



Penn Medicine

# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JULY/AUGUST 2023

## Prevention and Treatment of Shoulder Injuries

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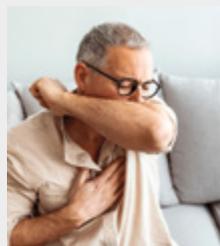
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# Prevention and Treatment of Shoulder Injuries

Staying active by participating in sports like pickleball is great for your health, but it is also important to play it safe on the court.



“Sports like pickleball and other activities that involve repetitive actions, as well as those that involve sudden movements that can lead to falls, can often result in shoulder injuries like rotator cuff tears, shoulder dislocations, and overuse injuries such as tendonitis,” says **Frederick Song, MD**, a board certified orthopaedic surgeon on the Medical Staff of Penn Medicine Princeton Health. “They can occur at any age, especially with excessive training and playing.”

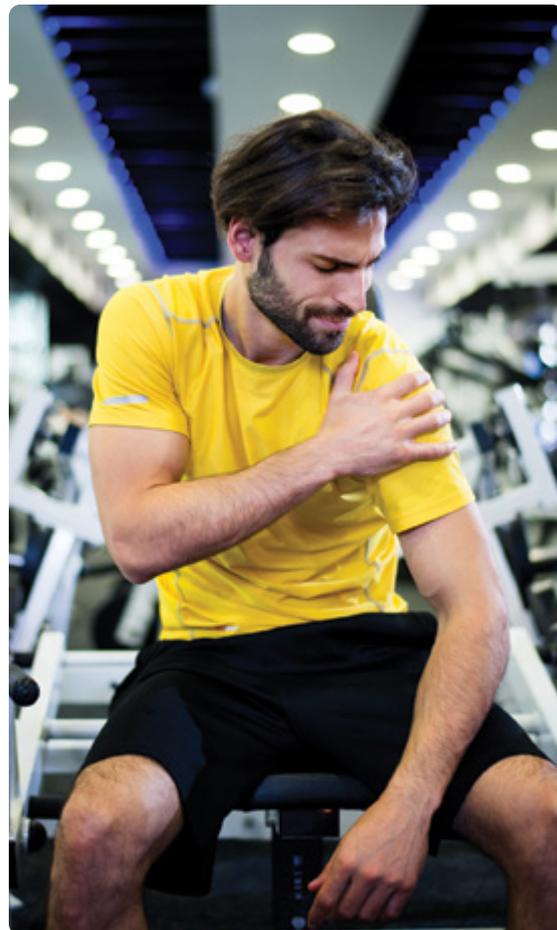
Dr. Song recommends including a regular muscle-strengthening routine in your exercise regime, as well as exercises to improve balance and strengthen your core, to help reduce the likelihood of a shoulder injury or a fall that could result in one.

## A Wide Range of Treatments

“If an injury does occur, treatment often does not require surgery,” says Dr. Song. “Cortisone injections, physical therapy, and activity modification are the mainstays of non-operative treatment. Seeing a doctor promptly for an evaluation is important, since you can cause more damage without proper treatment. For example, a small partial tear usually can be treated non-operatively, but continued use without medical guidance can result in a more serious tear that may then require surgery.”

Should surgery be needed, most procedures, even shoulder replacements, usually are done minimally invasively, which results in less discomfort following surgery and quicker healing. Most patients go home the same day as their procedure.

“Our goal, and usually the patient’s goal, is to get them back out on the court, or doing whatever activities they enjoy, as soon as possible,” says Dr. Song. “That is important, because in addition to the physical benefits of activities like pickleball, there are social components that are just as important to your health.”



## WHEN TO SEEK IMMEDIATE MEDICAL ATTENTION

- › Shoulder appears deformed
- › Arm or shoulder experiences intense pain
- › Shoulder cannot be moved or used
- › Shoulder suddenly swells
- › Arm or hand is numb or weak
- › Arm cannot be lifted over your head

**To find an orthopaedic physician** on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **princetonhcs.org**.

# Treating GERD

## Without Medications or Major Surgery

**G**astroesophageal reflux disease (GERD) is a common condition caused by frequent acid reflux, which results in irritation of the lining of the esophagus. Left untreated, GERD can cause a condition called Barrett's esophagus, which can lead to esophageal cancer.



"When you swallow, the valve at the bottom of your esophagus relaxes so food and liquid can flow into your stomach," says **Monica Saumoy, MD**, a gastroenterologist on the Medical Staff of Penn Medicine Princeton Health.

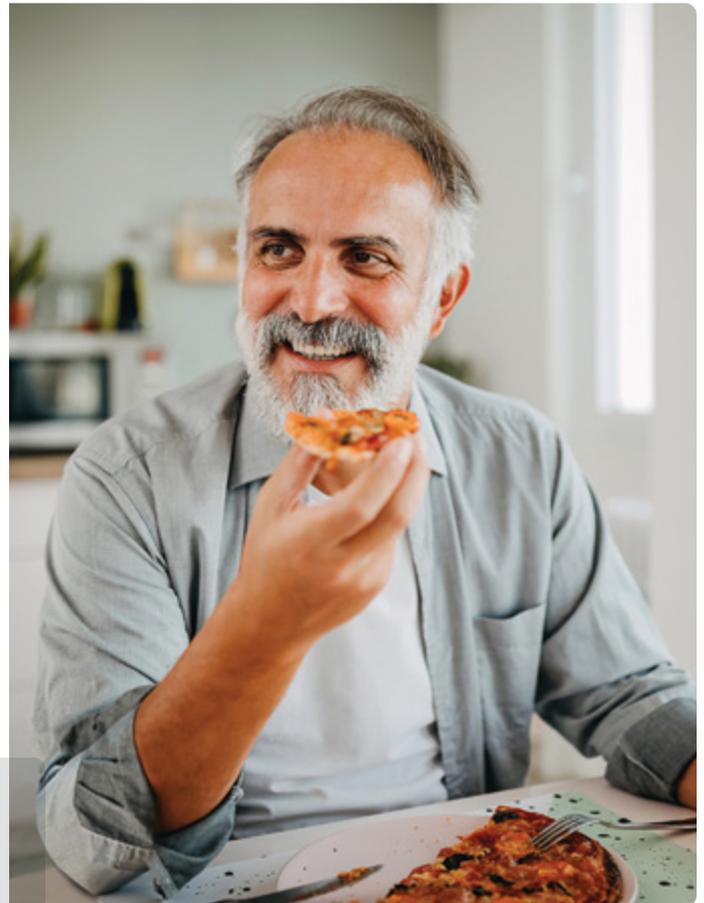
"When that valve is weak or does not function properly for one reason or another, acid and gastric juices flow back up and can result in GERD."

In some instances, lifestyle changes such as maintaining a healthy weight; not overeating; and avoiding caffeine, alcohol, chocolate, and spicy foods can help reduce the symptoms of GERD. If those changes are not enough, medication is usually the next step in treatment.

### A Noninvasive Surgical Option

When lifestyle changes and medication fail to resolve the problem, **transoral incisionless fundoplication (TIF)** is a noninvasive outpatient procedure that is performed through the mouth using an endoscope. The incisionless procedure involves restoring the integrity of the gastroesophageal valve by implanting a wrap around it.

"TIF is a specialized procedure that is an excellent alternative to other, more complex surgical options. It is provided by clinicians with expertise in the management of GERD. TIF offers an easier recovery for patients, who generally need to follow a restricted diet for about six weeks," says Dr. Saumoy, who is board certified in gastroenterology and internal medicine. "Another benefit of TIF is that if additional interventions are needed down the line, the procedure does not impact our ability to utilize them."



Most people suffering from GERD that is not being controlled through lifestyle changes or medication are candidates for TIF, unless they have a large hiatal hernia. In those cases, traditional open or laparoscopic surgery can be performed.

**To find a physician** on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **[princetonhcs.org](https://princetonhcs.org)**.

# Pancreatic Cancer

## is on the Rise Among Young Women

According to the American Cancer Society, more than 64,000 people will be diagnosed with pancreatic cancer in 2023, and one out of every 64 Americans will develop the disease in their lifetime. While pancreatic cancer is more common among men, a recent study found that rates are rising faster among women under the age of 55 — particularly Black women — then they are among men of the same age.



“Although more studies need to be conducted in an effort to determine why the numbers are increasing among young women, the findings serve as a reminder that women need to be aware of the risks and symptoms associated with the disease, especially since the numbers appear to point to an especially aggressive and deadly type of tumor,” says **Elsa Pichardo, MD**, a member of the Medical Staff at Penn Medicine Princeton Health.

### Lower Your Risk

At the present time, there are no reliable screening tests for pancreatic cancer, and there often are no early signs of the disease. As a result, it is important to promptly tell your doctor about any changes in your health. A physical exam, a series of imaging scans, blood work, and, if a tumor is discovered, a biopsy, will provide a definitive diagnosis.

“Additionally, anyone with a family history of pancreatic cancer should seek genetic counseling and testing,” says Dr. Pichardo, who is board certified in general surgery and fellowship trained in hepatobiliary and pancreas surgery.

To lower your risk of developing pancreatic cancer, don’t smoke, eat a healthy diet, limit alcohol consumption, maintain a healthy weight, and stay physically active.



Usually by the time clear symptoms develop, the disease is advanced, which is all the more reason to seek medical advice for any of the following health changes:

- Abdominal or mid-back pain
- Nausea and vomiting
- Unexplained weight loss
- Burning feeling in the stomach
- Inability to digest fatty foods
- Large, greasy stools
- Swelling in the gallbladder or liver
- Yellowing of the skin or eyes

### Treatment May Vary

Since pancreatic cancer is usually detected in an advanced stage, chemotherapy may be required to shrink a tumor before surgery can be considered. If a tumor is relatively small, surgery can often be performed laparoscopically.

“Because pancreatic cancer is most often detected later, there is more of a likelihood it has spread elsewhere, so treatment is always individualized,” says Dr. Pichardo.

**To find a physician** on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **[princetonhcs.org](http://princetonhcs.org)**.

# Get a Good Night's Sleep Without a Bulky Machine



According to the American Academy of Sleep Medicine, 26 percent of people between the ages of 30 and 70 suffer from sleep apnea, a potentially serious sleep disorder where a person's breathing repeatedly stops and starts, sometimes hundreds of times in a single night. While men are at a higher risk of developing the condition, it can impact women as well.

Left untreated, sleep apnea can increase your risk of heart disease, stroke, diabetes, and high blood pressure. Because you are not getting restful sleep, it can also increase your risk of car and other accidents and impact your overall quality of life.

Following diagnosis through a sleep study, sleep apnea is most commonly treated with a continuous positive airway pressure (CPAP) machine, which delivers pressurized air through a tube to a mask worn during sleep. This pressurized air helps keep the tongue from shifting and blocking the airway.

## Another Alternative

"For many people with moderate to severe sleep apnea who have difficulty tolerating or are unable to use CPAP we can implant a small device under the chest wall that provides stimulation to the tongue so it remains in a forward position while sleeping," says **Robert Mignone, DO**, a board certified otolaryngologist who is the Director of Sleep Surgery at Penn Medicine Princeton Health. "The Inspire® system really works like a pacemaker, and the procedure is done on an outpatient basis."



Once the device is implanted, the patient follows up with a pulmonologist to specifically adjust it to meet the patient's specific needs. A month after the implant, the device can be used nightly in place of a CPAP machine.

"The device needs to be replaced, under local anesthesia, every 10 years," says Dr. Mignone, "but it is a great alternative to a CPAP machine or other surgeries for sleep apnea, which can be painful and involve a considerable recovery time."

For people who qualify, Inspire® is covered by most insurance companies and Medicare. In addition to having limited or no success using a CPAP machine, candidates for Inspire® must have a body mass index of under 32, be over the age of 18, and be diagnosed with sleep apnea that is the result of airway obstruction rather than other causes.

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**For more information** about the Sleep Center at Penn Medicine Princeton Medical Center, call **609.853.7520**, or visit **[princetonhcs.org](http://princetonhcs.org)**.

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## SIGNS OF SLEEP APNEA CAN INCLUDE:

- Loud snoring
- Episodes where you stop breathing during sleep
- Gasping for air during sleep
- Awakening with a dry mouth and/or headache
- Excessive daytime sleepiness
- Difficulty paying attention during the day
- Irritability

# Community Focus



## KEEPING YOUR BODY, MIND & SPIRIT

# Summer Healthy

### Summer Rituals & Resolutions

WED. July 12 (7 – 8 p.m.)

VIRTUAL

Join Jamie Benjamin, LPC, NCC, ACS, a licensed counselor with Penn Medicine Princeton House Behavioral Health, to learn about how sunlight influences our mood, best tips for forming new habits and sticking to them, and some fun energy-boosting activities to try this summer.

### BBQing the Healthy Way

TUE. July 18 (1 – 2 p.m.)  
Mercer County Connection  
Hamilton Square Shopping Center  
957 Route 33, Hamilton

TUE. July 18 (6:30 – 7:30 p.m.)  
Hickory Corner Library  
138 Hickory Corner, East Windsor

Tasty food on the grill does not have to be filled with fat and calories. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, and discover some great summer barbeque recipes that are light and delicious.



### Summer Stretch Class

WED. July 19 (8:30 – 9:15 a.m.)

VIRTUAL

\$5 per person.

Beat the heat and join us for a morning stretch to start the day. Wear comfortable clothing and be ready to stretch. Led by Maria Benerofe, certified yoga instructor.

### Hobbies for Health: Hike for Healthy Living

THU. July 20 (8 – 9 a.m.)  
Canal Towpath  
483 Alexander Road, Princeton

Join us for a peaceful morning walk on the Delaware Canal Towpath with guide and environmental educator Craig Harley. Learn about the benefits of hiking as well as sustainable preservation practices. Be sure to wear sturdy shoes. Held rain or shine.



### Finding Balance

WED. July 26 (1 – 2 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Now is the perfect time to start incorporating balance training into your daily routine. Join Leslie Fischer, MS, BSN, RN, for this lunch and learn class focusing on innovative exercises and simple strategies to help find your balance and build confidence. Bring a light lunch.

### Midday Meditation for Beginners

WED. August 2 (12 – 12:30 p.m.)

VIRTUAL

Make time for a midday meditation break to enjoy a little quiet reprieve from your day. No experience necessary. Led by Maria Benerofe, a certified yoga instructor.

### Seasonal Summer Bowls

TUE. August 22 (1 – 2 p.m.)  
Mercer County Connection  
Hamilton Square Shopping Center  
957 Route 33, Hamilton

TUE. August 22 (7 – 8 p.m.)  
Community Wellness at the  
Hamilton Area YMCA, John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

Seasonal summer bowls are full of flavorful, colorful, and nutritious grains, fruits, and vegetables. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, and learn how to make simple bowl recipes as part of your summer cooking repertoire.



### Rise & Shine Summer Smoothies

WED. August 30 (1 – 2 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Summer is the best time to start eating fresh fruits and vegetables. Join Leslie Fischer, MS, BSN, RN, Community Wellness Nurse, for this lunch and learn session where you will learn to make and get to taste summer smoothies. Recipes will be provided. Bring a light lunch.

**NOTICE:** Registered participants will be notified of scheduling changes. For the most up-to-date schedule visit [princetonhcs.org/calendar](http://princetonhcs.org/calendar).

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

# CURRENT PROGRAMS

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



## POLST & Advance Directives

WED. July 12 (1 – 2 p.m.)  
Princeton Fitness & Wellness  
1225 State Road Princeton

The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes. Barbara Vaning, MHA, EMT Instructor, Princeton Health Community Wellness, will discuss the POLST form and an advance directive, as well as the difference between them.

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

WED. July 19 (6 – 6:30 p.m.)  
WED. August 16 (6 – 6:30 p.m.)

 VIRTUAL

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

Obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Penn Medicine Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy, and laparoscopic stomach banding, to help you make the choice that's right for you. For those who are actively engaged in the surgical process, please join one of our regularly scheduled support groups listed on page 16. This group will be tentatively held virtually. Please check our website for the latest updates.

## Benefits of Massage

FRI. July 14 (10 – 11 a.m.)  
Mercer County Library  
Hopewell Branch  
245 Pennington-Titusville Road, Pennington

To register call the library at 609.737.2610.

In addition to relieving muscle tension and everyday stress, massage can provide many other health benefits. In fact, it can help treat neuromuscular dysfunction, 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.

## Vision Screening

THU. July 20 (4 – 7 p.m.)  
Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

WED. July 19 (11 a.m. – 2 p.m.)  
TUE. August 8 (11 a.m. – 2 p.m.)  
Mercer County Connection, Hamilton Shopping Center, 957 Route 33, Trenton

THU. August 17 (9:30 a.m. – 12:30 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

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

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

## Treating Varicose Veins

WED. July 26 (7 – 8 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

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. Join Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery, for this informative discussion on the latest minimally invasive and noninvasive treatment options and an overview of the Princeton Medical Center for Vascular Care. Dr. Sambol is a member of the Medical Staff of Penn Medicine Princeton Health.



## Stop the Bleed

THU. August 3 (6 – 8 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Stop the Bleed is a national awareness campaign and call-to-action intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Join Barbara Vaning, MHA, EMT Instructor with Princeton Health, for this invaluable discussion.

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

TUE. & THU. August 1 – September 7 (11 a.m. – 12:30 p.m.)

 VIRTUAL

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

Improve your pelvic floor health and quality of life through this six-week Total Control® program designed to help with urinary leakage and bladder control, frequency or overactive bladder, pelvic strength and support, post-partum core strength, and better posture and balance. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages, and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

## AARP Smart Driver

SUN. July 23 (9 a.m. – 3 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

FRI. August 18 (9 a.m. – 3 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

TUE. August 29 (10:30 a.m. – 4:30 p.m.)  
Mercer County Connection  
Hamilton Shopping Center  
957 Route 33, Trenton

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

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



## CarFit

MON. July 24 (10 a.m. – 12 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

TUE. August 22 (10 a.m. – 12 p.m.)  
Community Wellness at  
731 Alexander Road, Parking Lot, Princeton

Please call 1.888.897.8979 for an appointment.

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

## Self-defense Programs

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

WED. July 5, 12, 19 & 26 (6 – 9 p.m.)  
Community Wellness at the Hamilton Area  
YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

THU. August 10, 17, 24 & 31 (6 – 9 p.m.)  
Plainsboro Recreation Center  
641 Plainsboro Road, Plainsboro

\$40 per person.

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

### Advanced Self-defense for Women

MON. August 7, 14, 21 & 28 (6 – 9 p.m.)  
Plainsboro Recreation Center  
641 Plainsboro Road, Plainsboro

\$40 per person

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



### Resisting Aggression with Defense for Men

WED. August 2, 9, 16 & 23 (6 – 9 p.m.)  
Community Wellness  
731 Alexander Road, Suite 103  
Princeton

\$40 per person

Learn steps to avoid and reduce aggression and violence through RAD for Men®. Participants will become more aware of aggressive behavior, recognize how aggressive behavior impacts their lives, and practice hands-on self-defense skills to resist and escape aggressive behavior directed toward them. This 12-hour, multi-session program is designed to empower men to make safer choices when confronted with aggressive behavior. Dress in sneakers and comfortable clothing.





## RADkids (8 – 12-year-olds)

TUE. WED. THU. July 11, 13, 18, 19 & 20  
(10 a.m. – 12 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

**\$30 per child.**

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

## Bedtime Yoga for Kids

TUE. July 11 & 18  
(7 – 7:30 p.m.)

**VIRTUAL**

Join Leslie Fischer, E-RYT, a registered yoga teacher, to learn how to integrate basic yoga poses in a playful way so you and your child can relax and nod off to sleep easier. For kids, ages 6 – 12, and parents.

## DANCE with Me

TUE. August 8 & 15  
(7 – 7:45 p.m.)

**VIRTUAL**

Join Leslie Fischer, a yoga instructor and trained dancer, for a mini me dance. This class includes a dance warm-up and stretch followed by a series of fun, simple dance moves that are easy to learn. For kids, ages 6 – 12, and parents.

## Safe Sitter

MON. August 21 (9 a.m. – 3 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

**\$49 per child.**

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

# Mental Wellness Programs



## Chair Yoga

THU. July 6, 13, 20, August 3 & 17 (8 – 8:45 a.m.)  
TUE. July 11, 18, 15, August 1, 8, 15, 22 & 29  
(8 – 8:45 a.m.)

**VIRTUAL**

**\$15 for the Thursday series, \$24 for the Tuesday series. Registered participants will receive a link to join.**

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

## Bedtime Yoga

MON. July 10 (7:30 – 8:15 p.m.)

**VIRTUAL**

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

Practicing gentle yoga stretches and poses prior to bedtime can help your mind and body relax for a better night's sleep. Join Maria Benerofe, a certified yoga instructor, for this calming evening yoga class. No yoga experience necessary.

## Gentle Yoga

MON. July 17, 31, August 7 & 14 (6 – 6:45 p.m.)  
WED. August 2, 9, 16, 23 & 30 (8:30 – 9:15 a.m.)

**VIRTUAL**

**\$12 for the Monday series, \$15 for the Wednesday series. Registered participants will receive a link to join.**

This slow-paced class, led by Maria Benerofe or Leslie Fischer, certified yoga instructors, includes breath work, stretching, and a gentle flow of poses, which will help improve flexibility and reduce stress. The class is ideal for anyone new to yoga and anyone who desires a relaxed practice of yoga.

## Youth Mental Health First Aid Training

MON. & TUE. July 17 & 18  
(9 a.m. – 1 p.m.)

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

**\$49 per person.**

This course teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and any adults who regularly interact with young people how to help an adolescent (age 12–18) who is experiencing a mental health or addiction challenge or is in crisis. The course addresses common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

## Building Resilience: Tools for Living a Better Life (Intro)

TUE. July 18 (7 – 8:30 p.m.)

**VIRTUAL**

Through this introductory training, you will learn some simple strategies to strengthen your emotional, mental, physical, and spiritual resilience so it's easier to turn life's inevitable challenges into opportunities. This informative program is led by Debbie Millar, RN, and Craig Harley, health professionals with Penn Medicine Princeton Health.

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

MON. & TUE. August 21, 22  
(8:30 a.m. – 12:30 p.m.)

Community Wellness at  
731 Alexander Road, Suite 103, Princeton

**\$49 per person, per session.**

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



[princetonhouse.org/podcast](https://princetonhouse.org/podcast)

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

# CHILDBIRTH & FAMILY

## PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family health. **REGISTRATION IS REQUIRED**, unless otherwise noted. Registered participants will be notified of any event changes. Register at [princetonhcs.org/calendar](https://princetonhcs.org/calendar) or 1.888.897.8979.

### Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

### Prenatal Yoga

THU. July 6, 13, August 3 & 17 (4 – 4:45 p.m.)

 VIRTUAL

\$12 per person, for the series. Registered participants will receive a link to join.

Expectant mothers will learn how to use gentle postures, stretching, breathing, relaxation, and meditation to help keep fit and feel good during pregnancy. No previous yoga experience is necessary. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

### Prenatal Breastfeeding Class

THU. July 20 (6:30 – 8:30 p.m.)

THU. August 17 (6:30 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

### Baby Care

THU. July 27 (7 – 9:30 p.m.)

TUE. August 22 (7 – 9:30 p.m.)

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

THU. August 10 (7 – 9:30 p.m.)

 VIRTUAL

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

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, choosing a pediatrician, and more.



### Practicing MindFETALness

SAT. August 12 (10 – 11 a.m.)

 VIRTUAL

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

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

### Daddy Boot Camp™

SAT. August 19 (9 a.m. – 12 p.m.)

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

\$49 per person.

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



## Maternity Tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at PMC or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care.

Visit [princetonhcs.org/calendar](https://princetonhcs.org/calendar) for dates and times of tours.

If you prefer to take a virtual tour, please visit [princetonhcs.org/maternitytour](https://princetonhcs.org/maternitytour).

## Birthing Options



### Birthing Basics

MON. July 17, 24 & 31 (7 – 9:30 p.m.)  
WED. August 16, 23 & 30 (7 – 9:30 p.m.)  
Princeton Medical Center, 1 Plainsboro Road, Plainsboro  
Conference Room A & B

\$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.

### Accelerated Birthing Basics

SAT. July 15 (9 a.m. – 5 p.m.)  
SAT. August 5 (9 a.m. – 5 p.m.)  
Princeton Medical Center, 1 Plainsboro Road, Plainsboro  
Conference Room C, D, E

\$155 per couple

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

### HypnoBirthing®

TUE. July 11, 18, 25 & August 1  
(6:30 – 9 p.m.)  
Community Wellness at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Suite 100  
Conference Rooms A & B, Hamilton

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

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

### Twins and Multiples

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

### Preparing for Cesarean Section

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

### Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

## CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family issues. **REGISTRATION IS REQUIRED**, unless otherwise noted. Registered participants will be notified of any event changes. Register at [princetonhcs.org/calendar](http://princetonhcs.org/calendar) or 1.888.897.8979.

### Bright Beginnings (birth to crawling)

Wednesdays  
(11 a.m. – 12 pm.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver.



### Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

## Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)  
PMC Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton–Hightstown Road  
East Windsor

### No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by an internationally board certified lactation consultant. Mothers are encouraged to bring their infants.

## Infant Massage for Parents & Caregivers

SAT. July 15 (12:30 – 2:30 p.m.)

 VIRTUAL

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

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

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

MON. August 1 – September 5  
(9:30 – 10:30 a.m.)

 VIRTUAL

**\$60 per person. Registered participants will receive a link to join.**

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



## All About Breast Pumps

MON. August 14 (6:30 – 7:30 p.m.)

 VIRTUAL

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

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



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

SAT. August 19 (10 – 11:30 a.m.)

 VIRTUAL

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

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

## EVENTS FOR EMERGENCY MEDICAL TECHNICIANS



Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs. **REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.** Register at [princetonhcs.org/calendar](http://princetonhcs.org/calendar) or 1.888.897.8979.

### Five Minutes to Help

WED. July 19 (5 – 9 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

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.





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

## BLS Provider

THU. July 20 (6 – 10:30 p.m.)  
TUE. August 22 (9 a.m. – 1:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

## BLS Renewal\*

MON. July 24 (6 – 10 p.m.)  
THU. August 10 (9 a.m. – 1 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

TUE. July 11 (9 a.m. – 1 p.m.)  
WED. August 30 (6 – 10 p.m.)  
Community Wellness at the  
Hamilton Area YMCA, John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

Provider: \$75 per person  
Renewal: \$50 per person

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



## Heartsaver CPR AED First Aid

SAT. July 22 (9 a.m. – 4 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

\$65 per person

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

## Heartsaver CPR AED

TUE. August 8 (6 – 9 p.m.)  
Community Wellness at the  
Hamilton Area YMCA, John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

\$49 per person

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

## Heartsaver First Aid

THU. August 10 (6 – 9 pm.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

\$39 per person

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



## Family & Friends CPR

SAT. July 15 (10 a.m. – 12 p.m.) Adult/Child/Infant\*  
Community Wellness at the  
Hamilton Area YMCA, John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Suite 100  
Conference Rooms A & B, Hamilton

TUE. August 15 (6:30 – 8:30 p.m.) Adult/Child/Infant\*  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

\$25 per person

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

## Pet CPR & First Aid

SAT. July 29 (10 a.m. – 12:30 p.m.)  
WED. August 16 (6 – 8:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103, Princeton

\$25 per person

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

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

# CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

## Reiki Sessions

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

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

## Post-Treatment Support Group

WED. July 12 (6 – 7:30 p.m.)

WED. August 9 (6 – 7:30 p.m.)

 VIRTUAL

OR

Penn Medicine Princeton Cancer Care Conference Room

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

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

## Prostate Cancer Support Group

WED. July 12 (12 – 1:30 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Education Center, Conference Rooms A & B

This support group meets the second Wednesday of the month and welcomes those with prostate cancer, their loved ones, and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, and a healthcare professional from Penn Medicine Princeton Health. This group will not meet in August.

## Cancer Support Group

WED. July 19 (2:30 – 4 p.m.)

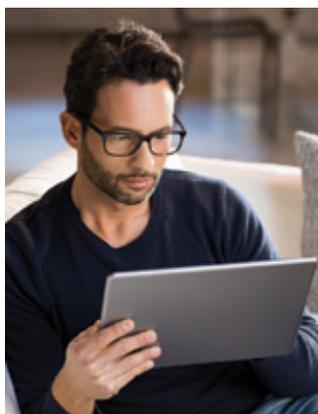
WED. August 16 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets virtually on the third Wednesday of the month, and brings individuals with cancer the support, education, and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer, communicating

effectively with your healthcare team, adjusting to changes during and after treatment, maintaining healthy relationships personally and professionally, and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, and a healthcare professional from Penn Medicine Princeton Health.



## Breast Cancer Support Group

TUE. July 11 (6 – 7:30 p.m.)

TUE. August 8 (6 – 7:30 p.m.)

PMC Breast Health Center

East Windsor Medical

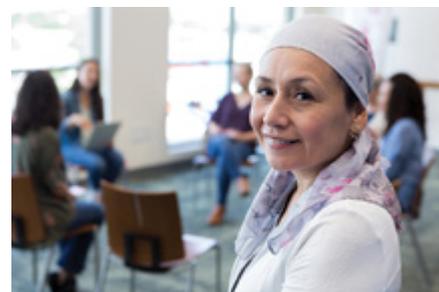
Commons 2

300B Princeton-Hightstown

Road, East Windsor

This group meets the second Tuesday of the month and

welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is facilitated by a health 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 19 (12 – 1:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Penn Medicine Princeton Health's Head & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement, a safe setting for sharing concerns and problems related to life after cancer, education, and a social outlet for cancer patients, their families, and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Penn Medicine Princeton Health. This group will not meet in August.

## Mindful Movement (for Oncology)

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

OR

Penn Medicine Princeton Cancer Care Conference Room

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

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

## Breast Cancer & Nutrition Tips

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

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



# SUPPORT GROUPS

## UNITE: Perinatal Loss Bereavement Support Group

WED. July 5 (7 – 8:30 p.m.)  
WED. August 2 (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.



## Weight-loss Surgery Support Group

THU. July 6 (6:30 – 7:30 p.m.)  
WED. July 19 (6:30 – 7:30 p.m.)  
TUE. August 1 (7 – 8 p.m.)  
THU. August 3 (6:30 – 7:30 p.m.)  
WED. August 16 (6:30 – 7:30 p.m.)

 VIRTUAL

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

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

## Journey Back: Stroke Support Group

THU. July 13 (2:30 – 3:30 p.m.)  
THU. August 10 (2:30 – 3:30 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please call 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 Thursday of each month. Facilitated by the 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 Princeton HomeCare Bereavement Support Groups

MON. July 17 (11 a.m. – 12:30 p.m.)  
MON. August 21 (11 a.m. – 12:30 p.m.)

 VIRTUAL

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

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

## Diabetes Support Group

TUE. July 18 (10:30 – 11:30 a.m.)  
MON. July 24 (6:30 – 7:30 p.m.)  
TUE. August 15 (10:30 – 11:30 a.m.)

 VIRTUAL

WED. July 19 (2 – 3 p.m.)  
WED. August 16 (2 – 3 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

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

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

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



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

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

To learn about upcoming episodes, visit: [princetonhcs.org/calendar](https://princetonhcs.org/calendar).

Future Topics? Send us your ideas. [PrincetonHealth@gmail.com](mailto:PrincetonHealth@gmail.com)

**Princeton Health**  
**OnDemand**  
Our experts. At your convenience.



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

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



## Community Wellness

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

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

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

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

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

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

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

# INFLAMMATION: A New Marker for Heart Attack Risk

It is common knowledge that high cholesterol and high blood pressure are two key risk factors for heart attack, but research now indicates that inflammation also plays a role in the likelihood you may have a heart attack.



“The risk factors we usually think about — like high blood pressure and cholesterol, diabetes, and smoking — are fundamental things we can point to as reasons why someone has had a heart attack or what should be addressed to help prevent a heart attack,” says **Charles Defendorf, DO**, a member of the Medical Staff of Penn Medicine Princeton

Health. “Inflammation has now been added to the list of important things to watch. In fact, it has been found that elevated inflammation is an important marker we can use to identify people who are at risk of having a heart attack, even if not having numerous risk factors.”

## Identifying High Inflammation

Inflammation is a natural part of the body’s immune system, where white blood cells are sent to a damaged area to help fight off infection and promote healing. But inflammation can also be triggered by certain diseases and lifestyle choices, causing chronic inflammation, which leads to the continuous release of white blood cells.

Chronic inflammation irritates your blood vessels, and can promote the growth of plaque in your arteries and trigger blood clots, leading to a heart attack or stroke. These conditions can go undetected because they often do not cause noticeable symptoms.

“We can determine the level of inflammation in the body through blood work that shows your C-Reactive protein levels,” says Dr. Defendorf, who is board certified in internal medicine. “When elevated inflammation is identified, we can then make recommendations to help reduce the risk of a heart attack.”

**To find a physician** on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **[princetonhcs.org](http://princetonhcs.org)**.

## REDUCE INFLAMMATION BY:



**NOT SMOKING**  
*Smoking causes damage to blood vessels.*



**KEEPING ACTIVE**  
*Moderate exercise for as little as 20 minutes a day helps reduce inflammation.*



**MAINTAINING A  
HEALTHY WEIGHT**  
*Excess weight around your middle promotes inflammation.*



**EATING A HEALTHY DIET**  
*Processed foods produce inflammation, while whole foods help reduce it.*

# Keeping Hearts Healthy

## Princeton Health Partners with American Heart Association



American  
Heart  
Association.



Penn Medicine Princeton Health is partnering with the American Heart Association (AHA) and this year is proud to be the lead sponsor of the Central Jersey Heart Walk on October 28 at Skillman Park in Skillman. Princeton Health CEO James Demetriades is serving as chair of the walk.

Demetriades said Princeton Health is especially proud to celebrate with the AHA as it marks its 100th anniversary. He cited the AHA's century of significant achievements and continuing work to advance breakthroughs in the prevention and treatment of cardiovascular disease.

In the months leading up to the Heart Walk, Princeton Health will hold a series of events and educational programs designed to raise community members' heart health awareness and literacy.

“**Optimal health starts with your heart,**” Demetriades said. “At Princeton Health, we focused in recent years on developing our capabilities related to diagnosing and treating cardiovascular disease. Yet we know that prevention is the most effective cure, so we established a central theme, Keeping Hearts Healthy, that we will amplify all year through the efforts of our comprehensive Community Wellness program.”

Heart disease has been the leading cause of death in the United States since 1950, according to the Centers for Disease Control and Prevention (CDC). It remains the leading cause of death for men and women, as well as people of most racial and ethnic backgrounds.

Princeton Health Community Wellness provides hundreds of educational programs each year related to heart disease and risk factors such as high blood pressure, high cholesterol, obesity, and diabetes. Community Wellness offers instruction on the warning signs of heart attacks and strokes and how to prevent them, as well as training for professionals and community members in lifesaving skills such as CPR.

While Keeping Hearts Healthy is the year's primary theme, Community Wellness will also organize events designed to raise awareness and increase engagement with community members related to three individual heart health campaigns:

- ♥ Eat Smart
- ♥ Move More
- ♥ Stomp Out Stress

Visit [princetonhcs.org/hearts](https://princetonhcs.org/hearts) to learn more.

# Treating Pleural Effusion

Can Help You Breathe  
Easy Again



A buildup of fluid around the lungs, known as a pleural effusion, is a potentially dangerous health condition. While mild cases of the condition may not cause obvious symptoms, noticeable signs can include shortness of breath; a dry, nonproductive cough; and pain in the chest with breathing, all of which may worsen when lying down, or leaning back.



“Small pleural effusions can be diagnosed by chance, as a result of an unrelated chest x-ray or CT scan, for example,” says **Saamia Hossain, MD**, a member of the Medical Staff of Penn Medicine Princeton Health. “The seriousness of the effusion generally depends on what is causing the fluid buildup. Treating that underlying condition may resolve the problem, so diagnosing the cause is key.”

Some common causes of pleural effusion are pneumonia or a worsening of congestive heart failure, although it can occur in patients with cancer. Left untreated, fluid buildup can result in worsening of symptoms, hospitalization, and further complications. An estimated one million Americans are diagnosed with the condition every year, according to the American Lung Association.

## Diagnosis and Treatment

Diagnosing pleural effusion begins with a general physical examination followed by chest imaging such as chest ultrasound, but can also be detected on a chest x-ray or CT scan. If the cause of the pleural effusion is unclear, or if it is causing symptoms, a minimally invasive technique known as a thoracentesis can be performed under local anesthesia.

“During the procedure, a sample of the fluid is taken for analysis,” says Dr. Hossain, who is board certified in critical care medicine, internal medicine, and pulmonary disease. “Tests done on the pleural fluid help us to narrow down its cause, and helps direct further treatment if needed.”

Treatment depends primarily on the cause of the initial pleural effusion, and your pulmonologist will discuss your treatment options based on the results of the testing. These can include medications and procedures to drain fluid. If these treatments fail to control the condition, both minimally invasive and traditional open surgical procedures can be performed.

**To find a physician** on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **[princetonhcs.org](http://princetonhcs.org)**.

# Itching to Gain Control of Eczema?

Atopic dermatitis, or eczema — a chronic condition that causes dry, itchy, and inflamed skin — can occur at any age, but frequently first appears in young children. The condition can cause intense itching, and a predisposition to skin infections.

Risk factors for the skin condition include genetic and environmental factors such as a family history of allergies, asthma, or eczema. People with eczema are also more likely to have allergies themselves, and possible triggers include environmental allergens such as dust and pollens, as well as chemicals and irritants such as fragrances in soaps or detergents.



“Understanding any potential triggers is important, so you can work with your doctor on eliminating or reducing exposure to them,” says **Shaili Shah, MD**, board certified in allergy and immunology, and a member of the Medical Staff of Penn Medicine Princeton Health. “Skin testing may be used to find those answers.”

Managing eczema and reducing the risk of flares begins with self-care practices, including use of gentle soaps and moisturizing with a good, hypoallergenic emollient. If self-care measures are not enough, prescription topical steroid and anti-inflammatory creams can help



with the itching and inflammation. Antibiotics are also sometimes prescribed to treat an infection if one develops.

“In severe cases, injection medications are used to control eczema. Patients should make an appointment with their physician to discuss their individual treatment plan,” says Dr. Shah.

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**To find a physician** on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **[princetonhcs.org](http://princetonhcs.org)**.



## Don't Let Jaw Problems Get You Down

Jaw pain, clicking, or difficulty opening your mouth are just a few of the signs that you may be suffering from temporomandibular joint disorder (TMD), a musculoskeletal disorder that can result from repetitive motion of the jaw, such as chewing

or talking, as well as other causes. While anyone can experience TMD, it most commonly occurs in people between the ages of 20 and 40.

“TMD can be treated by specially trained physical therapists,” says Esther Frasso, PT, a physical therapist with Princeton Rehabilitation at Princeton Medical Center. “Since there are many contributors to this condition, we always begin by evaluating the individual, including assessment of the individual’s posture, neck, and head; movements of the jaw; and general function of the musculoskeletal system.”

Treatment must be authorized by your physician. Treatment may include posture re-education, heat and manual therapy to help release tension and help with proper jaw movement, individualized therapeutic exercises, posture re-education, and breathing techniques. In some

instances, a lengthier process of joint mobilization, muscle stretching, and stabilization may be required.

Treatment for TMD will:

- Increase range of motion
- Decrease muscle tension
- Decrease pain
- Improve posture

“Our ultimate goal is to relieve the individual’s pain and restore function,” says Frasso. “TMD can be debilitating, making chewing, swallowing, and talking uncomfortable and challenging, but working through an appropriate physical therapy program can help.”

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**To learn more** about Princeton Rehabilitation, or to schedule an appointment, call **609.497.2230**.

# ANTIDEPRESSANTS: Could They Help?

While we all get the 'blues' from time to time, clinical depression is a mood disorder that persistently affects how you feel, think, and behave. It can result in changes in sleep, energy level, concentration, appetite, overall behavior, and self-esteem. Depression can also lead to suicidal thoughts.

"Generally speaking, if what you are experiencing emotionally is keeping you from completing or enjoying your daily activities, you should seek advice from a doctor," says **Anatoliy Yanovskiy, MD**, Medical Director of Inpatient Psychiatry at Penn Medicine Princeton House Behavioral Health. "Clinical depression is not something that will simply go away, but, usually, with medication, psychotherapy and related therapies, or a combination of these, it can be managed."

## Finding the Right Option for You

There are a number of types of antidepressants available to treat depression. Finding the best one for a person is an individualized process, involving making sure the drug does not conflict with other prescribed medications; does not negatively impact existing physical health problems; successfully reduces depression symptoms; and causes few, if any, side effects.

"You have to be patient with the process, because it can take a few weeks before you feel the full effect of the medication, and you may have to try a few different medications before finding the right one for you, as well as the correct dosage," says Dr. Yanovskiy. "In some cases, your doctor may find that what works best for you is a combination of more than one medication. But while it may take some time to determine the best treatment for you, it is well worth the effort. It can give you your life back."

## TO GET THE BEST RESULTS FROM AN ANTIDEPRESSANT:

**BE PATIENT:** Antidepressants take time to work properly, and any side effects may be temporary.

**FOLLOW DIRECTIONS:** Take the proper dosage of medication at the proper time.

**DO NOT GIVE UP:** Never stop taking prescribed antidepressants without guidance from your doctor. While antidepressants are not habit-forming, abruptly stopping them can result in withdrawal symptoms and may worsen depression.

**AVOID ALCOHOL & RECREATIONAL DRUGS:** Both substances can increase depression and reduce the effectiveness of antidepressants.

**For more information** about Penn Medicine Princeton House Behavioral Health, visit [princetonhouse.org](http://princetonhouse.org), or call **888.437.1610**. If you are having thoughts of hurting yourself or others, call 988, the national suicide prevention hotline, or go to your nearest emergency room.

# Support Your Mental Health

## Tap Into Your Spiritual Side

Whether it is anxiety, depression, an eating disorder, or substance abuse, faced on their own, mental health issues can seem insurmountable. Seeking professional treatment can help you better understand the causes and learn how to navigate those issues.

“In many cases, as part of successful treatment, you need to recognize that you cannot control every aspect of your life; that there is some power greater than you,” says Chaplain Jawad Bayat, MA, ACPE Certified Educator, Associate Director for Clinical Pastoral Education at Penn Medicine Princeton House Behavioral Health. “People may immediately jump to the conclusion that what I am talking about is religion, but I am talking about spirituality, and that may or may not involve religion. Engaging spirituality is a personal experience.”

### Defining Your Spirituality

At Princeton House, inpatients are offered the opportunity to participate in a weekly spirituality group designed to help them identify and embrace their own personal spirituality. That spirituality can be just about anything — from following the beliefs of an organized religion to finding the joy in taking a walk in nature or sharing time with family — that feels larger than the self and produces a sense of peace.

During the group session, patients have the opportunity to share and connect, allowing them to gain an even deeper appreciation for the part spirituality plays in their lives and how they can use its power to help them cope with mental health issues.

“Exploring and embracing what we find spiritual power in grounds us, and allows us to put things in perspective and give things a sense of meaning,” says Bayat. “It helps us transform our pain and suffering in a way that is liberating, and because it allows us to stop focusing on control, our perspective improves and we gain a sense of hope.”

**For more information** about services at Princeton House Behavioral Health, visit [princetonhouse.org](http://princetonhouse.org), or call 888.437.1610.

Learn more about spirituality and mental health by listening to the two-part Mental Health Podcast available at [princetonhouse.org/podcast](http://princetonhouse.org/podcast).



## A Dozen Ways to Tap Into Your Spirituality

**Reflect** on what spirituality feels like and what you consider a spiritual experience.



**Notice** the emotions, sensations, and thoughts that arise throughout your day without judging them.

**Recognize** the beauty that surrounds you as you walk your daily paths.

**Engage** in acts of service, from smiling at a stranger to volunteering.



**Reflect** on sacred texts that motivate you.



**Practice** mental imagery exercises, alone or with others, to get in touch with your inner emotions.

**Pay attention** to how connection, relationships, and meaning intersect in your life activities.

**Explore** activities that bring meaning and satisfaction to you and regularly engage in them.

**Read** materials that provide perspective on spiritual growth.



**Offer prayer**, whether liturgical or personal, that asks for help, offers thanks, and expresses wonder.

**View and discuss** with friends a film that resonates in your life.



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## Bristol Myers Squibb Foundation Grant Supports Cancer Care for Older Adults

**B**ristol Myers Squibb has been a leading philanthropic partner of Penn Medicine Princeton Health (PMPH), sharing in our mission to improve the health of our community. Recently, the Penn Medicine Princeton Cancer Center received a \$2.5 million grant from the Bristol Myers Squibb Foundation to help fund an innovative program to ensure holistic, patient-centered cancer care for older adults.

Today, more than 70% of our patients with a cancer diagnosis are 65 or older. This generous grant will enable PMPH's new Geriatric Oncology Program to transform cancer treatment and supportive care for older adults. The program will expand its research infrastructure to design and implement clinical trials; bring new treatments and care delivery models in partnership with Penn Medicine's Abramson Cancer Center; and recruit multidisciplinary teams of professionals with an expertise in geriatrics.

The program will be led by Ramy Sedhom, MD, a co-leader of the geriatric oncology service line across the Penn Medicine system, a faculty member at the Penn Center for Cancer Care Innovation, and a representative on the National Comprehensive Cancer Network Clinical Practice Guideline Committee for Older Adult Oncology.

Bristol Myers Squibb's philanthropic programs span the globe, focusing on reducing health disparities by strengthening communities. We are honored they have chosen to support the Princeton Health community in this impactful way.

Bristol Myers Squibb is a member of the Princeton Medical Center Foundation's Corporate Partners Program, which was designed to create a mutually beneficial partnership by offering a variety of opportunities to support Princeton Health.

To learn ways your organization can partner with Princeton Health, please call **609.252.8701**, or visit [princetonhcs.org/foundation](https://princetonhcs.org/foundation).

