

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MARCH/APRIL 2018

PRINCETON HEALTHCARE SYSTEM JOINS PENN MEDICINE

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- Pelvic Floor Disorders
- Complications of Sleep Disorders

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Princeton Health

MARCH/APRIL 2018



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In The Spotlight

The Center for Pelvic Wellness

at Princeton Medical Center is a highly specialized program offering progressive treatments available for women and men affected by pelvic floor disorders.

For more information, call 609.853.6300.



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Princeton HealthCare System Joins Penn Medicine



Princeton HealthCare System (PHCS) and its affiliates, including University Medical Center of Princeton, Princeton House Behavioral Health, Princeton HomeCare and the Princeton Medicine Physicians network, are now part of the University of Pennsylvania Health System (UPHS), one of the world's leading academic medical centers.

UPHS and PHCS leaders announced the transaction after receiving all necessary regulatory approvals. The plan was first announced in December 2016.

"This is a significant day in our history, and we look forward to being an even stronger organization, clinically and financially, as we continue to fulfill our almost century-old mission of serving this community," said PHCS President and CEO Barry S. Rabner. "We could not ask for a better partner than Penn Medicine. Members of our community will continue to receive high-quality care right here, close to home. They also will benefit from easier access to the latest medical breakthroughs, clinical trials, cutting-edge technologies and specialized clinical expertise—both here and elsewhere in the Penn Medicine system."

The University of Pennsylvania Health System includes five highly regarded hospitals in Pennsylvania as well as primary and specialty physician networks and outpatient facilities, home and hospice services. The Hospital of the University of Pennsylvania (HUP) and Penn Presbyterian Medical Center have together been consistently recognized as an Honor Roll Hospital in the *U.S. News & World Report* Best Hospitals rankings, including the past four years in the nation's top 10 hospitals. The University of Pennsylvania Health System is part of Penn Medicine, along with the Raymond and Ruth Perelman School of Medicine, which consistently ranks in *U.S. News & World Report's* top five medical schools and among the nation's five leading medical schools for National Institutes of Health funding.

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Pictured above: Barry S. Rabner, (right) President and CEO of Penn Medicine Princeton Health—formerly Princeton HealthCare System (PHCS)—welcomes Ralph W. Muller, CEO of the University of Pennsylvania Health System.

Princeton HealthCare System and Penn Medicine ARE NOW ONE.



"The joining together of Princeton HealthCare System and Penn Medicine represents an exciting new chapter in Penn Medicine's growth. PHCS has an impressive reputation for providing high-quality care to patients close to home, and innovating in many types of community-based health and wellness initiatives," said Ralph W. Muller, CEO of the University of Pennsylvania Health System. "Now, we can offer a powerful partnership to patients throughout the region PHCS serves, continuing the services they already depend on, coupled with access to world-class care for complex conditions and innovative clinical trials available at Penn Medicine."

PHCS, founded in 1919, provides a wide range of inpatient and outpatient hospital care, behavioral health and addiction services, rehabilitation, in-home nursing, hospice care and fitness and wellness services to more than 1.3 million people in central New Jersey. University Medical Center of Princeton (UMCP), was ranked in the top 20 hospitals of the New York metropolitan region in *U.S. News & World Report's* 2017-2018 Best Hospital rankings.

As part of this transaction, the names of PHCS and its affiliates have changed. The system is now Penn Medicine Princeton Health. The hospital's new name is Penn Medicine Princeton Medical Center.

PHCS employs approximately 3,000 staff and has an active medical staff of nearly 1,300 physicians. Like each of Penn Medicine's hospitals, PHCS also shares a proud tradition of nursing excellence, having achieved Magnet® status, the highest institutional recognition available for nursing excellence. PHCS announced in June 2015 that it would begin evaluating partnership opportunities to ensure its continued success in the future and in July of 2016, executed a Letter of Intent with UPHS. The move to join Penn Medicine comes following PHCS officials' consideration of 17 potential partners.

"Our Trustees engaged community members, physicians and employees in a thorough, two-year process to evaluate and select a partner," said Kim Pimley, Chairman, PHCS Board of Trustees. "In Penn Medicine, we found a partner that shares our values. Together, we can make world-class care more accessible to the people in the communities we serve. We are delighted to begin a shared future with Penn Medicine."

Pictured above: From left to right, Ralph W. Muller, CEO, University of Pennsylvania Health System; Barry S. Rabner, President and CEO, Penn Medicine Princeton Health; Kim J. Pimley, Chairman, Penn Medicine Princeton Health Board of Trustees; Peter Cantu, Mayor, Plainsboro Township; and J. Larry Jameson, Dean, Raymond and Ruth Perelman School of Medicine, and Executive Vice President of the University of Pennsylvania for the Health System.

NEW HEALTH RECORD PLATFORM

WILL IMPROVE QUALITY OF CARE



Penn Medicine Princeton Health is implementing a new electronic health record system that will put a patient's medical history at the fingertips of physicians, nurses and other care providers.

Called PennChart, the system will make it easier for providers to document the care they provide and see the care that a patient has received from others as well as to exchange information and to better coordinate care with other providers. It will result in a patient having one health record that will be available throughout the system. Information will be captured once and follow a patient throughout their care. PennChart will also enable doctors to access patient information from other locations that use the same type of medical record system.

"PennChart is all about our commitment to improving the quality of care and promoting safety," said Penn Medicine Princeton Health CEO Barry Rabner. "PennChart will transform how we deliver care and operate as a business."

PennChart will be implemented across the Princeton Health system beginning this May and ending in November 2018. Princeton Health started researching an integrated health record system in 2014 because of a desire to connect all of the system's operations. Princeton Health has been working on the implementation of PennChart for more than a year. Every physician and employee who will use PennChart will go through training to ensure the move to the new system is seamless for patients.

"With Penn Chart, we will have easy access to the right information in the right place and at the right time," said Steven Bergmann, MD, PhD, Penn Medicine Princeton Health Vice President of Medical Affairs.

The transition to PennChart means the system is switching from the Princeton HealthConnect patient portal to the myPennMedicine portal. This change will begin in June. As a result of the transition, we will eventually retire the Princeton HealthConnect portal and the content it contains by the end of this year.

Patients who use Princeton HealthConnect will have several months to retrieve their records before the portal closes. Although the current portal is being retired, medical records will be maintained at Princeton Health according to the required retention laws. Those records will be accessible upon request. For patients who want immediate access to records, current records can be downloaded and saved to a personal computer or other secure storage location before the portal's retirement.

In the coming months, Princeton HealthConnect users will receive detailed instructions by email and U.S. mail on how to move to myPennMedicine.

myPennMedicine will offer features similar to Princeton HealthConnect, including the ability to view records and track lab results. Users will also have access to new features such as the ability to monitor upcoming appointments.

Watch for the next edition of Princeton Health for more information on how PennChart will improve care at Penn Medicine Princeton Health.

Be Alert for Signs of Heart Failure

About 5.7 millions adults are currently living with heart failure in the United States, and nearly 25 percent of all deaths include the chronic condition as a contributing factor, according to the American Heart Association.

The disease occurs when your heart muscle is weakened and cannot pump blood as well as it should, and can be caused by many different conditions, such as coronary artery disease, high blood pressure, a prior heart attack, heart valve disease or thyroid disorders. It also can develop suddenly following an illness or infection.

While a combination of these factors increases your risk of heart failure, just a single one can be enough to cause the condition.



Managing Your Condition

“Although the condition is sometimes not reversible, there are things that can be done to reduce symptoms and make management easier,” says **Michael Piscopiello, MD**, a cardiologist with Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health. Among these are

controlling underlying conditions like coronary artery disease, high blood pressure, diabetes and obesity.

In addition to following physician recommendations for underlying conditions, Dr. Piscopiello, who is board certified in cardiovascular disease, recommends certain lifestyle changes to improve quality of life, including exercise, eating a low-sodium diet, managing stress and losing weight.

“Individuals with heart failure can still maintain quality of life,” says Dr. Piscopiello. “The key is to adhere to a healthy diet and exercise, eliminate bad habits such as smoking, and stay compliant with any medications that are prescribed.”



Watch for These Symptoms

Since heart failure can be chronic, meaning it develops over time, or acute, meaning it occurs suddenly, it is important to keep the condition's signs and symptoms in mind and seek medical attention at the first sign of any of the following:

- Shortness of breath
- Fatigue/weakness/fainting
- Swelling in feet, ankles and legs
- Rapid or irregular heartbeat
- Persistent cough or wheezing
- Frequent need to urinate at night
- Abdominal swelling
- Sudden weight gain from fluid retention
- Chest discomfort

Penn Medicine Princeton Medical Center is rated as High Performing in heart failure care by *U.S. News & World Report*.



To find a cardiologist affiliated with Princeton Medicine Physicians, call 1.800.FINDADR (1.800.346.3237), or visit www.princetonhcs.org.

Community Focus



LEARN LIFESAVING TECHNIQUES AT PENN MEDICINE PRINCETON HEALTH'S

Free CPR Week Classes

● Adult ● Child ● Infant

Registration is required for all classes.

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR classes, unless otherwise noted.

Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health. The Family & Friends CPR program teaches you how to perform CPR on adults, children or infants, and how to help an adult, child or infant who is choking. An infant is defined as a child 1 year of age or younger. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

SAT. April 7
(10:30 a.m. – 12 p.m.)
● ● ● Adult/Child/Infant
West Windsor Library
333 North Post Rd.,
Princeton Junction
To register call 609.275.8901.

SUN. April 8
(10 – 11:30 a.m.)
● ● ● Adult/Child/Infant
Freshii
100 Reaville Ave., Flemington

SUN. April 8
(12:15 – 2 p.m.) ● Adult

SUN. April 15
(12:15 – 2 p.m.) ● Adult
Nassau Presbyterian Church
61 Nassau St., Princeton

MON. April 9
(6 – 7 p.m.) ● Adult
South Brunswick Library
110 Kingston Ln.,
Monmouth Junction

MON. April 9
(1:30 – 2:30 p.m.)
● ● Adult/Child
West Windsor Senior Center
271 Clarksville Rd.,
Princeton Junction
To register call 609.799.9068.

MON. April 9
(7 – 8 p.m.) ● Infant
WED. April 11
(7 – 8 p.m.) ● Adult
East Brunswick Library
2 Jean Walling Civic Center,
East Brunswick
To register call 732.390.6950.

MON. April 9
(6:30 – 8 p.m.) ● ● Adult/Child
TUE. April 10
(6:30 – 8 p.m.) ● Infant
Robbinsville Library
42 Robbinsville-Allentown Rd.,
Robbinsville
To register call 609.259.2150.

TUE. April 10
(10 – 11 a.m.) ● ● Adult/Child
WED. April 18
(10 – 11 a.m.) ● Infant
Hickory Corner Branch
138 Hickory Corner Rd.,
East Windsor
To register call 609.448.1330.

WED. April 11
(10 a.m. – 12 p.m.) ● Adult
THU. April 12
(7 – 8 p.m.) ● Adult
South Brunswick Wellness Center
540 Ridge Rd., Monmouth Junction

THU. April 12
(7 – 8 p.m.) ● Adult
North Brunswick Library
880 Hermann Rd., North Brunswick
To register call 732.246.3545.

SAT. April 14
(10 a.m. – 12 p.m.) ● Adult
Community Wellness at
731 Alexander Rd.

SUN. April 15
(10 – 11:30 a.m.)
● ● ● Adult/Child/Infant
Freshii
334 W Bridge St., New Hope, PA

TUE. April 17
(11 – 11:45 a.m.) ● Adult
Monroe Library
4 Municipal Plaza, Monroe Township

TUE. April 17
(6 – 7 p.m.) ● Infant
Babies R Us
700 Nassau Park Blvd., West Windsor

SAT. April 21
(10 a.m. – 12 p.m.) ● Adult
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch

SAT. April 21
(2 – 5 p.m.) ● ● ● Adult/Child/Infant
Lawrence Library
2751 Brunswick Pike, Lawrenceville
To register call 609.989.6920.

CURRENT PROGRAMS

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

Weight-Loss Surgery: Is It Right for Me?

THU. March 1 (6 – 6:30 p.m.)

THU. April 5 (6 – 6:30 p.m.)

Princeton Medicine Physicians

2 Centre Drive, Monroe Township

WED. March 21 (6 – 6:30 p.m.)

WED. April 18 (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.

Heart Health and Stroke

MON. March 5 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

TUE. April 3 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Learn the difference between a heart attack and stroke, their symptoms, and when to seek medical attention. Discover what you can do to lower your risk for heart attack and stroke at this invaluable program led by Philip Tran, RN-BSN, Stroke Coordinator with Penn Medicine Princeton Medical Center (PMC). PMC is a state-designated Primary Stroke Center.

The Five Wishes: A Discussion of End-of-Life Decisions

TUE. March 6 (7 – 8 p.m.)

West Windsor Library

333 North Post Road, Princeton Junction

To register, please call the library at 609.275.8901.

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce your 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.

Common Musculoskeletal Sports Injuries

WED. March 14 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

FRI. April 20 (1 – 2 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

THU. April 26 (7 – 8 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Learn about how injuries occur to the musculoskeletal system while playing sports, what you can do to reduce the risk of injury for your children or yourself while engaging in sports activities, as well as rehabilitation that can make a difference in your daily life. This program is presented by Scott J. Curtis, DO, board certified in internal medicine and fellowship trained in sports medicine, along with the following physical therapists with Princeton Medical Center Princeton Rehabilitation:

- Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology on March 14
- Barbara Kutch, PT, DPT, CSCS, on April 20
- Eileen Kast, PT, OCS, on April 26

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

Yikes! What Is Happening to My Body?

A Puberty Talk for Girls

THU. March 15 (7 – 8:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

A Puberty Talk for Boys

THU. March 22 (7 – 8:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Designed for ages 9 and 12, these programs will address the physical, intellectual and emotional changes your child will experience as she or he enters their teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a Health Educator with Penn Medicine Princeton Health.

Spring Clean Your Medicine Cabinet

FRI. March 16 (1 – 2 p.m.)

Plainsboro Senior Center

641 Plainsboro Road, Plainsboro

When the time comes to freshen up for spring, don't forget to extend your spring cleaning to the medicine cabinet! Join Avani Yenamandra, PharmD, pharmacist with Penn Medicine Princeton Medical Center, as she shares tips on expiration dates, proper disposal and replenishing, testing medical devices and organizing medications in an easy-to-find way.

Art for Wellness

SAT. March 17 (2 – 3 p.m.)

WED. March 21 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Space is limited, please register early.

Creating art promotes mental and emotional well-being, so join us and develop new strategies to deal with life's challenges in a creative, fun and supportive environment. A board certified art therapist will provide materials and guidance so no previous art experience is necessary.



AARP Driver Safety Program

SAT. March 17 (9 a.m. – 3 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

\$15 for AARP members
\$20 for non-members

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

Diabetes: Don't Sugar Coat It

MON. March 19 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
With technology changing every day, it is hard to keep up with the latest devices that can help you better monitor your diabetes. Join Sandra Byer-Lubin, MS, RD, CDE, Diabetes Management Program, and Louise Gross, RN, BSN, CDE, Diabetes Clinician/Educator, as they discuss the latest technology and research related to diabetes. The most current information will be shared regarding continuous glucose monitoring devices, glucose meters and medications.

Birth Control: What's Right for Me?

TUE. March 20 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
With so many birth control options, it is easy to become confused. Will one affect your chances of having children in the future? Is one more effective than another? Can one be harmful to your health? Join Samih Ibrahim, MD, board certified in obstetrics and gynecology, as he discusses permanent and temporary birth control options, and learn which might be the best option for you. Dr. Ibrahim is a member of the Medical Staff of Penn Medicine Princeton Health.

Sugaraholics: A Retreat from Sweet

THU. March 22 (6 – 7 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
Sugar substitutes may seem like a good replacement for the real thing, but they are not the answer to curing a sweet tooth. Artificial sugar can be 200 times sweeter than natural sugar, and can lead to serious health problems. Learn tips on how to properly manage your sweet tooth and those sugar cravings at this informative program presented by a Community Wellness Dietitian with Princeton Medical Center's Nutrition Program.

Fall Prevention and Balance Screening

THU. March 22 (11 a.m. – 12:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
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 your environment. Join Linda Lucuski, MPT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton, to learn about balance, your risk for falls, and the role of physical therapy and exercise in overall wellness, balance and fall prevention. Individual balance screenings will also be conducted, including the 30-second sit-to-stand test, timed get up and go test and static balance test.

What You Need to Know: ACL Injury Prevention

THU. March 22 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
Seventy percent of ACL injuries occur without collisions, like changing direction quickly. There are steps you can take to help prevent injuries. Join William Rossy, MD, specializing in orthopaedic surgery, and Kristen Yonkman, NASM, Certified Personal Trainer, for an interactive discussion on the structure of the knee, as well as exercises to help prevent knee injuries.

Understanding Colon Conditions and Screenings

TUE. March 27 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
Colorectal conditions can impact your quality of life and may signify more serious problems. The first step in diagnosing the problem may be a colonoscopy, which is a key for early detection of colon cancer and can also reveal other abnormalities of the colon. Join Liam Smith, MD, FACS, board certified in colon and rectal surgery, and learn about common colon conditions, as well as treatment options.

Kick the Habit

WED. March 28 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
Do you have an addiction or know someone who does? Join Swapna K. Dhillon, MD, psychiatrist with Penn Medicine Princeton House Behavioral Health, for a discussion on addiction, how it develops, what it looks like, and why it can have such a powerful hold. This lecture will provide you with a better understanding of the problem and how to seek help and recover.

Varicose Veins

WED. March 28 (7 – 8 p.m.)
East Brunswick Library
2 Jean Walling Civic Center, East Brunswick
Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Kenneth A. Goldman, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Penn Medicine Princeton Health, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Penn Medicine Princeton Medical Center Institute for Surgical Care.

Vision Screening

THU. March 15 (4 – 7 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B
THU. April 19 (10 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road

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.

Stroke Prevention

MON. April 2 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Discover what you can do to lower your risk for stroke at this informative program led by Kathleen Cooney, RN, with Penn Medicine Princeton Medical Center's (PMC) Acute Rehabilitation. Learn the early warning signs of a stroke, when to seek medical attention and prevention methods. PMC is a state-designated Primary Stroke Center.

Safe Sitter Essentials with CPR

TUE. April 3 (9 a.m. – 3:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

FRI. April 6 (9 a.m. – 3:30 p.m.)

Plainsboro Recreation and Cultural Center

641 Plainsboro Road, Plainsboro

\$40 per child.

This specialized training helps babysitters, aged 11–13, develop the skills, confidence, compassion and sense of responsibility they need to keep children out of harm's way while their parents are away. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, basic first aid and rescue skills. Sitters should pack a lunch.

Common Problems of the Foot and Ankle

WED. April 4 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

This session will provide an overview of treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be allowed for your questions. This lecture will be presented by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery. Dr. Hasan is a member of the Medical Staff of Penn Medicine Princeton Health.

Are You at Risk for Breast Cancer? Information for Men and Women

THU. April 5 (6:30 – 7:30 p.m.)

West Windsor Library

333 North Post Road, Princeton Junction

To register, please call the library at 609.275.8901.

Breast cancer occurs more frequently in women, but that does not mean men are completely in the clear. Both men and women are invited to this presentation by Mary Kiensicki, RN, CBCN, Breast Health Navigator, Princeton Medical Center Breast Health Center. Learn about breast cancer prevention, including: risk factors, how to reduce your risk and early detection and screening recommendations.

Kids Can Cook

THU. April 5 (9 a.m. – 1 p.m.)

Community Wellness at the Hamilton Area YMCA

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

During this half day session, kids will learn how to cook healthy meals, including breakfast, lunch, dinner and a snack. A dietitian will demonstrate how to prepare simple, healthy meals, snacks and drinks, with an emphasis on reducing sugar and increasing fruits and vegetables. This is a hands-on class, and participants can enjoy the finished product! For kids ages 11–14. Breakfast and lunch will be provided.

Managing Seasonal Allergies

WED. April 11 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

More than two-thirds of spring allergy sufferers actually have year-round symptoms, not just during spring. Join Shaili Shah, MD, board certified in allergy and immunology, and explore the best ways to manage environmental triggers, as well as causes and treatments of common allergy disorders.



Pelvic Wellness Through Physical Therapy

THU. April 12 (1 – 2 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Urinary incontinence, urine frequency, pelvic organ prolapse and constipation are common conditions that can make you uncomfortable and limit your quality of life. In many cases, physical therapy can help. This discussion will be led by Eileen Malong-Geary, PT, licensed physical therapist, Princeton Medical Center Princeton Rehabilitation.

Self-defense for Kids

THU. April 12 – May 10 (4 – 6:15 p.m.)

Community Wellness at the Hamilton Area YMCA

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

\$25 per child.

This is a national program designed to provide children with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. r.a.d.KIDS is a five-session, activity-based program that includes lectures, safety drills, muscle memory exercises and physical defense techniques. Topics include: home, school and vehicle safety; out-and-about safety; realistic defense against abduction; good/bad/uncomfortable touch; stranger tricks and self-realization of personal power. Dress in sneakers and comfortable clothing suitable for exercising. Complete consent forms must be submitted for each child prior to the class. For children ages 8–12.

Ergonomics: Make Work a Pain-Free Place

TUE. April 17 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Poor worksite design can lead to fatigue, discomfort, physical stress and work injuries. Learn proper ergonomics and work station design to relieve stress and fatigue at your desk at this interactive program led by Eileen Kast, PT, OCS, physical therapist with Princeton Medical Center Princeton Rehabilitation.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. April 17 – May 31 (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 a seven-week Total Control® program. Participants report improvement in: urinary leakage and bladder control; frequency or overactive bladder; pelvic strength and support; post-partum core strength and better posture and balance. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

Dance Injury Prevention & Rehabilitation: A Workshop for Dance Instructors

WED April 18 (7 – 8 p.m.)

Princeton Fitness & Wellness at Plainsboro
7 Plainsboro Road, Plainsboro

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. Discussion will include dance injury prevention and treatment, proper turnout and plié technique in ballet, as well as proper nutrition for dancers.

Lyme Disease: Prevention and Treatment

THU. April 19 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

If detected early, Lyme disease can be treated successfully with antibiotics; however, if left untreated it can lead to serious heart and nervous system problems. Join Ann Smelkinson, MD, board certified in internal medicine, to learn the signs and symptoms of Lyme disease, the proper way to remove ticks and steps to take to prevent bites. Dr. Smelkinson is a member of the Medical Staff of Penn Medicine Princeton Health.

Art Expression for Parents and Children

SAT. April 21 (2 – 3 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

This program offers parents and children an opportunity to use art materials to promote connection and communication, and express feelings, in a child-centered atmosphere. A board certified art therapist provides project materials and guidance to enhance exploration in verbal and non-verbal ways. Appropriate for children ages 5–10. No previous art experience is required.

Dealing with Dizziness and Vertigo

MON. April 23 (1 – 2 p.m.)

Adeth Israel Synagogue
1958 Lawrenceville Road, Lawrenceville

Learn more about the anatomy and physiology of the inner ear, common causes of dizziness; vertigo and loss of balance and how vestibular rehabilitation can help. This session will be presented by Linda Lucuski, MPT, Cert. MDT, Rehabilitation Director and Certified Vestibular Rehabilitation Specialist at the Princeton Medical Center Princeton Rehabilitation.

Traumatic Brain Injury: What You Need to Know

MON. April 23 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Whether a mild concussion or a major head injury, traumatic brain injuries (TBI) can change your life. Join Koel Guha, MD, a pediatric hospitalist and board certified pediatrician with The Children's Hospital of Philadelphia (CHOP) Newborn and Pediatric Care at Penn Medicine Princeton Medical Center, for this informative session. Dr. Guha will discuss causes of TBI, treatments, and lingering and lasting effects. *Penn Medicine Princeton Medical Center is not a state-designated regional trauma center.*

Proper Fitting Shoes Mean a Healthier, Happier You

MON. April 23 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Foot shape and size can change in small but significant ways throughout your life, and wearing proper shoes that fit your foot type can impact how the rest of your body feels. Join Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery, as she discusses different foot types and their shoe counterparts. Dominic D'Errico, DPT, physical therapist, will provide education on injury prevention and stretches for the lower body. At the end of the program, there will be the opportunity to have your shoes and feet screened.

Shoulder Pain: Causes and Treatment

TUE. April 24 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Painful shoulder conditions can limit your ability to enjoy hobbies and complete basic everyday tasks. Join William H. Rossy, MD, orthopaedic surgeon, and Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with Princeton Medical Center Princeton Rehabilitation, to learn about the symptoms, treatments and prevention of the most common conditions, including spurs, rotator cuff tears, shoulder impingement and various forms of arthritis, and what can be done to get you back to daily activities.

Reiki Therapy: Is it Right for Me?

TUE. April 24 (7 – 8 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Reiki is a Japanese technique used for stress reduction and relaxation that also promotes healing. Reiki therapy treats the whole person, including the body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Join Karen Flicker, MS, LAC, Acupuncturist and Holistic Practitioner, for this informative program and see if Reiki is right for you.

Parkinson's Disease: New Treatment Options

THU. April 26 (11:30 a.m. – 12:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

The Lee Silverman Voice Treatment (LSVT) LOUD and BIG programs can help individuals with Parkinson's and other neurological diseases improve their walking, balance and ability to carry out other daily activities. Join Linda Lucuski, MPT, Certified LSVT BIG Clinician and Rehabilitation Director, with Princeton Medical Center Princeton Rehabilitation, to learn how LSVT programs can help reduce the progression of symptoms and improve function. Avani Yenamandra, PharmD, will also discuss new Parkinson's medications and formulations that are on the market.

Underactive Thyroid: Hypothyroidism

MON. April 30 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Do you suffer from fatigue, increased sensitivity to cold, forgetfulness or even weight gain? If so, this might be caused by an underactive thyroid. When hypothyroidism is not treated, signs and symptoms can gradually become more severe. Join B. Gabriel Smolarz, MD, board certified in endocrinology, diabetes and metabolism, and internal medicine (primary care), for a discussion of the signs and symptoms, causes, risk factors, and treatment options for hypothyroidism. Dr. Smolarz is a member of the Medical Staff of Penn Medicine Princeton Health.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on Tuesday, March 20 and April 17, 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. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register.

Prenatal Yoga

TUE. March 6, 13, 20, 27, April 3, 10, 17 & 24 (6 – 7 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$10 per person, per class.

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feeling good during pregnancy. No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Prenatal Breastfeeding Class

THU. March 8 (7 – 9:30 p.m.)
MON. April 16 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center – First Floor, Education Center

\$50 per couple

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



Sibling Class

SAT. March 10 (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. March 10 (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.)

MON. March 26 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. April 7 (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.)

WED. April 18 (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.

Baby Care

MON. March 19 (7 – 9:30 p.m.)

THU. April 26 (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 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.

Preparing for Cesarean Section

WED. April 4
(7 – 9 p.m.)

Penn Medicine
Princeton Medical
Center
First Floor, Education
Center

\$30 per couple

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

Daddy Boot Camp™

SAT. April 21 (9 a.m. – 12:30 p.m.)
Community Wellness at 731
Alexander Road – Suite 103

\$40 per person

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

Car Seat Safety Checks

Call **1.888.897.8979** for an appointment and locations.

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



OPTIONS FOR BIRTHING

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

Birthing Basics

WED. March 7 – 28 (7 – 9 p.m.)
THU. March 22 – April 12 (7 – 9 p.m.)
TUE. April 10 – May 1 (7 – 9 p.m.)
MON. April 23 – May 14 (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. March 17 (9 a.m. – 5 p.m.)
SAT. April 14 (9 a.m. – 5 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$155 per couple

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

HypnoBirthing

SUN. March 4 – April 8 (9:30 a.m. – 12 p.m.)
Community Wellness at the Hamilton Area
YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple

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

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

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

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

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness

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.

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

WED. March 14 (1 – 2 p.m.) | WED. March 28 (1 – 2 p.m.)
WED. April 11 (1 – 2 p.m.) | WED. April 25 (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

MON. March 5 (6 – 8 p.m.) | THU. March 8 (9:30 – 11:30 a.m.)
MON. March 19 (6 – 8 p.m.) | THU. March 22 (9:30 – 11:30 a.m.)
MON. April 2 (6 – 8 p.m.) | THU. April 5 (9:30 – 11:30 a.m.)
MON. April 16 (6 – 8 p.m.) | THU. April 19 (9:30 – 11:30 a.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

Join us and learn new ways of soothing your baby and promoting healthy development. Connect with your baby through gentle massage and stretching, nursery rhymes and lullabies. 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.



EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

EMT Integrated Refresher Session A

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

\$60 per person.

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

NJT Rail Safety

TUE. April 10 (6 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

This is a pre-approved elective class for three CEUs conducted by NJ TRANSIT. The objective of this training is to provide all first responders with a basic overview of NJ TRANSIT's Emergency Response Guidelines. The training includes a video of an actual passenger train emergency and a full response by Emergency Services, as well as an Emergency Response Guidelines PowerPoint presentation.

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

CPR & FIRST AID

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

ACLS Full Certification Course

MON. & TUE. March 5 & 6
(9 a.m. – 5 p.m.)
Community Wellness
at 731 Alexander Road

ACLS Recertification Course

FRI. March 23 (9 a.m. – 5 p.m.)
MON. April 23 (9 a.m. – 5 p.m.)
Community Wellness
at 731 Alexander Road

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

MON. & TUE. April 9 & 10 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

PALS Recertification Course

MON. March 26 (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

TUE. March 13 (6 – 10:30 p.m.)
MON. April 16 (6 – 10:30 p.m.)
Community Wellness at the Hamilton Area
YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
THU. April 26 (9 a.m. – 1:30 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Provider: \$65 per person

Renewal: \$40 per person

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

*To be eligible for the renewal course, you must have a valid BLS Provider course completion card.





Heartsaver CPR AED

THU. April 19 (6 – 9 p.m.)
Community Wellness at the Hamilton
Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 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.

Family & Friends CPR

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

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

Adult/Child and Infant

SAT. March 10

Infant CPR* (10 – 11 a.m.)

Adult/Child CPR (11:15 a.m. – 12:30 p.m.)

Community Wellness at 731 Alexander Road

Infant CPR Only

THU. March 15 (6 – 7 p.m.)

Babies “R” Us

700 Nassau Park Boulevard, West Windsor

Neonatal Resuscitation Program

WED. March 14 (8 a.m. – 12 p.m.)

MON. April 9 (6 – 10 p.m.)

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

\$75 per person

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



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

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.



American Cancer Society's Look Good, Feel Better

WED. April 18 (1 – 3 p.m.)

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care
Conference Room

Please call 1.800.227.2345 to register.

Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a makeover for the spirit.

Weight Management Program for Cancer Survivors

MON. March 5, 12, 19, 26, April 2, 9, 16, 23, 30 & May 7 (11:30 a.m. – 1 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration required, please call 609.853.6788.

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

Prostate Cancer Support Group

WED. March 14 (12 – 1:30 p.m.)

WED. April 11 (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. March 20 (1:30 – 3 p.m.)

TUE. April 17 (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. March 20 (6 – 7:30 p.m.)

TUE. April 17 (6 – 7:30 p.m.)

Princeton Medical Center Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

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

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

WED. March 21 (12 – 1:30 p.m.)

WED. April 18 (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. March 22 (12:30 – 2 p.m.)

THU. April 26 (12:30 – 2 p.m.)

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care
Conference Room

Walk-ins welcome. For more information, call 609.853.6787.

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

Mindful Meditation

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

We invite you to join us for mindful meditation designed for patients with cancer, survivors and their caregivers. Practice mindful awareness as you explore simple relaxation and breathing techniques to enhance your wellness. No experience is necessary.

Restorative Yoga

WED. March 7 (6 – 7 p.m.)

WED. March 21 (6 – 7 p.m.)

WED. April 4 (6 – 7 p.m.)

WED. April 18 (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 and third Wednesday of each month, is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. Prior experience is not necessary, and any needed equipment will be provided at the class.

Nutrition Tips for Breast Cancer Patients

TUE. March 6 (11:30 a.m. – 1 p.m.)

TUE. April 3 (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.

All 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.

SUPPORT GROUPS

Hospice Program Bereavement Support Groups

MON. March 5 (6 – 7:30 p.m.)
MON. April 2 (6 – 7:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D

MON. March 19 (1 – 2:30 p.m.)
MON. April 16 (1 – 2:30 p.m.)
Suzanne Patterson Center at Princeton Senior
Resource Center – Corner House Room 19
45 Stockton Street, Princeton

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

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



UNITE: Perinatal Loss Bereavement Support Group

MON. March 5 (7 – 9 p.m.)
MON. April 2 (7 – 9 p.m.)
Community Wellness at 731 Alexander Road

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.

Weight-loss Surgery Support Group

TUE. March 6 (7 – 8:30 p.m.)
TUE. April 3 (7 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Classroom 1

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

THU. March 1 (6:30 – 7:30 p.m.)
THU. April 5 (6:30 – 7:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. March 21 (6:30 – 7:30 p.m.)
WED. April 18 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

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

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

WED. March 14 (6:30 – 8 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

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

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

Journey Back: Stroke Support Group

WED. March 14 (6:30 – 7:30 p.m.)
WED. April 11 (6:30 – 7:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

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

Journey Back welcomes individuals who have experienced a stroke, as well as their loved ones and caregivers, to attend this peer support group that meets on the second Wednesday of each month. Facilitated by Jenny Bestwick, LCSW, Acute Rehab 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.

Diabetes Support Group

WED. March 21
(2:30 – 4 p.m.)
WED. April 18
(2:30 – 4 p.m.)
Monroe Township
Senior Center
12 Halsey Reed Road
Monroe Township



MON. March 26 (6:30 – 8 p.m.)
Penn Medicine Princeton Medical Center

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

This group provides resources and support for those living with prediabetes and 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.

EVENTS FOR SENIORS

Penn Medicine Princeton Health is pleased to offer educational seminars and screenings to seniors residing in central New Jersey. Registration is required, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call **1.888.897.8979** (unless another number is indicated).

One Step at a Time

WED. April 4 (11 a.m. – 12 p.m.)

Lawrence Senior Center

30 Darrah Lane, Lawrenceville

This informative session will keep you on your toes. Led by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery, the program will cover treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be allowed for your questions. Dr. Hasan is a member of the Medical Staff of Penn Medicine Princeton Health.



Pelvic Floor Dysfunction: How Physical Therapy Can Help

FRI. April 20 (1 – 2 p.m.)

Plainsboro Senior Center

641 Plainsboro Road, Plainsboro

Pelvic floor dysfunction — including urinary incontinence, frequency, pelvic organ prolapse and constipation — are common conditions faced by both men and women, and in many cases physical therapy can help improve quality of life. Join Ann Williams, PT, DPT, and Becky Keller, PT, MSPT, PRPC, both physical therapists specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, for this informative discussion on the causes and symptoms of pelvic floor dysfunction and how physical therapy can help.

www.ustream.tv/princetonhealth

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

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

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

Princeton Health
OnDemand
Our experts. At your convenience.



What is a Hospitalist?

WED. March 14 (12 p.m.)

Satyen Govan, DO, Medical Director,
Princeton Medicine Physicians
Hospitalists Service



Sleep Disorders: Underlying Health Concerns

WED. April 11 (12 p.m.)

David Cohn, MD, board certified in critical care medicine, internal medicine (primary care), pulmonary disease and sleep medicine



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.

Hospitalists Help Patients **Focus on Healing**

If you need to spend time in the hospital, Penn Medicine Princeton Medical Center (PMC) has a dedicated staff of hospitalists — physicians who are specially trained to care for patients in the hospital. A hospitalist is on site and available to provide care 24/7 in the hospital.



"The goal of the hospitalist program is to enhance the patient experience by providing efficiency and continuity of care," says **Satyen Govan, DO**, Medical Director of Princeton

Medicine Physicians Hospitalist Service. "We are here to help our patients understand the treatment process and focus their energy on healing."

Coordinated Care

PMC hospitalists are on duty 365 days a year, and manage your in-hospital care — consulting with specialists, nurses and other healthcare professionals as needed, reviewing test results and attending to emergencies — while communicating with your regular primary care doctor. Because they are on site and have a direct link to the hospital staff and hospital protocols, hospitalists are able to provide seamless medical management during your stay.

If you are admitted through the Emergency Department, a hospitalist assumes responsibility for communication with your primary care physician. For planned hospital admissions, your primary care physician or another physician who is caring for you will request that a hospitalist provide care during your stay. The hospitalist will speak with your primary care doctor when you are admitted and when you are discharged, and at other times if any complications arise during your stay. Additionally, a record of your hospital care is promptly made available to your primary care physician to ensure continuity of care.

"The program provides extremely efficient care, because someone is there, on site, to stay on top of your treatment needs and answer questions you or your family may have about your care," says Dr. Govan. "Because hospitalists are doctors who are experts in caring for people in the hospital setting, they know how to coordinate care between any specialists who may be caring for you, as well as nurses, therapists, social workers and even pharmacists."

In fact, patients under the care of hospitalists tend to experience shorter hospital stays and easier transitions to follow-up care, says Dr. Govan.



"The hospitalist program provides extremely efficient care, because someone is there, on site, to stay on top of your treatment needs and answer questions you or your family may have about your care."

— **Satyen Govan, DO**

The hospitalist program provides:

- Personalized around-the-clock care
- Coordinated care with specialists and primary care doctors to develop a treatment plan, coordinate testing and evaluate treatment options
- Onsite availability to address patient or family questions, discuss test results, etc.
- Familiarity with hospital protocols, processes and staff to ensure efficiency and clear communication

For more information about the hospitalist program, call 1.888.742.7496, or visit www.princetonhcs.org.

Don't Let Pelvic Floor Disorders Limit Your Life



Bladder and bowel conditions can cause discomfort, with significant impact on your quality of life. They can keep you close to home, worried that a bathroom won't be available when you need it. The good news is that pelvic floor disorders, which are experienced by more than a third of women at some time in their lives, are generally treatable conditions.



"Often people hesitate to seek treatment because they are embarrassed and think they are the only ones experiencing a pelvic floor disorder, which is where the pelvic muscles and connective tissue weaken or are injured," says **Heather van Raalte, MD**, who specializes in urogynecology at Penn Medicine Princeton Medical Center (PMC). "The truth is, these disorders are very common and frequently reversible."

Specialized Care

The Center for Pelvic Wellness at Princeton Medical Center is a highly specialized program for women and men affected by pelvic floor disorders. Treatment includes a comprehensive exam, fluid and dietary education, pelvic floor physical therapy and medication, surgery and other treatment options when needed.

In addition to PMC, pelvic wellness services are offered in Monroe, at the Hamilton Area YMCA and at Princeton Fitness & Wellness Center in Montgomery.

Causes Can Vary

While some patients experience a single specific problem, pelvic floor disorders are often interrelated, and may include two or three conditions at the same time, such as urinary incontinence; overactive bladder; painful bladder syndrome; difficulty voiding; constipation; and prolapse of the bladder, bowel, rectum, vagina or uterus, says Dr. van Raalte.

Most pelvic floor problems are the result of pregnancy and childbirth; muscle weakening due to age; and factors such as obesity, chronic constipation and coughing and other health conditions. Radiation treatment in the pelvic region and pelvic surgeries such as a hysterectomy can also increase the likelihood of pelvic floor disorders.

Common signs of pelvic floor disorders include:

- Difficulty starting to urinate or emptying the bladder
- Frequent urinary tract infections
- Urinating when sneezing, coughing, laughing or exercising
- Urgent or frequent need to urinate
- Pain when urinating
- Constipation
- Difficulty reaching the bathroom in time
- Leaking stool or difficulty controlling gas

To find an urogynecologist affiliated with Penn Medicine Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org. To speak to a nurse navigator at the Center for Pelvic Wellness please call 609.853.6300.

Don't Close Your Eyes to Sleep Disorders: The Health Complications Can Be Serious

As many as 70 million American adults are living with a sleep disorder, according to the Centers for Disease Control and Prevention, which, if left untreated, could result in serious health complications.



"Poor sleep not only has the expected detrimental effects on your performance, it also impacts your overall health in countless ways," says **David Cohn, MD**, Medical Director of the Sleep Center at Penn Medicine Princeton

Medical Center (PMC). "Proper diagnosis and treatment are important to maintain overall good health."



Left untreated, sleep disorders can put a strain on your body and inhibit the proper functioning of your heart, lungs, brain and even your digestive system. Failing to get the recommended 7-8 hours of nightly sleep for adults can increase the risk of obesity, diabetes, high blood pressure, heart disease and depression. Sleep disorders have also been linked to eye diseases such as glaucoma, memory problems and headaches.

A Range of Conditions

Excessive sleepiness during the day, trouble getting a full night's sleep, irregular nighttime breathing and increased movement at night are all obvious signs of a sleep disorder, yet people are often hesitant to seek a medical diagnosis.

"People have so many demands on their time, they feel that failing to get a full night's sleep is natural, and can be made up later," says Dr. Cohn, who is board certified in sleep medicine, critical care medicine, internal medicine and pulmonary disease. "The truth is, sleep needs to be a priority. If you simply are not dedicating enough time in your schedule for a good night's sleep, you need to make the time. After that, if you are still not getting a good night's sleep, a medical evaluation is in order."

The Sleep Center at Penn Medicine Princeton Medical Center is fully accredited by the American Academy of Sleep Medicine (AASM), a professional organization dedicated to assuring quality care for patients with sleep disorders, advancement of sleep research and public and professional education. Comprehensive services include overnight sleep studies, daytime sleepiness assessments and individual treatment plans.

Common sleep disorders include:

SLEEP APNEA:

Abnormal breathing patterns during sleep

RESTLESS LEG SYNDROME (RLS):

Uncomfortable sensations that cause an urge to move the legs

INSOMNIA:

Difficulty falling or staying asleep

NARCOLEPSY:

Extreme daytime sleepiness

For more information about the Sleep Center at Penn Medicine Princeton Medical Center, call 609.853.7520, or visit www.princetonhcs.org.

Princeton House Behavioral Health

Helping Men Cope with Trauma



According to the U.S. Department of Veterans Affairs, about six in every 10 men experience at least one shocking, frightening or dangerous event in their lives that results in post-traumatic stress disorder (PTSD). Those events can be the result of military service or other traumatic events, such as sexual or physical abuse, neglect, a serious accident or injury or bullying.

While the signs of trauma sometimes appear immediately after the event, PTSD can lay dormant until another traumatic event later in life or overwhelming stress triggers symptoms.

The Men's Trauma Program at Penn Medicine Princeton House Behavioral Health helps men who have experienced trauma develop the skills to better address their symptoms. The program's experts treat veterans and active service members; first responders such as police officers, firefighters and corrections officers; and victims of sexual and physical assaults. While all of the program's patients have experienced serious trauma, a diagnosis of PTSD isn't necessary to receive treatment.

"Many of our male patients come to the program with a considerable amount of trauma and PTSD that's undiagnosed," says Bob Gauthier, MSW, LSW, Primary Therapist, Men's Trauma Program. "It's often not until the symptoms severely impact their daily functioning that they seek treatment. Our goal is to teach each patient the skills that will be most effective in helping him cope with his specific symptoms, so he can better manage daily life."

Identifying Feelings

As part of the program, which is offered in Princeton, North Brunswick and Moorestown, patients participate in group and individual therapy sessions in partial hospital and outpatient settings. Treatment includes cognitive processing therapy (CPT), which teaches patients how to evaluate and change the upsetting

thoughts they have had since the trauma, with the goal of changing thought patterns to change feelings. Dialectical behavioral therapy (DBT) is also used, which teaches skills such as distress tolerance, mindfulness, emotion regulation and interpersonal effectiveness. When necessary, medications may be prescribed to decrease the symptoms of PTSD.

"All patients are evaluated and followed up with by board certified psychiatrists," says Lorna Stanley, MD, Medical Director for outpatient programs in Princeton. "Patients are evaluated and, if necessary, treated for other conditions that are quite common in individuals with a history of trauma and PTSD, including depression, anxiety, bipolar disorders, obsessive-compulsive disorder, sleep disturbances and substance use disorders."

Through a personalized approach tailored to meet individual needs, the Men's Program helps patients feel safe so they can find ways to process emotions and stabilize their symptoms to ultimately regain control over their lives.

To find out more about Princeton House's Men's Program, visit princetonhouse.org/men, or call 888.437.1610.

Princeton House also has special outpatient treatment for women who have experienced trauma, and inpatient services for first responders, who often experience trauma on the job. Visit princetonhouse.org/firstresponders or princetonhouse.org/women for more information.

Penn Medicine Princeton Health Non-Discrimination Notice

Penn Medicine Princeton Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Penn Medicine Princeton Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

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- Provides free language services to people whose primary language is not English, such as:
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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

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

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

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490.

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January 2018



Penn Medicine
Princeton Health

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Going Above and Beyond to Support the Cause

Annually since 2012, a physician who partners with the Penn Medicine Princeton Medical Center Foundation to support the philanthropic vision of Penn Medicine Princeton Health and the Foundation is recognized and presented with the William P. Burks Physician Philanthropist of the Year Award.



Robert L. Pickens, MD

We are thrilled to announce the 2018 awardee, **Robert L. Pickens, MD**. Dr. Pickens is a retired partner of the Urology Group of Princeton and a former member of the Princeton Health Board of Trustees. In addition to being a generous donor, Dr. Pickens is a physician champion and has worked with the Foundation by serving on various committees, and assisting in fundraising activities and relationship building for many years.

James Demetriades, Vice President, Princeton Health Operations, was honored as the 2017 Employee Philanthropist of the Year. He has been employed by Princeton Health for 13 years and has been an integral force in the success of the PHCS Golf Outing for the past five years.

All current physician and employee donors are eligible for the awards, which are presented each year by the Foundation. Nominees are evaluated based on the time and talent they devote to advancing the mission of the Foundation.

Among the many wonderful candidates this year, Dr. Pickens and James Demetriades stood out as donors whose contributions demonstrated an exceptional commitment to the vision and values of the Foundation.



James Demetriades

To learn more about the Princeton Medical Center Foundation, please visit www.princetonhcs.org/foundation, or call 609.252.8710.