

Princeton Health

Preparing for Motherhood After 35



ALSO IN THIS ISSUE:

- Are You at Risk for Alzheimer's?
- Preventing Winter COPD Flare-ups
- Seasonal Stress and Emotional Eating

PLUS:

- **Community Focus** Event Calendar



Princeton HealthCare System

Princeton Health

JANUARY/FEBRUARY 2018

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Pediatric Emergency Care at UMCP

When it comes to your children, a medical emergency can happen in an instant, from a sudden high fever to a broken bone. Children with injuries can be seen by emergency physicians on the ED team. While you can't plan for a medical emergency, you can rest assured that the Center for Emergency Care at University Medical Center of Princeton (UMCP) is prepared to provide high-level pediatric care through its board certified emergency medicine doctors, locally based pediatricians from The Children's Hospital of Philadelphia (CHOP) who are on site at UMCP and nurses who are specially trained in pediatrics.



"We treat about 8,000 children each year in the Emergency Department (ED)," says **Craig Gronczewski, MD**, Chairman of the Department of Emergency Medicine at UMCP. "We are all committed to making pediatric care a focal point among the quality emergency services we provide, and UMCP has now expanded its CHOP partnership to provide even greater access to pediatric care."

UMCP has had an eight-year partnership with CHOP. Now, a pediatrician is on site in the ED from 2 to 10 p.m. daily — the peak time for pediatric emergency visits. At all other hours, CHOP pediatricians and neonatologists are on site in the Regan Family Center for Pediatric Care and the Neonatal Intensive Care Unit (NICU), and readily available to come to the ED for consultations on pediatric emergencies.

"By having a pediatrician on site in the ED when young patients most often visit, services can be streamlined. Children with high fevers; sudden chest or abdominal pain; and other non-injury conditions can receive care from a CHOP pediatrician," says **Alicia Brennan, MD** (*pictured above*), Medical Director, CHOP Pediatric Care at UMCP. Children with injuries can be seen by emergency medicine physicians on the ED team.

To further enhance the comfort and care of pediatric patients and their families, a special area is designated in the ED for infants, children and adolescents who require acute care.

For more information about the Center for Emergency Care at University Medical Center of Princeton or pediatric services, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Princeton HealthCare System
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Plainsboro, NJ 08536
1.888.PHCS4YOU (1.888.742.7496)

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

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

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Preparing for Motherhood After 35

The face of motherhood is changing. According to the National Center for Health Statistics, pregnancy among women over 35, including women in their 50s, is on the rise while the pregnancy rate among women 30 and under has declined.

Many women are focused on their personal, educational or career goals before starting a family.

"Pregnancy in women over the age of 35 carries increased risks both for mother and baby," says **Antonio Sison, MD, FACOG**, a board certified obstetrician/gynecologist with Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS).

Because of the increased risks, it is important to seek medical advice before deciding to become pregnant over the age of 35. Getting existing medical conditions under control prior to conceiving will reduce the chance of complications. This is especially important for women with cardiovascular conditions. In fact, for women who are overweight, even a moderate amount of weight loss can improve the chance of conceiving and having a successful pregnancy.



Risks to Consider

Health risks to keep in mind include:

Concerns for Mom. Older women are more likely to have or develop health problems such as high blood pressure, diabetes or cardiovascular disease, than younger women, and pregnancy can make these conditions worse.

Concerns for Baby. Women over the age of 35 face a higher risk for miscarriage and congenital fetal anomalies, such as Down syndrome.



"It is, therefore, vital for women over 35 years who are attempting pregnancy to seek both pre-conception counseling and early prenatal care with their OB/GYN provider," says Dr. Sison. In general, they should also see their OB/GYN more frequently than younger women to monitor their progress during pregnancy.

In addition to proper medical care to monitor pregnancy issues and other health conditions, older women should also be aware of their overall pelvic health. The Center for Pelvic Wellness at University Medical Center of Princeton specializes in progressive treatments for pelvic floor disorders — a common condition both during and after pregnancy that increases with age — where the pelvic muscles and connective tissue weaken.

To find a gynecologist or obstetrician affiliated with Princeton HealthCare System, or for more information on the UMCP Center for Pelvic Wellness, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Hip Fracture Program Gets You Back on Your Feet Faster

When an unexpected fall leads to a hip fracture, your overall health can decline quickly, particularly if you are age 65 or older. The amount of time between when a fracture occurs and when surgery is performed plays an important part in how much function you may regain and your future quality of life.



University Medical Center of Princeton's (UMCP's) Hip Fracture Program is designed to treat patients quicker, improving their chances of making a full recovery.

"Based on the fact that we have a large older population within the community, we treat a high percentage of patients who experience hip fractures," says **Brian Culp, MD**, an orthopaedic surgeon on the Medical Staff of Princeton HealthCare System. "We developed the Hip Fracture Program to coordinate care for those patients and improve their outcomes."

Patients who arrive at the UMCP Emergency Department are quickly evaluated and then assigned a care coordinator who works with the physicians and medical support staff to ensure they undergo surgery and begin the recovery process as quickly and smoothly as possible.

Complications are the Biggest Risk

Because most hip fracture patients are older and have a range of health problems, a fall that leaves them incapacitated for even a short time can have a significant impact on their overall health.

"Minutes, hours, days, they really matter when it comes to hip fractures," says Dr. Culp.

"If you are delayed waiting for treatment, you can be on strong pain medications, like morphine or other opioids, which is something we like to keep at a minimum or avoid altogether. Also, the more time an older patient spends in bed the harder it is to get them up and moving, which impacts their breathing, their muscle strength and more. The goal really is to get these patients evaluated, treated and on the road to recovery as quickly as possible. At our program, generally, their stay in the hospital is just four days."

To find an orthopaedic surgeon affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.





Keep COPD Flare-ups Away This Winter Season



Winter weather can be uncomfortable for anyone, but for those with chronic obstructive pulmonary disease (COPD), cold temperatures and the high frequency of colds and flus can make symptoms worse, and possibly cause life-threatening complications.



"COPD is a progressive respiratory condition, including emphysema and chronic bronchitis," says **Laura Buckley, MD**, a physician with Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS). "Flare-ups of symptoms — like shortness of breath and chronic coughing — happen twice as frequently in the winter, so it is important to take proper precautions."

Because colds and flus impair breathing, and can settle in the chest, COPD sufferers often experience more severe symptoms of pneumonia and need to be hospitalized.

While COPD is incurable, your doctor may prescribe a bronchodilator medication, which usually comes in the form of an inhaler, to relax your airways and improve shortness of breath and coughing, says Dr. Buckley, who is board certified in critical care medicine, internal medicine (primary care) and pulmonary disease. Taking winter weather precautions is also important.

Winter Tips to Breathe Easier

OUTSIDE AIR. Avoid going out in temperatures below freezing, but if you must go outside, avoid heavy exertion and wear a face mask or cover your nose and mouth with a scarf so the air is warm when it enters your airways.

INDOOR AIR. Consider having your home's air ducts professionally cleaned, keep living spaces dust-free, avoid using room humidifiers that harbor bacteria and stay away from fireplaces and woodstoves that produce smoke and indoor contaminants.

FEND OFF FLU. Be sure to get a flu shot every year, avoid contact with people who are ill and consider wearing a surgical mask when indoors in large crowds.

CONSIDER EXERCISE. Consult with your physician about whether you should engage in moderate physical activity to improve your heart and lung function.

If you experience a flare-up, or symptoms that may point to an undiagnosed respiratory condition, it is important to seek medical attention, says Buckley.

University Medical Center of Princeton is rated as High Performing in COPD care by *U.S. News & World Report*.

To find an internist affiliated with Princeton Medicine, visit www.FINDADR.com, or call 1.800.FINDADR (1.800.346.3237).



"Flare-ups of symptoms happen twice as frequently in the winter, so it is important to take proper precautions."

— Laura Buckley, MD



Are You at Risk for Alzheimer's Disease?

Alzheimer's Disease (AD) is the most common form of dementia in older adults, and symptoms usually start to appear after the age of 60. In fact, nearly half of all adults 85 and older are estimated to have AD, and in the past 15 years deaths from the disease have more than doubled, according to the Centers for Disease Control and Prevention.



Recognizing the early warning signs of AD, and seeking medical attention promptly, can help make the disease easier to manage, says **Jose Vigario, DO**, a member of the Medical Staff of Princeton HealthCare System and board certified in internal medicine, geriatric medicine and primary care.

Know the Warning Signs

Signs of AD can include:

- Memory loss that disrupts daily life
- Difficulty planning or solving problems or completing familiar tasks at home or work
- Confusion over time or place
- Trouble understanding visual images and spatial relationships
- Challenges with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

If you or a loved one are experiencing any of these symptoms, visit your primary care doctor, who can evaluate your condition.

While anyone can develop AD, certain risk factors can contribute to the development of the disease, including age; family history of AD and medical conditions such as head trauma, depression, heart disease, high cholesterol, thyroid disease and low B12 and folic acid levels.

"Although there is no way to absolutely prevent dementia, modifying the risk factors of high blood pressure, high cholesterol and alcohol intake, and keeping diabetes as well controlled as possible, as well as exercising regularly, can help," says Dr. Vigario.



Treatment Options

For patients diagnosed with AD, individual treatment plans can be developed to help manage the condition. Proper medical care, including medication and guidance with stress management, diet and exercise, can help slow memory loss, stimulate new brain cell development and promote long-term brain health.

"When it comes to treating Alzheimer's, a structured schedule, regular exercise, staying engaged with others and environmental changes can all be beneficial," says Dr. Vigario. "Home care for dementia can be beneficial for patients and families as a way for patients to remain in their homes and close to family members."

To find a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Community Focus

**Celebrate
HEART HEALTH
AWARENESS
MONTH**
**with the following
programs:**



Gender and Heart Disease

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

MON. February 12 (12:30 – 1:30 p.m.)
Adeth Israel Synagogue, 1958 Lawrenceville Road, Lawrenceville
While heart disease targets both men and women in the United States, there are important gender differences when it comes to recognizing symptoms of heart-related conditions. Learn the differences between men and women regarding heart attacks and heart disease, prevention, risk factors and available treatment options.
• **February 7** will feature John D. Passalaris, MD, FACC, board certified in cardiovascular disease and internal medicine, and a member of the Medical Staff of Princeton HealthCare System.
• **February 12** will feature Steven Bergmann, MD, PhD, board certified in internal medicine and nuclear cardiology and Chairman of the Department of Medicine of Princeton HealthCare System.

Stroke and Your Heart

THU. January 11 (7 – 8 p.m.)
South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

TUE. January 23 (7 – 8 p.m.)
Princeton Fitness & Wellness Center, 1225 State Road, Princeton

TUE. February 27 (1 – 2 p.m.)
Princeton Fitness & Wellness Center, 1225 State Road, Princeton
When you think of a stroke, you think of your brain; however, there are a few heart conditions that can lead to a stroke. Discover what you can do to lower your risk for stroke at this invaluable program led by Philip Tran, RN-BSN, Stroke Coordinator. Learn the early warning signs of a stroke, when to seek medical attention and prevention methods, as well as which heart conditions can lead to a stroke. UMCP is a state-designated Primary Stroke Center.

Preparing Heart-Healthy Food

THU. February 15 (2 – 3 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Heart disease remains the leading cause of death in the United States, and a heart-healthy diet is important for good cardiovascular health. Join Sara Feld, MS, RDN, RYT, Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, to learn easy and delicious ways to eat heart healthy.

Metabolic Syndrome: The New Heart Attack

MON. February 26 (6:30 – 7:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Metabolic syndrome is a serious health condition that affects about 34% of adults and places them at higher risk of cardiovascular disease, diabetes and stroke. Many of the disorders that make up metabolic syndrome exhibit no symptoms until severe damage has been done. Join Banu Mahalingham, MD, multi-board certified cardiologist, to learn how you can reduce your risks for developing metabolic syndrome. Dr. Mahalingham is a member of the Medical Staff of Princeton HealthCare System.

CURRENT PROGRAMS

Princeton HealthCare System's Community Education & Outreach Program 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 Princeton HealthCare System. Registration is required, unless otherwise noted. To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar.

Weight-Loss Surgery: Is it Right for Me?

THU. January 4 (6 – 6:30 p.m.)

THU. February 1 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. January 17 (6 – 6:30 p.m.)

WED. February 21 (6 – 6:30 p.m.)

Community Education & Outreach 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, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, 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.

Intimacy As We Age

MON. January 8 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

As our bodies change with age, inspiring and maintaining intimacy in our relationships can be a challenge. Join Shyama S. Mathews, MD, board certified in gynecology, for an informative discussion about the physical and emotional aspects of aging that can influence intimacy.

Mindfulness to Reduce Stress

MON. January 8 (1 - 2 p.m.)

Plainsboro Library

9 van Doren Street, Plainsboro

WED. January 24 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Practicing mindfulness — experiencing the present moment without judgment — can help you manage stress and improve your quality of life. Attend this informative session 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.

- **January 8** will be led by Judith Margolin, Psy.D, Clinical Director of Women's Programs at Princeton House Behavioral Health.

- **January 24** will be led by Carolyn Schindewolf, Health Educator with Princeton HealthCare System.

AARP Smart Driver Course

WED. & FRI. January 10 & 12 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

TUE. February 13 (9 a.m – 3 p.m.)

Community Education & Outreach 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 by cash or check. Check 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.

Yoga Foundations

TUE. January 16 (7 – 8 p.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103

Take this opportunity to learn the basics of yoga with other newcomers. Gain a solid foundation and learn the basic poses, as well as modifications to suit your fitness level. The importance of breathing, body alignment and the basic philosophy of yoga also will be addressed. Please bring a yoga mat or a towel.

Varicose Veins: Now You See Them, Now You Don't

WED. January 17 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

THU. January 25 (7 – 8 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

WED. February 14 (11 a.m. – 12 p.m.)

Monroe Township Library

4 Municipal Plaza, Monroe Township

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. Learn about the latest minimally invasive and noninvasive treatment options and get an overview of the Center for Surgical Care at the University Medical Center of Princeton.

- **January 17 & February 14** will feature Kenneth A. Goldman, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System.
- **January 25** will feature Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System.

Vision Screening

THU. January 18 (10 a.m. – 1 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

THU. February 15 (10 a.m. – 1 p.m.)
Community Education & Outreach 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! Princeton HealthCare System 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.

New Year, New You!

THU. January 18 (6 – 7 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

Start the new year off healthy by learning about nutritious and delicious alternatives to some of your favorite foods. Join Sara Feld, RD, Outpatient & Community Education Dietician with University Medical Center of Princeton's Nutrition Program, for this informative discussion, and sample some healthy food options.

Doctor, Can We Talk? How to Get the Most Out of Your Doctor's Visit

TUE. January 23 (11 a.m. – 12 p.m.)

Monroe Township Library
4 Municipal Plaza, Monroe Township

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

Join Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System to learn how to make the most of the time spent with your doctor and explore effective ways to communicate your health concerns.

Find Your Fitness Motivation

WED. January 24 (6:30 – 7:30 p.m.)

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

Discover what motivates you and learn how to hold onto it! Join YMCA personal trainer Brian Molvan Jr. for this insightful discussion on tapping into your personal power.



Yikes! What is Happening to My Body?

A Puberty Talk for Girls

TUE. January 23 (6:30 – 8 p.m.)

A Puberty Talk for Boys

THU. January 25 (6:30 – 8 p.m.)

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

Designed for kids between 9 and 12, these programs will address the physical, intellectual and emotional changes your child will experience as he or she enters the teenage years. The talk for boys will be led by Greg Barron, a Health Educator with Princeton HealthCare System. The talk for girls will be led by Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System.

How Did You Sleep Last Night?

THU. January 25 (7 – 8 p.m.)

Ewing Library
61 Scotch Road, Ewing
Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

MON. January 29 (12:30 – 1:30 p.m.)

Adeth Israel Synagogue
1958 Lawrenceville Road, Lawrenceville

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect health and mood. Join Tara Scoles, a registered polysomnographic technologist with University Medical Center of Princeton, for an eye-opening discussion on sleep disorders and whether a sleep study could help diagnose your condition.

Focusing on Better Vision

THU. January 25 (7 – 8 p.m.)

Lawrence Library
2751 Brunswick Pike, Lawrenceville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

Chronic eye disorders affect the quality of life of millions of Americans every year. Attend this informative session led by Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, to learn about the latest advances in eye care that can help treat conditions such as cataracts, glaucoma, advanced age-related macular degeneration and dry eye, as well as ways to prevent these common conditions.

Constipation: How Physical Therapy Can Help

THU. January 25 (7 – 8 p.m.)

West Windsor Library
333 North Post Road, Princeton Junction

To register, please call the library at 609.275.8901.

Occasional constipation is very common. Some people experience chronic constipation that can interfere with their ability to go about their daily tasks. Join Becky Keller, PT, MSPT and Katrina Heath, PT, DPT with the Center for Pelvic Wellness at University Medical Center of Princeton and learn some simple and practical ways to manage and improve constipation symptoms.

Safe Sitter ®

SAT. January 27 (9:30 a.m. – 3 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

\$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. This course teaches the essentials, including safe and nurturing childcare techniques and basic first aid and rescue skills. Sitters should pack a lunch.



The Opioid Epidemic and Alternatives for Managing Pain

MON. January 29 (6:30 – 7:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

Drug overdose and opioid-involved deaths continue to increase in the United States. According to the Center for Disease Control, 91 Americans die every day from an opioid overdose, including prescription opioids and heroin. Join Ewelina Pelczar, MD, for an overview of the opioid epidemic, and learn about alternatives for managing pain.

What's the Point of Acupuncture?

TUE. January 30 (6:30 – 7:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B
Join Karen Flicker, MA, LAc, with Princeton Medical Acupuncture Center, for an informative discussion of the benefits of acupuncture, as well as how it works and what it can relieve.

Self-defense for Women: Empower Yourself with a New Sense of Awareness and Confidence!

THU. February 1, 8, 15 & 22 (5:45 – 8:45 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

MON. February 5, 12, 26 & March 5 (5:45 – 8:45 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$60 per person

R.A.D. Women® is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including:

- Awareness, recognition and avoidance
- Physical defense techniques
- Positive visualization techniques

Strategies are simple, practical and effective — designed for every woman regardless of physical fitness. This four-evening course is open to women of all ages. Wear sneakers and comfortable clothing. *No prior experience is necessary.

Protecting Your Vision in the Digital Age

MON. February 5 (6:30 – 7:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

As more and more of our daily tasks move online, the risk of digital eye strain increases. If you are experiencing sore, tired, itchy eyes; watery or dry eyes; blurry vision; headaches or difficulty staying awake after extended screen time, attend this informative program led by Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, and learn how to relieve digital eye strain.

Vitamins and Supplements

MON. February 5 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction
Phil Coco, PharmD, Pharmacy Clinical Specialist with University Medical Center of Princeton, will present this informative program, highlighting the latest information on the use of vitamins and supplements for general wellness. Topics include: product selection, dosing, cautions, drug interactions and disease prevention, with an emphasis on vitamin D.

Freedom From Smoking Series

TUE. February 6, 13, 20, 27, March 6, 13, 20 & THU. March 1 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

\$100 per person

Join us for this seven-week program led by trained facilitators to learn proven skills and techniques to help you quit smoking. The small group setting is the perfect place to learn how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health. The program will prepare you to quit smoking, offer ideas on lifestyle changes that make quitting easier and provide ways to manage stress and avoid weight gain. Participant workbooks and other materials will be provided.

Parkinson's Disease: Move Big

WED. February 7 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Parkinson's and other progressive neurological diseases can make walking and balance difficult. The Lee Silverman Voice Treatment (LSVT) BIG program is designed to help individuals suffering from these symptoms improve walking and balance, as well as their ability to carry out the activities of daily life. Join John Frank, PT, MSPT, and Nancy Shapiro, PTA, both Certified LSVT BIG Clinicians with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn how LSVT programs can help.

Memory & Aging: What's Normal, What's Not

THU. February 8 (7 – 8 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction
Forgetfulness is often dismissed as a normal part of aging, but if you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Early detection, diagnosis and intervention are vital, providing the best opportunities for treatment, support and planning for the future. Join Jeffrey T. Apter, MD, board certified psychiatrist and a member of the Medical Staff of Princeton HealthCare System, as he explains the difference between mild cognitive impairment, dementia and Alzheimer's disease.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. January 9 – February 22 (12:30 – 1:45 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$99 per person

Empower yourself to 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
- 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.

Intimacy After Cancer

TUE. February 13 (6:30 – 8 p.m.)

Breast Cancer Resource Center

1 Preservation Place, Princeton

A diagnosis of cancer may change your relationship with your partner in many ways, including how you interact and intimacy. Join Shyama S. Mathews, MD, board certified in gynecology, for this informative session discussing the changes that may be caused by physical effects from various cancer treatments and the emotions triggered by feelings of loss, lack of control or insecurity. This program is co-sponsored by the Breast Cancer Resource Center.

Putting Sleep Disorders to Rest

THU. February 15 (1 – 2 p.m.)

Beth El Synagogue

50 Maple Stream Road, East Windsor

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect health and mood. Attend these informative programs to learn how to identify sleep disorders. This session will feature Tara Scoles, registered polysomnographic technologist with University Medical Center of Princeton, for an eye-opening discussion on sleep disorders and whether a sleep study could help diagnose your condition.

Hip Fractures: What You Need to Know

TUE. February 20 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

During her lifetime, one in six U.S. women will experience a hip fracture, mainly due to osteoporosis. Join Brian Culp, MD, board certified in orthopaedic surgery, and learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment options of osteoporosis in aging adults. Dr. Culp is a member of the Medical Staff of Princeton HealthCare System.



Eating Healthy on a Budget

THU. February 22 (6 – 7 p.m.)

Wyndhurst at Plainsboro

900 Wyndhurst Drive, Plainsboro

Preparing healthy meals for your family does not have to be complicated or expensive. Join Sara Feld, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, for simple tips on how to improve your daily meals. Learn which foods provide essential nutrients for your growing family, as well as cost-saving food shopping tips to make it easier to choose between frozen or fresh and organic or natural.

Discharged Home 101: Caring for a Loved One at Home Following a Hospital Stay

THU. February 22 (7 – 8 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Understanding what a loved one will need when they return home from the hospital makes things easier for them and for you. Learn what to ask before discharge and common issues that arise after taking a loved one home at this educational program led by Catherine Hall, MSW-NE, Social Worker, Integrated Case Management with Princeton HomeCare.

CHILDBIRTH & FAMILY PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family health. To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar.



Prenatal Yoga

TUE. January 2, 9, 16, 23, 30, February 6, 13, 20 & 27 (6 – 7 p.m.)

Community Education & Outreach 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.

Maternity Tour

SAT. January 13 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 3 – 4 p.m.)

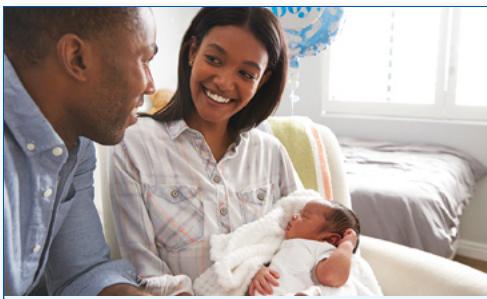
MON. January 29 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. February 3 (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. February 12 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton – Atrium

University Medical Center of Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP 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 nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.



OPTIONS FOR BIRTHING

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

Accelerated Birthing Basics

SAT. January 20 (9 a.m. – 5 p.m.)

SAT. February 10 (9 a.m. – 5 p.m.)

University Medical Center of Princeton – 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.

Birthing Basics

TUE. January 9 – 30 (7 – 9 p.m.)

WED. January 24 – February 14 (7 – 9 p.m.)

THU. February 8 – March 1 (7 – 9 p.m.)

TUE. February 20 – March 13 (7 – 9 p.m.)

University Medical Center of Princeton
First Floor, Education Center

\$125 per couple

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

HypnoBirthing

SAT. January 20 – February 17 (9:30 a.m. – 12 p.m.)

Community Education & Outreach 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.

Register for
multiple prenatal
classes and
SAVE!

2 classes save \$10

3 classes save \$20

4 classes save \$30

To receive discount, please call
1.888.897.8979 to register.

Prenatal Breastfeeding Class

WED. January 10 (7 – 9:30 p.m.)

TUE. February 13 (7 – 9:30 p.m.)

University Medical Center of Princeton
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. January 13 (1– 2:30 p.m.)

University Medical Center of Princeton
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, tour a maternity room and look into our nursery. 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.

Daddy Boot Camp™

SAT. February 17 (9 a.m. – 12:30 p.m.)

Community Education & Outreach 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.

Baby Care

THU. January 25 (7 – 9:30 p.m.)

WED. February 21 (7 – 9:30 p.m.)

University Medical Center of Princeton – 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.

Twins and Multiples

MON. February 26 (6:30 – 9 p.m.)

University Medical Center of Princeton – 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 couple of 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.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family issues. To register, please call 1.888.897.8979 (unless another number is indicated) or visit www.princetonhcs.org/calendar.

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center

No registration required.

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

For a list of topics, visit us online at
www.princetonhcs.org/calendar

Breastfeeding Support Group

Tuesdays & Fridays

Babies over 6 weeks old (9:30 – 10:30 a.m.)

Babies under 6 weeks old (11 a.m. – 12 p.m.)

UMCP 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. January 3 (1 – 2 p.m.)

WED. January 17 (1 – 2 p.m.)

WED. January 31 (1 – 2 p.m.)

WED. February 14 (1 – 2 p.m.)

WED. February 28 (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 Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are encouraged to bring their infants.

Infant Massage

THU. January 18 (6 – 8 p.m.)

MON. January 22 (9:30 – 11:30 a.m.)

THU. February 1 (6 – 8 p.m.)

MON. February 12 (9:30 – 11:30 a.m.)

THU. February 22 (6 – 8 p.m.)

MON. February 26 (9:30 – 11:30 a.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

Learn techniques that can help calm your baby during the discomfort of colic, teething, gas and restlessness. 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). 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.

Grandparenting 101

MON. January 22 (6:30 – 8:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

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

This class is designed for grandparents-to-be and new grandparents. Topics range from the changing birth environment to safety considerations, including: car seat laws and recommendations; SIDS (Sudden Infant Death Syndrome) risk reduction; transitioning your role from parent to grandparent; and newborn characteristics. This discussion will be presented by Carolyn Schindewolf, a health educator with Princeton HealthCare System.

Post-Partum Power: Fitness & Education for New Moms

TUE & THU. January 16 – February 22 (10 – 11 a.m.)

Community Education & Outreach at 731 Alexander Road

Suite 103

Registration required.

Strengthen and restore your posture, core and pelvic floor with this new 6-week class designed for new moms.

Participants should be at least six weeks postpartum and have their doctors' medical clearance to exercise. (Call 1.888.897.8979 for a clearance form.) Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga and breathing. Please wear comfortable exercise clothing. Babies welcome.



CPR & FIRST AID

To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Princeton HealthCare System.

ACLS Full Certification Course

WED. & THU. January 10 & 11 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

WED. February 14 (9 a.m. – 5 p.m.)
Community Education & Outreach 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

FRI. & SAT February 23 & 24 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road
Suite 103

PALS Recertification Course

WED. January 17 (9 a.m. – 5 p.m.)
Community Education & Outreach 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 17 (6 – 10:30 p.m.)
TUE. February 21 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road
Suite 103

MON. January 29 (9 a.m. – 1:30 p.m.)

THU. February 8 (6 – 10:30 p.m.)

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

\$65 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.

Heartsaver First Aid CPR AED

WED. February 7
(9 a.m. – 3 p.m.)
Community Education & Outreach at 731 Alexander Road

\$60 per person

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



Heartsaver CPR AED

THU. January 18 (6 – 10 p.m.)
Community Education & Outreach at 731 Alexander Road

\$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.



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

SUN. January 21
Infant CPR* (10 – 11 a.m.)
Adult/Child CPR (11:15 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. February 10
Infant CPR* (10 – 11 a.m.)
Adult/Child CPR (11:15 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Neonatal Resuscitation Program

WED. January 10 (8 a.m. – 12 p.m.)

WED. February 7 (9 a.m. – 1 p.m.)

University Medical Center of Princeton – 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

Princeton HealthCare System 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. University Medical Center of Princeton is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780. To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar.



Prostate Cancer Support Group

WED. January 10 (12 – 1:30 p.m.)

WED. February 14 (12 – 1:30 p.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Education 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 Princeton HealthCare System.

Cancer Support Group

TUE. January 16 (1:30 – 3 p.m.)

TUE. February 20 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

University Medical Center of Princeton 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 Princeton HealthCare System.

Breast Cancer Support Group

TUE. January 16 (6 – 7:30 p.m.)

TUE. February 20 (6 – 7:30 p.m.)

UMCP 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 UMCP's Breast Health Center.

Head & Neck Cancer Support Group

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

WED. January 17 (12 – 1:30 p.m.)

WED. February 21 (12 – 1:30 p.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care, Education Conference Room

Registration preferred. Walk-ins welcome.

Princeton HealthCare System'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 Princeton HealthCare System.

Living Beyond Cancer

THU. January 25 (12:30 – 2 p.m.)

THU. February 22 (12:30 – 2 p.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Walk-ins welcome.

Join us for a monthly support group led by an oncology nurse navigator with University Medical Center of Princeton. 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.)

University Medical Center of Princeton

Edward & Marie Matthews Center for Cancer Care, Conference Room

Registration required.

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. January 3 (6 – 7 p.m.)

WED. February 7 (6 – 7 p.m.)

University Medical Center of Princeton

Edward & Marie Matthews Center for Cancer Care, Conference Room

\$10 per person

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

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

Nutrition Tips for Breast Cancer Patients

TUE. January 2

(11:30 a.m. – 1 p.m.)

TUE. February 6

(11:30 a.m. – 1 p.m.)

University Medical Center of Princeton

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

UNITE: Perinatal Loss Bereavement Support Group

MON. January 8 (7 – 9 p.m.)

MON. February 5 (7 – 9 p.m.)

Community Education & Outreach 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.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. February 5 (6 – 7:30 p.m.)

University Medical Center of Princeton

First Floor, Education Center, Conference Room D

MON. January 22 (1 – 2:30 p.m.)

MON. February 26 (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 with the exception of holidays. This group is led by Sherri Goldstein, LCSW, Bereavement Coordinator with Princeton HomeCare and welcomes community members who need support and assistance in coping with grief and loss.

Weight-loss Surgery Support Groups

TUE. January 2 (7 – 8:30 p.m.)

TUE. February 6 (7 – 8:30 p.m.)

University Medical Center of Princeton

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 facilitators may include, but are not limited to: Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery and Metabolic Medicine at UMCP.

THU. January 4 (6:30 – 7:30 p.m.)

THU. February 1 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. January 17 (6:30 – 7:30 p.m.)

WED. February 21 (6:30 – 7:30 p.m.)

Community Education & Outreach 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, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, 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

TUE. January 16 (6:30 – 8 p.m.)
Community Education & Outreach 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 University Medical Center
of Princeton'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 17 (2:30 – 4 p.m.)
WED. February 21 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township
MON. January 22 (6:30 – 8 p.m.)
University Medical Center of Princeton

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
University Medical Center of Princeton's
Diabetes Management Program facilitates
meetings. For more information on UMCP'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.

Journey Back: Stroke Support Group

WED. January 10 (6:30 – 7:30 p.m.)
WED. February 14 (6:30 – 7:30 p.m.)
Community Education & Outreach at
731 Alexander Road, Suite 103

For more information contact Jenny
Bestwick, LCSW, at 609.853.7803.

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.

EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational
seminars and screenings to seniors residing in central New Jersey.
Registration is required unless otherwise noted. To register, please
call **1.888.897.8979** (unless another number is indicated) or visit
www.princetonhcs.org/calendar.

Putting Sleep Disorders to Rest

WED. February 7
(11 a.m. – 12 p.m.)
Lawrence Senior Center
30 Darrah Lane, Lawrenceville
According to the American
Academy of Sleep Medicine, more
than 100 million Americans have
difficulty falling or staying asleep,
which can negatively affect
health and mood. This session will
feature David B. Cohn, MD, who will discuss common sleep disorders
such as insomnia, restless leg syndrome, sleep apnea and narcolepsy
in the aging adult. Dr. Cohn is board certified in critical care
medicine, internal medicine (primary care), pulmonary disease, and
sleep medicine, and is a member of the Medical Staff of Princeton
HealthCare System.



Fall Prevention: Simple Tips to Prevent Falls for Older Adults

THU. February 8 (9:30 – 10:30 a.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Falls are the leading cause of fatal and non-fatal injuries for older
Americans. Each year, one in three people over the age of 60
experience a fall. Many of these accidents can be prevented with the
right exercise and some simple changes in habits and environment.
Join Linda Lucuski, MPT, Director of University Medical Center of
Princeton's Outpatient Rehabilitation Network in Hamilton, to learn
about balance, your risk for falls, and the role of physical therapy and
exercise in overall wellness.



**For a full, up-to-date calendar, list of topics or to register,
visit us online at www.princetonhcs.org/calendar.**

www.ustream.tv/princetonhealth

Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Princeton HealthCare System. 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



► Mindfulness Movement: Helping Teens through DBT

WED. January 10 (12 p.m.)

Jessica Levy, MSW, LCSW, Director of Princeton House Behavior Health – Eatontown



► Hip Fracture Prevention & Treatment

WED. February 14 (12 p.m.)

Brian Culp, MD, board certified in orthopaedic surgery



Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check** on Tuesday, January 16 and February 20, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

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www.princetonhcs.org/calendar

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1.888.897.8979 (unless another number is indicated)

Programs are free, and registration is required unless otherwise noted.

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Princeton HealthCare System
Community Education & Outreach



Community Education & Outreach Program
731 Alexander Road, Suite 103, Princeton



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



University Medical Center of Princeton
One Plainsboro Road, Plainsboro



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



South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Give Injuries the Slip This Winter Season

Winter weather — including frigid temperatures, snow and icy conditions — can lead to a host of injuries that require emergency medical attention.



Knowing what to look for, and taking proper precautions, can help keep you out of the emergency room this winter, says **Craig Gronczewski, MD**, Chairman of the Department of Emergency Medicine at University Medical Center of Princeton (UMCP).

"Strenuous physical activity during exposure to extreme winter weather conditions can put a strain on one's body, and result in a trip to our Emergency Department (ED)," says Dr. Gronczewski, who is board certified in emergency medicine. "The greatest risks are heart attacks, muscle strains, fractures, frostbite and hypothermia."

HEART ATTACKS. "Cold weather constricts blood vessels and puts added strain on your heart," says Dr. Gronczewski, and activities like snow shoveling can further increase the risk for a heart attack, particularly in men over age 55. The key signs of a potential heart attack are chest discomfort, discomfort in other upper body areas, shortness of breath, nausea or lightheadedness. If you experience these signs, call 9-1-1 for assistance.

MUSCLE STRAINS. Cold weather causes muscles to tighten, making them, as well as tendons and ligaments, more prone to injury, particularly for people who do not exercise regularly and find themselves shoveling snow or taking part in a winter sport.

FRACTURES. Falls on icy surfaces put you at greater risk for fractures, most commonly to the wrist and hip.

FROSTBITE. People with poor circulation and those who are not properly dressed for the cold are at risk for frostbite, which usually affects the nose, ears, cheeks, chin, fingers or toes. Signs of frostbite include a white or grayish-yellow skin tone, skin that feels unusually firm or waxy and numbness.

HYPOTHERMIA. Hypothermia — a body temperature below 95 degrees — usually occurs at extremely cold temperatures, but can happen at temperatures above 40 degrees if a person becomes chilled from rain, sweat or submersion in cold water. Warning signs of hypothermia include shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness.



Take Precautions

Taking these simple precautions can help you stay healthy and avoid a trip to the ED, says Dr. Gronczewski.

- Warm up with light exercise before shoveling or participating in outdoor activities.
- Take frequent shoveling breaks, use a small shovel to avoid lifting heavy loads and, if possible, push rather than lift the snow.
- Dress warmly, including a hat, mittens (which are warmer than gloves) and scarf, and stay dry by wearing a water-resistant coat and boots.
- Wear high-traction, slip-resistant footwear.
- Wear protective gear, including goggles, helmets, gloves and padding, when participating in outdoor activities.

To find a physician on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Princeton House Behavioral Health: Coping With Seasonal Stress and Emotional Eating

The holiday season is a time of celebration, but for some people the expectations that accompany the holidays, and the long winter months that follow, create stress that can lead to unhealthy eating.

Emotional eating can take many forms, including overeating, undereating and constructing complex rules and rituals around eating, and can reinforce a person's belief that they can't manage their emotions. It can also lead to increased guilt and shame about eating, low self-esteem, and a multitude of medical consequences, including heart disease, high blood pressure and diabetes.

You might be an emotional eater "if you turn to food or restrict food when experiencing distressing emotions," says Kate Teixeira, LCSW, Clinical Manager of the Women's Program at Princeton House Behavioral Health (PHBH), Princeton location. "We all engage in emotional eating from time to time, but it becomes a problem when it's an ongoing pattern with negative consequences and increased feelings of guilt and shame that lead to an impairment in our ability to function."

Getting to the Root of the Problem

"Emotional eating is something you can recover from," Teixeira says. "Treatment is available to help you reduce these ineffective behaviors."

PHBH's Women's Program helps women identify their stress and emotions, practice mindfulness and implement healthy and effective coping strategies. The program, which is offered in Princeton, employs a number of strategies to help women learn to manage emotional eating. A primary technique is dialectical behavior therapy (DBT), which teaches women to validate their emotions through:

- Mindfulness
- Emotion regulation
- Distress tolerance
- Interpersonal effectiveness

Teixeira emphasizes that clients learning to manage emotional eating are not alone. "You don't have to struggle alone," Teixeira says. "Finding a support group or a treatment provider is an essential part of recovering."



Strategies to manage emotional eating impulses include:

INCREASE MINDFULNESS

Focus on how you are feeling and what your body is telling you.

FOCUS ON SELF-CARE

Do something every day that makes you feel good. This will help decrease vulnerability.

PLAN AHEAD

Decide ahead of time what you might want to eat, drink or talk about during a party. This can lead to healthier long-term decisions.

For more information about the Women's Program at Princeton House Behavioral Health, call 888.437.1610, or visit www.princetonhouse.org/women.

The Mindfulness Movement: Helping Teens Cope

For adolescents, learning how to recognize stressors and how to cope with them is invaluable, particularly for youth who have experienced emotional trauma in the past. The Adolescent Program at Princeton House Behavioral Health (PHBH) is designed to help youth ages 13 to 18 do just that, through dialectical behavioral therapy (DBT).

"What DBT does is teach our adolescents how to get through the moment and mindfully deal with whatever stressors they are experiencing, for example bullying or anxiety related to school," says Kyle Bonner, MSW, LCSW, Senior Primary Therapist at the Adolescent Program in Hamilton. "When you are mindful, you can properly deal with difficult experiences and maintain a normal level of emotion."

How DBT Works

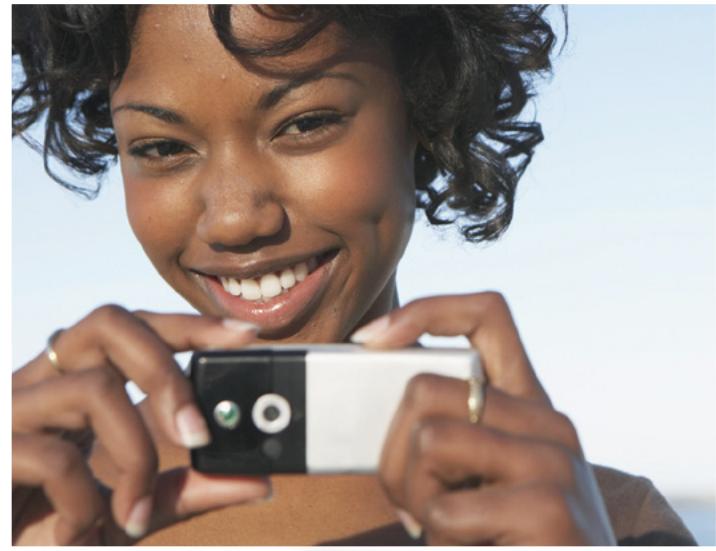
DBT is used at PHBH to help adolescents ages 13-18 who may already have been hospitalized related to emotional/behavioral issues, or are dealing with severe mood disorders, interpersonal chaos, identity issues or self-injury behaviors. The six- to eight-week co-ed DBT program, held in Hamilton Township, Moorestown (Burlington County) and North Brunswick, focuses on mindfulness, group therapy, behavior education and skills development. The full-day program is held five days a week, while the half-day program is held three days a week.

The goal is to reduce impulsive behaviors by teaching adolescents to recognize that they are facing a stressor, regulate their feelings in connection with that stressor, and then employ learned skills to make a wise decision in relation to the stressor.

In Moorestown, adolescents also are taught to develop mindfulness through photography by using their cellphones to capture images from different perspectives in a nonjudgmental way.

"Photography brings the state of awareness to the present moment and subject matter, which can provide relief from distressful thoughts and begin the practice of tolerating stress. Focusing on the process and not on the product has been shown to be a useful tool to reduce anxiety and depression," says Myrna Ludwig, LCSW, a therapist with the Moorestown program.

For more information about programs for adolescents at Princeton House Behavioral Health, call 888.437.1610, or visit www.princetonhouse.org/teens.



"What DBT does is teach our adolescents how to get through the moment and mindfully deal with whatever stressors they are experiencing..."

— Kyle Bonner, MSW, LCSW



Pumping Up Diabetes Outreach

More than 30 million people in the United States are living with diabetes and many face barriers to much-needed care. Thanks to a recent gift of \$10,000 from The Provident Bank Foundation, more resources are available to uninsured and underserved residents of Mercer and Middlesex counties who receive treatment through the Diabetes Program at Bristol-Myers Squibb Community Health Center.

The program helps patients gain and maintain control over the many symptoms associated with diabetes. The clinic's medical staff works to enhance self-management skills, provide education, and offer tips on healthy eating and exercise, giving the program's patients the necessary tools to live long and healthy lives. A total of 465 patients are already enrolled in and benefitting from the program.

"Most participants in the program have no other options available. We are grateful for this new partnership with The Provident Bank Foundation and their help in meeting the growing need for these services and support," says Barbara Edwards, MD, MPH, Medical Director of Bristol-Myers Squibb Community Health Center.

The Provident Bank Foundation was established in 2003 by Provident Bank to enhance the quality of life in the region through support of not-for-profit groups, institutions, schools and other 501(c) (3) organizations that provide services in communities served by the bank. Since inception, the Foundation has granted more than \$22 million to not-for-profit organizations and institutions working toward stronger communities.

Pictured above, left to right: Maria Romano, Senior Vice President, Regional Manager, Provident Bank; Ayda Tello, Administrative Director, Bristol-Myers Squibb Community Health Center, UMCP; Barbara Edwards, MD, MPH, Medical Director, Bristol-Myers Squibb Community Health Center, UMCP; Darleen Gillespie, First Vice President, Market Manager, Provident Bank; Jane Kurek, Executive Director, The Provident Bank Foundation; and Barbara Yost, RN, BSN, MBA, Vice President, Continuum of Care Services & Network Development, PHCS.

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200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
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Understanding Your Health Insurance

When you sign up for health insurance, you agree to follow the plan's rules, but what exactly does that mean? According to Tracy Davison-Dicanto, Princeton HealthCare System (PHCS) Executive Director of Network Development, a few basic tips can make it easier for you to understand and use your insurance.

- Check your insurance card for details on the type of insurance you have and required co-payments.
- Read and retain the Summary of Benefits and plan documents when you receive them. They serve as a basic guide to your insurance coverage and will answer many of your questions.
- Understand the difference between in-network and out-of-network. If you receive care from an out-of-network provider, you may be responsible for additional charges that you might not have to pay when receiving the same care from a provider who is in-network with your plan.
- Determine which services need pre-approvals and which may be limited or excluded. Some plans require pre-approvals for certain tests or specialist visits, and some may limit the number of visits covered.
- Know what to expect after treatment. You will receive an Explanation of Benefits from your insurance company, which will explain your charges, what was paid and what you may owe. If you disagree with anything listed on the document, you have options, including filing an appeal.

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