



Penn Medicine

# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JANUARY/FEBRUARY 2019

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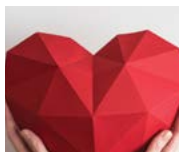
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# When Pneumonia Struck, Team Approach to Care Helped Her Walk Down the Aisle

Last March, when Beth Katz came down with an ear infection and fever, she did not let it get the best of her. Her wedding, scheduled for April 22, was more than a month away; she believed it was nothing serious; and she had plenty of the usual last-minute wedding details to spend her energy worrying about.

But when the symptoms intensified, and the big day was nearly upon her, she headed to the Penn Medicine Princeton Medical Center Emergency Department. A chest x-ray and blood work revealed the East Windsor resident had severe left-side pneumonia and empyema — a condition where the fluid filling the lungs is also accumulating in the chest cavity — and needed immediate medical intervention.

“They admitted me that night, which was a Wednesday, and my wedding was on Sunday,” recalls Beth, 35, “and a team of doctors worked on getting me well enough to be released in time for the wedding.”



## A Life-Threatening Condition

Aggressive treatment was needed to fight the infection, clear the congestion in her lungs and chest cavity and rebuild her strength, according to **John Heim, MD** (pictured above with Beth), a board certified thoracic surgeon and Chair of Surgery at Penn Medicine Princeton Health, who oversaw Beth's time in the hospital. Treatment included inserting tubes to drain the fluid and rounds of antibiotics, steroids and a clot-busting drug to promote fluid drainage.

*“We had to take a very aggressive approach to her treatment, and that required a team of doctors and medical support staff who were absolutely committed to getting her down that aisle,” says Dr. Heim. “Someone in her condition usually would spend 10 to 12 days in the hospital, so we had our work cut out for us.”*



In the end, under the care of Dr. Heim; **David Herman, MD** (pictured left), board certified in infectious disease and internal medicine; hospitalist Sapan Majmundar, DO, board certified in internal medicine; and the Department of Interventional Radiology, she was able to leave the hospital on Saturday, walk down the aisle

and even squeeze in a slow dance with her father and her new husband, David landolo.

“It’s funny,” says David, recalling those pre-wedding days in the hospital, “when they said in sickness and in health I assumed that was after the wedding, not before!”

Beth credits her healthcare team with saving her life and, of course, her wedding day. At the end of September, following continued treatment and monitoring under the care of Dr. Herman, she was declared pneumonia-free and is feeling healthy and fit. “If appetite is any indicator, I’m great,” she says. Looking back on the ordeal now, she focuses more on the upside of being so sick just before her wedding than the downside — “I lost 17 pounds before the wedding, and the antibiotics did make my skin look great!”

**To find a physician** affiliated with Penn Medicine Princeton Health, call 1.888.742.7496, or visit [www.princetonhcs.org](http://www.princetonhcs.org).



# An Option for Post-Mastectomy **Breast Reconstruction Surgery**



For women with breast cancer who opt for a mastectomy and reconstructive surgery, Penn Medicine Princeton Health (PMPH) is offering a procedure that uses a woman's own tissue to recreate the breast, instead of using a breast implant. The procedure is called the Deep Inferior Epigastric Perforator (DIEP) Flap or free flap procedure for breast reconstruction.

During the procedure, a flap of tissue is removed from the abdomen, similar to the area removed during a tummy tuck, and the flap is shaped to recreate the breast. The flap contains skin, fat and blood vessels that bring healthy tissue and blood supply to the affected area. Little or no muscle is taken from the abdomen, and by using the patient's own tissue the reconstructed breast incorporates naturally with surrounding tissue.

Studies have shown that risk of infection, hospital readmission and future revision surgeries are reduced compared to other methods of reconstruction. Improved blood supply provided by the transferred tissues also helps the healthy tissue respond better to the effects of radiation treatments. Post-surgery, the results are a natural feeling and looking breast and a flatter belly.

Patients can have the DIEP flap procedure at the same time as their mastectomy or as a delayed procedure any time after a mastectomy. This makes the procedure a great option for patients who may not be fully satisfied with a previous breast implant-based reconstruction.

Free flap reconstruction can also reduce future visits to the doctor, compared to breast implant surgery, which often requires months of tissue expansion before final breast reconstruction. The procedure is well-tolerated by many patients. Generally, if a patient is approved to undergo anesthesia, they can be cleared for the flap procedure.



The DIEP flap procedure has become part of a comprehensive breast reconstruction program offered at Princeton Medical Center. According to **Evan Katzel, MD**, microvascular plastic surgeon for Penn Medicine Princeton Medicine Physicians, "Patients choose this surgery for the rewards of better outcomes, lower risk of infection and an exceptional cosmetic result while avoiding the use of breast implants." Dr. Katzel is one of just a few surgeons in the region who can perform this complex surgery.

The availability of this procedure means that patients can have breast reconstruction surgery and their follow up exams close to home, where they can heal with the support of their loved ones.

*Patients can have the DIEP flap procedure at the same time as their mastectomy or as a delayed procedure any time after a mastectomy. This makes the procedure a great option for patients who may not be fully satisfied with a previous breast implant-based reconstruction.*

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**For more information** about the flap procedure, please call 609.853.6365.

# When It Comes to Digestive Problems, Women are More Susceptible

An estimated 70 million Americans are living with digestive diseases, including gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD). Women may be more prone to developing certain disorders, and are diagnosed with gastrointestinal (GI) conditions almost twice as often as men. In fact, GI disorders are among the most common reasons why women visit the doctor.



Women can present with different symptoms compared to men, and some diagnoses are unique to women. “Women have more sensitive GI tracts than men,” says **Kristina Katz, MD**, a gastroenterologist with Penn Medicine Princeton Health Center for Digestive Health. The reason is not completely understood, but

some of the differences may be attributed to hormones and women’s more “sluggish” digestive processes.

Pregnancy-related GI conditions account for a great deal of why women visit a gastroenterologist. “Pelvic floor dysfunction can have a large impact on women’s lives, and is more common after childbirth and menopause,” says Dr. Katz. Disorders of the pelvic floor can lead to constipation, abdominal discomfort and pelvic pain.

## Healthy Living Matters

Whether you are dealing with the discomfort of chronic constipation or the unpredictability of IBS, digestive disorders can take a toll on you physically and emotionally.

*“Improper bowel function can cause discomfort, and symptoms may be embarrassing. It may also mean you are not getting the most nutrition from your foods, and puts an added stress on your body,” says Dr. Katz, who is board certified in gastroenterology and internal medicine. “Because you are living with the uncertainty of when you will need to ‘go’ or when you will have symptoms, it impacts your quality of life.”*

Fortunately, there are many therapies available, but it all starts with a healthy lifestyle.



In addition to getting a colonoscopy at the recommended time (generally every 10 years beginning at age 50 unless personal or family history suggests otherwise), eating well, exercise and maintaining a healthy weight are important when it comes to digestive health. You should see your doctor regularly and report any pain, discomfort or sudden unexplained changes in your bowel movements.

## An Accurate Diagnosis is Important

Occasional symptoms such as upset stomach, gas and constipation are normal, and everyone experiences these from time to time. However, “if your symptoms are persistent or worsen, it is important to seek medical attention, rather than try to self-diagnose the condition” says Dr. Katz. “Many digestive diseases mimic each other, and to properly treat your condition, we need to know what it is and address any related issues. We also need to rule out cancer as a potential cause of symptoms.”

The Center for Digestive Health provides a full range of diagnostic services, endoscopic therapies and advanced minimally invasive surgical procedures, and has earned recognition from the American Society for Gastrointestinal Endoscopy (ASGE) as a unit that promotes quality in endoscopy.

In most cases, treatment begins conservatively with lifestyle changes, stress-reduction, yoga and certain diet changes. Medication may be prescribed if lifestyle changes fail to control the condition or are otherwise indicated.

**To find a gastroenterologist** affiliated with Penn Medicine Princeton Health or find out more about the Center for Digestive Health, call 1.888.742.7496, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## PEDIATRIC HEALTH:

# When Winter Weather Arrives, So Do Asthma Symptoms

Winter coughs and colds can be a common occurrence, but if your child has frequent or persistent bouts of coughing; chest congestion; wheezing or shortness of breath, particularly with physical activity, it is important to seek medical attention.



"These can all be signs of asthma, and should be evaluated and treated by a doctor," says **Alicia Brennan, MD**, Medical Director, Children's Hospital of Philadelphia (CHOP) Center for Pediatric Care at Princeton Medical Center (PMC). "Proper treatment can help keep asthma under control and reduce the chances of an asthma exacerbation, which is a worsening of symptoms that could lead to a child needing to be seen by their physician or being sent to the Emergency Department."

### Seasonal Triggers

Seasonal changes from fall to winter and then again from winter to spring, as well as changes in the weather and indoor allergens, can trigger asthma — an inflammation in the lungs and airways that makes breathing difficult — in both children and adults. Of course asthma can occur at other times of the year as well, depending on a person's individual triggers.

For children, whose lungs are still developing, untreated asthma can result in damage to the lungs.

*"While asthma is common, and can be outgrown in some cases, left untreated it can lead to chronic lung changes and can limit a child's ability to enjoy life," says Dr. Brennan.*

"Once asthma is diagnosed, the key is to identify what the child's triggers are and to take preventative measures. This includes using medicines like inhaled steroids and starting them early. If winter weather or respiratory infections trigger a child's asthma symptoms, the treatment should be started in the fall and then taken throughout the winter."

You also should always be prepared with a bronchodilator (nebulizer) in case your child has an asthma attack, and seek immediate medical attention if the treatment does not relieve the symptoms.

**For more information** about pediatric services at Princeton Medical Center, or to find a physician affiliated with Princeton Health, call 1.888.742.7496, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

### WATCH FOR THESE SIGNS

- Frequent coughing
- Wheezing or whistling sound when exhaling
- Shortness of breath
- Chest congestion, tightness or pain
- Tiredness
- Frequent, persistent bronchitis or other respiratory infection
- Difficulty sleeping due to night time cough

**As part of PMC's partnership with Children's Hospital of Philadelphia,** a CHOP pediatrician is in the Emergency Department between the peak pediatric emergency hours of 2 and 10 p.m. At all other hours of the day, CHOP pediatricians are on site in the Regan Family Center for Pediatric Care and are available for consultations on pediatric emergencies. Neonatologists from CHOP are in the neonatal unit 24/7.



# Community Focus



Join us at one  
of these programs  
in honor of  
**Heart Month.**

## Plant-Based Diets for Heart Health

MON. January 7 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

A plant-based diet—focused on fruits, 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, 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.

## Heart Health and Stroke

WED. January 23 (1 – 2 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

THU. February 21 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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

## Deciphering Food Labels for Heart Health

THU. January 24 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Join Beth Young, MS, RDN, CSOWM, Registered Dietitian Nutritionist, for an informative presentation on how to understand nutrition labels, including vitamins, nutrients and recommended daily percentages, to maintain a heart-healthy lifestyle.

## Cardiovascular Benefits of Aquatic Exercise

FRI. January 25 (12:30 – 1:30 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

The pool is a great place to get a cardio workout. Aquatic exercise can stand alone or supplement your fitness regimen (walking, biking, interval training). Join Nancy Shapiro, PTA, physical therapy assistant with Princeton Medical Center Princeton Rehabilitation, and Alexis Brown, AEA, Aquatics Manager at Princeton Fitness & Wellness, to learn more about aquatic fitness classes, aqua kinetics, aquatic personal training and how aquatic therapy can help your heart.

## Varicose Veins and Your Heart

THU. February 21 (7 – 8 p.m.)

South Brunswick Wellness Center

Treating varicose veins and venous insufficiency can be important in maintaining your cardiovascular health. Kenneth A. Goldman, MD, FACS, double board certified in general surgery and vascular surgery, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Center for Vascular Care at Penn Medicine Princeton Medical Center. Dr. Goldman is a member of the Medical Staff of Penn Medicine Princeton Health.

## Family & Friends CPR

SUN. January 20

(10 – 11 a.m.) Adult/Child

(11:15 a.m. – 12:15 p.m.) Infant

Princeton Fitness & Wellness

1225 State Road, Princeton

WED. February 27 (7 – 8:30 p.m.) Infant only

Community Wellness at the 731 Alexander Road, Suite 103

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

Family & Friends CPR 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 of age or younger.



## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### Understanding Knee Injuries

MON. January 7 (6:30 – 7:30 p.m.)

Community Wellness at  
731 Alexander Road, Suite 103

Regardless of your age and activity level, knee injuries can be debilitating. Join Chris Blessing, MPT, OCS, CSCS, and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, as he discusses reducing pain in your knee, flexibility and strength training exercises, and how post-surgical physical therapy can improve outcomes.

### Protect Yourself Against Glaucoma

MON. January 7 (6:30 – 7:30 p.m.)

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

Glaucoma — a leading cause of blindness in the United States — can easily go undetected since there are usually no symptoms. Fortunately, it can be tested for and controlled if caught early. Join Colleen Coleman, MD, board certified ophthalmologist, to learn about the importance of taking care of your vision and getting screened. Dr. Coleman is a member of the Medical Staff of Princeton Health.

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

TUE. January 8, 15, 22 & 29 (6 – 9 p.m.)

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

WED. January 23, 30, February 6 & 13 (6 – 9 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro

\$25 per person, per session.

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

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

TUE. & THU. January 8 – February 21 (12:30 – 1:45 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.



### Epilepsy in Women

WED. January 9 (7 – 8 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

According to the Epilepsy Foundation, more than a million women and girls in the United States are living with seizure disorders. Whether you are newly diagnosed or have been living with epilepsy for years, understanding the biological and societal issues surrounding your condition is important. Rajesh C. Sachdeo, MD, board certified in neurology and psychiatry, will explain the disease, treatment options and the ways epilepsy can affect your life. Dr. Sachdeo is a member of the Medical Staff of Princeton Health.



### AARP Smart Driver

WED. & FRI. January 9 & 11 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

TUE. February 12 (9 a.m. – 3 p.m.)

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

\$15 for AARP members, \$20 for non-members,  
Payable at the door (cash or check).

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 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.



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

THU. January 3 (6 – 6:30 p.m.)  
THU. February 7 (6 – 6:30 p.m.)  
Princeton Medicine Physicians  
2 Centre Drive, Suite 200, Monroe Township

WED. January 16 (6 – 6:30 p.m.)  
WED. February 20 (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.

## Weight Loss Surgery: Back on Track Retreat

SAT. January 12 (8:30 a.m. – 1 p.m.)  
Princeton Medical Center  
One Plainsboro Road, Plainsboro  
Education Center

**\$25 per person. A light breakfast and snack will be served.**  
If you had weight-loss surgery and put in the hard work toward a healthier lifestyle, and then life happened you can always find your way back. Join us for the Back on Track Retreat, a day of learning and empowerment led by Bariatric Coordinator Donna Post, BSN, RN-BC, that will help attendees identify what has worked in the past and explore new tools to maintain a healthy lifestyle. Suzanne Dipaolo, MS, RD, LDN, Registered Dietitian; Joseph Wieliczko, PsyD and Gina Byrnes MSW, LCSW, ACT, Senior Social Worker, will cover strategies such as meal planning and prepping, mindfulness, emotion regulation and behavior modification.

## Get Screened for Prostate Cancer

THU. January 10 (6:30 – 7:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103

Early detection greatly increases your odds of successfully treating prostate cancer. Men 40 years of age and older, or who have a family history of prostate cancer, are particularly at risk. Join Edward M. Soffen, MD, board certified radiation oncologist, to learn about the importance of getting screened. Dr. Soffen is a member of the Medical Staff of Princeton Health.



## Palliative Care

THU. January 10 (10:30 – 11:30 a.m.)  
South Brunswick Wellness Center

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the 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 invaluable program, which will include ample time to answer your questions.



## Memory, Aging & the Brain

FRI. January 11 (1 – 2 p.m.)  
Plainsboro Recreation Center  
641 Plainsboro Road, Plainsboro

Memory loss is often dismissed as a normal part of aging, but it should be discussed with a physician. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's

time to learn the facts. This informative session, presented by Jeffrey Apter, MD, board certified in psychiatry and a member of the Medical Staff of Princeton Health, will explore the differences between mild cognitive impairment, dementia, and Alzheimer's, and outline the next steps for people who have started to notice a decline in their memory. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

## Understanding Colon Conditions and Screenings

MON. January 14 (6:30 – 7:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103

If you are over the age of 50, it may be time to think about getting screened for colon conditions. Join Liam Smith, MD, board certified colon and rectal surgeon, to learn about the importance of recognizing symptoms and getting screened. Dr. Smith is a member of the Medical Staff of Princeton Health.

## What's New in Allergy Care

WED. January 16 (7 – 8 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

If you suffer from "hay fever" or skin allergies, join us for this informative session presented by Kathryn Edwards, MD, board certified in allergy and immunology and a member of the Medical Staff of Princeton Health. Dr. Edwards will discuss common allergies and current evaluation and treatment options.

## Vision Screenings

THU. January 17 (10 a.m. – 1 p.m.)  
South Brunswick Wellness Center

THU. February 21 (10 a.m. – 1 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103

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

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

## Safe Sitter

SAT. January 26 (9 a.m. – 3 p.m.)  
South Brunswick Wellness Center

\$40 per child

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

## Pediatric Asthma

WED. January 30 (6:30 – 7:30 p.m.)  
Hickory Corner Library  
138 Hickory Corner Road, East Windsor

Please call the library at 609.448.1330.

Childhood asthma is a common chronic disease in infants and children, but it is hard to diagnose. Join Alicia Brennan, MD, Medical Director of CHOP Pediatric Care at Princeton Medical Center, to learn the signs, symptoms and treatment options of pediatric asthma. Dr. Brennan is a member of the Medical Staff of Princeton Health.

## Dealing with Dizziness and Vertigo

FRI. February 1 (10 – 11 a.m.)  
Mercer County Library System Hopewell Branch  
245 Pennington-Titusville Road, Pennington

THU. February 21 (6 – 7 p.m.)  
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

Learn more about the anatomy and physiology of the inner ear, common causes of dizziness, vertigo and loss of balance, as well as how vestibular rehabilitation can help.

- Feb. 1 session will be presented by Eileen Kast, PT, OCS, physical therapist and Certified Vestibular Rehabilitation Specialist at Princeton Medical Center Princeton Rehabilitation.
- Feb 21 session will be presented by Linda Lucuski, MPT, Cert. MDT, Rehabilitation Director and Certified Vestibular Rehabilitation Specialist at Princeton Medical Center Princeton Rehabilitation.

## Regenerative Medicine

MON. February 4 (12:30 – 1:15 p.m.)  
South Brunswick Wellness Center  
Zachary Perlman, DO, specializing in sports medicine, will discuss musculoskeletal and movement disorders, such as arthritis and tendon injuries, and the latest therapies to manage them, including platelet-rich plasma (PRP) and stem cell therapy.



## Girl Talk: What to Expect at Your First GYN Visit

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

For girls ages 13 – 18.

It's normal to feel nervous or embarrassed about your first visit to the gynecologist, but it's an important part of taking care of your health. Join Shyama Mathews, MD, board certified gynecologist, and learn what to expect at your first appointment; what may be behind painful, heavy and irregular periods and how to prevent cervical cancer. Dr. Mathews is a member of the Medical Staff of Princeton Health.

## Mindfulness for Teens

MON. February 11  
(6:30 – 7:30 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103

Teens interested in learning to increase focus and attention, decrease stress and better regulate emotions are invited to join Shikha Shah, a Licensed Social Worker and Primary Therapist at Penn Medicine Princeton House Behavioral Health, to learn how to apply mindfulness practices in their everyday lives.

## Mindfulness to Reduce Stress

WED. February 13 (7 – 8 p.m.)  
Robbinsville Library  
42 Robbinsville-Allentown Road,  
Robbinsville

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 Penn Medicine 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

WED. February 13 (6 – 7:30 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

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.

## Benefits of Massage

WED. February 20 (7 – 8 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

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

## Addressing Pelvic Pain

THU. February 7 (6:30 – 7:30 p.m.)  
Community Wellness at 731 Alexander Road, Princeton

There are a number of reasons why you could be experiencing pelvic pain. Join Shyama Mathews, MD, board certified in gynecology, and Becky Keller, PT, DPT, as they discuss signs, symptoms and various treatment options, including physical therapy interventions, for a variety of pelvic pain disorders. Dr. Mathews is a member of the Medical Staff of Penn Medicine Princeton Health.

## 10 Exercises to Keep You Healthy

SAT. February 23 (10 – 11 a.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Join Eileen Kast, PT, OCS, physical therapist and Certified Vestibular Rehabilitation Specialist with Princeton Medical Center, to learn 10 simple daily exercises designed to keep your body healthy.

The program will address desk ergonomics, proper balance while walking and more.

## The McKenzie Method for Back and Neck Pain

THU. February 28 (10:30 – 11:30 a.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

The McKenzie Method, also known as Mechanical Diagnosis and Therapy, or MDT, uses specific, repeated movements and appropriate prevention measures to decrease back and neck pain. Join Linda Lucuski, MPT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton and Certified Vestibular Rehabilitation Specialist, to learn if this form of physical therapy is right for you.

## Strategies to Support Children and Adolescents with ADHD

THU. February 28 (6:30 – 7:30 p.m.)

Community Wellness at

731 Alexander Road, Suite 103

Attention deficit hyperactivity disorder (ADHD) diagnoses have been increasing dramatically in the past few years. The Centers for Disease Control and Prevention estimates that 11 percent of American children ages 4 to 17 have ADHD, and children with the disorder are more likely to experience a range of problems that can make social situations more difficult or school more challenging. Join Bert Mandelbaum, MD, board certified in pediatrics, for a discussion of various strategies to support children and adolescents with ADHD. Dr. Mandelbaum is a member of the Medical Staff of Princeton Health.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **January 15 and February 19, from 10 a.m. – 12 p.m.**, at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

### Sibling Class

SAT. January 12 (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. January 12 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

MON. January 28 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

WED. February 20 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. February 23 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

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.

### Baby Care

MON. February 11 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center – First Floor, Education Center

**\$50 per couple**

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

### Prenatal Breastfeeding Class

THU. January 17 (7 – 9:30 p.m.)

THU. February 7 (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 board certified lactation consultant.

# 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.





## Daddy Boot Camp™

SAT. February 16 (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.

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

## Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

## OPTIONS FOR BIRTHING

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

### Birthing Basics

TUE. January 8 – 29 (7 – 9 p.m.)  
WED. January 23 – February 13 (7 – 9 p.m.)  
TUE. February 5 – 26 (7 – 9 p.m.)  
MON. February 25 – March 18 (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. January 19 (9 a.m. – 5 p.m.)  
SAT. February 9 (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.

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### 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](http://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. January 2 (1 – 2 p.m.)  
WED. January 16 (1 – 2 p.m.)  
WED. January 30 (1 – 2 p.m.)  
WED. February 13 (1 – 2 p.m.)  
WED. February 27 (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

SAT. January 12 (10 a.m. – 12 p.m.)  
MON. January 14 (6 – 8 p.m.)  
SAT. February 2 (10 a.m. – 12 p.m.)  
THU. February 7 (6 – 8 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103

### \$30 per family

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.

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

## Postpartum Power: Fitness & Education for New Moms

TUE. & THU. January 8 – February 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 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.

## Grandparenting 101

TUE. January 15 (6:30 – 8:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 201

### \$10 per both grandparents

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.



## Twins and Multiples

TUE. February 5 (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

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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

## ACLS Full Certification Course

THU. & FRI. January 3 & 4 (9 a.m. – 5 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103

## ACLS Recertification Course

WED. January 16 (9 a.m. – 5 p.m.)  
MON. February 4 (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. February 19 & 20 (9 a.m. – 5 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103

## PALS Recertification Course

FRI. January 18 (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. January 9 (9 a.m. – 1:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103

THU. January 24 (6 – 10:30 p.m.)  
THU. February 21 (6 – 10:30 p.m.)  
Community Wellness at the Hamilton Area  
YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

SUN. February 10 (9 a.m. – 1:30 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton



## BLS Renewal\*

THU. January 17 (6 – 9:30 p.m.)  
TUE. February 12 (6 – 9:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103

THU. January 31 (9 a.m. – 12:30 p.m.)  
MON. February 25 (9 a.m. – 12:30 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

MON. February 11 (6 – 9 p.m.)  
Community Wellness at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$45 per person

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

## Heartsaver First Aid

WED. February 6 (6 – 9 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103

\$40 per person

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

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

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.

**REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.**  
Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### EMS: Dealing with Concussions after a Motor Vehicle Accident

WED. January 30 (6 – 7 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Join Craig Gronczewski, MD, MBA, Chairman of the Department of Emergency Medicine, and Joseph V. Portale, MD, board certified in emergency medicine, to learn about concussion injuries that can occur during a motor vehicle accident and what you can do to recognize them.



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



# 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](http://www.princetonhcs.org/calendar)**. Penn Medicine Princeton Medical Center is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For further information about PMC's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

## Prostate Cancer Support Group

WED. January 9 (12 – 1:30 p.m.)

WED. February 13 (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. January 15 (1:30 – 3 p.m.)

TUE. February 19 (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. January 8 (6 – 7:30 p.m.)

TUE. February 12 (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 second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by 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. January 16 (12 – 1:30 p.m.)

WED. February 20 (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.

## Nutrition Tips for Breast Cancer Patients

FRI. January 4 (11:30 a.m. – 1 p.m.)

FRI. February 1 (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. 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.



## Living Beyond Cancer

THU. January 24 (12:30 – 2 p.m.)

THU. February 28 (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.

## Weight Management Program for Cancer Survivors

SAT. February 9, 16, 23, March 2, 9, 16, 23, 30, April 6 & 13 (9 – 10:30 a.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 the 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 treatment and not have any upcoming, scheduled surgeries.

## SUPPORT GROUPS

### UNITE: Perinatal Loss Bereavement Support Group

MON. January 7 (7 – 9 p.m.)

MON. February 4 (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. January 7 (6 – 7:30 p.m.)

MON. February 4 (6 – 7:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Conference Room D

MON. January 28 (1 – 2:30 p.m.)

MON. February 25 (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. 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.

### Weight-loss Surgery Support Group

This supportive community welcomes individuals who have had weight-loss surgery, as well as those considering the surgery. Join us to discuss 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; Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery; 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. These groups are offered in three convenient locations, listed below.



TUE. February 5 (7 – 8:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Conference Rooms C & D

THU. January 3 (6:30 – 7:30 p.m.)

THU. February 7 (6:30 – 7:30 p.m.)

Princeton Medicine Physicians

2 Centre Drive, Monroe Township

WED. January 16 (6:30 – 7:30 p.m.)

WED. February 20 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

**If you are looking to get back on track with your weight after having bariatric surgery, see page 9 for a program that can help.**

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

WED. January 16 (6:30 – 8 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

**Registration requested. Please call 1.888.897.8979.**

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. January 16 (2:30 – 4 p.m.)

WED. February 20 (2:30 – 4 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

MON. January 28 (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](http://www.princetonhcs.org).

## Journey Back: Stroke Support Group

WED. January 9 (2 – 3 p.m.)

WED. February 13 (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, 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.

[www.ustream.tv/princetonhealth](http://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](http://www.ustream.tv/princetonhealth).

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

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

Princeton Health

OnDemand

Our experts. At your convenience.



### Understanding Suicide

WED. January 9 (12 p.m.)

Arshad Siddiqui, MD  
Associate Medical Director,  
Penn Medicine Princeton  
House Behavioral Health –  
Hamilton



### Women & Digestive Health

February 13 (12 p.m.)

Kristina Katz, MD,  
Gastroenterologist,  
Penn Medicine Princeton  
Health Center for Digestive  
Health



### A Surgical Option for Sleep Apnea

February 20 (12 p.m.)

Robert Mignone, DO  
Medical Director, Sleep  
Surgical Program at Princeton  
Medical Center



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  
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# Hepatitis C Can be Successfully Treated — If You Know You Have It

In 2016, according to the Centers for Disease Control and Prevention (CDC), an estimated 2.4 million Americans were living with hepatitis C, and many remain unaware that they carry the virus today.

Spread through direct contact with blood from a person infected with the virus, hepatitis C causes the liver to become inflamed and, if left untreated, in most cases over time will result in liver damage, cirrhosis (scarring) of the liver, liver cancer or even death. And while anyone can contract the virus, three in four people presently diagnosed with hepatitis C were born between 1945 and 1965, notes the CDC.

"It's not entirely clear why baby boomers are infected with hepatitis C at such a high rate, but since the virus can now be successfully treated with oral medications that are well tolerated, it is recommended that everyone born between 1945 and 1965 be screened at least once in their lifetime with a simple blood test," says Sari Yehuda, MD, a primary care physician with Princeton Medicine Physicians, Penn Medicine Princeton Health's network of primary and specialty care doctors. "The antiviral medications now available are more effective and require shorter treatment courses than the ones used in the past, with specific regimens being tailored to the hepatitis C genotype, previous treatments tried, and the amount of damage already present in the liver."

## Are You at Risk?

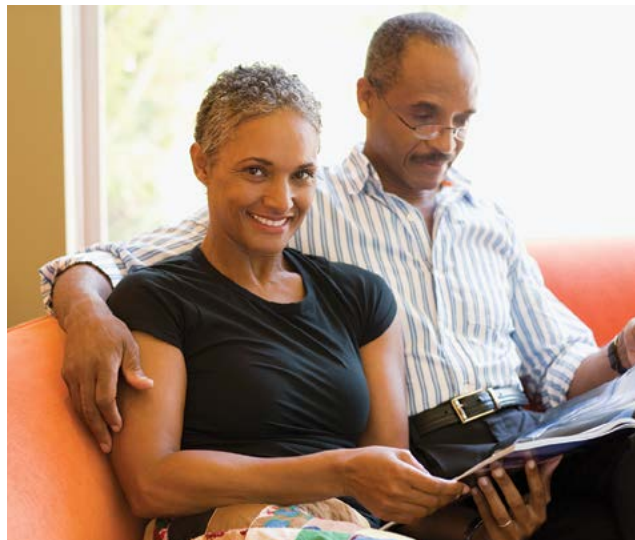
Today, new hepatitis C infections usually occur by sharing needles or other equipment involved in drug usage, but before July 1992, the virus was commonly spread through blood transfusions and organ transplants.

"The hepatitis C virus was first identified in 1989. By 1992, more rigorous screening tests were developed that eliminated hepatitis C from the United States blood supply. Transfusions are no longer a common mode of transmission," says Dr. Yehuda.

People who are infected with the virus usually do not exhibit noticeable symptoms until their condition is advanced, so recognizing whether you are at risk for hepatitis C, and getting tested if you are, is extremely important.

Individuals most at risk of contracting hepatitis C include:

- Current or former injection drug users, even if they only injected once, many years ago
- Baby Boomers born between 1945 and 1965
- Recipients of clotting factor concentrates made before 1987 or of transfusions or organ transplants before July 1992
- Hemodialysis patients
- Individuals with HIV



People with known exposure to the virus, like healthcare workers and children born to mothers with hepatitis C, as well as individuals who have been incarcerated, or who got piercings or tattoos with non-sterile instruments are also at risk.

## SYMPTOMS OF HEPATITIS C

- Fever
- Fatigue
- Dark urine/clay-colored bowel movements
- Easy bleeding or bruising
- Abdominal pain
- Poor appetite
- Jaundice (yellow colored in eyes or skin)
- Nausea/vomiting
- Joint pain

*To find a primary care physician*  
affiliated with Penn Medicine  
Princeton Health, call 1.888.742.7496,  
or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Suicide is on the Rise: Help and Treatment Can Save Lives

Over the last two decades, according to the Centers for Disease Control and Prevention, suicide rates have soared nationwide. In New Jersey, they climbed by close to 20 percent between 1999 and 2016. Celebrity suicides often result in copycat behavior, so the events of recent months could lead to even higher numbers as the latest data is compiled.

“Rising suicide rates can be attributed to a number factors, including economic stress, changes in expectations for people and their finances, and access to means of committing suicide, such as the availability of opioids and firearms,” says Arshad Siddiqui, MD, Medical Director of Adult Outpatient Programs and Associate Medical Director of the Penn Medicine Princeton House Behavioral Health (PHBH) Hamilton Outpatient Program.

## A Feeling of Hopelessness

“Generally, when people attempt suicide it is because they feel hopeless; they feel that things will not get any better,” says Dr. Siddiqui. “In most cases, they also have an underlying mental health issue, either diagnosed or undiagnosed. In fact, over 90 percent of patients who attempt suicide have a comorbid mental health issue, and 95 percent of those who actually commit suicide have been diagnosed with a mental health issue.”

If you have had suicidal thoughts, it is important to realize that you are not alone and to reach out for help. Try to seek help from a mental health professional, or if you have trouble finding one, talk to a friend or family member who may help you find someone, Dr. Siddiqui says. If you are in a crisis situation, make a call to a 24-hour crisis line, call or have someone else call 911 or head directly to an emergency room.

PHBH offers a variety of programs for those who are dealing with suicidal thoughts. Inpatient and outpatient programs are designed to help men, women and adolescents address mental health issues, substance abuse problems or a combination of both. Specialized programs are also available to help first responders cope.

*“Most issues that trigger suicidal thoughts can be managed once underlying conditions are addressed and the problems that may have brought the person to the point where suicide is being contemplated are put into perspective,” says Dr. Siddiqui.*

**For more information** on Princeton House Behavioral Health programs, call 800.242.2550, or visit [princetonhouse.org](http://princetonhouse.org).



## Watch for the Warning Signs

Signs of depression, which is frequently associated with suicide, include:

- Loss of interest in oneself, others and favorite activities
- Feeling hopeless
- Lack of energy and excessive tiredness
- Sleep disturbances
- Change in appetite or weight
- Difficulty concentrating and remembering things
- Unexplained physical problems, such as frequent headaches or stomach aches

If you feel you or a loved one are at imminent risk for suicide, call:

**NATIONAL SUICIDE  
HOTLINE  
800.273.8255**

# Vestibular Rehab Treats Dizziness and Balance Problems

According to the Centers for Disease Control and Prevention, one out of every four Americans age 65 and over will suffer a fall this year. And a fall that results in an injury that puts you out of commission — whether it's a torn tendon or a broken hip — can be the start of spiraling physical decline, notes Linda Lucuski, PT, MPT, Cert MDT, Director of Penn Medicine Princeton Medical Center Princeton Rehabilitation in Hamilton.

## Building Balance is Key

Specialized exercise and physical therapy techniques, available through Princeton Rehabilitation's Vestibular and Balance Program, can help improve balance and alleviate dizziness, light-headedness, fainting and other symptoms that can lead to falls.

The program is offered at the Hamilton, Princeton and Plainsboro locations, and can help individuals following a stroke or concussion, those dealing with neurological and inner ear conditions, and vertigo, as well as those who need to improve balance following surgical procedures or due to prolonged periods of inactivity. It can also be a proactive approach to strengthen balance in order to prevent falls.

## A Personalized Approach

The first step in treating and resolving balance problems is evaluating the individual to determine the source of the condition. This involves testing the musculoskeletal, cardiovascular, vestibular, visual and sensory systems. Following a diagnosis, a personal treatment plan is developed.

*"Many of our systems contribute to our ability to stand, walk, exercise and perform our daily activities," says Lucuski. "Coordination between our visual, vestibular, cardiovascular and musculoskeletal systems contributes to our ability to stay upright."*



Treatment may include traditional physical therapy, balance and flexibility training, visual exercises to help stabilize balance and an equilibrium realignment technique known as the Epley maneuver. Instruction in adapting daily living activities such as bending forward to retrieve an object from the floor, or turning your head to look at something while walking, may also be part of the treatment plan. Suggestions may be made for proper footwear, the use of assistive devices, grab bars in the shower and removal of loose carpets.

"Individuals who exercise maintain more mobility in their joints, increase the strength in their muscles and are better able to maintain balance while performing their activities of daily living," says Lucuski. "Exercises may be performed while standing and holding onto an object for support, or even while sitting."

Falls can be prevented by avoiding fall risks, maintaining good health through exercise and seeking medical help and physical therapy.

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**For more information** on Princeton Rehabilitation, or to find a physician affiliated with Penn Medicine Princeton Health, call 1.888.742.7496, or visit [www.princetonhcs.org](http://www.princetonhcs.org).



# PMC Offers New Treatment for Sleep Apnea

According to the National Sleep Foundation, more than 18 million American adults have obstructive sleep apnea — a disorder where breathing is briefly and repeatedly interrupted during sleep. The combination of poor sleep and low oxygen levels puts them at risk for high blood pressure, heart disease, stroke and mood and memory problems.



The most common treatment for sleep apnea is the use of a continuous positive airway pressure (CPAP) device, which has a mask that fits over your nose and/or mouth, and gently blows air into the airway to help keep it open while you sleep. While CPAP can be highly effective, many people find the devices uncomfortable, and so fail to use them as directed. In other cases, CPAP simply may not provide the needed relief.

## A Surgical Option is Now Available



Inspire therapy, a surgical procedure that has been shown to result in a 79 percent decrease in patients' apnea events during sleep, is a treatment option available at Princeton Medical Center (PMC).

"We are the only hospital in the area offering this procedure, which was FDA approved in 2014," says **Robert Mignone, DO**, Medical Director of the Sleep Surgical Program at PMC. "It can change the lives of patients with sleep apnea that is not being successfully treated with CPAP."

The procedure involves surgically implanting a neurotransmitter, a breathing sensor lead and a stimulation lead through small incisions in the neck and chest. While it is usually performed on an outpatient basis under general anesthesia, some patients may require an overnight stay.

"The patient turns the device on at bedtime and the transmitter and leads sense breathing patterns and deliver mild stimulation to maintain an open airway and promote regular breathing," says Dr. Mignone, who is a board certified otolaryngologist. "It functions like a pacemaker functions, but for sleep apnea, not cardiac issues."

## Eligible patients:

- have moderate to severe obstructive sleep apnea
- are unable to use or do not consistently benefit from the use of a CPAP
- are age 23 or older
- have a body mass index (BMI) of 32 or less

Inspire therapy is part of the comprehensive care for sleep disorders available through PMC and its Sleep Center, which is fully accredited by the American Academy of Sleep Medicine, a professional organization dedicated to assuring quality care for patients with sleep disorders, advancement of research and public and professional education.

Inspire therapy has shown to result in a significant decrease in patients' apnea events.

*"We are the only hospital in the area offering this procedure... It can change the lives of patients with sleep apnea that is not being successfully treated with CPAP." — Robert Mignone, DO*

**For more information** on Inspire Therapy and the PMC Sleep Center, call 1.888.742.7496, or visit [www.princetonhcs.org/sleepcenter](http://www.princetonhcs.org/sleepcenter).

# Princeton House Behavioral Health: Helping You Regain Balance in Your Life

In today's fast-paced, multitasking world, it can be easy to get overwhelmed. Demands at work and home can interfere with family time and that all-important time for self care. And with the constant connection guaranteed by today's smart technology, it can feel like you are always under siege.

While a certain amount of stress is normal, there can be times when the pressures become so overwhelming you find it difficult to function at work or at home. That's when it is time to seek professional help.



"That final straw that pushes you off balance can be something as significant as the death of a family member or as common as a child coming down with a cold, or it can just be that over time the pressure has built up," says Heather Lynch, MA, LPC, ACS, Clinical Manager of Adult Programs at Penn Medicine Princeton House Behavioral Health (PHBH). "When you are under stress and managing to hold things together, it is hard to know if that one more thing will be one thing too many."

## Support When Help is Needed

PHBH offers inpatient and outpatient programs designed to help individuals improve stress management and mental health. Inpatient treatment is for those in crisis who need 24-hour care. Princeton House's outpatient programs are also intensive — five days a week for six hours a day at the partial hospital level, or three days a week for three hours a day for intensive outpatient care.

*"Our programs focus on group and individual therapy; expressive therapies like art, yoga and writing; and other treatment approaches that teach coping skills and help individuals regain balance in their lives. It is important to be in tune with your levels of stress and their potential impact," Lynch says.*

If you feel like your life is spiraling out of control, try these techniques to restore balance:

**MAKE TIME FOR YOU** — Schedule time to engage with what is important to you. "Self-care is essential to a balanced life," says Lynch. "The idea is that you are doing things to nourish yourself so you have energy stored to regain balance in your life."

**TUNE IN** — Take time to pause and consider how you're feeling a few times each day.

**SEEK HELP** — If you become overwhelmed, reach out for help. "Princeton House works to help people not only better understand their struggles, but also develop skills to more effectively cope," says Lynch. People who attend these programs report less anxiety and greater balance in their lives.

"Maintaining balance helps you be more present in your life and enjoy the things that are important to you," says Lynch. People who lead balanced lives are more productive and engaged, and are able to tolerate stress more effectively.

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

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U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
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## Donor Contribution Supports Excellence and Innovation in Clinical Education

Princeton Medical Center is proud to announce that our nurses, medical students, and other healthcare providers will soon be able to participate in real-world, experiential learning and professional training in a highly advanced Clinical Simulation Laboratory. This type of ongoing learning offers providers the opportunity to become highly skilled in medical techniques within the safety of clinical simulation.



The laboratory, which is made possible through a generous gift from **Betty Wold Johnson** (left), will include cutting-edge patient simulation mannequins and complementary training devices. This risk-free environment will be an invaluable tool to help nurses and other key members of the patient's medical team practice their clinical and decision-making skills while receiving real-time feedback.

A nurse educator will oversee the laboratory's Simulation Training Program, which will provide instruction in areas such as cardiac arrest team management, neonatal/pediatric/adult critical care/resuscitation, respiratory care and wound care. Work on this project will begin in early 2019.

Mrs. Johnson has been a longstanding champion of the advancement of education and training for healthcare professionals. We are tremendously grateful for her shared commitment to our goal of providing innovative learning opportunities for our nurses and other medical professionals.

If you would like to support this project or learn more about donating, please contact the Princeton Medical Center Foundation at **609.252.8710**.

*Pictured is a Clinical Simulation Laboratory cardiac arrest training*