



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — Winter 2024

Prostate Health

Aquablation Helps
Relieve Symptoms
of Enlarged Prostate

ALSO IN THIS ISSUE:

- AI Enhances Colorectal Polyp Detection
- Comprehensive Care Through Pregnancy and Beyond
- Meeting the Moment When Your Child Comes Out

PLUS:

- Community Focus Event Calendar



Princeton Health

WINTER 2024

TABLE OF CONTENTS

3

Comprehensive Care Through
Pregnancy and Beyond

4

Artificial Intelligence Enhances
Colorectal Polyp Detection

Penn Medicine Scientists
Awarded 2023 Nobel Prize

15

Overcoming Obesity May Require
More Than One Treatment

16

Meeting the Moment When
Your Child Comes Out

17

Speech Pathologists Help
Your Voice Stay Strong

18

Pelvic Organ Prolapse:
Know the Signs

19

6 Tips for Healthy Aging

20

ON THE BACK COVER
The Three Wishes Project:
Helping to Make Meaningful
Memories at the End of Life



5

ON THE COVER

Aquablation Helps Relieve
Symptoms of Enlarged Prostate



7

Community Focus Event Calendar

Visit Our Video Library

The Princeton Health YouTube page offers a variety of videos featuring primary care physicians, specialists, and other healthcare providers speaking about important health topics, as well as patients talking about their conditions and experiences at Princeton Health. Visit youtube.com/@PrincetonHealth.



Penn Medicine
Princeton Health

Princeton Medical Center

Princeton House Behavioral Health

Princeton Medicine Physicians

Princeton Medical Center Foundation

Princeton HealthCare Partners

Penn Medicine Home Health
Princeton Health

Penn Medicine Hospice
Princeton Health



Penn Medicine Princeton Health is offering telemedicine and virtual sessions for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it.

princetonhcs.org/telemedicine



For current updates on COVID-19, modified visitation policies and schedules, please visit princetonhcs.org

Princeton Health magazine, which is published by Penn Medicine Princeton Health, is dedicated to providing you with the latest health-related news and information.

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



COMPREHENSIVE CARE THROUGH *Pregnancy and Beyond*

Princeton Health has comprehensive services for when you want to start or expand your family. You can expect outstanding clinical care, and you and your loved ones can turn to us for education and support as well.

The Center for Maternal and Newborn Care includes board certified OB/GYNs, midwives, and nurses who are committed to providing a personalized birth experience. The team uses the most advanced technology to care for you and your baby, and your comfort and privacy are a top priority.

If you experience a high-risk pregnancy, you can see the experts from Penn Medicine's Maternal Fetal Medicine program, which is on the hospital campus. When it's time to deliver, laborists, and anesthesiologists are on-site 24/7. Neonatologists from Children's Hospital of Philadelphia are also at the hospital around the clock to care for newborns in the neonatal intensive care unit.

Princeton Health's Community Wellness offers programs including Birthing Basics, Prenatal Yoga, Daddy Boot Camp, Breastfeeding support groups, and Grandparenting and Sibling Classes.

Patients can receive care close to home, as providers on our Medical Staff have offices in locations including Hillsborough, Monroe, Pennington, Plainsboro, Princeton, Lawrenceville, and Robbinsville, with additional locations expected to open in 2024.

FOR MORE INFORMATION OR TO FIND A PHYSICIAN AFFILIATED WITH PENN MEDICINE PRINCETON HEALTH, call 888.742.7496 or visit princetonhcs.org.

ARTIFICIAL INTELLIGENCE

Enhances Colorectal Polyp Detection

According to the American Cancer Society, excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

Colonoscopy is the gold standard in colon cancer screening, and in the detection and treatment of colon polyps.

“An exciting new innovation in colonoscopy is the addition of artificial intelligence (AI). When used during a procedure, AI works alongside the physician in real time, scanning the colonoscopy video feed and drawing small, green boxes around polyps,” says Anish A. Sheth, MD, who is board certified in gastroenterology, Chief of Gastroenterology and Director of the Center for Digestive Health at Penn Medicine Princeton Medical Center.

Together with the physician’s expertise, the result is an increase in the adenoma detection rate, or ADR, which measures the average rate of precancerous polyps that a doctor identifies and removes in each colonoscopy. Discovery and removal of more polyps lowers a patient’s risk of a future colon cancer diagnosis.

In addition to advanced equipment and expert techniques, the use of this cutting-edge technology is another example of Princeton Health’s commitment to delivering high quality, safe, exceptional care.

PRINCETON HEALTH IS CONSIDERED A HIGH PERFORMING HOSPITAL IN COLONOSCOPY

by the American Society for
Gastrointestinal Endoscopy
(ASEG), which sets national
standards for gastrointestinal
endoscopic practice.



FOR MORE INFORMATION OR TO FIND A PHYSICIAN:

Call 888.742.7496, scan the QR code with your phone or visit princetonhcs.org.



The hospital's adenoma detection rate (ADR) is **HIGHER THAN 45%**, almost twice the national average of 25%.



Penn Medicine Scientists **AWARDED**

2023 NOBEL PRIZE

Penn Medicine scientists Katalin Karikó, PhD, and Drew Weissman, MD, PhD, were awarded the 2023 Nobel Prize in Physiology or Medicine for their development of mRNA vaccines.

After a chance meeting at Penn in the late '90s, Drs. Karikó and Weissman began investigating mRNA as a potential therapeutic. In 2005, the scientists discovered that messenger RNA could be modified and delivered effectively into the body to activate a protective immune response. Years later when the pandemic struck, this breakthrough proved invaluable by allowing for the rapid development of mRNA COVID vaccines.

Princeton Health is proud to be a part of Penn Medicine, which has supported the work of these scientists, and their groundbreaking discoveries. Together, Drs. Karikó and Weissman met the challenge of a global pandemic, and their work will have a profound impact on the treatment and prevention of many other diseases in the decades to come.



TO READ MORE ABOUT THE NOBEL LAUREATES AND WHAT'S NEXT IN mRNA VACCINES, scan the QR code or visit PennMedicine.org/mrna



AQUABLATION

HELPS RELIEVE SYMPTOMS OF ENLARGED PROSTATE

Benign prostatic hyperplasia (BPH), also known as an enlarged prostate, is a common condition that affects millions of men as they age. While not life-threatening, BPH can significantly impact a man's quality of life.

"Treatment options for men who are suffering from BPH now include an innovative therapy called aquablation. This therapy uses a heat-free waterjet controlled with robotic assistance to remove excess prostate tissue with exceptional precision," says Jamison S. Jaffe, DO, who is board certified in urology and the Medical Director of Urology for Princeton Medicine Physicians.

During aquablation, the prostate is reached through the urethra, so no incision is made. The level of accuracy offered by this therapy lowers the risk for side effects such as erectile dysfunction, ejaculatory complications, and incontinence.

The procedure is performed while the patient is under anesthesia, and typically requires an overnight hospital stay. Most patients go home without a catheter the next day.

TO LEARN MORE OR TO FIND A PHYSICIAN WITH PENN PRINCETON UROLOGY PLAINSBORO, call 888.742.7496 or visit princetonhcs.org.



Community Focus



Whether you're looking to take charge of your health, grow your family, feel empowered to help others, or build your support system, Princeton Health Community Wellness offers a variety of programming dedicated to promote healthy living at every stage of life.

FIND A CLASS TODAY!

Visit princetonHCS.org/Calendar, 1.888.897.8979 or scan the QR code. Registration is required.

GENERAL PROGRAMS

Weight-loss Surgery: Is It Right for Me?

WED. February 21 (6 – 6:30 p.m.)

WED. March 20 (6 – 6:30 p.m.)

Virtual

To register, email donna.post@pennmedicine.upenn.edu.

Join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options. For those engaged in the surgical process, please join one of our support groups (information on page 14).

Vision Screening

For upcoming dates, call 1.888.897.8979 or visit princetonhcs.org/Calendar.

Appointment required.

In collaboration with the New Jersey Commission for the Blind: Project Prevention Unit, we are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children, ages 3 and older, must be accompanied by a legal guardian.

Understanding and Treating Knee Injuries

WED. January 31 (7 – 8 p.m.)

Princeton Fitness & Wellness

Join Princeton Rehabilitation's Chris Blessing, MPT, OCS, CSCS, and MS in exercise physiology, for a discussion on reducing knee pain, flexibility, strength training and how physical therapy can help after surgery.

Luncheon for Realtors

TUE. March 5 (11:30 a.m. – 1 p.m.)

Princeton Medical Center, Plainsboro

Join us for a networking luncheon, informative presentations and learn about ways you can collaborate with Princeton Health to better serve our community.

Memory Screening

WED. March 13 (10 a.m. – 12 p.m.)

Hopewell Library

Please call the library at 609.737.2610 to schedule an appointment.

Take this opportunity to get a 15-minute screening that tests your memory, language skills, and thinking ability. Note: Memory screenings are confidential, and they are not used to diagnose or replace consultation with a qualified health professional.

AARP Smart Driver

For upcoming dates, visit us at princetonhcs.org/Calendar.

\$20 for AARP members

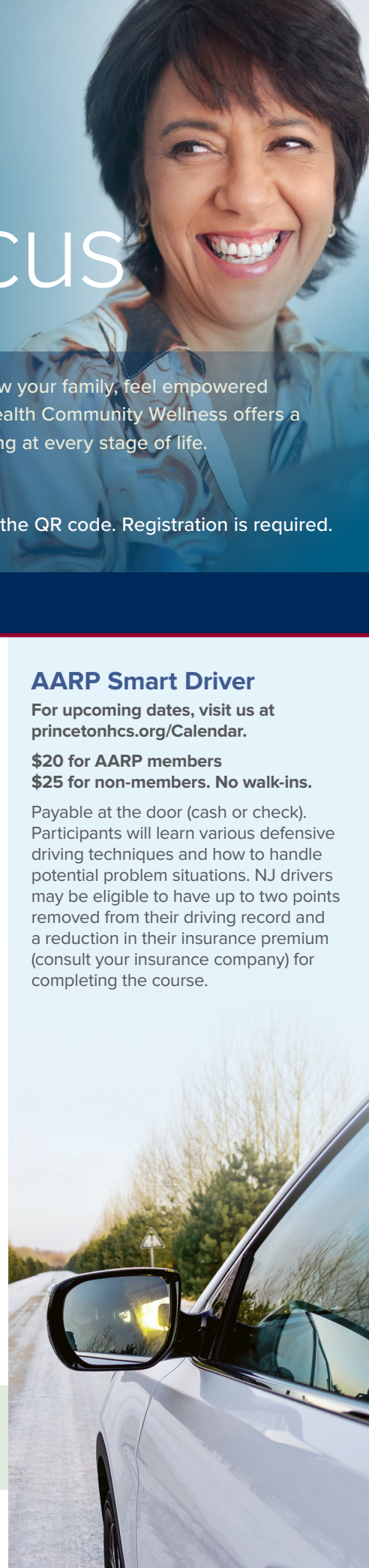
\$25 for non-members. No walk-ins.

Payable at the door (cash or check). Participants will learn various defensive driving techniques and how to handle potential problem situations. NJ drivers may be eligible to have up to two points removed from their driving record and a reduction in their insurance premium (consult your insurance company) for completing the course.

FREE BLOOD PRESSURE CHECK

MON. February 12 (10 – 11:30 a.m.) | Hopewell Library | Walk-ins welcome

Join health professionals with Community Wellness for your Free Blood Pressure Check.



GENERAL PROGRAMS

MOVEMENT

NEW YEAR, NEW YOU

Gentle Yoga

TUE. January 23 – February 13
(8 – 8:45 a.m.)

Virtual

\$30 per person for the series.

This slow-paced class, led by Maria Benerofe, a certified yoga instructor, includes breath work, stretching, and a gentle flow of poses, which will help improve flexibility and reduce stress.

Chair Yoga

WED. January 24 – February 14
(8:30 – 9:15 a.m.)

Virtual

\$25 per person for the series.

This class incorporates basic yoga poses while sitting on or standing next to a chair, and is taught by Maria Benerofe, a certified yoga instructor.

Heart Opening Yoga Stretch

MON. February 12 (4 – 4:50 p.m.)
Community Wellness, Princeton

\$5 per person.

This slow-paced class will focus on stretches and yoga poses that help reduce stress, relax the mind and body, and build cardiovascular health. Taught by Maria Benerofe, a certified yoga instructor.

Hobbies for Health: Hike for Your Heart

THU. February 15 (9 – 10 a.m.)
Plainsboro Preserve, Plainsboro

Join us for a leisurely hike on the trails of the beautiful and serene Plainsboro Preserve. Led by environmental educator and guide Craig Harley and yoga instructor Maria Benerofe.

Why Do I Have Trouble Losing Weight?

TUE. February 27 (6:30 – 7:30 p.m.)

Virtual

Register through the Hopewell Library at www.mcl.org.

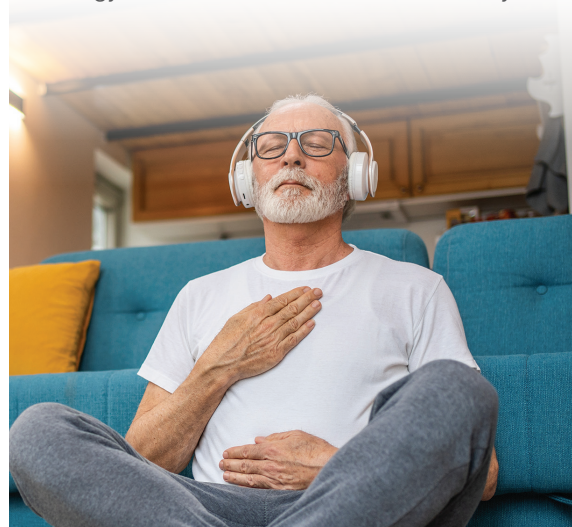
If you have trouble losing weight or keeping it off, join Christopher Aseervatham, physician resident with Princeton Medical Center, to learn about healthy diet practices that optimize insulin sensitivity and blood pressure control such as the DASH or Mediterranean diet as well as the pros, cons, and myths of the current fad diets.

MENTAL WELLNESS

Mindfulness for Beginners

MON. January 22 (6:30 – 7:30 p.m.)
Robbinsville Library

Practicing mindfulness—experiencing the present moment without judgment—can help you manage stress and improve your quality of life. Join Carolyn Schindewolf, health educator with Princeton Health Community Wellness, to learn how mindfulness can help reduce brain chatter, improve mood and energy, and increase focus and mental clarity.



NUTRITION

Presented by Beth Young, MS, RDN, CSOWN,
a registered dietitian nutritionist.

Clean Eats

WED. January 24 (12 – 1 p.m.)

Virtual

Master the basics of clean eating, which is based on choosing whole foods in their natural form over processed foods.

Heart Healthy Diet

WED. February 7 (12 – 1 p.m.)

Virtual

This heart month, get simple nutrition tips and recommendations you can implement to help keep your heart healthy.

Building Resilience: Tools for Living a Better Life (Intro)

TUE. January 30 (6:30 – 8 p.m.)

TUE. March 19 (6:30 – 8 p.m.)

Community Wellness, Princeton

Through this introductory training, led by Debbie Millar, RN, and Craig Harley, health professionals with Penn Medicine Princeton Health, you will learn some simple strategies to strengthen your emotional, mental, physical, and spiritual resilience so it's easier to turn life's inevitable challenges into opportunities.

Rewire Your Brain for Wellness

MON. February 12 (6:30 – 7:30 p.m.)

Community Wellness, Princeton

Explore how you can create new connections in your brain to reinforce positive and empowering patterns through mindfulness, exercise, and diet. Taught by Maria Benerofe, a certified yoga instructor.

Prana Yoga

WED. February 28, March 6, 13, 20 & 27 (6:30 – 8 p.m.)

Princeton Fitness & Wellness

\$50 per person.

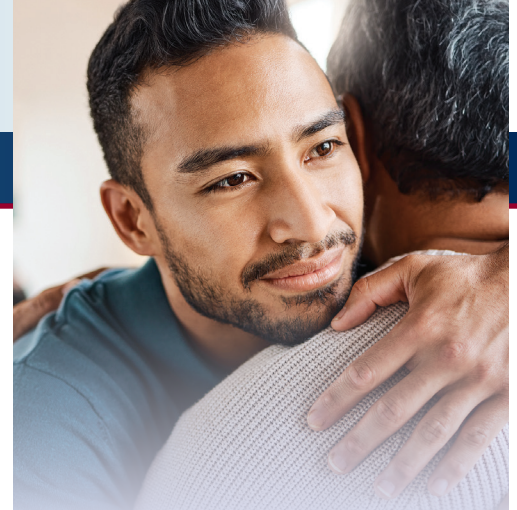
Join Cynthia Sinicropi-Philibosian, registered yoga teacher, for the exploration of breath and sound for each chakra, practicing traditional poses and sparking prana flow.

Social Media & Self Esteem

TUE. February 27 (7 – 8 p.m.)

Virtual

In honor of Eating Disorder Awareness Month, join Megan Moran, MSW, LCSW, senior eating disorder therapist with Princeton Medical Center, for an invaluable conversation about the social media pressures adolescents face, how it affects their body image and mental health, what adolescents can do to safeguard their self esteem and how parents can help.



Mental Health First Aid Training

MON. & TUE. February 26 & 27 (5 – 9 p.m.) – Older Adult

WED. March 13 & 20

(8 a.m. – 5 p.m.) – Adults

Community Wellness, Princeton

\$55 per person, per session.

This eight-hour training will help you identify signs of individuals who may be dealing with mental health issues, addiction challenges or are in crisis; and respond and guide them to the appropriate services. Choose the above session that best fits the population you are interested in (older adult or adult).



MIND ON MENTAL HEALTH PODCAST: For a fresh perspective on coping with today's challenges

Available free, wherever you get your podcasts Princetonhouse.org/Podcast

Build Strong Bones

TUE. February 13 (1 – 2 p.m.)

Robbinsville Library

Learn which foods help build strong bones such as low-fat dairy, fish, leafy green veggies, and more.

DASH Diet

WED. February 14 (12 – 1 p.m.)

Virtual

Learn all about Dietary Approaches to Stop Hypertension (DASH). This eating plan also helps lower blood pressure.

Mediterranean Diet

WED. February 21 (1 – 2 p.m.)

Princeton Fitness & Wellness

Explore heart health through the Mediterranean Diet which encourages plenty of fruits, veggies, whole grains, beans, nuts, seeds, and olive oils.

Going Gluten Free

WED. February 28 (12 – 1 p.m.)

Virtual

Find out what foods to exclude (such as wheats and some grains) and which foods to include to ensure you're getting proper nutrients.

Supermarket Savvy

WED. March 6 (12 – 1 p.m.)

Virtual

Learn to navigate the supermarket while making healthier choices, sticking to your list and knowing which aisles are best to keep you on track.

Lunch With a Nutritionist

WED. March 13 (12 – 1 p.m.)

Virtual

In honor of National Nutrition Month, meet our nutritionist and discover her top nutrition picks!

Spring Tea

WED. March 20 (12 – 1 p.m.)

Community Wellness, Hamilton

Discover the hidden benefits of tea including how it can boost your immune system, decrease inflammation, and prepare you for a sound night of sleep.

MyPlate

WED. March 27 (12 – 1 p.m.)

Virtual

MyPlate is the new and improved food pyramid that outlines the five food groups to focus on when eating healthy—find out how to best utilize this free resource!



WOMEN'S HEALTH

Self-defense for Women

SAT. January 27, February 3, 10 & 17
(9 a.m. – 12 p.m.)

Community Wellness, Princeton

THU. February 8, 15, 22 & 29
(6 – 9 p.m.)

Plainsboro Recreation Center

THU. March 7, 14, 21 & 28 (6 – 9 p.m.)
Princeton Medical Center, Plainsboro

\$55 per person, per series.

Empower yourself through this 12-hour basic RAD Women® self-defense course designed for every woman, regardless of physical fitness and age. Learn how to protect yourself from potential danger with awareness strategies and defense techniques. Dress in comfortable clothing.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. January 30 – March 7
(11:15 a.m. – 12:30 p.m.)

Virtual

\$109 per person.

Trained Total Control® professionals will teach you gentle exercises that isolate and strengthen your pelvic floor and core muscles to help with urinary leakage and bladder control. Dress in clothing suitable for floor and standing exercises.

Diet Tips for Menopause

WED. January 31 (12 – 1 p.m.)

Virtual

Find out which foods may help relieve certain menopausal symptoms with Beth Young, MS, RDN, CSOWN, a registered dietitian nutritionist.

Treating Urinary Incontinence

TUE. February 6 (3:30 – 4:30 p.m.)
Plainsboro Library

Join Iram Fatima Shah, PT, DPT, a physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, to learn about what causes this condition and what we can do to reduce symptoms.



KID'S CORNER

Pretzel Yoga for Toddlers

MON. January 29 (10:30 – 11:15 a.m.)
MON. February 12 (10:30 – 11:15 a.m.)

Community Wellness, Princeton

\$5 per child/parent, per class.

This class introduces toddlers and their caregivers to yoga poses and stretches in a playful engaging way, led by Maria Benerofe, a certified yoga instructor.

RADkids

MON. – FRI. March 4 – 8 (3:30 – 5 p.m.)
4-7 year olds

MON. – FRI. March 4 – 8 (5 – 6:30 p.m.)
8-12 years olds

Community Wellness, Princeton

\$30 per child.

This multi-session national program is designed to provide children with personal empowerment and practical skills to recognize, avoid, and, if necessary, escape an unsafe situation. Dress in sneakers and comfortable clothing suitable for exercising. Consent forms must be submitted for each child to participate in the class.

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

MON. March 11 (6:30 – 8 p.m.)
Community Wellness, Princeton

Girls, ages 9 through 12, will learn about the physical, intellectual, and emotional changes they'll experience as they enter their teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a health educator with Princeton Health Community Wellness.

Birthing Basics

THU. February 1, 8, 15 & 22 (7 – 9 p.m.)

WED. March 6, 13, 20 & 27 (7 – 9 p.m.)

Princeton Medical Center, Plainsboro

WED. January 31, February 7 & 14
(7 – 9:30 p.m.)

THU. March 7, 14 & 21 (7 – 9:30 p.m.)

Virtual

\$125 per couple.

In this multi-day class, expectant parents will learn signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. Includes a maternity tour.

Accelerated Birthing Basics

SAT. February 3 (9 a.m. – 5 p.m.)

Princeton Medical Center, Plainsboro

\$155 per couple

This one-day class focuses on the same content as our multi-session Birthing Basics class, and includes a maternity tour.

HypnoBirthing®

SAT. January 27, February 3, 10, & 17
(9:30 a.m. – 12:30 p.m.)

Community Wellness, Hamilton

\$200 per couple. To register, call 609.897.8991.

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





Maternity Tour

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 join us for a virtual tour of our Center for Maternal & Newborn Care by visiting princetonhcs.org/maternitytour.

Pregnancy & Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

Virtual

If parenting or the thought of parenting makes you feel anxious and unsettled, join our virtual group where you can connect and share experiences with other parents-to-be and new parents (of babies up to 6 months). Moderated by a registered nurse and lactation consultant from Princeton Health with support provided by Central Jersey Family Health Consortium.

Prenatal Yoga

THU. January 25 – February 8
(4:45 - 5:30 p.m.)

Virtual

\$20 per person, for the series.

Expectant mothers will learn how to use gentle postures, stretching, breathing, relaxation, and meditation to keep fit and feel good during pregnancy. Please bring a yoga mat, two pillows, and a yoga tie for stretching. Taught by a certified prenatal yoga instructor.

Baby Care

THU. January 25 (7 – 9:30 p.m.)
MON. February 26 (7 – 9:30 p.m.)
MON. March 18 (7 – 9:30 p.m.)
Princeton Medical Center, Plainsboro
MON. February 5 (7 – 9:30 p.m.)

Virtual

\$50 per couple.

Build 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.

Bumps, Bands, and Balls: Fitness Series for Expecting Moms

TUE. January 30 – March 5
(6:30 – 7:30 p.m.)

Virtual

\$60 per person.

Join our pelvic health physical therapists to learn pregnancy-safe exercises, how to stay fit through your pregnancy, and how to prepare for childbirth.

Practicing MindFETALness

SAT. February 3 (10 – 11 a.m.)

Virtual

\$5 per person.

MindFETALness is a method of tapping into the innate connection between pregnant mothers and their unborn babies by focusing on fetal movement patterns during pregnancy. Learn simple ways to use mindfulness to help monitor your baby's fitness and wellbeing.

Prenatal Breastfeeding Class

MON. February 12
(6:30 – 8:30 p.m.)

Virtual

Expectant parents will learn about breastfeeding, including getting started, positioning, nutrition, pumping, and avoiding common problems at this class taught by an internationally board certified lactation consultant.

Grandparenting 101

MON. March 18 (6:30 – 8 p.m.)

Virtual

\$20 per couple.

Designed for grandparents-to-be and new grandparents, this class covers car seat laws, SIDS (Sudden Infant Death Syndrome) risk reduction, and transitioning your role from parent to grandparent. Led by a health educator with Princeton Health Community Wellness.

Preparing for Cesarean Section

If you are interested in this class, please call us at 1.888.897.8979.

Twins and Multiples

If you are interested in this class, please call us at 1.888.897.8979.



Daddy Boot Camp™

SAT. February 3 (9 a.m. – 12 p.m.) | Princeton Medical Center, Plainsboro
\$49 per person.

This men-only course is designed for fathers-to-be to develop skills for caring for their newborns. Greg Barron, Daddy Boot Camp™ master coach, along with new dads, will demonstrate how to hold, comfort, diaper, and play with their babies.

CPR & FIRST AID

POSTPARTUM & PARENTING CLASSES

Bright Beginnings (birth to crawling)

Wednesdays (11 a.m. – 12 p.m.)
Princeton Fitness & Wellness, Princeton

No registration required.

This group features a new topic each week. Children under 4 years of age are welcome to attend with a parent or caregiver.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

Virtual

If parenting or the thought of parenting makes you feel anxious and unsettled, join our virtual group where you can connect and share experiences with other parents-to-be and new parents (of babies up to 6 months). Moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health with support provided by Central Jersey Family Health Consortium.



Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
PMC Breast Health Center, East Windsor

Virtual

Share your experiences with other nursing mothers. Facilitated by an internationally board certified lactation consultant.

All About Breast Pumps

MON. February 19 (6:30 – 7:30 p.m.)

Virtual

\$10 per person.

Whether you are pumping periodically or exclusively, learn how to get the most out of your experience with our internationally board certified lactation consultant.

FREE CPR MONTH DURING FEBRUARY

The Family & Friends CPR class is designed for the general community who want to learn CPR but do not need a course completion card.



Join us at a class below or for additional free CPR classes, scan the QR code or visit us at princetonhcs.org/calendar and search keywords “FREE CPR MONTH.”

THU. February 1

(6:30 – 7:15 p.m.) – Adult/Child
(7:30 – 8 p.m.) – Infant
Lawrenceville Library

To register, call 609.883.8292.

TUE. February 6

(6 – 7 p.m.) – Infant
Mercer County Connection, Hamilton

To register, call 609.890.9800.

WED. February 7

(11 a.m. – 12 p.m.) – Adult/Child
Mercer County Connection, Hamilton

To register, call 609.890.9800.

SAT. February 10

(10 – 11 a.m.) – Adult/Child
(11 a.m. – 12 p.m.) – Infant
Montgomery Evangelical Free Church,
Belle Mead

THU. February 15

(6 – 7 p.m.) – Adult/Child
John O. Wilson Center, Hamilton

To register, call 609.393.6480.

TUE. February 20

(6 – 7 p.m.) – Infant
(7 – 8 p.m.) – Adult/Child
Hickory Corner Library

To register, call 609.448.1330.

WED. February 21

(6 – 7 p.m.) – Infant
Princeton Fitness & Wellness

THU. February 22

(10:30 – 11:30 a.m.) – Adult/Child
(6:30 – 7:30 p.m.) – Infant
Cranbury Library

(7 – 8 p.m.) – Infant
Community Wellness, Hamilton

CANCER SUPPORT G

CANCER SUPPORT GROUPS

These support groups welcome patients and their loved ones.

Breast Cancer Support Group

TUE. February 13, March 12 (6 – 7:30 p.m.)

Virtual

Led by a health professional from Penn Medicine Princeton Health.

Prostate Cancer Support Group

WED. February 14, March 13 (12 – 1:30 p.m.)
Princeton Medical Center, Plainsboro

Led by Lois Glasser, LCSW, Oncology Social Worker.

Post-Treatment Support Group

WED. February 14, March 13 (6 – 7:30 p.m.)

Hybrid

Call 609.853.6787 to register virtually or in-person.

For those who have completed their cancer treatment. Led by Karen Davison, RN, BSN, OCN, Nurse Navigator with Princeton Cancer Center.

Head & Neck Cancer Support Group

WED. February 21, March 20 (12 – 1:30 p.m.)

Virtual

Led by Amy Heffern, MS, CCC, SLP, Speech Pathologist.



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

FRI. February 23
(10 – 11 a.m.) – Infant
(11 a.m. – 12 p.m.) – Adult/Child
Plainsboro Preserve

SAT. February 24
(10 – 11 a.m.) – Adult/Child/Infant
Community Wellness, Princeton

MON. February 26
(10 – 10:45 a.m.) – Adult/Child
(11 – 11:45 a.m.) – Infant
Hopewell Library

To register, call 609.737.2610.

(7 – 8 p.m.) – Adult/Child
Community Wellness, Princeton

WED. February 28
(5:30 – 7 p.m.) Adult/Child/Infant
Hamilton Township Public Library

BLS Provider

THU. February 15 (9 a.m. – 1:30 p.m.)
Community Wellness, Princeton

MON. March 18 (6 – 10:30 p.m.)
Community Wellness, Hamilton

BLS Renewal*

WED. January 31 (9 a.m. – 1 p.m.)

WED. February 28 (6 – 10 p.m.)

THU. March 28 (9 a.m. – 1 p.m.)
Community Wellness, Princeton

MON. February 5 (9 a.m. – 1 p.m.)

WED. March 6 (9 a.m. – 1 p.m.)
Community Wellness, Hamilton

Provider: \$75 per person

Renewal: \$50 per person

Learn adult and pediatric CPR, foreign-body airway obstruction, and automated external defibrillation (AED). Designed for health professionals requiring CPR certification. *A valid BLS Provider card required for a Renewal class.

Heartsaver CPR AED

THU. January 25 (6 – 9 p.m.)
Community Wellness, Princeton

SAT. March 30 (9 a.m. – 12 p.m.)
Community Wellness, Hamilton

\$49 per person

Learn CPR; AED use; and use of barrier device for all ages. Designed for those who have a duty to respond to a cardiac emergency and require CPR certification because of job responsibilities or regulatory requirements.

Heartsaver First Aid

SAT. March 30 (12:30 – 3:30 p.m.)
Community Wellness, Hamilton

\$39 per person

Learn how to manage illness and injuries until professional help arrives. Designed for those who have a duty to respond to a first aid emergency and require CPR certification because of job responsibilities or regulatory requirements.

Pet CPR & First Aid

TUE. January 23 (6 – 8:30 p.m.)
Community Wellness, Princeton

SAT. March 9 (10 – 12:30 p.m.)
Community Wellness, Hamilton

\$25 per person

Learn how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Includes basic emergency care, CPR, common illnesses, and medical emergencies. This program focuses on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.

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.

GROUPS & CLASSES



Penn Medicine Princeton Medical Center is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For more information about Penn Medicine Princeton Cancer Care, please call 609.853.6780.

CANCER CLASSES

Reiki Sessions

To schedule an appointment, call 609.853.6787.

These services are offered to patients receiving care at Princeton Cancer Center.

Breast Cancer & Nutrition Tips

For more information, call 609.853.6788.

This group invites women undergoing treatment and breast cancer survivors to learn the role diet and lifestyle play in breast cancer and its prevention. Led by Mehreen Husain, MS, RDN, CSO, Board Certified Specialist in Oncology Nutrition with Princeton Cancer Center.

Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

Hybrid

Call 609.853.6787 to register virtually or in-person.

This rejuvenating class combines gentle exercises with yogic breathing, guided imagery, and meditation. The low-impact program provides patients who are undergoing cancer treatment with an effective workout for the body and the mind, helping them reduce stress and focus on taking care of themselves. Led by Karen Davison, RN, BSN, OCN, Nurse Navigator with Princeton Cancer Center.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. February 7, March 6 (7 – 8 p.m.)

Virtual

This group provides support for those who have experienced miscarriage, stillbirth, and early infant death.

Weight-loss Surgery Support Group

THU. February 1, March 7
(6:30 – 7:30 p.m.)

TUE. February 6, March 5
(7 – 8 p.m.)

WED. February 21, March 20
(6:30 – 7:30 p.m.)

Virtual

To register email donna.post@pennmedicine.upenn.edu.

This group welcomes those who have had weight-loss surgery or are considering surgery. Led by Donna Post, RN, BSN, CBN, Bariatric Coordinator, along with board certified bariatric surgeons Wai Yip Chau, MD, and Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery, Princeton Medical Center.

Bereavement Support Group

MON. January 22, February 26, March 18
(11 a.m. – 12:30 p.m.)

Virtual

Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Hospice Princeton Health, this group welcomes those who need support coping with grief and loss.

Diabetes Support Group

MON. January 22, March 25 (6 – 7 p.m.)

TUE. February 20, March 19 (10:30 – 11:30 a.m.)

Virtual

WED. February 21, March 20 (2 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

To register, please call 609.853.7890.

This group, led by a certified diabetes educator with Princeton Medical Center's Diabetes Management Program, provides resources and support for those living with diabetes, and their loved ones. For more information on PMC's Diabetes Management Program full range of services, please call 609.853.7890.



Journey Back: Stroke Support Group

THU. February 8, March 14
(2:30 – 3:30 p.m.)

Virtual

To register, call 609.853.6359.

Led by Caitlin Cooper, MSW, LSW, Acute Rehabilitation Social Worker with Princeton Medical Center, this group welcomes those who have experienced a stroke, as well as their loved ones and caregivers.

Princeton Health OnDemand

Princeton Health OnDemand features interesting and informative pre-recorded presentations by physicians, clinicians, and other professionals of Penn Medicine Princeton Health. Visit ustream.tv/princetonhealth.

PROGRAM LOCATIONS

Community Wellness, Princeton

731 Alexander Road, Suite 103
Princeton, NJ

Community Wellness, Hamilton

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

Princeton Medical Center

One Plainsboro Road, Plainsboro, NJ

Princeton Fitness & Wellness

Princeton North Shopping Center
1225 State Road, Princeton, NJ

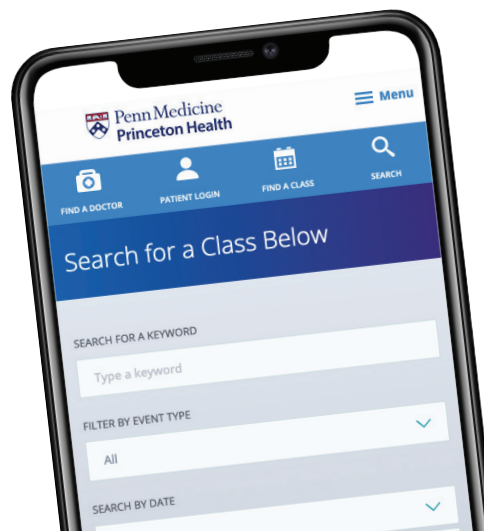
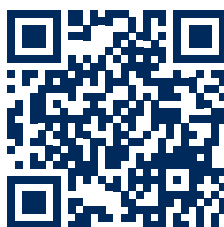
South Brunswick Wellness Center

540 Ridge Road
Monmouth Junction, NJ

FIND A CLASS AND REGISTER BY VISITING THE COMMUNITY WELLNESS CALENDAR AT:

princetonhcs.org/calendar

Registration is required online at princetonhcs.org or by calling 888.897.8979 unless otherwise noted.



Overcoming Obesity May Require MORE THAN ONE TREATMENT

For people experiencing obesity, long-term weight loss often requires a multifaceted approach as the body often fights to maintain a certain weight with mechanisms like signals from gut bacteria and hunger hormones that can lead to cravings for sweets, fatty foods, and carbohydrates.

It's important for people who have regained weight to understand that obesity is a chronic, complex disease. "Patients often blame themselves for weight gain. However, it's not about mind over matter or willpower. Weight gain can happen, even after surgery or with medications because the body's natural instinct for survival takes over," says Lisa Dobruskin, MD, FACS, a board certified surgeon specializing in bariatric surgery, and Medical Director of the Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center.

GOOD NEWS! There are a variety of treatments that can be used in combination—such as bariatric surgery, medication, weight management programs, nutritional counseling, and lifestyle changes—to help you lose weight and keep it off for years to come.

TO LEARN MORE ABOUT THE CENTER FOR BARIATRIC SURGERY & METABOLIC MEDICINE, call 888.742.7496 or visit princetonhcs.org/weightloss.





Meeting the Moment When **YOUR CHILD COMES OUT**

When a child navigates the coming out process and publicly reveals a sexual orientation or sexual identity that was previously concealed, they may experience intense feelings of relief, fear, and even shame.

As a parent or caregiver, you are uniquely positioned to meet the moment with compassion, open curiosity, and active listening. Providing a safe space for your child to express themselves and talk openly about their feelings will help ensure that the conversation goes well.

“If a conversation about your child’s sexual orientation and/or gender identity catches you off guard, it’s best to focus on what’s true in the moment. Confirm your love and support, tell your child how happy you are that they felt comfortable talking to you, and commit to more conversations so you can better understand what their identity means to them,” says Nina Narang, MSW, LSW, Primary Therapist at Penn Medicine Princeton House Behavioral Health.



**FOR MORE INFORMATION ABOUT
PROGRAMS FOR ADOLESCENTS AT
PRINCETON HOUSE,** scan the QR code

or visit princetonhouse.org/teen

**To speak with an outpatient admissions clinician,
call 888.437.1610.**

Speech Pathologists Help Your

VOICE **STAY STRONG**

Expressing yourself in words is an important part of daily life. But, when you experience hoarseness, raspiness, voice loss, voice fatigue, or chronic coughing or throat clearing, using your voice can become a challenge.

Voice disorders can occur after a severe illness, trauma to the vocal cords, or surgery. However, people may also experience voice disorders from everyday use, such as working in professions that require a lot of talking—including teachers, medical professionals, and those who are on phone or video calls throughout the day.

“A speech language pathologist is specially trained to teach healthy voice use. They do this through teaching vocal hygiene, stretches, breathing techniques, and massages to relax and heal your larynx. They also help your voice function in a safe way by teaching you to project without straining,” says Minal Kadam, MA, CCC-SLP, a speech language pathologist at Penn Medicine Princeton Medical Center Princeton Rehabilitation.

TO LEARN MORE OR TO MAKE AN APPOINTMENT

with a speech pathologist, call 888.742.7496.

REDUCE VOICE STRAIN WITH THESE EASY TIPS

- ✓ Remember to stay hydrated.
- ✓ Rest your voice on your days off.
- ✓ Use text to communicate instead of a phone call.
- ✓ Use nonverbal communication when your voice feels strained.
- ✓ Stretch and massage your larynx to release muscle tension.

HOW TO MASSAGE YOUR LARYNX



Start making small circles with your fingers along the outside of your voice box and pull down slowly on both sides. When you reach the bottom of your throat, start back up at the top. One pass is equal to the entire length of your neck. Massage for two minutes or no fewer than 10 passes, at least 10 times a day.



PELVIC ORGAN PROLAPSE:

Know the Signs

“Pelvic organ prolapse can be a sensitive issue to talk about, but it’s a common condition that affects millions of women throughout the United States, especially as they get older,” says Rui Wang, MD, a urogynecologist at Penn Medicine Princeton Medicine Physicians Princeton Urogynecology who is board certified in obstetrics and gynecology.

Signs and symptoms may include:

Feeling of pelvic pressure or fullness, which can worsen during physical activity or sexual intercourse

Pain or a feeling of stretching in your groin or lower back

Organs bulging out of the vagina

Difficulty completely emptying the bladder, urinary incontinence, or overactive bladder

Problems having a bowel movement

Problems with inserting tampons or applicators



If you have experienced these symptoms, consult a urogynecologist for diagnosis and to discuss your treatment plan. Treatment options can be surgical and non-surgical, and may include minimally invasive robotic surgery, vaginal surgery, vaginal support devices, or pelvic floor exercises.

TO FIND A PHYSICIAN AFFILIATED with Princeton Urogynecology or for more information about the Center for Pelvic Wellness at Princeton Medical Center call 888.742.7496 or visit princetonhcs.org.

6 TIPS for Healthy Aging

“We cannot avoid aging, but there are steps you can take to help manage your health as you age. Even making small changes in your daily life can help you live longer and better,” says Isao Iwata, MD, a primary care physician with Penn Medicine Princeton Health who is board certified in internal medicine and geriatric medicine.



GET MOVING. As you age, even light and moderate intensity exercises, such as gardening, walking, or biking, can help improve muscle function and loss.



CHOOSE HEALTHY FOODS. Choose primarily foods that are rich in nutrients. Fresh fruits and vegetables, whole grains, healthy fats, and lean proteins can help protect against disease and may help improve brain function.



VISIT YOUR DOCTOR REGULARLY. Routine checkups can help your doctor catch the early signs of chronic diseases and can help reduce risk factors for disease.



MANAGE STRESS. Try yoga, meditation, or journaling to decrease anxiety. Constant stress can affect memory and worsen conditions like headaches, digestive issues, and sleep disorders. Stress can also increase the risk of developing Alzheimer's or related dementias.



LEARN SOMETHING NEW. Older adults who spent at least an hour each day reading or engaged in other hobbies had a decreased risk of dementia. Music, theater, dance, creative writing, and other creative activities may improve older adults' quality of life and well-being.



MAKE CONNECTIONS. Hearing and vision loss, memory loss, and the loss of family and friends can make older adults more isolated or lonely. Stay in touch with family and friends or meet new people by taking a class or joining a club.

FOR MORE INFORMATION or to find a physician affiliated with Penn Medicine Princeton Health, call 888.742.7496 or visit princetonhcs.org.



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VISIT OUR WEBSITE
princetonhcs.org

The Three Wishes Project:

Helping to Make Meaningful Memories at the End of Life



The clinicians in the Palliative Care Program at Princeton Medical Center wanted to find a meaningful way to help critically ill patients, families, and caregivers during the final days of life.

They discovered the Three Wishes Project at UCLA Health, which celebrates life by fulfilling three small wishes, specific to each patient or family's request. Wishes are often simple acts of compassion, which might include playing comforting music, sharing a taste of their favorite food, or even creating a lasting keepsake, such as a fingerprint, for loved ones left behind. Gestures such as these also help provide closure for families, which is essential to the healing process.

The Palliative Care Program has fulfilled over 20 heartfelt wishes since the program started earlier this year. "Every encounter I have had with a patient's family member while offering the keepsakes was a positive interaction. It helps the family with closure and to feel at peace knowing they can always have a part of their loved one with them. It also helps the staff to feel at peace as well. They can be a part of offering comfort to not just their patient, but the patient's family. The keepsakes project is

something that should be continued as a standard of practice in our hospital," expressed Alexis Ott, RN, a nurse who provides palliative care. "I will cherish this experience as one of the most positive moments of my professional career."

This program is funded entirely by philanthropic contributions to our Palliative Care Program. While the average wish involves very little cost, each is rich with meaning.



IF YOU WOULD LIKE TO MAKE A CONTRIBUTION,
please contact the Foundation at 609.252.8710, or visit us at
princetonhcs.org/Princeton-Medical-Center-Foundation/Donate-Now.