

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — SEPTEMBER/OCTOBER 2019

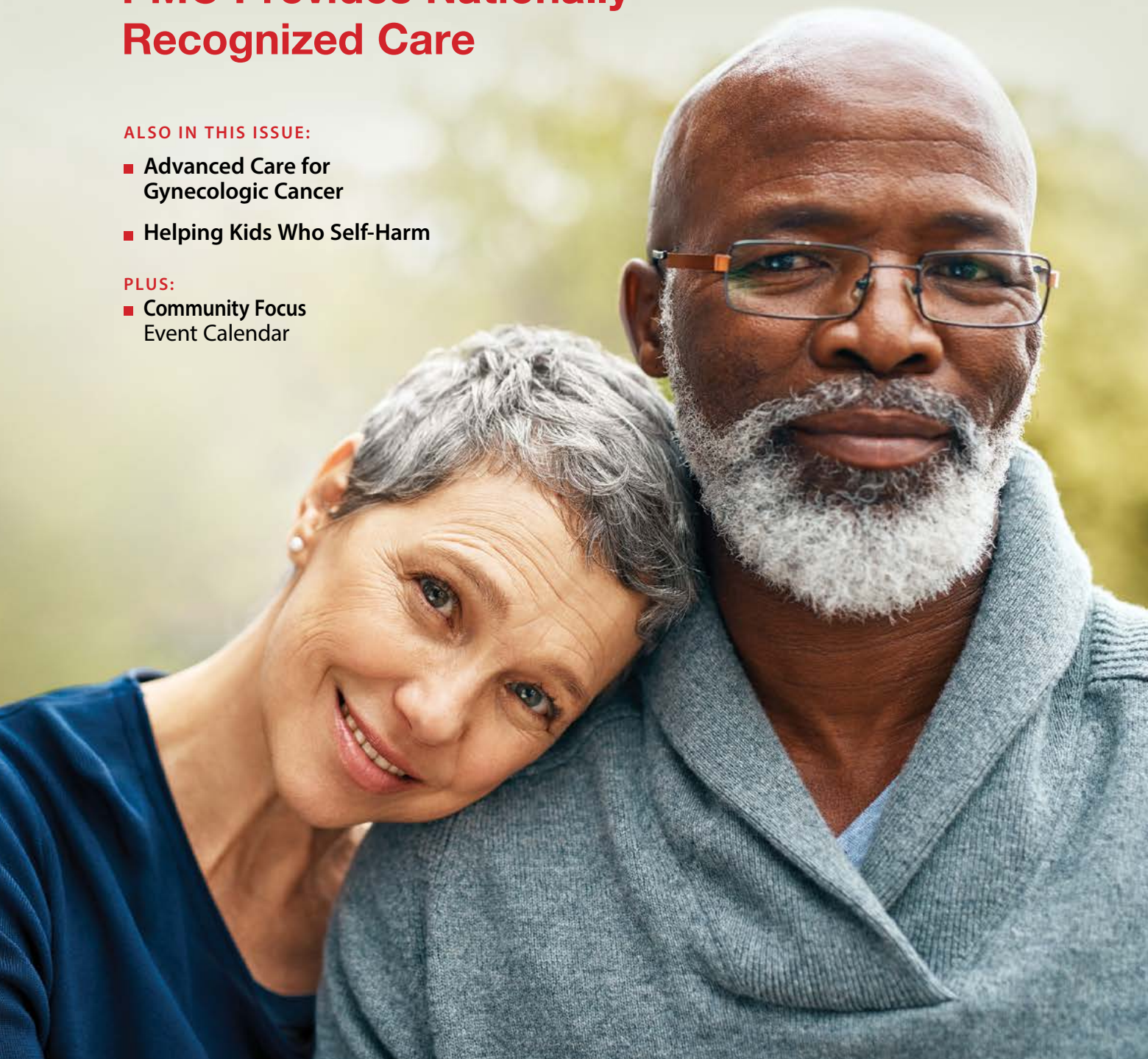
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Princeton Health

SEPTEMBER/OCTOBER 2019



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CENTENNIAL
EVENT**

BABY

Fair **OCTOBER 13**
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(formerly Princeton Home Care)

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(formerly Princeton Home Care – Hospice)

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

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

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Diagnosing and Treating Gynecologic Cancers Close to Home

In the U.S., more than 110,000 women were diagnosed with some form of gynecologic cancer last year, according to the American Cancer Society, and more than 32,000 women lost their fight against the disease.

Diagnosis and prompt treatment make survival more likely, and today both are available close to home, through the new Gynecologic Oncology Program at Princeton Medical Center (PMC).



Watch for Signs

"Beyond Pap tests to identify cervical cancer, there are no screening tests for gynecologic forms of cancer (such as uterine, ovarian, vaginal, and vulvar cancer)," says **Charlotte Marcus, MD, FACOG**, a board certified

gynecologic oncologist on staff with Princeton Medicine Physicians, Princeton Health's network of employed physicians. "Because of that fact, women need to talk to their doctor about any changes in bleeding, bowel habits, unusual discomfort, bloating, and even if their clothes start fitting differently for no clear reason."

Testing such as ultrasounds and blood work can be completed through the Gynecologic Oncology Program to determine if cancer is present. Women with a history of ovarian or pre-menopausal breast cancer in their family should seek genetic counseling through PMC even if they are not experiencing any of the changes mentioned above, to determine if they have a hereditary syndrome such as the BRCA mutation, which makes them more likely to develop ovarian or breast cancer, says Dr. Marcus.

Most Treatments are Minimally Invasive

Usually, the first step in gynecologic cancer treatment is surgery, and most procedures can be done minimally invasively, often using robotic technology. These procedures can result in shorter recovery times and less discomfort following surgery.



"Often surgery alone is curative," says Dr. Marcus.

"But in other cases a woman may need chemotherapy or radiation therapy as well. Through the treatment process we have ways to help young women maintain their fertility if they are still at child-bearing age and think they may want to have a child in the future."

Future fertility can be a concern for many women since about 10 percent of uterine and cervical cancers are diagnosed in women in their 30s and 40s — still considered as child-bearing age today. Most women, however, who are diagnosed with gynecologic cancer are in their 50s and 60s.

A Cancer Treatment Team

Women seeking treatment through the Gynecologic Oncology Program at Princeton Medical Center work with a supportive team to handle the physical and emotional challenges of cancer, says Dr. Marcus. Holistic services such as nutrition counseling, massage, acupuncture, and yoga are available, as well as individual counseling and support groups and assistance navigating financial matters.

"Here, we provide much more than just surgical procedures and medical treatments," she says. "We work with the patient to conquer their cancer from every angle so she can go on living life."

For more information on the Gynecologic Oncology Program at Princeton Medical Center, call 1.888.742.7496 or visit www.princetonhcs.org.

WHEN STROKE STRIKES,

PMC Provides Nationally Recognized Advanced Care

In the United States, someone has a stroke every 40 seconds, and someone dies as a result of a stroke every four minutes, according to the Centers for Disease Control. The good news is that advances in care are increasing the odds of surviving and recovering from a stroke.



"Stroke symptoms can often be difficult to recognize, but swift action and medical evaluation is extremely important," says **Craig Gronczewski, MD**, Chair of the Penn Medicine Princeton Health Department of Emergency Medicine. "Some patients may benefit from advanced treatment that may reverse strokes, but these treatments can only be performed if strokes are recognized within a certain period of time. Because any delay can have serious consequences, if you suspect a stroke, even if symptoms subside, you should seek emergency medical attention."

One of the most important treatment options for stroke is a drug called t-PA, which can only be administered within three hours of the onset of symptoms. It can prevent lingering disabilities in some patients experiencing stroke.

Age Doesn't Matter

Although more common as we age, strokes can strike at any age. Nearly 15 percent of strokes occur in people under the age of 60, according to the American Heart Association. And when they do, they can be serious enough to result in death, such as the massive stroke suffered by actor Luke Perry, who died at age 52 earlier this year.

Some risk factors for stroke cannot be changed, like ethnicity (Hispanics and African-Americans tend to experience strokes more frequently than others), age, family history of stroke, or having experienced a previous stroke or mini stroke (a TIA or transient ischemic attack), while other risk factors can.



"The best thing that people can do to minimize stroke risk is to control those factors that can be controlled," says **Paul Kaiser, MD**, Medical Director of Penn Medicine Princeton Medical Center's Stroke Program. "That includes actively treating high blood pressure, high cholesterol, diabetes and heart conditions; quitting or not starting smoking; getting regular exercise; eating a health diet; and reducing stress."



RECOGNIZE THE SIGNS

Numbness, weakness or paralysis of the face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Trouble seeing in one or both eyes

Trouble walking, dizziness, loss of balance or coordination

Severe headache



CONTINUED RECOVERY with Outpatient Rehab

Recovery After Stroke

"Recovery from a stroke takes time," says Philip Tran, RN, BSN, Princeton Medical Center (PMC) Stroke Program Coordinator. "A patient may need to move from the hospital to acute rehabilitation, where they can benefit from intensive physical therapy that usually runs for several weeks. Depending on a person's needs, the focus can be on strength and mobility, occupational therapy to help with daily living tasks like how to put on a shirt if there is some physical limitation because of the stroke, or therapy to help with speech and swallowing."

A PMC support group also meets monthly to help patients recovering from stroke and caregivers adjust to life after stroke.

Recognized for High Standard of Care

PMC has been designated by the state of New Jersey as a Primary Stroke Center, with specially trained acute stroke teams and state-of-the-art neuro-imaging and neurosurgical services available 24/7 and a designated stroke coordinator to oversee patient education and quality of care. PMC has also earned two national recognitions in stroke care: advanced certification as a Primary Stroke Center by The Joint Commission and the American Heart Association/American Stroke Association (AHA/ASA) and the AHA/ASA's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award.



The Joint
Commission®



American Heart
Association®
American Stroke
Association®

CERTIFICATION

Meets standards for

Primary Stroke Center

Once you head home from the hospital or Acute Rehabilitation, Penn Medicine Princeton Medical Center Princeton Rehabilitation can help you continue your recovery through physical, occupational and speech therapy services. These services are available in-home or at outpatient locations in Hamilton, Monroe Township, Plainsboro, Princeton and South Brunswick depending on need.

"Inpatient rehabilitation focuses on getting the patient safely discharged home," says Soo Ahn, PT, DPT, a physical therapist with Princeton Rehabilitation. "Outpatient rehabilitation moves forward from there and works to ensure the patient is safe at home and regains as much strength, mobility and balance as possible to return to their prior level of function."

Therapy usually lasts between one and three months, and begins with an individualized assessment to determine balance, strength, functional mobility, fall risk, and the patient's objectives.

For more information

on Princeton Medical Center Princeton Rehabilitation, call 1.609.853.7840 or visit www.princetonhcs.org.

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



Fighting Flu: Princeton Medical Center Was Founded On It



When it comes to fighting influenza (flu), Penn Medicine Princeton Medical Center (PMC) has a long, illustrious history. In fact, it was the influenza epidemic of 1918 that led to the founding of the first hospital in Princeton.

In October 1918, with three of the community's seven doctors serving the country in World War I, the nation's spreading flu epidemic struck Princeton hard, resulting in more than 300 cases of flu that month. In all, close to 50 developed pneumonia and more than 15 died. In response to this devastating flu epidemic, the community came together to raise funds for a hospital in Princeton and Moses Taylor Pyne donated a farmhouse on Witherspoon Street. The 22-bed hospital opened in November 1919.

A Serious Health Risk

Since 1938, the flu vaccine has been available to help people avoid contracting the virus. In cases where the vaccine is not fully effective, it will make symptoms less severe and likely shorten the illness.



"Flu viruses are constantly changing. The process of vaccine virus selection and development starts the year before flu season hits. There are times when it is not quite as effective as other times," says **Siddiq Faisal, MD**, on the Medical Staff of PMC. "But getting a flu shot is still an important health precaution. Coming down with the

flu is pretty awful. You can expect five or more days of misery, and young children, anyone 65 or older, or anyone with a compromised immune system can experience serious, possibly life-threatening, complications."

Most often, complications involve developing pneumonia. But for those with chronic illnesses like asthma and heart disease, a bout of the flu can also make the conditions worse and in some cases result in permanent damage.

The Centers for Disease Control, with limited exceptions, recommends vaccination against the flu for anyone over the age of six months. You should consult with your physician on the vaccination and option that is best for you and/or your children or family members. In addition, it is important to always wash your hands thoroughly, contain coughs and sneezes and avoid crowds during flu season, to help avoid contracting and spreading the virus.



Protect Yourself This Year

It is important to get a flu shot every year, says Dr. Faisal, and the earlier in the season the better.

"It takes some time for the vaccine to become fully effective, so the sooner you get it the better," he says. "Generally, we recommend flu shots in September or October, so the immunity has time to build up in your system before flu season really strikes. But if you are late getting a shot, it's still better to get one than to not get one."

Each year, PMC offers a free flu clinic and education program. This year's event will be held on September 18.

For more information on the PMC flu clinic, or to find a physician with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.

Community Focus

BABY Fair

SPECIAL
CENTENNIAL
EVENT



SUN. October 13 (12 – 3:30 pm.)

Princeton Medical Center

One Plainsboro Road, Plainsboro – First Floor, Education Center

Join us at this event for
special festivities as
we celebrate our 100th
anniversary this year!

Registration is not required; but you can pre-register for a chance to win a \$100 gift card.

Wherever you are on your parenting journey, our Baby Fair has something for you. Don't miss this special opportunity to celebrate new beginnings at this fun-filled educational event for new and expectant families, including:

- Health tips from Princeton Health educators
- Car seat safety checks, chair massages, door prizes and refreshments
- Information on family services available at PMC
- Demonstrations of products and services for new families

REGISTER AT WWW.PRINCETONHCS.ORG/CALENDAR

Please register separately for break-out sessions and maternity tours.

BREAK-OUT SESSIONS

Ask the Therapist – 1 p.m.

Learn how to adjust to the first 100 days of parenting.

Ask the Neonatologist – 2 p.m.

Learn what to expect during the baby's first 100 hours. Our neonatal unit is staffed by neonatologists from Children's Hospital of Philadelphia.

MATERNITY TOUR

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.



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. Registered participants will be notified of any event changes.
Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Get the Facts...and Your Flu Shot!

WED. September 18

(6:30 – 7:15 p.m.) Lecture

(7:15 – 8 p.m.) Vaccinations

Princeton Medical Center

1 Plainsboro Road, Plainsboro

First Floor, Education Center, Conference Room E

Supplies are limited. Attendees must register to receive a free flu shot.

Join us to celebrate the 100th anniversary of Princeton Medical Center, which was founded in 1919 as a result of the world-wide flu epidemic.

Get your flu shot and learn:

- Who is most at risk for the flu
- Who should get vaccinated
- How to prevent the spread of the flu
- Signs and symptoms of flu
- Treatment options for flu

This informational program will be presented by David J. Herman, MD, FACP, board certified in infectious disease and internal medicine and a member of the Medical Staff of Penn Medicine Princeton Health.

**SPECIAL
CENTENNIAL
EVENT**

Weight-Loss Surgery: Is It Right for Me?

THU. September 5 (6 – 6:30 p.m.)

THU. October 3 (6 – 6:30 p.m.)

Princeton Medicine Physicians, 2 Centre Drive, Suite 200, Monroe Township

WED. September 18 (6 – 6:30 p.m.)

WED. October 16 (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.

Self-Defense for Women: Personal Empowerment Safety Program

THU. September 5, 12, 19 & 26 (6 – 9 p.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch Suite 100

THU. October 3, 10, 17 & 24 (6 – 9 p.m.)

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

\$25 per person

The FBI estimates that one of every three women in the United States will be assaulted in their lifetimes. Learn to be more aware of potential danger and how to protect yourself through RAD Women, a multi-session, activity-based national self-defense program that includes lectures, safety drills, muscle memory and physical defense techniques. This course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. *No prior experience is necessary.

Health Screenings at the West Windsor Farmer's Market

SAT. September 7, 21, October 5 & 19 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

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

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 Farmer's Market.

AARP Smart Driver

THU. September 12 (9 a.m. – 3 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch, Suite 100

SAT. October 19 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center

\$15 for AARP members

\$20 for non-members

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

FRI. September 13 (10 a.m. – 12 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch, Suite 100

FRI. October 25 (10 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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, providing 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.

Osteoporosis: How to Stay One Step Ahead

THU. September 12
(10:30 – 11:15 a.m.)
South Brunswick Wellness Center

TUE. September 17 (12 – 1 p.m.)
Gardens at Monroe
189 Applegarth Road, Monroe

TUE. October 1 (7 – 8 p.m.)
South Brunswick Library
110 Kingston Lane
Monmouth Junction

Worldwide, osteoporosis is responsible for more than 8.9 million fractures each year. Join Christina DeValue, BSN, RN, ONC, Registered Nurse with Penn Medicine Princeton Medical Center, and Elizabeth Shokoff, MSN, RN, ONC, Orthopaedic Nurse Navigator with the Jim Craigie Center for Joint Replacement, to learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms of and treatment options for osteoporosis in aging adults.

Car Seat Safety Checks

SAT. September 14 (9:30 a.m. – 1 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

Appointment required. For an appointment please call 609.259.2150. Penn Medicine Princeton Health is pleased to offer FREE car seat safety checks. Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Have your child's car seat inspected by a certified child passenger safety technician, who will check for proper installation; verify the car seat's age/size appropriateness; and determine if the car seat has been recalled or is visibly damaged.

Superfoods and Cancer

TUE. September 17 (10:30 – 11:30 a.m.)
Ovation at Riverwalk Welcome Center
107 Main Street, Princeton

Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, for an informative discussion on foods that help promote optimal health by lowering your risk for chronic diseases and cancer.

Tips to Keep Your Skin Radiant and Healthy

WED. September 18 (10:30 – 11:30 a.m.)
West Windsor Senior Center
271 Clarksville Road, West Windsor

Learn what is new in sun protection, moisturizers and treatment of skin problems, including prevention of skin cancer, at this informative session led by John E. Vine, MD, a board certified dermatologist. Dr. Vine is a member of the Medical Staff of Penn Medicine Princeton Health.

Vision Screenings

THU. September 19 (10 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

THU. October 17 (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.



Realtors' Lunch and Learn: The Importance of Cancer Screenings

FRI. September 20 (11:30 a.m. – 1 p.m.)
Princeton Medical Center
First Floor, Education Center, Conference Rooms C, D & E

Please call 1.888.897.8979 to register.

Realtors are invited to join us for a networking luncheon and informative presentations on cancer screenings. Following the recommended screening schedule increases your chances of finding cancer at an early stage, when it is most likely to be cured. Lori McMullen, RN, MSN, OCN, Director, Edward & Marie Matthews Center for Cancer Care, will discuss cancer screening guidelines and provide an overview of cancer services offered at Penn Medicine Princeton Medical Center. Participants will also have an opportunity to explore ways they can work with Princeton Health to better serve the community.

When to Call 911

FRI. September 20 (1 – 2 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

Whether it's an accidental injury or sudden chest pains, knowing when to call 911 is essential. Join Barbara Vaning, MHA, EMT, with Penn Medicine Princeton Health, for this interactive, educational lecture designed to teach you when to call for help.

Topics include: what constitutes an emergency; what you need to tell the emergency dispatcher when you call; what to do if you cannot talk; and what you can do while waiting for help to arrive.



A Celebration of Healthy Living

TUE. September 24 (2:30 – 4 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch, Suite 100

People living with MS, Parkinson's disease or cancer, along with their caregivers, are welcome to join us for a celebration of healthy living! Learn about the YMCA's Healthy Living programs from current members, discover ways Penn Medicine Princeton Health services can benefit you, and enjoy a treat prepared by one of our registered dietitian nutritionists.

Memory, Aging & the Brain

TUE. September 24 (2 – 3 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Attend this informative session presented by Jeffrey Apter, MD, board certified in psychiatry, and learn the difference between mild cognitive impairment, dementia, and Alzheimer's disease, as well as the next steps for people who have started to notice a decline in their memory. Early detection, diagnosis and intervention provide the best opportunities for treatment, support and planning for the future. Dr. Apter is a member of the Medical Staff of Penn Medicine Princeton Health.

Eating Healthy on a Budget

WED. September 25 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100

Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, for simple tips on how to improve your daily meals. Learn which foods provide essential nutrients for your growing family, as well as cost-saving food shopping tips to make it easier to choose between frozen or fresh and organic or natural products.

Dance Injury Prevention & Rehabilitation: A Workshop for Dancers

WED. September 25 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

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

Fall Prevention

THU. September 26 (10:30 – 11:30 a.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100

MON. October 7 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center

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. Learn about balance, your risk for falls and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

- **September 26** – The program will be led by Linda Lucuski, DPT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton.
- **October 7** – The program will be led by Vaani Pillai, PT, DPT, Physical Therapist with Princeton Medical Center Princeton Rehabilitation.

All About Joint Replacement

THU. September 26 (7 – 8 p.m.)
Lawrenceville Library
2751 Brunswick Pike, Lawrence

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Brian Culp, MD, board certified orthopaedic surgeon, 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. Dr. Culp is a member of the Medical Staff of Penn Medicine Princeton Health.

Preparing Nutritious Afterschool Snacks

SAT. September 28 (10 – 11 a.m.)
South Brunswick Wellness Center

Participants can make their own tasty, energy-boosting, nutritious snacks, and have a chance to sample them at this fun-filled session led by Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center.

REGISTRATION IS REQUIRED FOR ALL PROGRAMS, unless otherwise noted. Registered participants will be notified of any event changes.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. October 1 – November 14 (1:30 – 2:45 p.m.)
Princeton Fitness & Wellness at Plainsboro
7 Plainsboro Road, Plainsboro

\$99 per person

Improve your pelvic floor health and quality of life through this 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.

Improving Communication in Relationships for Women

WED. October 2 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Princeton

Communication skills can always be improved, whether they relate to family, friendships, or other relationships. This program will teach you communication skills related to: asking for help, saying no, setting boundaries, maintaining self-respect, and improving relationship quality. This program is presented by Shikha Shah, MSW, LCSW, Senior Primary Therapist at Penn Medicine Princeton House Behavioral Health Women's Program.

Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. October 8 – November 12 (9 – 10 a.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$40 per person

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

- Stretching and gentle movement exercise
- Yoga and posture
- Breathing techniques
- Mindfulness strategies

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

Join health professionals with Community Wellness for your

Free Blood Pressure Check on **Tuesdays**,

September 17 and October 15, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.



Centennial Chase

SUN. October 27 (9 a.m.)
Skillman Park – Main Boulevard, Skillman

\$20 for runners / \$10 for walkers & rollers

Walk, run or roll your way to the finish line and help Penn Medicine Princeton Health celebrate our 100th anniversary. This family-friendly event features a 5K run, a 1-mile fun walk and a non-competitive 5K roll. Enjoy healthy refreshments, music, photo booth, and giveaways. Runners: The 5K run is a USA Track & Field (USATF) Certified Course, Sanctioned Event and Grand Prix Event. USATF-NJ members receive discounted registration.



REGISTRATION IS REQUIRED FOR ALL PROGRAMS, unless otherwise noted. Registered participants will be notified of any event changes.

Kick the Sugar Habit

TUE. October 15 (6:30 – 7:30 p.m.)
Community Wellness at the
Hamilton Area YMCA John K.
Rafferty Branch, Suite 100

The American Heart Association recommends that we get no more than 10% of our daily calories from added sugar, but cutting back on your sugar consumption can be a challenge. Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, to learn the risks of consuming food and beverages that are high in sugar, and about alternatives that offer flavor as well as nutritional value.

Plant-Based Diet for Heart Health

WED. October 16 (7 – 8 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

A plant-based diet focused on fruit, vegetables, nuts, beans, whole grains and meat substitutes may help reduce your risk for heart disease, as well as other conditions. Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, to learn the value of plant-based foods in overall health and explore the wide range of foods available as part of a heart-healthy diet.

Mindfulness to Reduce Stress

THU. October 17 (10:30 – 11:30 a.m.)
Ovation at Riverwalk Welcome Center
107 Main Street, Princeton

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

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

MON. October 21 (6 – 7:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

Designed for girls ages 9 through 12, this program addresses the physical, intellectual and emotional changes your child will experience as she enters her teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a health educator with Princeton Health Community Wellness.

Mindful Eating

TUE. October 22 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

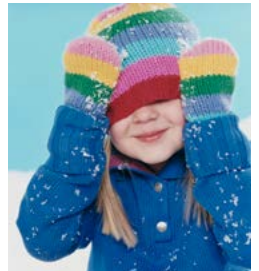
Are there times when you feel like you are unaware of what and when you are eating? Would you like to feel better about your food choices? When you become more mindfully aware of what you are eating, you can make food choices that are more balanced and enjoyable. Join Katie Gaffney, RD, Registered Dietitian with Penn Medicine Princeton House Behavioral Health, for this informative session that will help you eat more mindfully.

Winter Safety: Keeping Kids Safe

WED. October 23 (10:30 – 11:30 a.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100

Winter is just around the corner, and for parents that means facing the challenges of keeping kids safe and healthy in the cold temperatures, snow and ice. Join Eugene Shapiro, MD, FAAP, board certified pediatrician, for an informative discussion on snow and ice safety, skin protection in the cold and how to prepare for flu season.

Dr. Shapiro is a member of the Medical Staff of Penn Medicine Princeton Health.



Healthy Eating for People on the Go

WED. October 23 (6:30 – 7:30 p.m.)
Sharbell Development Corporation
1 Washington Boulevard, Suite 9, Conference Room (Basement)
Robbinsville

Despite our fast-paced lifestyles, there are convenient ways to maintain healthy eating habits. Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, and learn simple strategies for preparing nutritious meals and snacks to fuel you through your hectic days.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

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

Sibling Class

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

\$30 per child

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

SAVE!

When you register for ANY
MULTIPLE prenatal classes:

2 classes save \$10

3 classes save \$20

To receive discount, call
1.888.897.8979 to register.

OPTIONS FOR BIRTHING

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

Birthing Basics

TUE. September 10 – October 1 (7 – 9 p.m.)
THU. September 26 – October 17 (7 – 9 p.m.)
MON. October 14 – November 4 (7 – 9 p.m.)
WED. October 30 – November 20 (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.

HypnoBirthing

TUE. September 10, 17, 24, October 1 & 8
(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.

Accelerated Birthing Basics

SAT. September 21 (9 a.m. – 5 p.m.)
SAT. October 19 (9 a.m. – 5 p.m.)
Penn Medicine
Princeton Medical Center
First Floor, Education Center

\$155 per couple

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

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

Maternity Tour

SAT. September 14 (10 – 11 a.m. or
11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
MON. September 16 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
Atrium

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, which includes a look at the maternity rooms. A tour is included in all Childbirth Preparation classes.

Prenatal Breastfeeding Class

MON. September 23 (7 – 9:30 p.m.)
WED. October 16 (7 – 9:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems at this informative program. This class is taught by an internationally board certified lactation consultant. Penn Medicine Princeton Health is dedicated to promoting the health and well being of all moms and babies, and we are proud to offer prenatal breastfeeding classes free of charge.

Baby Care

WED. September 25 (7 – 9:30 p.m.)
TUE. 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.

SAVE!
When you register for ANY
MULTIPLE prenatal classes:
2 classes save \$10
3 classes save \$20
To receive discount, call
1.888.897.8979 to register.



Daddy Boot Camp™

SAT. October 26 (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. 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.

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 www.princetonhcs.org/calendar or 1.888.897.8979.

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)
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. 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 board certified lactation consultant. Mothers are encouraged to bring their infants.

Postpartum Adjustment Support Group

WED. September 11 (1 – 2 p.m.)
WED. September 25 (1 – 2 p.m.)
WED. October 9 (1 – 2 p.m.)
WED. October 23 (1 – 2 p.m.)
Princeton Fitness & Wellness
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

SAT. September 14 (12:30 – 2:30 p.m.)
SAT. September 28 (12:30 – 2:30 p.m.)
SAT. October 5 (12:30 – 2:30 p.m.)
SAT. October 19 (12:30 – 2:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$30 per family

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 8 – November 14 (10 – 11 a.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$75 per person

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

Grandparenting 101

TUE. October 22 (6:30 – 8 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$10 per couple

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 a health educator with Princeton Health Community Wellness.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

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

CPS: Securing Children in Ambulances

WED. September 18 (6 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

This course was designed as an overview to inform EMS personnel and Child Passenger Safety (CPS) technicians about selecting and installing ambulance-specific restraints and types of conventional child restraints on the ambulance cot. The course is presented by Jackie Stackhouse Leach, a CPS instructor specializing in transporting children with special needs and non-critical pediatric patients in ambulances.

CEVO 4

SAT. October 19 (9 a.m. – 3 p.m.)
Montgomery EMS
8 Harlingen Road, Belle Mead

\$10 per person

Payable at the door (cash or check). Checks should be made payable to Montgomery EMS. Please call 1.888.897.8979 to register.

This classroom course teaches defensive driving techniques unique to ambulance work, training drivers to navigate in traffic safely in emergency and non-emergency situations under severe time constraints and stress. This class will cover collision prevention techniques and a wide range of other safety-related topics, including vehicle inspection; vehicle handling and design characteristics; emergency and non-emergency driving differences; and safety at the emergency scene.



EMT Refresher Class

SUN. October 27 (8 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$60 per person

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

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

CPR & FIRST AID

Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health.

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

ACLS Full Certification Course

THU. & FRI. September 12 & 13 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

ACLS Recertification Course

WED. September 18 (9 a.m. – 5 p.m.)
FRI. October 18 (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 1 & 2 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

PALS Recertification Course

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

Full: \$175 per person

Recertification: \$125 per person

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

BLS Provider

WED. September 11
(6 – 10:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

TUE. September 24
(9 a.m. – 1:30 p.m.)
TUE. October 15
(6 – 10:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

TUE. October 29 (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*

FRI. September 6 (9 a.m. – 1 p.m.)
WED. October 23 (6 – 10 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

MON. September 16 (6 – 10 p.m.)
MON. October 7 (9 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

Provider: \$65 per person

Renewal: \$40 per person

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



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.

Family & Friends CPR

SAT. September 28 (10 – 11 a.m.) Adult/Child

SAT. September 28 (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

WED. October 16 (6:30 – 7:30 p.m.) Adult/Child

WED. October 16 (7:45 – 8:45 p.m.) Infant

Princeton Fitness & Wellness

1225 State Road, Princeton

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

These programs teach participants how to perform CPR and 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 or younger.

Neonatal Resuscitation Program Recertification Course

MON. September 9 (6 – 10 p.m.)

MON. October 14 (8 a.m. – 12 p.m.)

Penn Medicine Princeton Medical Center

6th Floor, Mother & Baby Unit

\$75 per person

This 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. An online exam must be completed and passed 30 days prior to the course. This course includes a skills test. Participants will receive a course completion card.

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.

Annual Prostate Cancer Screenings

THU. September 12 (6 – 8 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Please call 1.888.897.8979
for an appointment.

Early detection greatly increases your odds of successfully treating prostate cancer. To participate you must be a male 40-80 years of age, or 35-40 years of age and high risk (African American, family history, hazardous occupation, please call for more information). This confidential screening will be performed by a board certified urologist and healthcare professionals from Penn Medicine Princeton Health, and is sponsored by Penn Medicine Princeton Medical Center's Edward & Marie Matthews Center for Cancer Care. This free screening includes a digital rectal exam (DRE) and a blood draw to test the levels of prostate-specific-antigen (PSA) in your blood. The 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.

Restorative Yoga

WED. September 4, 18, October 2 & 16 (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 equipment will be provided.

Nutrition Tips for Breast Cancer Patients

FRI. September 6 (11:30 a.m. – 1 p.m.)

FRI. October 4 (11:30 a.m. – 1 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care, Conference Room

Registration preferred. To register, call 609.853.6788.

Women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, MS, RDN, CSO, CNSC, Registered Dietitian and Certified Nutrition Support Clinician with Princeton Medical Center. Learn how diet and lifestyle play an important role in breast cancer and its prevention. The program will cover: your nutritional needs during treatment, planning a healthy diet after treatment, and physical activity, as well as answers to your nutrition questions.

Breast Cancer Support Group

TUE. September 10 (6 – 7:30 p.m.)

TUE. October 8 (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.

This group meets the second Tuesday of the month. We welcome breast cancer patients in all phases 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 Penn Medicine Princeton Medical Center's Breast Health Center.

Prostate Cancer Support Group

WED. September 11 (12 – 1:30 p.m.)

WED. October 9 (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. 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 17 (1:30 – 3 p.m.)

TUE. October 15 (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.

Head & Neck Cancer Support Group

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

WED. September 18 (12 – 1:30 p.m.)

WED. October 16 (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 26

(12:30 – 2 p.m.)

THU. October 24

(12:30 – 2 p.m.)

Penn Medicine

Princeton Medical Center

Edward & Marie Matthews

Center for Cancer Care

Conference Room

Walk-ins welcome.

This group, led by an Oncology Nurse Navigator with Penn Medicine Princeton Medical Center, offers a welcoming environment where you can ask questions and receive support from fellow survivors as you adjust to life after treatment. Participants will also learn 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. To register, 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.

SUPPORT GROUPS

Weight-loss Surgery Support Group

TUE. September 3 (7 – 8:30 p.m.)

TUE. October 1 (7 – 8:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Conference Rooms C & D

THU. September 5 (6:30 – 7:30 p.m.)

THU. October 3 (6:30 – 7:30 p.m.)

Princeton Medicine Physicians

2 Centre Drive, Monroe Township

WED. September 18 (6:30 – 7:30 p.m.)

WED. October 16 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

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

UNITE: Perinatal Loss Bereavement Support Group

MON. September 9 (7 – 9 p.m.)

MON. October 7 (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.

Journey Back: Stroke Support Group

WED. September 11 (2 – 3 p.m.)

WED. October 9 (2 – 3 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

4th Floor, MNO Conference Room

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 with 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. September 16 (1 – 2:30 p.m.)

MON. October 21 (1 – 2:30 p.m.)

Princeton Senior Resource Center, Corner House Room 19
45 Stockton Street, Princeton

MON. October 7 (6 – 7:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Conference Room D

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 there is a holiday). Led by Sherri Goldstein, LCSW,
Bereavement Coordinator with Penn Medicine Princeton Hospice
Program, this group welcomes community members who need
support and assistance in coping with grief and loss.

Diabetes Support Group

WED. September 18 (2:30 – 4 p.m.)

WED. October 16 (2:30 – 4 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

MON. September 23 (6:30 – 8 p.m.)

Penn Medicine Princeton Medical Center

5th Floor, Medical Arts Pavilion, Occupational Health Waiting Room

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

This group provides resources and support for those living with diabetes
and their loved ones. A certified diabetes educator with Penn Medicine
Princeton Medical Center's (PMC) Diabetes Management Program
facilitates meetings. For more information on PMC's Diabetes Management
Program and its full range of educational services, including monthly day
and evening classes, glucose monitoring and one-to-one counseling with
a nurse and dietitian, who are certified diabetes educators, please call
609.853.7890 or visit www.princetonhcs.org.



Sensitive, Supportive Care for All: A Focus Group for Those who Identify as LGBTQ

Join us for our bimonthly focus group where we seek insight into how Penn Medicine Princeton Health can ensure that its
policies and practices are inclusive and supportive of patients, visitors and staff who identify as LGBTQ. The next meeting
will be held **Wednesday, October 23 (6:30 – 8:30 p.m.) at Princeton Medical Center, Education Center, Conference Rooms
A & B**. RSVP requested, but not required. Please RSVP by calling Debbie Millar at 609.897.8982. Dinner will be served.

www.ustream.tv/princetonhealth

Princeton Health
OnDemand
Our experts. At your convenience.

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



Diagnosing and Treating Gynecologic Cancers

WED. October 9 (12 p.m.)

Charlotte Marcus, MD, board certified
gynecologic oncologist



Penn Medicine
Princeton Health

Community Wellness

Community Wellness

731 Alexander Road, Suite 103
Princeton, NJ

Princeton Fitness & Wellness

Princeton North Shopping Center
1225 State Road
Princeton, NJ

Princeton Medical Center

One Plainsboro Road
Plainsboro, NJ

Hamilton Area YMCA

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

South Brunswick Wellness Center

540 Ridge Road
Monmouth Junction, NJ

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

Registration is required unless otherwise noted.

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

Understanding and Treating Atrial Fibrillation (A fib)

A fluttering in your chest, racing heartbeat and shortness of breath can all be signs of being overly excited, but they can also be indications that you have atrial fibrillation or A fib, a common but serious heart condition that requires medical attention. Other symptoms of A fib can include chest pain, weakness, fatigue, lightheadedness, dizziness, and confusion.



"Atrial fibrillation is a condition where the two upper chambers of the heart beat irregularly," says **Lisa Motavalli, MD**, a member of the Medical Staff at Penn Medicine Princeton Health, who is board certified in cardiovascular disease and internal medicine. "A fib requires medical intervention because if left untreated there can be a major risk of stroke or heart failure."

Individualized Treatment Plans

While many people will experience symptoms of A fib and visit their doctor for an evaluation, others may only discover they have the condition during an unrelated medical appointment. Diagnosis can be made with an electrocardiogram or with heart rhythm monitoring, and the course of treatment may depend on the individual's overall health, medical history and lifestyle.

"The goals are to control the heart rate or rhythm, prevent blood clots and decrease the risk of stroke," says Dr. Motavalli.

Treatment may begin with blood-thinning medication to help reduce the risk of blood clots and stroke. Medicines may be needed to control the rate or rhythm of the heartbeat. If needed, the heart rhythm may be reset with a brief procedure called electrical cardioversion, where an electrical shock is delivered to the heart to reset it.

Maintaining a normal heart rhythm after electrical cardioversion may require medication to help prevent future episodes of A fib.

Other procedures to treat A fib may include catheter ablation, where a catheter (thin tube) is inserted through veins into the heart and is used to reestablish a normal heart rhythm.

For more information or to find a physician with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.

Are You at Risk?

Risk factors for A fib include:

- Age
- Heart disease
- High blood pressure
- Underlying chronic diseases such as diabetes, sleep apnea, thyroid disorder, lung conditions
- Use of alcohol
- Obesity
- Family history

Princeton Medical Center Earns **Best Regional Hospital** Recognition

Princeton Medical Center (PMC) was recognized as a Best Regional Hospital and rated high performing in hip replacement, knee replacement, and treating heart failure in the 2019-2020 Best Hospitals rankings published by *U.S. News & World Report*.

PMC is part of the University of Pennsylvania Health System (UPHS), which, together with the University of Pennsylvania's Raymond and Ruth Perelman School of Medicine, forms Penn Medicine. All UPHS hospitals received national or regional accolades in the U.S. News rankings, with Hospital of the University of Pennsylvania (HUP) and Penn Presbyterian Medical Center combining to rank on the magazine's national Best Hospitals Honor Roll.

This year is the fifth in a row that PMC received recognition as a Best Regional Hospital in the U.S. News ratings, which are based on data related to clinical outcomes and patient safety, as well as indicators such as patient satisfaction surveys and whether a hospital holds Magnet® recognition, the highest institutional recognition available for nursing excellence. PMC also was ranked the No. 11 hospital in New Jersey and No. 26 among hospitals in the entire New York metropolitan region.

"Congratulations and thank you to our physicians, staff and volunteers," said Barry S. Rabner, President and CEO of Penn Medicine Princeton Health, which includes PMC. "Recognition like this is the result of the compassionate and collaborative care that everyone in our organization provides to our patients every day."



PALLIATIVE CARE: Reducing Secondary Symptoms of Cancer Treatment

While undergoing cancer treatment, it is not uncommon to experience secondary symptoms, such as fatigue, nausea, vomiting, pain, and discomfort, as well as emotional stress. A service known as palliative care can help patients in all stages of their treatment find relief from those secondary symptoms.

“Palliative care is designed to help manage a patient’s symptoms along any point of their illness in a way that complements their disease treatment plan,” says Lori McMullen, RN, MSN, OCN, Director of Cancer Services at the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center. “The goal of palliative care is to help patients achieve the best quality of life while living with a serious illness. Patients continue treatment with their oncologist and primary care doctor and the palliative care physician collaborates with them to develop an individualized plan to manage their secondary symptoms.”

Palliative care is an option for people living with a range of serious illnesses. A referral for a consultation with a physician certified in palliative care can be made by a provider or nurse, or the patient can self refer. Palliative care is covered by most insurance plans, including Medicare and Medicaid.



For more information about the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center or to find a physician with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org. To arrange for a palliative care consultation, call 609.853.6779.



5 TIPS for a Healthy Diet

When it comes to eating right, following these simple guidelines can put you on the path to better health, says Mehreen Husain, MS, RDN, CSO, CNSC, a board certified specialist in oncology nutrition and Certified Nutrition Support Clinician at Penn Medicine Princeton Medical Center.

COOK AT HOME. Preparing meals at home rather than eating out or relying on packaged foods helps you control the sodium, sugar and calories in your meals, as well as avoid chemical additives.

READ THE LABELS. Keep a close eye on the ingredients and nutritional labels on prepared foods and do not be tricked into thinking claims such as “low fat” or “reduced calories” mean an item is a healthy choice.

MAKE INFORMED CHOICES. Switch out unhealthy food choices for healthy ones. For example, opt for leafy greens as the base of your meal instead of rice or pasta, and grilled chicken instead of fried.

EAT MINDFULLY. Take the time to savor what you eat. It will help you avoid overeating and recognize whether certain foods have a positive or negative impact on you physically.

STAY HYDRATED. Drink plenty of water to help your body process foods better and flush toxins. Staying hydrated can even help you feel full.

A 10-WEEK WEIGHT MANAGEMENT PROGRAM for cancer survivors and other interested individuals will be offered at the Edward & Marie Matthews Center for Cancer Care on Saturdays, beginning September 14. To register or for more information, call 609.853.6788.

Consistent Parenting Can Reduce the Risk of Self-Harming Behaviors

Today's youth are bombarded with pressures, from feeling the need to live up to the often-unrealistic images they confront on social media to the basic adolescent insecurities that plague every generation. With a new school year just getting under way, academic and social pressures are ramping up even more, and adolescents facing coping difficulties may turn to self-harming behaviors in response to stress. Maintaining a consistent parenting routine can help reduce the risk of self-harming behaviors.

An Unhealthy Coping Technique

Non-suicidal self-injury (NSSI) behaviors such as cutting, burning, scratching, or blunt-force injury are often utilized as coping techniques by adolescents (and often by adults, as well). Teens report using self-harm to escape painful emotions, punish themselves, arouse feelings when they are feeling emotionally numb, or communicate their feelings to others. Some may only try self-harming once, but those who believe it is an effective form of coping may adopt it as a long-term behavior.

"Self-harming is an unhealthy way to regulate uncomfortable or confusing emotions," says Kristy Champignon, LPC, LMHC, ACS, Adolescent and Child Clinical Manager at Penn Medicine Princeton House Behavioral Health's Hamilton location. "What kids need to navigate through all of this is an anchor. Parents can provide that anchor by establishing structure and maintaining supportive and caring boundaries. Consistent parenting leads to secure and healthy attachments and expectations that encourage children and adolescents to regulate emotion in healthy ways."

Examples of consistent parenting include establishing rules for a child's behavior, such as curfews and homework rules, and sticking to them, and responding in the same way to a child's accomplishments and misbehaviors every time.

It's Not Always Easy

Consistent parenting is never easy, says Champignon, and requires a conscious effort to establish and maintain a structured response to behaviors.

"Everyone involved in the family's dynamic has ups and downs and can get fatigued and short-tempered during times of stress. Sometimes it feels easier to stray from a routine response, especially when faced with something as distressing as self harm," she says. "But when structured boundaries and responses shift from what's expected, that change can often add to the distress and make regulating emotion more difficult or confusing."

When a child is turning to self-harm to deal with strong emotions, it's not possible for them to simply stop the behavior. However, there are ways parents can help them move beyond this destructive form of expression and help guide them to managing their emotions in healthier, more constructive ways.

If self-harming persists, Princeton House Behavioral Health can provide professional help through its group-based Adolescent Dialectical Behavior Therapy (DBT) Program, offered in Hamilton, Princeton, and North Brunswick. Treatment focuses on teaching emotional regulation, mindfulness, distress tolerance skills, and communication effectiveness to help reduce unhealthy coping actions, such as NSSI. A family support component is also included to help family members encourage their teen as they develop and maintain healthy coping skills.

If you suspect your child may be self-harming, it's important to help them learn healthier ways to cope. Princeton House works with children and teens ages 6-17 and their families.

Risk Factors

Those at risk of self-harming may exhibit these traits:

- Challenges with emotional regulation
- Difficulty tolerating distress
- Difficulty communicating thoughts and feelings

For an evaluation, call 888.437.1610 or visit princetonhouse.org.

Food for Thought: Is Your Teen an Emotional Eater?

Turning to food for comfort now and then, whether it's to celebrate a special occasion or mourn an unfortunate loss, is normal. But when food becomes the way someone regularly deals with emotions, there is something to worry about.

When food becomes the main way a teen copes with or avoids emotions, they are redirecting their focus in a way that can have negative health impacts rather than dealing with their underlying concerns, according to Katie Gaffney, Registered Dietitian at Penn Medicine Princeton House Behavioral Health's Women's Program and Adolescent Program. In addition to emotional eating, binge eating, restricting, purging, and other food-related behaviors can take the place of healthy coping skills.

"A teen may emotionally eat and not meet diagnostic criteria for an eating disorder. Emotional eating behaviors are still worth addressing to prevent them from developing into something more serious," Gaffney says.

A Specialized Program

The Princeton House Behavioral Health Adolescent Emotional Eating Program is designed to help teens suffering from both emotional eating patterns and mood disorders understand the connection between stress, anxiety, and other emotional issues and eating behaviors. They learn coping strategies that allow them to identify stressors and redirect their behaviors in a healthy way.

"The goal is to give teens the tools they need to identify their emotions, feel their feelings and cope with those emotions in a healthy, productive way," says Gaffney. "This helps give them control over their lives and reduces their need to emotionally eat."

Depending on a teen's needs, treatment is available through a partial hospital program held five days a week, six hours a day, or an intensive outpatient program three hours a day, three days a week. The Emotional Eating Program is available at the Princeton location. The individualized treatment plan includes group and individual therapy to work on depression, anxiety, trauma and other related issues; family therapy; nutritional counseling; dialectical behavior therapy (DBT), to develop healthy coping skills; and relaxation techniques such as yoga and meditation.



"The goal is to give teens the tools they need to identify their emotions, feel their feelings and cope with those emotions in a healthy, productive way," says Gaffney. "This helps give them control over their lives and reduces their need to emotionally eat."

For more information

on the Princeton House Behavioral Health Emotional Eating Program, call 888.437.1610 or visit www.princetonhouse.org/teens.

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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)

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Annual Golf Outing Raises \$204,000 to Support Gynecologic Oncology

On June 4, Penn Medicine Princeton Health held its 24th annual Golf Outing at Montclair Golf Club in West Orange, New Jersey, raising more than \$204,000 to support the start-up of a new Gynecologic Oncology Program at Princeton Medical Center.

This vital new service line provides highly advanced diagnostics and treatment for women suffering from cervical, ovarian, uterine, vaginal and vulvar cancers. Our board-certified gynecologic oncologist works closely with specialists at the Edward & Marie Matthews Center for Cancer Care and the patients' referring physicians to develop targeted treatment plans and, thanks to our partnership with Penn Medicine, consults with experts at the Hospital of the University of Pennsylvania on complex cases.

Serving as Title sponsors of this year's Golf Outing were Compass One Healthcare and its related companies, Morrison Healthcare and Crothall Healthcare, as well as the Medical Staff of Penn Medicine Princeton Health, and Princeton Anesthesia Services, PC. Eagle sponsors included Conner Strong & Buckelew and Edward E. Matthews. Champion sponsors included Canon Solutions America and Princeton Fitness & Wellness Center at Plainsboro.

More than 75 companies and individuals who do business with Princeton Health or live in the region supported the event, which is organized each year by the Princeton Medical Center Foundation.



The Foundation thanks everyone who supported this important fundraising event, especially the members of the 2019 Golf Outing Committee and its co-chairs, James Demetriades, Senior Vice President and Chief Operating Officer, Penn Medicine Princeton Health, and Glenn Mekles of Conner Strong & Buckelew (both pictured above, left to right).

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