treat these conditions, what you can do to help prevent flare ups, and when you should see a doctor.

CHILDBIRTH & FAMILY PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

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

Maternity Tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. At this time, all maternity tours are cancelled for the foreseeable future. However, we invite expectant parents who are delivering at PMC or considering delivering here to take a virtual tour of our state-of-the-art Center for Maternal & Newborn Care by visiting www.princetonhcs.org/maternitytour.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

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 any questions you have. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Prenatal Breastfeeding Class

THU. July 15 (7 – 9 p.m.)

TUE. August 3 (7 – 9 p.m.)

 VIRTUAL

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

Baby Care

MON. July 19 (7 – 9 p.m.)

THU. August 19 (7 – 9 p.m.)

 VIRTUAL

\$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.

Bumps, Bands and Balls: A Fitness & Education Class for Expecting Moms

MON. August 9 – September 20 (6:30 – 7:30 p.m.)

 VIRTUAL

\$60 per person

Expecting? Join our pelvic health physical therapists for this new 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
- 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 bring water. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.



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

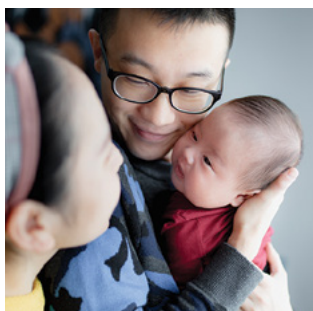
Daddy Boot Camp™

SAT. August 14 (9 a.m. – 12 p.m.)

 VIRTUAL

\$40 per person. Registered participants will receive a link to join.

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.



Expecting Twins & Multiples

THU. August 26 (6 – 9 p.m.)

 VIRTUAL

\$40 per couple.

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiples babies, what to expect immediately postpartum, and the first couple weeks at home. Parents are encouraged to take our Birthing Basics series as well, for a more comprehensive program.

Preparing for Cesarean Section

WED. August 25 (7 – 9 p.m.)

 VIRTUAL

\$30 per couple. Registered participants will receive a link to join.

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

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.

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 7, 14 & 21 (7 – 9 p.m.)

 VIRTUAL

TUE. August 10, 17 & 24 (7 – 9 p.m.)

 VIRTUAL

\$125 per couple.

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.

Labor Fundamentals

SAT. July 10 (10 – 11 a.m.)

SAT. August 7 (10 – 11 a.m.)

 VIRTUAL

\$25 per couple

This program will include a virtual maternity tour, and parents will learn the signs of labor, warning signs, and when to go to the hospital.

Accelerated Birthing Basics

SAT. July 31 (9 a.m. – 5 p.m.)

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

SAT. August 28 (9 a.m. – 5 p.m.)

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

\$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.



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

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

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

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



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 any questions you have. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Ask the Lactation Consultant

MON. July 5, 12, 19, 26, August 2, 9, 16, 23 & 30 (7 – 8 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Do you have breastfeeding questions? This virtual interactive Q & A discussion group will give pregnant and breastfeeding families an opportunity to ask questions of a Penn Medicine Princeton Health Community Wellness board certified lactation consultant. On August 16, Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Penn Medicine Princeton Medical Center, will attend as a special guest speaker, and will focus on making healthy nutritional choices to fuel your breastmilk production.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. August 10 – September 16 (10 – 11 a.m.)

 **VIRTUAL**

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

Strengthen and restore your posture, core, and pelvic floor with this six-week class designed for new moms. Participants should be at least six weeks postpartum and have their doctor's medical clearance to exercise. Please call 1.888.897.9 to obtain the form. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga, and breathing. Please wear comfortable exercise clothing. Babies are welcome.

Infant Massage for Parents & Caregivers

SAT. August 21 (12:30 – 2:30 p.m.)

 **VIRTUAL**

\$15 per family. Registered participants will receive a link to join.

Join us in a virtual meeting 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.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

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



Mental Health First Aid Training for EMS

WED. August 11 & 18 (8 a.m. – 12 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

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

Five Minutes to Help

TUE. August 17 (8 a.m. – 12 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Five Minutes to Help was developed by the New Jersey Department of Health's Office of Emergency Medical Services to arm the state's first responders with new knowledge and communication skills that can be applied on the scene, post-overdose reversal, to encourage patients to seek help for their addiction and increase their awareness of available recovery resources in their communities.

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

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

CPR & FIRST AID



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

Mental Health First Aid Training

FRI. July 9 & 16 (8 a.m. – 12 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

TUE. & THU. July 27, 29, August 3 & 5 (10 a.m. – 12 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

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

BLS Renewal*

FRI. July 9 (9 a.m. – 1 p.m.)

MON. August 9 (6 – 10 p.m.)

Community Wellness at the Hamilton Area YMCA

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

TUE. July 13 (6 – 10 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

THU. August 19 (9 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$40 per person

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

Family & Friends CPR

SAT. July 10 (10 a.m. – 12 p.m.) Adult/Child/Infant*

Community Wellness at 731 Alexander Road, Suite 103, Princeton

THU. August 19 (6 – 8 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.

ACLS Full Certification Course

THU. & FRI. July 22 & 23 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

MON. July 12 (9 a.m. – 5 p.m.)

MON. August 23 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

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

PALS Full Course

THU. & FRI. August 12 and 13 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

MON. July 26 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

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

Heartsaver CPR AED First Aid

SAT. August 21 (9 a.m. – 4 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$45 per person

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

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

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 Penn Medicine Princeton Health Cancer Center, please call 609.853.6780.



Mindful Movement

Thursdays in July (10 – 11 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. There will be no sessions in August; the class will resume in September.

Restorative Yoga

No sessions in July or August.

This group will resume in September.

If you have any questions, please 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. No prior experience is necessary.

Breast Cancer Support Group

TUE. July 13 (6 – 7:30 p.m.)

TUE. August 10 (6 – 7:30 p.m.)

 VIRTUAL

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

The Breast Cancer Support Group meets the second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members, and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Mary Kiensicki, RN, CBCN, Breast Health Navigator at Penn Medicine Princeton Medical Center's Breast Health Center, and Karen Davison, RN, BSN, OCN, nurse with the Penn Medicine Princeton Health Cancer Center.

Prostate Cancer Support Group

WED. July 14 (2:30 – 4 p.m.)

WED. August 11 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Cancer Support Group

TUE. July 20 & August 17 (1:30 – 3 p.m.)

Monroe Senior Center

12 Halsey Reed Road, Monroe Township

WED. July 21 & August 28 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Penn Medicine Princeton Medical Center is pleased to partner with CancerCare of New Jersey the third Tuesday of the month 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 and a healthcare professional from Penn Medicine Princeton Health.

Head & Neck Cancer Support Group

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

WED. July 21 (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. There will be no session in August; the group will resume in September.



SUPPORT GROUPS

Weight-loss Surgery Support Group

TUE. July 6 (7:15 – 8:15 p.m.)
WED. July 21 (6:30 – 7:30 p.m.)
TUE. August 3 (7:15 – 8:15 p.m.)
THU. August 5 (6:30 – 7:30 p.m.)
WED. August 18 (6:30 – 7:30 p.m.)

 **VIRTUAL**

To register and receive the link to join virtually, please email donna.post@pennmedicine.upenn.edu.

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

Bariatric Support Group (for Alumni)

TUE. July 6 (6 – 7 p.m.)
TUE. August 3 (6 – 7 p.m.)

 **VIRTUAL**

To register and receive the link to join virtually, please email donna.post@pennmedicine.upenn.edu.

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

UNITE: Perinatal Loss Bereavement Support Group

WED. July 7 (7 – 8:30 p.m.)
WED. August 4 (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.



Journey Back: Stroke Support Group

WED. July 14 (2 – 3 p.m.)
WED. August 11 (2 – 3 p.m.)

 **VIRTUAL**

To register and receive the link to join virtually, 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.



Hospice Program of Penn Medicine Home Health Princeton Health Bereavement Support Groups

MON. July 21 (3 – 4:30 p.m.)
MON. August 18 (3 – 4:30 p.m.)

 **VIRTUAL**

For information to join, visit www.princetonhcs.org/calendar and search keywords “Bereavement Support.” Please call 609.819.1226 with any questions.

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

Diabetes Support Group

TUE. July 20 (10:30 – 11:30 a.m.)
MON. July 26 (6:30 – 7:30 p.m.)
TUE. August 17 (10:30 – 11:30 a.m.)

 **VIRTUAL**

To register and receive the link to join virtually, please call 609.853.7890 1-2 days prior to the meeting.

This group provides resources and support for those living with diabetes, and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center’s (PMC) Diabetes Management Program facilitates meetings.

For more information on PMC’s Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring, and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.



www.ustream.tv/princetonhealth

Princeton Health
OnDemand
Our experts. At your convenience.

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

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



Managing Epilepsy and Treating Seizures

WED. July 14 (12 p.m.)

Rajesh Sachdeo, MD, board certified in neurology



Safe Withdrawal Management from Addiction

WED. August 11 (12 p.m.)

Mark P. Schwartz, MD, Medical Director of Inpatient Detox Services at Penn Medicine Princeton House Behavioral Health



For a fresh perspective on coping with today's challenges:

Mind on Mental Health podcast

Available free, wherever you get your podcasts, as well as at www.princetonhouse.org/podcast.

For the most up-to-date schedule visit www.princetonhcs.org/calendar.

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

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



Penn Medicine
Princeton Health

Community Wellness

Community Wellness

731 Alexander Road, Suite 103
Princeton, NJ

Princeton Fitness & Wellness

Princeton North Shopping Center
1225 State Road
Princeton, NJ

Princeton Medical Center

One Plainsboro Road
Plainsboro, NJ

Hamilton Area YMCA John K. Rafferty Branch

1315 Whitehorse-Mercerville Road
Hamilton, NJ

South Brunswick Wellness Center

540 Ridge Road
Monmouth Junction, NJ

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

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.

Easing the Pain and Stiffness of Arthritis

That pain and stiffness you feel in your joints when you first get out of bed in the morning or try to stand after sitting for a period of time is most likely a sign of arthritis. So is the stiffness in your hands that makes it hard to hold your coffee cup or type out a message on your phone or keyboard.

“To some degree, as we age, most people will develop some osteoarthritis, since it is the result of wear and tear on the joints,” says Ellen Land, APN, an advanced practice nurse on staff at Penn Medicine Princeton Medical Center. “Some of those people will breeze through it with just some occasional aches and stiffness, not even realizing they have some arthritis. Some may suffer occasional flareups that bother them from time to time. But others will experience more debilitating pain that regularly impacts their quality of life.”

A prior joint injury, obesity, and family history of arthritis can make you more likely to experience more severe symptoms, and women are more likely to develop chronic arthritis than men. While it most often occurs in the hands, knees, hips, lower back and neck, arthritis — where the cartilage breaks down between joints and causes pain and swelling — can actually impact any joint.

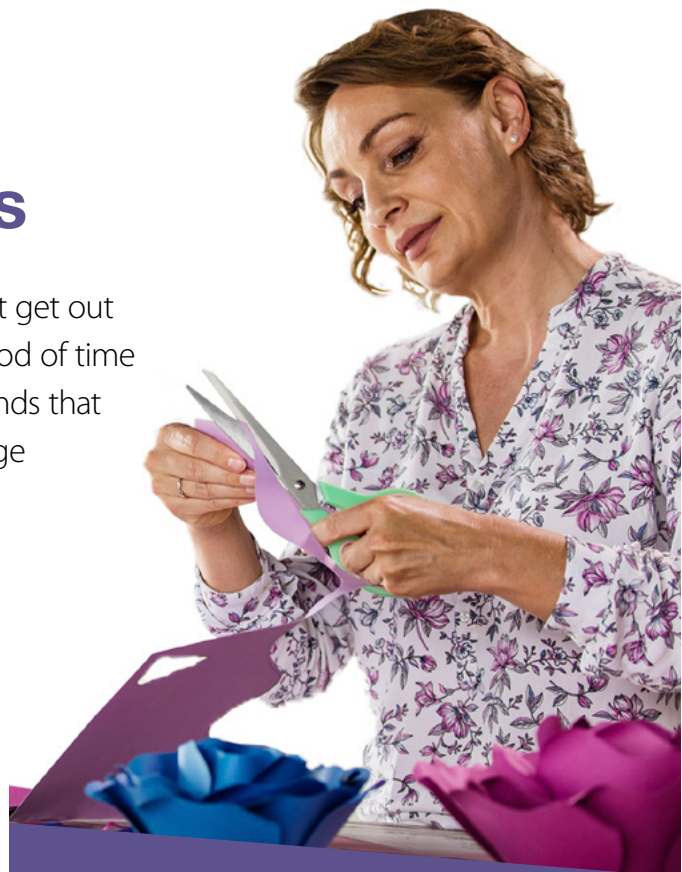
A Range of Treatments Can Help

“When you experience pain, stiffness, and swelling, begin with over-the-counter pain relievers, topical creams that can help reduce pain and swelling, and applying ice or heat to the area, whichever works best for you. You can also try massage, yoga, and other things to loosen your muscles,” says Land. “If those do not provide relief, and you are having difficulty carrying out your daily activities or enjoying the things you love, it is time to seek medical attention.”

Inflammation can often be reduced with a round of anti-inflammatory medications or cortisone injections at the site of the affected joint. If those measures do not help, some arthritic joints can be repaired arthroscopically, smoothing or realigning the joint surface to reduce pain and improve mobility.

“Joint replacement, for the knee or hip, for example, is an option as well, and it can do wonders in providing substantial relief for many severe arthritis problems,” says Land.

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



Watch for these signs of arthritis:

Pain	Swelling	Decrease in range of motion
Stiffness	Redness	

Keep these tips in mind:

Maintain a healthy weight. Carrying extra pounds puts more stress on your joints and can increase the likelihood of developing arthritis or worsen symptoms.

Make time to exercise. Regular moderate exercise and stretching helps improve joint flexibility, balance and strength.

Listen to your body. Avoid overdoing activities rather than trying to push through joint pain.

Use assistive devices if needed. Using a cane, for example, can help reduce the pressure placed on an arthritic knee, allowing you to get more physical activity and do so safely.

Consider physical therapy. Working with a physical therapist can help improve flexibility, strength, and balance, and also teach you ways to adapt activities to meet your limitations and prevent injury.

Recognizing and Treating SEIZURES



The Centers for Disease Control and Prevention (CDC) estimates 3 million adults and 470,000 children have epilepsy. Many more remain undiagnosed or will have an isolated seizure at some point in their life.

It is extremely important to have a medical evaluation, which may include a physical exam, blood work and imaging such as an MRI or CT scan — even for a single seizure episode — to determine the cause and treatment, if needed, in order to reduce the risk of future episodes.



“That is why it is essential to determine the cause and implement appropriate treatment in order to reduce the probability of seizure recurrence. In some cases, a direct cause for the seizure may never be found. Having more than one seizure with an unidentifiable cause is what is considered epilepsy,” says **Rajesh Sachdeo, MD**, a board

certified neurologist specializing in seizure disorders on the Medical Staff of Penn Medicine Princeton Health.

A seizure occurs when a small area of the brain or the entire brain becomes uncontrollably excited and manifests itself as a sudden change in behavior. It can last from 30 seconds to several minutes. An episode that lasts longer than five minutes is considered a medical emergency.

Causes Can Vary

Seizures, which are slightly more common in men than in women, can be caused by numerous factors, including hyper- or hypoglycemia, sudden alcohol or drug withdrawal, high fever, lack of sleep, certain medications, some autoimmune diseases such as multiple sclerosis, stroke, infection, head trauma, and brain tumor. They can also be genetic in origin, and may skip a generation.

“Children often have seizures that they later outgrow,” says Dr. Sachdeo. “Seizures can occur at any age but commonly present in children between the ages of two and three, and in adults age 50 and above. In children, it is often related to injuries, infection or a genetic disorder. In adults, strokes and an increased prevalence of other risk factors account for most of the cases.

Following a diagnosis, management may involve treatment of the underlying condition that triggered the episode; prescribing anti-seizure medication(s); and, in some cases, surgery. Dietary changes may also help control seizures.

“Regular monitoring and adjustment of medications as needed are important in the management of seizure disorders,” says Dr. Sachdeo. “With appropriate care, seizures can usually be successfully controlled. The goal is to choose the most effective and best-tolerated anti-seizure drug for that particular patient. In some cases, it may take some time to find the best option for the person.”

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

WATCH FOR THESE SIGNS

Signs of a seizure can include:

- Temporary confusion (mentally or with communication)
- Momentary freezing in place
- Loss of mental focus or awareness
- Staring
- Experiencing an odd smell
- Uncontrollable jerking movements of arms and legs
- Sudden fear or anxiety

Good GI Health Promotes Good Overall Health



That old saying “You are what you eat” carries more truth than you might think. Your digestive system — comprised of your gastrointestinal tract, liver, pancreas, and gallbladder — plays a major role in your overall health, and it is fueled by what you eat and drink, as well as affected by many other factors.



“The foods you eat and the liquids you drink are broken down by the bacteria in your digestive system so that nutrients can be absorbed and utilized by the body,” says **Kristina Katz, MD**, a gastroenterologist on the Medical Staff of Penn Medicine Princeton Health. “Keeping your GI tract healthy promotes good overall health because your body is getting the nutrition it needs as efficiently as possible.”

A Proper Balance Matters

An imbalance of the bacteria in your digestive system — known as dysbiosis — can be linked to chronic gastrointestinal diseases such as irritable bowel syndrome and colitis, as well as liver disease, obesity, heart disease, and dozens of other conditions. Identifying and treating dysbiosis involves obtaining a detailed clinical history and may at times involve a stool sample and/or breath test.

“If there is a suspicion of gut microbiome imbalance, treatment may include a course of antibiotics and/or lifestyle and dietary changes,” says Dr. Katz, who is board certified in gastroenterology and internal medicine. “A probiotic, which can be found in either pill form or through foods such as yogurt or kefir, may also be suggested to help restore bacterial balance.”

Possible symptoms of gut microbiome disturbance may include bloating, gas, diarrhea or constipation, nausea, and bad breath.

“Any of these symptoms should be brought to your doctor’s attention,” says Dr. Katz. “If we are looking at an imbalance, we may be able to address the problem relatively quickly and get you back on track. If something more serious is involved, we may catch it early and provide the treatment you need before things progress. Most importantly, we can differentiate different diseases from each other, such as IBS, inflammatory bowel disease, or even malignancy. All these disorders have different complications, prognoses, as well as treatment plans.”

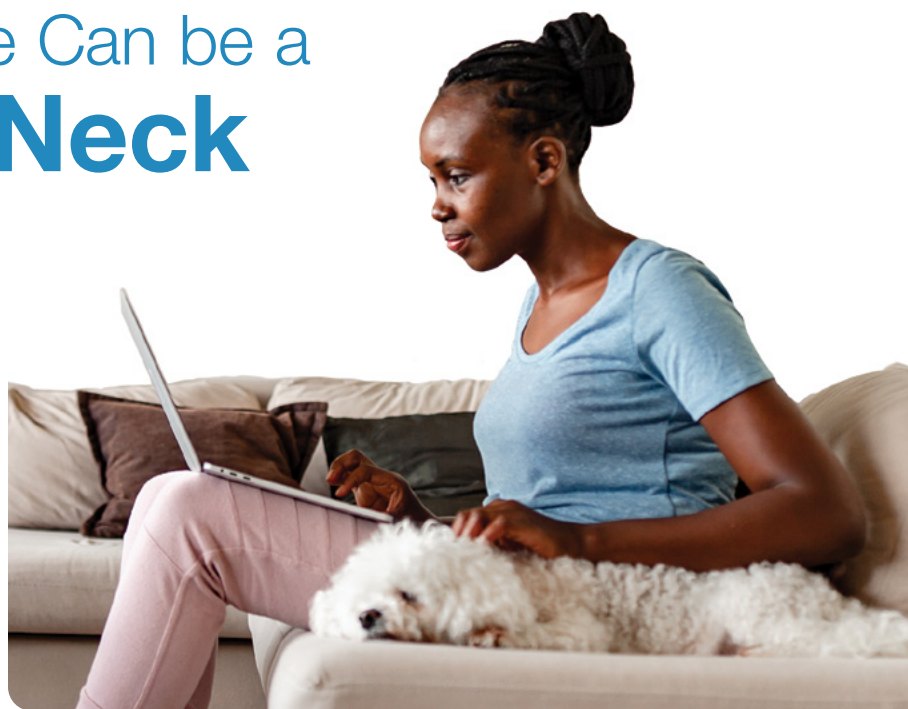
Tips for GI Health

- **Drink** plenty of water and avoid or limit alcohol.
- **Eat** a balanced diet of fresh fruits and vegetables, chicken and fish.
- **Limit** red meats.
- **Avoid** artificial sweeteners and processed foods.
- **Exercise** regularly.
- **Focus** on getting the right amount of sleep.
- **Take** antibiotics only when appropriately indicated and at the recommendation of a physician, as these medications can impact the balance of bacteria in your GI tract.
- **Address** any dental problems. They can change the bacteria balance in your mouth and impact your digestive system.
- **Reduce** anxiety and stress.

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

Working from Home Can be a **Pain in the Neck** *and Back*

There are plenty of great things about working from home, like a commute calculated in feet rather than miles and a relaxed dress code. But there is a downside to the change in work environment brought on by the COVID-19 pandemic — makeshift workspaces and ill-defined work schedules can be hard on your neck, shoulders, back, and even your wrists.



“We are spending most of our time working on our computers in locations like the kitchen table or the couch, and that means we are putting a lot more strain on our neck, shoulders, upper back, and wrists,” says Megan Advani, PT, DPT, Outpatient Rehabilitation Manager with Penn Medicine Princeton Medical Center Princeton Rehabilitation. “And it is easy to forget to take breaks, which only makes things worse.”

Physical Therapy Can Help

While office desks and adjustable desk chairs are designed to provide proper alignment for working at a computer, setting up a work space at home can leave you hunched over your laptop, aggravating an existing condition or resulting in a new problem. In either case, making adjustments in how you work, your work set-up, taking an over-the-counter pain medication, and applying ice or heat to the affected area may help. If pain or discomfort continues, your physician may recommend physical therapy.

“In physical therapy, the goal is to evaluate and correct your posture, strengthen weak muscles, and stretch tight or overused muscles,” says Advani. “By evaluating the person’s sitting and standing posture, their work station arrangement and their work schedule, we can help them make changes that prevent future stress and strain on the body.”

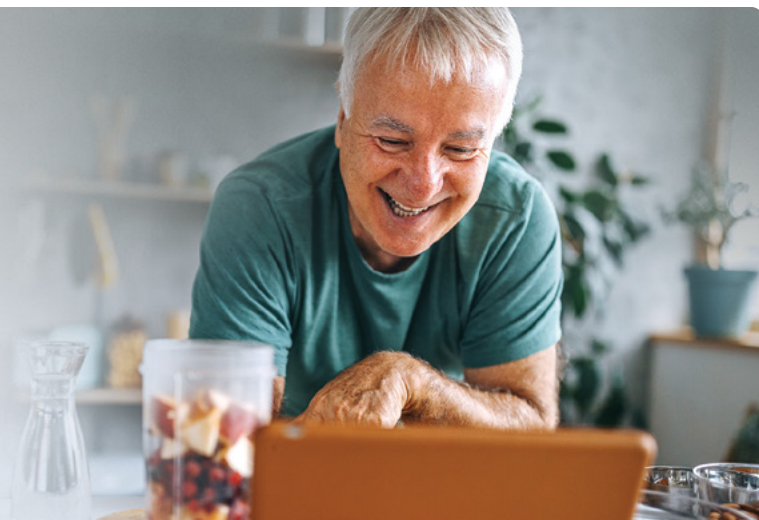
Individualized treatment plans are developed and include stretching and exercise routines that can be continued at home following completion of physical therapy, which usually takes place two to three times per week, for at least four weeks.

Practice these safety tips:

- ✓ If possible, work at an actual desk and sit in an adjustable chair with armrests.
- ✓ Be sure wherever you sit to work provides back support.
- ✓ Always position your computer directly in front of you, rather than off to the side.
- ✓ Avoid positions where you are looking down at the computer screen or your wrists are bent in an awkward position.
- ✓ Take a minute break every 30 minutes to stretch, stand, and realign your body to reduce stress and stiffness.

To find out more about Princeton Rehabilitation, call 609.853.7840, or visit www.princetonhcs.org.

Treating **VOICE** and **SWALLOWING** Disorders



Most people take swallowing and speaking for granted — they are simply spontaneous things we do hundreds of times a day without giving them a second thought. But as we age, or as a result of a wide range of health conditions, the muscles used to swallow and speak, as well as surrounding tissue, can weaken or become diseased, leading to discomfort, difficulty eating and drinking, and communication challenges.

Changes in voice and swallowing can be an indication of anything from a simple seasonal allergy to cancer, as well as a range of things in between. As a result, seeking a medical evaluation for symptoms such as vocal change that lasts more than two weeks or difficulty swallowing that is impacting your quality of life is important.

“Most swallowing and voice problems can be diagnosed with one of a few basic tests,” says Carly Schiff, MS, CCC-SLP, a speech language pathologist on the Medical Staff of Penn Medicine Princeton Health. “Once we understand the cause of the symptoms, we can work to determine what the appropriate treatment is, be that voice/swallowing therapy or medical management from a physician.”

Voice and Swallowing Therapy Can Help

Voice and swallowing therapy are programs designed to improve strength and function of the voice and swallowing muscles, similar to physical therapy. On average, most voice therapy programs, which require a

referral from a physician, involve five sessions over the course of several months, while the length of swallowing programs depends on the cause of the condition.

“Once the sessions are completed, you receive a home maintenance therapy program to promote continued improvement,” says Schiff.

In some instances, voice or swallowing therapy may not be enough, and surgical intervention is needed. Following a surgical procedure, therapy may be recommended as part of the healing process.

“Anyone can end up experiencing a voice or swallowing problem that requires medical attention, and treatments can be very successful,” says Schiff.

“When it comes to swallowing issues in the absence of disease, the most common cause is age, since the swallow reflex gets weaker as we age. As far as voice issues go, we see a lot of problems in people whose profession involves a lot of talking or projecting of the voice, such as teachers and performers.”

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

WATCH FOR THESE SIGNS

For voice disorders, look for:

- Change in voice quality lasting more than two weeks
- Throat discomfort when speaking
- Difficulty projecting your voice or tiring when speaking
- Urge to clear the throat or cough when speaking



For swallowing disorders, look for:

- Difficulty swallowing foods without excessive chewing or cutting into small pieces
- Sensation of food getting stuck in the throat or chest
- Coughing or choking when swallowing foods or liquids
- Feeling of something going down the wrong pipe when swallowing



SAFE WITHDRAWAL MANAGEMENT

from Alcohol and Certain Prescription Medications

The first step in recovery when it comes to dependence on alcohol or benzodiazepines — a class of prescription medications — is recognizing you have a problem. The second step is safely beginning the withdrawal process.



“It is extremely important to be under medical care when withdrawing from alcohol or benzodiazepines because of the symptoms that can take place during the process,” says **Mark P. Schwartz, MD**, Medical Director of Inpatient Detox Services at Penn Medicine Princeton House Behavioral Health. “Some people may have mild symptoms such as sweats, anxiety, and tremors; others may experience seizures or delirium. A person going through withdrawal may shift from mild to severe symptoms, and the result can be life-threatening.” If you are not sure if your medications are benzodiazepines, check with your pharmacist or physician.

Close Supervision is Essential

Because of the uncertainty of how a person’s body will respond to withdrawal, inpatient treatment is the recommended course of care. At Princeton House, patients are carefully monitored around the clock to ensure their heart rate, blood pressure, and other vital signs remain in a safe range, and for other withdrawal symptoms, which are treated on an individual basis. They also are provided with proper hydration and nourishment.

“Since we are a medical facility, we can address severe symptoms that may occur quickly, and that is essential when it comes to safe withdrawal management,” says Dr. Schwartz, who is double board certified in family medicine and addiction medicine through the American Board of Preventative Medicine. “On average, inpatient treatment takes between five and 10 days. We strongly encourage patients to continue, at that point, with an outpatient program.”

Individuals who attempt withdrawal without medical supervision may find themselves in a medical crisis, needing emergency care. To avoid a medical emergency, anyone who is unsure of whether inpatient treatment is needed can be thoroughly evaluated by Princeton House staff over the phone.

“The safest route is to begin treatment as an inpatient,” says Dr. Schwartz. “In addition to proper medical supervision and group and individual therapy as support, an inpatient program allows you to remove yourself from the environment that is associated with the behavior you are trying to change.”



SIGNS OF ADDICTION

- Taking substances in larger quantities
- Wanting to cut down but being unable to
- Continuing to use substances despite problems
- Cravings
- Withdrawal symptoms when discontinuing

For more information on Princeton House Behavioral Health’s addiction services, visit www.princetonhouse.org, or call 888.437.1710.



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→ QUESTIONS: Contact Danielle Oviedo at
danielle.oviedo@pennmedicine.upenn.edu
or 609.252.8709.

How to name Penn Medicine Princeton Health as a **BENEFICIARY**

- ➔ Request a change in beneficiary form from your IRA administrator.
- ➔ Add "Princeton Medical Center Foundation" as a beneficiary.
- ➔ Tax ID: 22-2225911
- ➔ Please contact our office for assistance if you wish to designate your gift to a specific area of the hospital.
- ➔ Return the form to your IRA administrator.
- ➔ Inform our office that you have named Penn Medicine Princeton Health as a beneficiary and be included in the Princeton Medical Center Foundation 1919 Society!