

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — SEPTEMBER/OCTOBER 2018



Robot-Assisted Surgery: Why More Patients are Choosing This Advanced Treatment Option

ALSO IN THIS ISSUE:

- Thriving after knee replacement
- A backache or something more?
- Treating postpartum depression

PLUS:

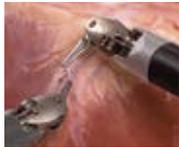
- Community Focus
Event Calendar





Doing Cartwheels Again
Former Gymnast Reclaims Active Life
After Knee Replacement

p. 3



Robot-Assisted Surgery:
Why More Patients are Choosing
This Advanced Treatment Option

p. 4-5



Is It Just a Backache or
Something More Serious?

p. 6



Community Focus

p. 7



Helping Patients With Cancer Navigate
Through Diagnosis, Treatment and Recovery

p. 19



Eating Disorders in Children:
It May Not Just Be Picky Eating

p. 20



Treating Postpartum Depression

p. 21



Managing Your Healthcare is
Just a Click Away

p. 22



Golf Outing Raises \$290,000 to Benefit
Princeton House Behavioral Health

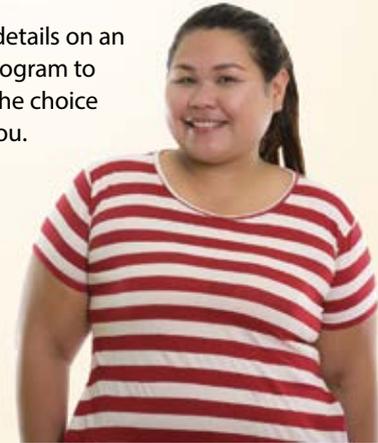
p. 24

In The Spotlight

Weight-Loss Surgery: Is It Right for Me?

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.

See page 8 for details on an informational program to help you make the choice that's right for you.



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

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Doing Cartwheels Again

Former Gymnast Reclaims Active Life After Knee Replacement



Bridgewater resident Martha Barrett had endured knee pain for nearly 25 years. Nothing — including nine surgeries at other facilities — had helped her regain the mobility

she'd lost over the decades. Then she came to Penn Medicine Princeton Health's Jim Craigie Center for Joint Replacement and met with **Brian Vannozzi, MD**, a board certified orthopaedic surgeon.

"Dr. Vannozzi analyzed my situation, including x-rays and an MRI, and asked me what I wanted to be able to do again," says Martha, 61.

In fall 2017, Vannozzi and Martha agreed that a total knee replacement procedure was the best course of action. Now Martha, who competed in collegiate gymnastics while studying to become a health and physical education teacher, is back to doing handstands, cartwheels and even round offs. "I have zero pain now," she says. "I can chase my three-year-old grandson down the street while he learns to ride a bike. And I can play tennis with my nine-year-old grandson. Dr. Vannozzi gave me my life back."

Getting Back to Living Again

"Martha's results are not out of the ordinary," says Dr. Vannozzi. "People don't have to live with the pain and immobility caused by injury- or disease-related knee conditions. When a knee condition is holding a healthy, active person back, we can fix it and get them feeling good again, living an active life."

Generally, patients are up and moving within hours of a total or partial knee replacement. Robotic surgical techniques can reduce hospital stays for inpatients and may result in faster recovery times with less pain. In some cases, total or partial knee replacements can even be performed on an outpatient basis using minimally invasive procedures.

After a rigorous onsite survey, The Joint Commission awarded the Jim Craigie Center for Joint Replacement with the prestigious Gold Seal of Approval for total knee replacements. And as part of its Best Hospitals rankings in 2017-2018, *US News & World Report* ranked Penn Medicine Princeton Health high performing in knee replacement.



Setting an Example

"I was always a physical education teacher who led by example," Martha says. "Now, I am back at it again." In fact, her enthusiasm for her new life has served as an example for her friends. "I've recommended Princeton Health to six of my friends, and they are all thrilled."

Still, Martha's greatest rediscovered joy is playing with her grandchildren. "When my grandson yells, 'Gee Gee, chase me!', and I can race behind him — that's a beautiful gift I've been given. It's truly a miracle," she adds.

To find an orthopaedic surgeon affiliated with Penn Medicine Princeton Health, or for more information on the Jim Craigie Center for Joint Replacement, call 1.888.742.7496, or visit www.princetonhcs.org.

Robot-Assisted Surgery: Why More Patients are Choosing This Advanced

Robot-assisted surgery at Princeton Medical Center (PMC) helps patients spend less time in the hospital and get back to their daily lives faster than ever before.

These state-of-the-art, robotic tools enable surgeons to view highly magnified, 3-dimensional, high-definition images of the surgical site in precise, real-time movements with accurate depth perception and crystal-clear vision. The technology enhances precision and control of surgical instruments. The benefits of robot-assisted surgery include:

- Significantly less pain
- Less blood loss
- Less scarring
- Shorter recovery time
- A faster return to normal daily activities
- And in many cases, better clinical outcomes



Bruce Pierce, MD, FACOG, FACS, Medical Director of the Robotic Surgery Program at PMC, said most patients who undergo robotic surgery at PMC go home the same day. By utilizing robotic-assisted procedures, patient satisfaction has skyrocketed, and the road to recovery has become a shorter and easier one.

“Our patients now go home the same day,” says Dr. Pierce, who is board certified in obstetrics and gynecology. “They’ve started telling their friends and family members how quickly they recovered. After robotic-assisted surgery, patients often say, ‘If I had known it was this easy, I would have had the procedure done years ago.’”



A Truly Comprehensive Program

PMC is a leader nationally in robotic surgery. With two state-of-the-art platforms and trained doctors in virtually every surgical specialty, the robotics program has spread far and wide. Patients can experience significantly better outcomes after many procedures, including:

- Operations on the lungs
- Treatments for muscular or skeletal injuries or diseases
- Joint replacement
- Treatments for hernias, gallbladder problems, urological issues or intestinal disorders
- The removal of cancerous or non-cancerous tumors
- Partial removal of the prostate, thyroid or colon
- Weight-loss surgeries, including gastric bypass

Treatment Option



“Robotics changes everything,” says Dr. Pierce. “A patient can have major surgery — one that would typically involve a big abdominal incision, a large scar and a long recovery period — and now, due to robotics, require just a tiny incision slightly more than an inch long that is often hidden in the patient’s belly button. In addition, the recovery period is dramatically reduced so patients are typically back at work within two weeks.”

To learn more about robot-assisted surgery at PMC’s Center for Minimally Invasive Surgery, call 1.888.742.7496, or visit www.princetonhcs.org.

Advances in General Robotics Surgery

General surgeons at Princeton Medical Center (PMC) are taking advantage of robot-assisted surgery to treat hernias and other conditions that once required traditional “open” surgery or minimally invasive procedures that may have been less precise. The latest technology offers 10-times magnification and 3-dimensional display to optimize these procedures and help reduce recovery times and pain.



*“The latest model of the robot allows us unprecedented access and perspectives, so we have much better visualization,” says **Nisha Dhir, MD, FACS**, a general surgeon on staff at PMC. “This has led to tremendous growth in robotics for general surgery over the last five years.”*

Because of these advances, PMC can often treat elderly patients who may have been at risk if they underwent traditional surgery, says Dr. Dhir, who is board certified in general surgery. Recently, a 96-year-old patient successfully underwent a hiatal periesophageal hernia procedure using robotic technology.

General surgery procedures using robotics at PMC include:

- Gallbladder procedures
- Hiatal and abdominal hernias
- Colorectal procedures related to cancer, polyps, diverticulitis and other conditions
- Gastrointestinal conditions such as gastroesophageal reflux disease (GERD)
- Swallowing disorders (achalasia)
- Adrenal gland removal
- Tumor biopsies
- Spleen conditions

“Because so many specialties are represented, and we have experience in so many areas, when a patient requires more than one robotic surgery we can do them as a combined surgery, avoiding two separate administrations of anesthesia and two separate recoveries,” says Dr. Dhir. “As technology continues to advance, we continue to incorporate more general and specialized robotics procedures into the treatment options we can offer our patients.”

Is It Just a Backache or Something More Serious?

Whether you push yourself too far with physical activity at work or at home, or simply move the wrong way and feel that telltale twinge, most people experience back pain from time to time. And back pain, whether chronic or short term, can be debilitating.



“The main function of the spine is to protect the nerves that run through the spinal column and provide support to the body,” says **Seth Joseffer, MD, FACS**, Chief of Neurosurgery at Penn Medicine Princeton Medical Center (PMC). “If something is wrong with your back, it can affect other parts of your body and result in a loss of function, which can impact your quality of life.”

Is it Serious?

When back pain is caused by a muscle strain, over-the-counter pain relievers, alternating heat and ice, and in some instances massage, may resolve the problem. But if the pain continues, it’s important to seek medical attention, says Dr. Joseffer.

Signs of a back injury that may need attention include:

- Continued pain that is not resolved with over-the-counter medication and rest
- Pain while lying down or at night
- Weakness in limbs or back
- Loss of normal daily function
- Shooting pain in the legs
- Loss of bladder and bowel control
- Fever
- Infection

To help keep your back healthy, Dr. Joseffer recommends staying in good physical condition through regular exercise that focuses on core strength to keep the spine strong and prevent injury, such as yoga, elliptical exercise and swimming.

Treatments Vary

PMC’s Spine Services provides diagnostic services, a range of treatment options including advanced surgical procedures, rehabilitation following an injury or surgery and wellness services to help prevent injury or reinjury.

“The majority of the people we see do not end up needing surgery,” says Dr. Joseffer, who is board certified in neurological surgery. “We’re generally able to get people back in shape with non-surgical treatments, including physical therapy and, in some cases injections to help manage the pain.”



If surgery is needed, it can range from a minimally invasive decompression procedure to treat back pain or disc herniation, to disc replacement, an alternative to more traditional fusion procedures that helps restore more normal function than fusion does.

“Regardless of whether a patient ultimately needs surgery, as surgeons we like to be involved in patient care from the beginning,” says Dr. Joseffer.

“We are in a good position to guide people, make sure they understand all of the good nonsurgical options available to them, and help them address any concerns they may have along the road to recovering from a back injury.”

To find a physician affiliated with Penn Medicine Princeton Health, or for more information on Spine Services, call 1.888.742.7496, or visit www.princetonhcs.org.

Community Focus



**PRE-REGISTER
FOR A CHANCE
TO WIN A
\$100 GIFT CARD**

Baby Fair

Expecting Parents, New Parents, Children and Grandparents are Welcome

SUN. October 7 (12 – 3:30 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
First Floor, Education Center

No registration required; however, those who pre-register will be entered into a drawing to win a \$100 gift card.

Don't miss this special opportunity to celebrate new beginnings at this fun-filled educational event for those who are expecting, thinking about pregnancy or already have young children. Join us for:

- Health tips from Princeton Health educators
- Children's activities, car seat safety checks, chair massages, door prizes, giveaways and lunch
- Information on family services available at Princeton Medical Center (PMC)
- Demos and services designed for new families provided by local businesses

Break-Out Sessions

Ask the Neonatologist – 1 p.m.

Learn what to expect in the hospital after baby's birth. Presented by a neonatologist from Children's Hospital of Philadelphia (CHOP). The CHOP team staffs Princeton Medical Center's NICU 24/7.

Ask a Sleep Specialist – 2 p.m.

Learn how to take the stress out of getting baby to fall asleep and stay asleep. Presented by a sleep specialist.

Maternity Tours

12:15 p.m. 12:45 p.m.

1:15 p.m. 1:45 p.m.

PMC is committed to providing a unique, family-centered birth experience. We invite you to take a tour of our state-of-the-art Center for Maternal & Newborn Care.

- **Please register separately for break-out sessions and maternity tours at 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** (unless another number is indicated).

Annual Prostate Cancer Screenings

THU. September 13 (6 – 8 p.m.)
Princeton Medical Center, 1 Plainsboro Road, Plainsboro

Screenings are free. Please call 1.888.897.8979 for an appointment. Early detection greatly increases your odds of successfully treating prostate cancer. Men 40 years of age or older should take advantage of this opportunity to be screened with prostate-specific antigen (PSA) testing and a digital rectal exam (DRE). African-American men and men with a family history of prostate cancer are particularly at risk. This confidential screening will be performed by a board certified urologist and healthcare professionals from Penn Medicine Princeton Health and is sponsored by PMC's Edward & Marie Matthews Center for Cancer Care. This test is offered as part of an ongoing, long-term research project. To participate, you must sign a consent form and complete a survey focused on quality-of-life issues. Your completed survey, blood test results and demographic information will be shared with researchers.

Weight-Loss Surgery: Is It Right for Me?

THU. September 6 (6 – 6:30 p.m.)
THU. October 4 (6 – 6:30 p.m.)
Princeton Medicine Physicians, 2 Centre Drive, Monroe Township

WED. September 19 (6 – 6:30 p.m.)
WED. October 17 (6 – 6:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, will provide an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, to help you make the choice that's right for you.

Health Screenings at West Windsor

Community Farmer's Market
SAT. September 8, 22, October 6 & 20 (9 a.m. – 1 p.m.)
Princeton Junction Train Station
Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive), Princeton Junction

Registration not required. Twice a month, health professionals from Penn Medicine Princeton Health will be on hand to offer free health screenings and information to area residents at the West Windsor Community Farmers' Market.

The Latest in Laser Vision Correction and Cataract Surgery

MON. September 10
(6:30 – 7:30 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff at Penn Medicine Princeton Health, will discuss all aspects of corrective eye surgery and answer your questions, including:

- What is Lasik?
- Am I a good candidate?
- Is Lasik safer than contact lenses?
- Can cataract surgery eliminate my need for reading glasses?



CHILD AND TEEN PROGRAMS

Mindfulness for Teens

WED. September 5 (6:30 – 8 p.m.)
Community Wellness at 731 Alexander Road, Suite 103
Teens will learn how to apply mindfulness practices in their everyday life, including techniques to increase their focus and attention, decrease the effects of stress and better regulate their emotions. Shikha Shah, MSW, LSW, Licensed Social Worker and Primary Therapist at Princeton House Behavioral Health, will guide teens through this introductory mindfulness class.

Kids Yoga

THU. September 13 (4 – 4:45 p.m.)
Community Wellness at 731 Alexander Road, Suite 103
Debbie Millar, RN, children's yoga instructor, will guide children through a playful yoga practice focusing on strengthening, stretching and relaxation. Dress in comfortable clothes. For kids ages 5–13.

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

SAT. September 22 (9 – 10:30 a.m.)
South Brunswick Wellness Center
Designed for boys between the ages of 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as he enters his teenage years. Bring your child and join us for an informative and relaxed look at growing up.

radKids®

MON. – FRI October 8, 9, 10, 11 & 12
(3:30 – 4:15 p.m.) For ages 5–7
(4:30 – 5:15 p.m.) For ages 8–12
Community Wellness at 731 Alexander Road, Suite 103
This five-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 comfortable clothes and sneakers. A consent form must be submitted prior to class, and may be obtained by calling 1.888.897.8979.



COMPLEMENTARY THERAPIES

The Power of Positivity

THU. September 27 (6:30 – 7:30 p.m.)

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

Join Julie Sprotzer, LSW, a Primary Therapist at Princeton House Behavioral Health Women's Program in Eatontown, for an enlightening discussion on the benefits of positive thinking and practical tips on how to adopt a healthier outlook on life.

The Basics of Meditation

TUE. October 2 (6:30 – 7:30 p.m.)

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

The simple practice of meditation can help reduce stress and provide many health benefits. Join Cheri Dzubak, Registered Yoga Instructor, as she discusses the goals of meditation, the benefits and how to incorporate the practice into your daily life.

Exploring Aromatherapy

TUE. October 16 (7 – 8 p.m.)

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

Join Karen Flicker, MS, Lac, Holistic Practitioner, and explore the benefits of aromatherapy. Also referred to as essential oil therapy, aromatherapy uses naturally extracted aromatic essences from plants to balance and promote the health of the body, mind and spirit.

Common Golf and Tennis Shoulder Injuries

TUE. September 11 (7 – 8 p.m.)

Plainsboro Library, 9 Van Doren Street, Plainsboro

To register call 609.275.2898.

Regardless of your age and activity level, shoulder injuries can be debilitating. Join Chris Blessing, MPT, OCS, CSCS and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, to learn more about the diagnosis, treatment and prevention of common orthopaedic ailments specific to golf and tennis. Exercises to protect and strengthen the shoulder will also be demonstrated.

Get the Facts: Polycystic Ovary Syndrome

THU. September 13 (7 – 8 p.m.)

Hickory Corner Library, 138 Hickory Corner Road, East Windsor
To register call 609.448.1330.

WED. October 10 (12 – 1 p.m.)

West Windsor Library, 333 North Post Road, Princeton Junction
To register call 609.275.8901.

It is estimated that 8–20% of women of reproductive age have polycystic ovary syndrome (PCOS). Most women are diagnosed during their 20s or 30s, but PCOS may affect girls as young as 11 who have not even had their first period. Learn about the signs and symptoms, health issues, fertility challenges and treatment options for women with PCOS at this informative program.

- **September 13** will be presented by Bruce Pierce, MD, board certified in obstetrics and gynecology
- **October 10** will be presented by Shyama S. Mathews, MD, board certified in gynecology

Acid Reflux: The Burning Questions

THU. September 13 (7 – 8 p.m.)

Robbinsville Library, 42 Robbinsville Allentown Road, Robbinsville
Gastroesophageal reflux disease (GERD) affects millions of Americans and can lead to Barrett's esophagus, a precursor to esophageal cancer. Join Anish A. Sheth, MD, Chief of Gastroenterology at Penn Medicine Princeton Medical Center and Co-Director of the Center for Digestive Health, for an overview of the signs and symptoms of GERD, with a special focus on endoscopic therapy for Barrett's esophagus. Medications, lifestyle changes and advanced testing for acid reflux will also be discussed. Dr. Sheth is board certified in gastroenterology and a member of the Medical Staff of Penn Medicine Princeton Health.



All About Joint Replacement

THU. September 13 (10:30 – 11:15 a.m.)

South Brunswick Wellness Center

THU. October 11 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

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

Help for Dizziness and Vertigo

THU. September 13 (7 – 8 p.m.)

South Brunswick Wellness Center

Learn more about the anatomy and physiology of the inner ear; common causes of dizziness, vertigo and loss of balance and how vestibular rehabilitation can help. This program will be presented by Eileen Kast, PT, OCS, physical therapist and Certified Vestibular Rehabilitation Specialist at Princeton Medical Center Princeton Rehabilitation.

CarFit

FRI. September 14 (10 a.m. – 12 p.m.)

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

THU. September 27 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better fit the driver, which provides 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.

What You Need to Know: ACL Injury Prevention

TUE. September 18 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Learn what steps you can take to help prevent ACL injuries at this informative program led by William Rossy, MD, specializing in orthopaedic surgery, and Kristen Yonkman, NASM, Certified Personal Trainer. This interactive discussion will focus on the structure of the knee, as well as exercises to help prevent knee injuries. Dr. Rossy is a member of the Medical Staff of Princeton Health.

Sepsis: Recognizing this Common and Life-Threatening Condition

THU. September 20 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

Anyone can develop sepsis — a potentially life-threatening complication due to an infection, which can damage multiple organ systems, causing them to fail — although it is most common and most dangerous in older adults or those with weakened immune systems. Join the Chairman of the Department of Emergency Medicine, Craig Gronczewski, MD, MBA, as he discusses the signs and symptoms of sepsis, who's at risk, septic shock and means to prevent and treat sepsis. Dr. Gronczewski is a member of the Medical Staff of Princeton Health.

Fall Prevention

FRI. September 21 (1 – 2 p.m.)

Plainsboro Senior Center, 641 Plainsboro Road, Plainsboro

Each year, one in three people over the age of 60 experiences a fall. Many of these accidents can be prevented with the right exercises and some simple changes in your habits and environment. Join Linda Lucuski, MPT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton, to learn about balance, your risk for falls and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

Palliative Care

FRI. September 21 (1 – 2 p.m.)

Princeton Senior Resource Center

45 Stockton Street, Princeton

THU. October 11 (7 – 8 p.m.)

South Brunswick Wellness Center

It is often challenging to make sound decisions during difficult times. Knowing what options are available greatly reduces stress and anxiety. Learn how hospice and palliative care programs provide help and support, their similarities and differences and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare, will present this important program, which will include ample time to answer all your questions.



Understanding Sickle Cell Anemia

MON. September 24 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Attend this informative program presented by David B. Sokol, MD, board certified in hematology and medical oncology, as he discusses the symptoms, causes and treatment options of sickle cell anemia. Dr. Sokol is a member of the Medical Staff of Penn Medicine Princeton Health.

Strategies to Support Children and Adolescents with ADHD

WED. September 26 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

The Centers for Disease Control and Prevention estimates that 11% of American children, ages 4 to 17, have attention deficit hyperactive disorder (ADHD). Children with ADHD are more likely to experience a range of co-existing conditions that can sometimes make social situations more difficult or school more challenging. Join Bert Mandelbaum, MD, board certified in pediatrics, as he discusses various strategies to support children and adolescents with ADHD. Dr. Mandelbaum is a member of the Medical Staff of Penn Medicine Princeton Health.

Osteoporosis: How to Stay One Step Ahead

MON. October 1 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

Osteoporosis is responsible for 1.5 million fractures each year. Join Michael Katzman, MSN, RN, FNP-C, WCC, ONC, Orthopedic Advance Practice Nurse with the Jim Craigie Center for Joint Replacement Penn Medicine Princeton Medical Center, to learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment of osteoporosis in aging adults.



Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. October 2 – November 15 (1:30 – 2:45 p.m.)

Princeton Fitness & Wellness, 7 Plainsboro Road, Plainsboro

\$99 per person

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

Are You at Risk for Breast Cancer?

FRI. October 5 (10:30 – 11:30 a.m.)

Plainsboro Library, 9 Van Doren Street, Plainsboro

To register call 609.275.2898.

FRI. October 19 (1 – 2 p.m.)

Plainsboro Senior Center, 641 Plainsboro Road, Plainsboro

THU. October 25 (7 – 8 p.m.)

Lawrenceville Library, 2751 Brunswick Pike, Lawrenceville

To register call 609.989.6920.

Breast cancer occurs more frequently in women, but that doesn't mean men are completely in the clear. Both men and women are invited to this invaluable presentation by Mary Kiensicki, RN, CBCN, Breast Health Navigator at Princeton Medical Center's Breast Health Center, to learn about breast cancer prevention, risk factors, how to reduce your risk, early detection and screening recommendations.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **September 18 and October 16, from 10 a.m. – 12 p.m.,** at the **South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.**

All About Cholesterol

WED. October 10 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

High cholesterol, which is one of the major controllable risk factors for coronary heart disease, heart attack and stroke, typically has no symptoms, so it is important to have your doctor check your cholesterol levels. Join Maya Mann, PA-C, specializing in internal medicine, as she discusses cholesterol, why it matters and the various ways you can manage it.

Allergies and Asthma

WED. October 10 (7 – 8 p.m.)

Community Wellness at the

Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

If you suffer from chronic nasal stuffiness; headaches; coughs or other sinus, allergy or asthma symptoms, join us for this informative program led by Sandy Yip, MD, board certified in allergy and immunology and a member of Penn Medicine Princeton Health. Learn about the symptoms, causes and treatments of common allergy disorders.



Is Your Bad Back Holding You Back?

THU. October 11 (10:30 – 11:15 a.m.)

South Brunswick Wellness Center

Persistent back pain affects millions of Americans each year and is one of the most common reasons people visit their doctor and lose time at work. Join Sunita Mani, PT, DPT, MBA, CEAS, Director of Princeton Medical Center Princeton Rehabilitation, for this educational program on back pain prevention and rehabilitation. Topics to be discussed include causes of lower back pain; common back pain myths; choosing safe, effective exercises; abdominal and gluteal muscles and back health and when surgery is appropriate.



Cooking with Fresh Fall Foods

WED. October 17 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Join Margaret Dobbs-Moreno, certified nutrition consultant and chef, and Susan Lang-Saponara, RDN, registered dietitian nutritionist, to discover new ways to enjoy local autumn offerings and discover the nutritional value of these foods. Bring your appetite and curiosity!

Constipation: How Physical Therapy Can Help

FRI. October 19 (1 – 2 p.m.)

Princeton Senior Resource Center

45 Stockton Street, Princeton

Join Becky Keller, PT, MSPT, and Katrina Heath, PT, DPT, physical therapists specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, and learn some simple and practical ways to manage and improve constipation symptoms.

AARP Driver Safety Program

SAT. October 20 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center

\$15 for AARP members

\$20 for non-members

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

Sports Specialization in Young Athletes

MON. October 22 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

Sports specialization occurs when an athlete focuses on only one sport, often year-round. When sports specialization occurs too early, detrimental effects may occur, both physically and psychologically. Evidence is mounting that specialization in a single sport before puberty may not be the best way to accomplish athletic goals. Attend this interesting lecture presented by William Rossy, MD, Orthopaedic Surgeon, as he discusses sports specialization and intensive training in young athletes.

Healthier Eating Habits for Fall

MON. October 15 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

As the days get shorter and the weather turns cooler, Americans on average consume 200 more calories daily, which translates to packing on three to four pounds per year. Join Heather Bainbridge, EdM, MA, RDN, registered dietitian nutritionist, for a discussion on healthy eating habits to decrease your risk of gaining weight leading up to the holidays.

Family Zumba Night!

THU. October 25 (7 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Looking for a fun program that promotes physical activity geared toward the entire family? Join Colleen Skillman, a Zumba instructor from the Hamilton Area YMCA, as she gets everyone's hearts pumping with a high-energy Zumba class. This class is open to all ages and abilities. Wear workout attire and comfortable shoes.

Vision Screenings

THU. September 20 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

THU. October 18 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center

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

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

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL



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

Sibling Class

SAT. September 8 (1 – 2:30 p.m.)
Penn Medicine Princeton Medical Center
– Atrium

\$30 per child

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

Maternity Tour

SAT. September 8 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
WED. October 24 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
Penn Medicine Princeton Medical Center – Atrium

Penn Medicine Princeton Medical Center is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at PMC or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the maternity rooms. A tour is included in all Childbirth Preparation classes.

SAVE!

When you register for multiple prenatal classes:

2 classes save \$10

3 classes save \$20

4 classes save \$30

To receive discount, call **1.888.897.8979** to register.

Prenatal Breastfeeding Class

MON. September 24 (7 – 9:30 p.m.)
TUE. October 23 (7 – 9:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$50 per couple

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

Baby Care

WED. September 26 (7 – 9:30 p.m.)
MON. October 15 (7 – 9:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$50 per couple

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

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

THU. September 6 – 27 (7 – 9 p.m.)
TUE. September 25 – October 16 (7 – 9 p.m.)
THU. October 11 – November 1 (7 – 9 p.m.)
MON. October 22 – November 12 (7 – 9 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$125 per couple

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

Accelerated Birthing Basics

SAT. September 15 (9 a.m. – 5 p.m.)
SAT. October 13 (9 a.m. – 5 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$155 per couple

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

HypnoBirthing

TUE. September 11, 18, 25, October 2 & 9
(6:30 – 9 p.m.)
Community Wellness at the Hamilton Area
YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple

This multi-session class is designed for expectant couples 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 pillows.

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

Daddy Boot Camp™

SAT. October 20 (9 a.m. – 12:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$40 per person

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

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

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center

No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar.

Breastfeeding Support Group

Tuesdays & Fridays (11 a.m. – 12 p.m.)

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 certified lactation consultant. Mothers are encouraged to bring their infants.

Postpartum Adjustment Support Group

WED. September 12 (1 – 2 p.m.)

WED. September 26 (1 – 2 p.m.)

WED. October 10 (1 – 2 p.m.)

WED. October 24 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

No registration required.

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

Infant Massage

THU. September 6 (9:30 – 11:30 a.m.)

MON. September 10 (9:30 – 11:30 a.m.)

MON. September 24 (6 – 8 p.m.)

MON. October 8 (6 – 8 p.m.)

THU. October 25 (6 – 8 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

Join us and learn new ways of soothing your baby and promoting healthy development. Connect with your baby through gentle massage and stretching, nursery rhymes and lullabies. These techniques will enhance your parenting skills and help calm your baby during times of discomfort. Please bring a blanket, exercise mat or large towel and grapeseed or sunflower oil (test oil on your baby's ankle or wrist 24 hours before coming to class to ensure there are no skin sensitivities). Please wait at least one week after your baby's most recent immunization to join this class. Medical clearance from a healthcare professional is required. The form can be obtained by calling 1.888.897.8979.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. October 2 – November 9 (10 – 11 a.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$60 per person.

Strengthen and restore your posture, core and pelvic floor with this new six-week class designed for new moms. Participants should be at least six weeks postpartum and have their doctor's medical clearance to exercise. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga and breathing. Please wear comfortable exercise clothing. Babies are welcome. *October 22 is a Monday and November 9 is a Friday.

Grandparenting 101

WED. October 3 (6:30 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

This class is designed for grandparents-to-be and new grandparents. Topics range from the changing birth environment to safety considerations, including: car seat laws and recommendations, SIDS (sudden infant death syndrome) risk reduction, transitioning your role from parent to grandparent and newborn characteristics. This discussion will be presented by Carolyn Schindewolf, a health educator with Princeton Health Community Wellness.



Twins and Multiples

TUE. September 4 (6:30 – 9 p.m.)

Penn Medicine Princeton Medical Center – First Floor, Education Center

\$40 per couple.

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



CPR & FIRST AID

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

ACLS Full Certification Course

TUE. & WED. September 25 & 26 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

ACLS Recertification Course

MON. September 24 (9 a.m. – 5 p.m.)
MON. October 15 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

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

PALS Full Course

TUE. & WED. October 23 & 24 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

PALS Recertification Course

WED. September 12 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

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

BLS Provider

WED. September 12 (6p.m. – 10:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

THU. October 11 (9 a.m. – 1:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

BLS Renewal*

THU. September 13 (9 a.m. – 12:30 p.m.)
MON. October 29 (6 – 9:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

WED. September 26 (6 – 9:30 p.m.)

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

Provider: \$65 per person

Renewal: \$40 per person

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



Heartsaver CPR AED

THU. October 18 (6 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$45 per person

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

Heartsaver First Aid

WED. September 5 (9 a.m. – 12 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$40 per person

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

Family & Friends CPR

\$15 per person, per session (\$25 for both infant and child/adult)

Family & Friends CPR programs teach participants how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

**An infant is defined as a child 1 year of age or younger.*

SAT. September 15

(10 – 11 a.m.) Adult/Child

(11:15 a.m. – 12:15 p.m.) Infant

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

THU. October 11

(7 – 8 p.m.) Adult/Child

(8:15 – 9:15 p.m.) Infant

Community Wellness at the 731 Alexander Road, Suite 103

WED. October 17 (6 – 7 p.m.) Infant only

Community Wellness at the 731 Alexander Road, Suite 103

Neonatal Resuscitation Program

WED. October 10 (8 a.m. – 12 p.m.)

Penn Medicine Princeton Medical Center
6th Floor, Mother & Baby Unit

\$75 per person.

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

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.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

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

EMT Refresher Class Section A – Airway Assessment and Management

SUN. October 21 (8 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$60 per person.

Students will review proper airway management techniques, including assessment, airway insertion and oxygen administration.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

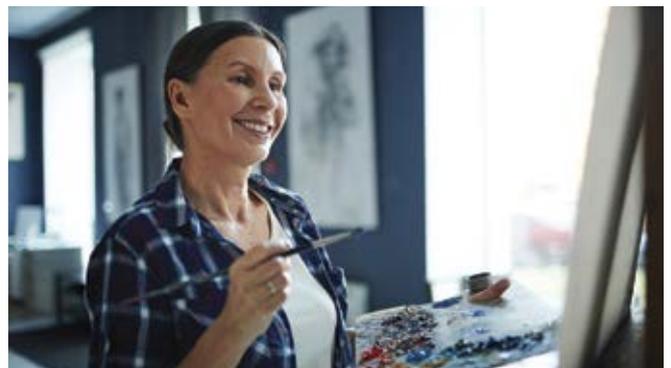
Creative Self-Care for Those with Cancer

WED. September 12, 26, October 10, 24, November 14 & 28 (6 – 7 p.m.)

Penn Medicine Princeton Medical Center
Cancer Center Conference Room

Registration Required. Space is limited. To register for this series call **609.853.6787**.

Self-care is an important yet often overlooked practice. In a supportive and fun environment, you'll create artwork that emphasizes relaxation. Join Kristina Baktis, ATR-BC, ATCS, board certified art therapist, for this creative and rejuvenating program. Each session will have a different theme and no art experience is necessary.



Weight Management Program for Cancer Survivors

SAT. September 15, 22, 29, October 6, 13, 20, 27,
November 3, 10 & 17 (8:45 – 10:15 a.m.)

MON. September 17, 24, October 1, 8, 15, 22, 29,
November 5, 12 & 19 (11:30 a.m. – 1 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration required, please call 609.853.6788.

Cancer survivors are invited to join us for a free 10-week program designed to promote healthy living through regular activity and good eating habits. The program, led by Mehreen Husain, MS, RDN, CSO, CNSC, Registered Dietitian and Certified Nutrition Support Clinician, will cover topics such as managing macronutrients (carbohydrates, fats and proteins); dining out; meals on a budget; mindful eating; and improving strength, core and movement. Participants will keep a food diary/activity journal during the 10 weeks. Each session will begin with a weekly weigh-in, body measurements and a food diary/activity journal review, followed by a discussion of that week's topic. Each session will end with 15 to 30 minutes of walking or simple exercise. Interested individuals will be screened prior to joining the program and must meet established criteria related to their body mass index and digestive, cardiac and joint health. Participants must have completed their cancer treatments and not have any upcoming, scheduled surgeries.

Prostate Cancer Support Group

WED. September 12 (12 – 1:30 p.m.)

WED. October 10 (12 – 1:30 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

No registration required. Walk-ins welcome.

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

Cancer Support Group

TUE. September 18 (1:30 – 3 p.m.)

TUE. October 16 (1:30 – 3 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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

Breast Cancer Support Group

TUE. September 18 (6 – 7:30 p.m.)

TUE. October 16 (6 – 7:30 p.m.)

PMC Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the third Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from PMC's Breast Health Center.



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

WED. September 19 (12 – 1:30 p.m.)

WED. October 17 (12 – 1:30 p.m.)

Penn Medicine Princeton Medical

Center – Edward & Marie Matthews

Center for Cancer Care, Conference Room

Registration preferred. Walk-ins welcome.

Penn Medicine Princeton Health's Head & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement; a safe setting for sharing concerns and problems related to life after cancer; education and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Penn Medicine Princeton Health.

Living Beyond Cancer

THU. September 27 (12:30 – 2 p.m.)

THU. October 25 (12:30 – 2 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care

Conference Room

Walk-ins welcome.

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

Mindful Movement

Thursdays (10 – 11 a.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care

Conference Room

Registration preferred.

We invite you to join us for this class, which combines gentle exercises with yogic breathing, guided imagery and meditation. This is a low-impact but effective workout for the body and the mind. The concentration involved allows you to block out stress and focus on taking care of yourself.

Restorative Yoga

WED. September 5, 19, October 3 & 17 (6 – 7 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care

Conference Room

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

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

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. September 10 (7 – 9 p.m.)
MON. October 1 (7 – 9 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

No registration required. Walk-ins welcome.

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



Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. October 1 (6 – 7:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D

MON. September 17 (1 – 2:30 p.m.)
MON. October 15 (1 – 2:30 p.m.)
Suzanne Patterson Center at Princeton Senior Resource Center
Corner House Room 19
45 Stockton Street, Princeton

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

The evening support group meets the first Monday of the month and the afternoon support group meets the third Monday of the month (unless the date falls on a holiday). Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Hospice Program, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight-loss Surgery Support Group

TUE. September 4 (7 – 8:30 p.m.)
TUE. October 2 (7 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Classroom 1

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

THU. September 6 (6:30 – 7:30 p.m.)
THU. October 4 (6:30 – 7:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. September 19 (6:30 – 7:30 p.m.)
WED. October 17 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

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

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

WED. September 19 (6:30 – 8 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

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

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

Diabetes Support Group

WED. September 19 (2:30 – 4 p.m.)
WED. October 17 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. September 24 (6:30 – 8 p.m.)
Penn Medicine Princeton Medical Center
5th Floor, Medical Arts Pavilion, Occupational Health
Waiting Room

No registration required. Walk-ins welcome. Please call 609.853.7890 for information.

This group provides resources and support for those living with diabetes and their loved ones. A Certified Diabetes Educator with Penn Medicine Princeton Medical Center's Diabetes Management Program facilitates meetings.



Journey Back: Stroke Support Group

WED. September 12 (6:30 – 7:30 p.m.)
WED. October 10 (6:30 – 7:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

For more information contact Jenny Bestwick, LCSW, at 609.853.6359.

Journey Back welcomes individuals who have experienced a stroke, as well as their loved ones and caregivers, to attend this peer support group that meets on the second Wednesday of each month. Facilitated by Jenny Bestwick, LCSW, Acute Rehabilitation Social Worker, the group helps those touched by stroke work toward increased independence, adjust to life after stroke and provide support and hope to one another. There will be occasional presentations by experts in stroke and rehabilitation.

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



www.ustream.tv/princetonhealth

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

To learn about upcoming episodes, visit: www.princetonhcs.org/calendar.

Future Topics? Send us your ideas. PrincetonHealth@gmail.com

Princeton Health
OnDemand
Our experts. At your convenience.



Spinal Matters: A Backache or Something Serious?

WED. September 12 (12 p.m.)

Seth Joseffer, MD, FACS, specializing in neurological surgery and spine surgery



Coping with Postpartum Depression

WED. October 10 (12 p.m.)

Sarah Carstens, LCSW, LCADC, Clinical Manager-Women's Program, Princeton House Behavioral Health



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

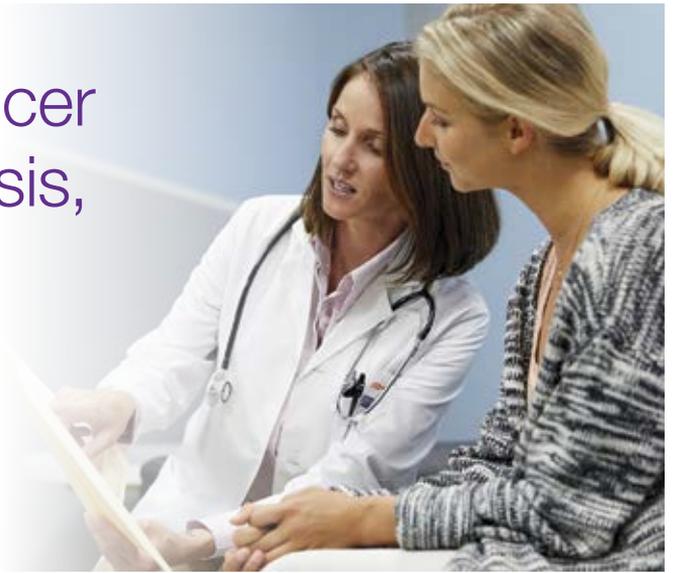
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Registration is required unless otherwise noted.

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

Helping Patients with Cancer Navigate Through Diagnosis, Treatment and Recovery

Anyone who has received a cancer diagnosis — or knows someone who has — knows what a physical toll it can take on your body. What may not be as apparent is the often overwhelming emotional and financial toll it can take as well.



“A cancer diagnosis can send your entire world into a tailspin,” says Joanita Miranda, MSW, LCSW, OSW-C, Oncology Social Worker and Oncology Financial Navigator at Penn Medicine Princeton Medical Center’s Edward & Marie Matthews Center for Cancer Care. “First you struggle to come to terms with the news and then you find yourself bombarded by medical information and decisions, waves of emotion, well-meaning but sometimes overwhelming offers of support from family and friends, and financial concerns that can seem insurmountable. And all of this is going on while you really need to be putting all of your energy into fighting your cancer.”

Treatment and Support Under One Roof

The Center for Cancer Care provides specialized clinical services, rehabilitative care and support for treatment and recovery through a multidisciplinary team approach. A certified oncology nurse navigator, an oncology certified dietician, a social worker, a clinical research nurse and a survivorship nurse are all on staff to help you move smoothly through diagnosis, treatment and rehabilitation.

In addition to cutting-edge clinical care, the Center also offers complementary medicine programs such as mindfulness training, restorative yoga and massage therapy to help both the body and mind heal.

“One of the latest support services we offer our patients is help through the Cancer Center Financial Counseling Program,” says Miranda. “Through the program, we pursue grants, research money and private industry funding to help patients avoid financial disaster, which we call financial toxicity, as a result of cancer treatment. Some funding is generalized, while some is disease- or medication-specific. We also assist with pharmaceutical co-pay cards that lower patients’ out-of-pocket costs.”

The specific needs of each patient who seeks assistance through the program are evaluated in order to pursue appropriate support.

“Whether it’s help with unexpected medical bills or assistance with transportation costs for treatment, we want to be proactive with patients so they and their families can focus on regaining their health,” says Miranda.



A certified oncology nurse navigator, an oncology certified dietician, a social worker, a clinical research nurse and a survivorship nurse are all on staff to help you move smoothly through diagnosis, treatment and rehabilitation.

To find out more about the Cancer Center Financial Counseling Program, call 609.853.6793. For more information on the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center, call 1.888.742.7496, or visit www.princetonhcs.org.

Eating Disorders in Children: It May Not Just Be Picky Eating

It's not uncommon for children to go through picky stages where they only want to eat a handful of select foods, prefer crust-free sandwiches cut in certain shapes or banish anything green from their plates. But in some instances what appears to be a finicky phase can be something more — the sign of an existing or developing eating disorder.



While people usually think of eating disorders impacting teens and adults, the number of reported cases involving young children of both genders is on the rise. "It's hard to say whether this is because there are more instances of eating disorders in young children today or whether people are becoming more

aware of the condition and seeking help," says **Najeeb Riaz, MD**, Medical Director of the Penn Medicine Princeton Center for Eating Disorders. "We treat children as young as eight for conditions ranging from bulimia and anorexia to overeating disorders."

Recognizing the Problem Can Be Difficult

Children experiencing eating disorders may not exhibit the body image issues generally seen in teens and adults, which can make it easier to overlook the condition. Instead, children are likely to offer excuses for not eating, such as not being hungry, feeling nauseous, or being afraid eating will make them sick or cause them to choke. Being aware of changes in their attitudes toward food, and keeping communication lines open, are important to recognizing there is a problem, says Dr. Riaz, who is board certified in child and adolescent psychiatry.

Asking these questions can help determine if your child is at risk:

- Are they receiving enough nutrition for proper physical and mental development?
- Is their diet impacting their weight and growth?
- Is their eating behavior limiting their social activities?
- Is their eating behavior impacting family relationships?



Exactly what causes eating disorders in children is unclear, but they can be successfully treated. The Princeton Center for Eating Disorders includes an inpatient and partial hospital program that focuses on the child and the family and includes therapy, nutritional counseling and aftercare planning.

"Left untreated, pediatric eating disorders can seriously impact a child's physical, psychological and social development," says Dr. Riaz.

"Chronic malnutrition can result in stunted growth and a failure to thrive, while the underlying causes of the disorder interfere with self-esteem and can contribute to major mood or anxiety disorders. And since so much of socialization is connected with food, a child may start to isolate more and more."

For more information about the Princeton Center for Eating Disorders, call 888.437.1610, or visit princetonhcs.org/eatingdisorders.

Treating Postpartum Depression

Most new mothers experience occasional mood swings as a result of the physical and emotional changes that come with the birth of a baby. But when those emotional shifts are severe or continue over an extended period of time, you may be suffering from postpartum depression (PPD).

Speak with your doctor if you experience signs of PPD, including intense anger, irritability or sadness; severe mood swings; feelings of guilt, shame or inadequacy; trouble bonding with the baby; loss of interest in life; thoughts of harming yourself or your baby; overwhelming fatigue; insomnia and loss of appetite. If left untreated, PPD can last for a year or more and, in rare instances, can lead to more serious psychological conditions, including bipolar disorder and postpartum psychosis, resulting in paranoia and hallucinations.



Tammy S. (above), age 33, struggled with postpartum depression (PPD) and post-traumatic stress disorder (PTSD) from her second son's birth as well as earlier trauma in her life. Treatment at Princeton House Behavioral Health has made her "a happier, calmer person."

Seek professional help if symptoms:

- Last for two weeks or more
- Gain intensity
- Affect your ability to care for your baby and/or yourself
- Make everyday activities difficult
- Include thoughts of hurting yourself or your baby

The Women's Program at Penn Medicine Princeton House Behavioral Health helps new mothers through PPD with intensive outpatient therapy, combined with antidepressants and guidance in self-care, including proper diet and exercise. Women experiencing PPD generally need a higher level of care when symptoms do not improve with outpatient therapy or the ability to function is so impaired that they are unable to care for themselves or their babies. The intensive outpatient program and partial hospital program are available in Princeton, Hamilton, Eatontown, Moorestown and North Brunswick. Inpatient treatment is available in Princeton.

"PPD can arise unexpectedly and cause significant functional impairments, particularly when a mother has experienced complications related to the birth," says Michelle Kerekes, LPC, LCADC, Senior Primary Therapist at the Penn Medicine Princeton House Behavioral Health Women's Program in Eatontown. "New moms often expect the arrival of a baby to be an entirely joyous and exciting time. When reality doesn't meet expectations, many women experience intense guilt and shame."

Depending on personal history, women with PPD may enter either the trauma or the emotional regulation track at the Women's Program. Offering both partial hospital and intensive outpatient options, the program provides a combination of individual and group therapy, group education and medication management, including safe options for mothers who are breastfeeding.

"When new moms enter treatment, they frequently describe feeling controlled by their emotions," says Kerekes. "Through education, skills training and self-compassion work we help them regain a sense of control as well as expand their window for tolerating distress. Learning to practice self-care and self-compassion is critical to recovery. New moms can be so hard on themselves, but they are not alone and PPD is certainly not something to be ashamed of."

Risk Factors for PPD

- Pregnancy or childbirth complications
- Personal or family history of depression or mental illness
- Stressful life event during or after pregnancy
- Mixed feelings about the pregnancy
- Experiencing PPD with an earlier pregnancy
- Having a baby with health issues or special needs
- Difficulty breastfeeding
- Lacking a strong support system
- Alcohol or drug abuse issues

For more information about outpatient behavioral health services at Princeton House, visit princetonhouse.org/women, or call 1.888.437.1610.

Managing Your Healthcare is Just a Click Away

When it comes to managing medical appointments and keeping track of your healthcare needs, Penn Medicine Princeton Health has been working hard to put everything at your fingertips, from your medical history and upcoming care to scheduling appointments with our physicians and consolidated billing.

By year's end, all Princeton Medicine physicians, nurses and other care providers throughout Princeton Health will be able to easily document the care they provide and seamlessly coordinate care with other providers, including those at other Penn Medicine facilities and practitioners, using the PennChart electronic health record system.



As part of PennChart, our patient portal and other portals used in our Princeton Medicine practices have, or will be in the coming months, transitioned to the myPennMedicine portal, offering you the ability to view medical records and track lab results, as well as monitor upcoming appointments, any time day or night from your computer, or through the myChart app on your smartphone.

Easy Online Appointments

Our online scheduling service lets you book an appointment with a primary care physician or specialist affiliated with Princeton Medicine, the primary and specialty care physician network of Princeton Health, with the click of a mouse. Just visit www.princetonmedicine.org and click the "Book an Appointment" button at the top of the page. You can select a physician by name, specialty, appointment availability and even by accepted insurance providers.

Choose from primary care providers specializing in family medicine, geriatric medicine and internal medicine; specialists in behavioral health, cardiology, epilepsy, gastroenterology, hematology/oncology, obstetrics and gynecology, pulmonary medicine, and sleep medicine; and surgeons in bariatric and metabolic surgery and thoracic surgery. You can even get to know our physicians a little better by taking a look at their online, easy-to-read profiles and patient reviews.

Billing Made Easier

Our new billing statement offers a consolidated bill rather than individual statements from the hospital and each Princeton Medicine provider, and the easy-to-understand format even includes account balance information to help you keep track of your expenditures. Please note that you may still receive individual bills from independent providers, for example, anesthesia, radiology, emergency medicine, pathology and non-Princeton Medicine hospitalists and consultants.

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

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

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 1-800-537-7697 (TDD)

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

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

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January 2018



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For help with finding a physician,
call 1.888.742.7496.

Golf Outing Raises \$290,000 to Benefit Princeton House Behavioral Health

The 23rd Annual Penn Medicine Princeton Health Golf Outing was held on June 12 at Metedeconk National Golf Club in Jackson, New Jersey. The top sponsors for this fundraising event included Compass One and its related companies — Morrison Healthcare and Crothall Healthcare — with Penn Medicine Princeton Medical Center Medical Staff, Princeton Anesthesia and Renner Brown.

Proceeds from the fundraising event totaled \$290,000 and will benefit Princeton House Behavioral Health, a division of Penn Medicine Princeton Health, a leading provider of inpatient, partial hospital and intensive outpatient services in central and southern New Jersey. The funds will support the startup of a Medication Assisted Treatment (MAT) program. MAT combines FDA-approved medications in combination with counseling and behavioral therapies to provide a whole-patient approach to treatment for individuals with substance use disorders.

“Princeton House is interested in adding MAT service to our continuum of care, since it has been shown to be an effective way to help manage recovery in an outpatient setting,” says Richard Wohl, President of Princeton House and Senior Vice President of Princeton Health.

Other top sponsors included Conner Strong & Buckelew, McDermott Will & Emery and Chairman Emeritus of the Penn Medicine Princeton Health Board of Trustees Edward E. Matthews. More than 100 companies and individuals who do business with Penn Medicine Princeton Health or live in the region lent their support.

The Princeton Medical Center Foundation thanks everyone who supported this event, especially the Golf Outing Committee Co-Chairs, James Demetriades, Penn Medicine Princeton Health Vice President, and Glenn Mekles, of Conner Strong & Buckelew.

Watch for information on our June 2019 outing!



Penn Medicine Princeton Health President & CEO Barry Rabner and Golf Outing Committee Co-Chairs James Demetriades and Glenn Mekles.



For photos and more
information about the event,
visit www.phcsgolf.org.