



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — Spring 2024

Women's Health

First Steps for a Healthy Pregnancy

ALSO IN THIS ISSUE:

- Stroke: Be Ready to Act FAST
- Treating Anxiety in Early Dementia
- Balloon Implants: Preserving Healthy Tissue for Patients with Prostate Cancer

PLUS:

- Community Focus Event Calendar

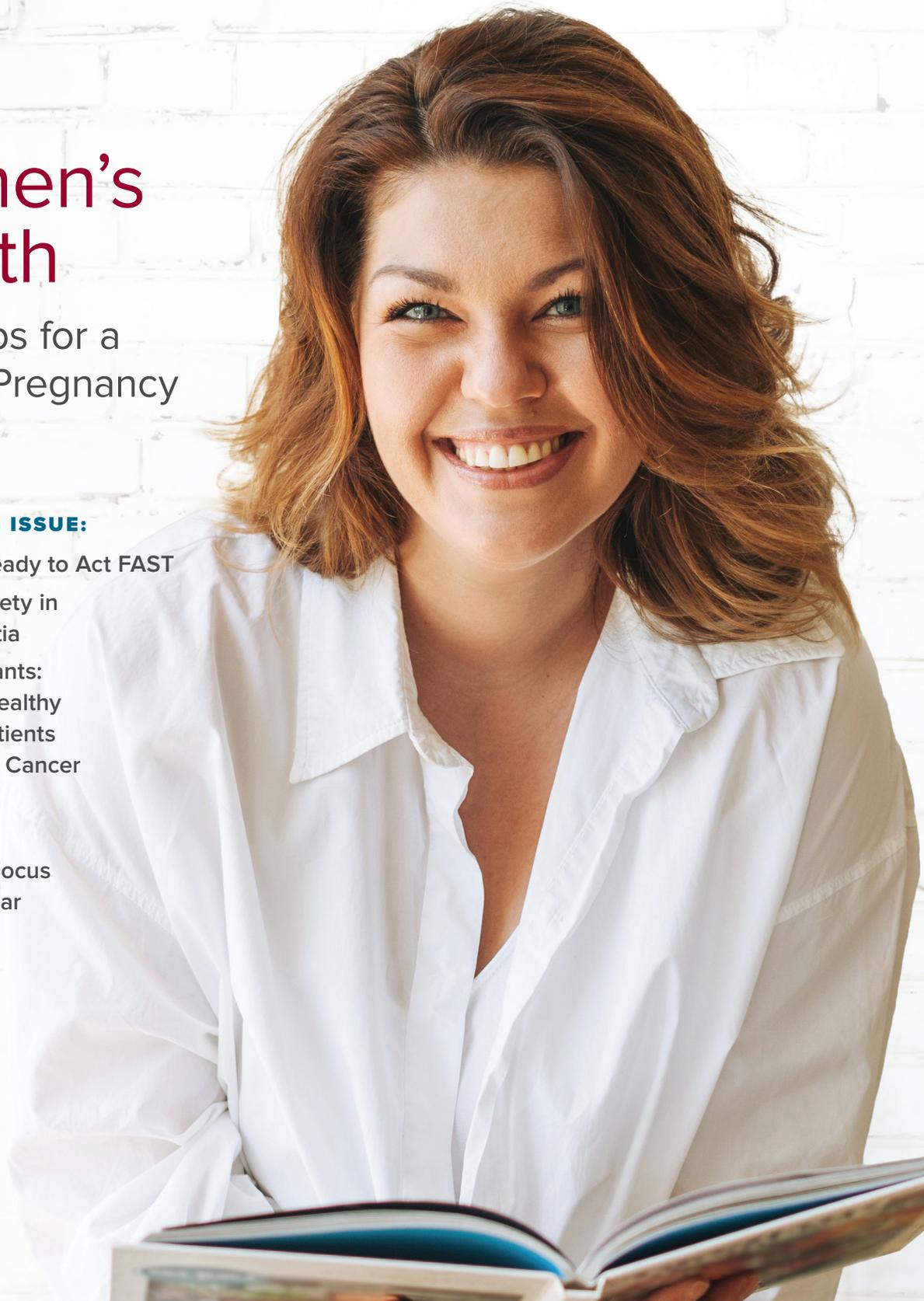


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Visit Our Video Library

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](https://www.youtube.com/@PrincetonHealth).



- 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.

Radial Cardiac Catheterization IMPROVES RECOVERY TIME

If your physician has referred you or a loved one for a cardiac catheterization, it's important to know what to expect during the procedure.



Cardiac catheterization or cardiac cath is a relatively common procedure that physicians order as part of a battery of tests to determine the health of your heart. The procedure can also be performed to treat heart or blood vessel problems, such as clogged arteries or irregular heartbeat.

The cardiac catheterization lab at Penn Medicine Princeton Medical Center offers radial artery catheterization, where the artery is accessed using a slender catheter inserted at the wrist.

The radial procedure decreases recovery time and helps reduce complications in high-risk patients including those who are obese, older patients, and those who have had a heart attack. Patients are awake during a cath procedure but receive a mild sedative to help them relax.

Cardiac cath using a more traditional approach where the catheter is inserted through the groin is also available if the radial approach isn't appropriate, such as when a patient has circulation problems.

"Most patients sit up immediately after radial cath, compared to four to six hours of bed rest with the traditional approach. After the procedure, we use a pressure band on the wrist to help improve mobility and comfort," says Andrew Shanahan, MD, who is board certified in cardiovascular disease and interventional cardiology. Dr. Shanahan is Director of the Cardiac Catheterization Laboratory and Coronary Intervention Program at Princeton Medical Center.

TO FIND A CARDIOLOGIST who is a member of the Medical Staff of Penn Medicine Princeton Health, please call 888.742.7496 or visit princetonhcs.org/directory.



SYMPTOM RELIEF FOR LOW TESTOSTERONE

It can be difficult to determine exactly how many men are affected by low testosterone. However, the condition can commonly affect men over the age of 45 and men with obesity or type 2 diabetes due to how those conditions impact testosterone production.

Low testosterone is typically diagnosed through blood tests, a physical exam, and review of a patient's health history. The most common treatment is testosterone replacement therapy, which aims to restore hormone levels and alleviate symptoms.

"If you are considering testosterone replacement therapy, it's critical to undergo comprehensive testing and evaluation by a physician so you can make an informed decision," says Michael W. Bickell, DO, a board certified urological surgeon who is a member of the Medical Staff of Penn Medicine Princeton Health.

Testosterone replacement therapy can include:

- Topical gels, creams, and patches
- Oral medication
- Injections
- Intranasal gel
- Pellets that are inserted under the skin and slowly release testosterone over a period of months

While testosterone replacement therapy offers many benefits, it is essential to understand its advantages and potential risks before undergoing treatment.

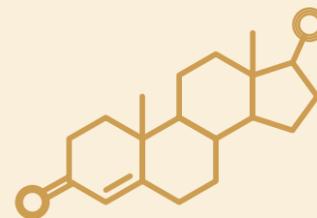
While undergoing therapy, your physician will monitor your health to help manage potential risks, such as reduced sperm production and increased risk of blood clots. A recent study has demonstrated the safety of testosterone replacement therapy for patients at risk for cardiovascular disease.

TO FIND A PHYSICIAN who is a member of the Medical Staff of Penn Medicine Princeton Health, please call 888.742.7496 or visit princetonhcs.org/directory.

WHO IS AFFECTED BY LOW TESTOSTERONE?

According to some studies, the condition affects approximately:

35%.....Men over the age of 45
30-50%.....Men with obesity or type 2 diabetes



COMMON SIGNS OF LOW TESTOSTERONE

If you experience the following symptoms, see your doctor for an accurate diagnosis and treatment plan.

REDUCED LIBIDO

ERECTILE DYSFUNCTION

FATIGUE AND LOW
ENERGY LEVELS

LOSS OF MUSCLE MASS

LOSS OF BODY HAIR

INCREASED BODY FAT,
ESPECIALLY IN THE
ABDOMINAL AREA

MOOD CHANGES, INCLUDING
IRRITABILITY, DEPRESSION,
OR A LACK OF FOCUS

DECREASED BONE DENSITY

BALLOON IMPLANTS:

Preserving Healthy Tissue for Patients with Prostate Cancer

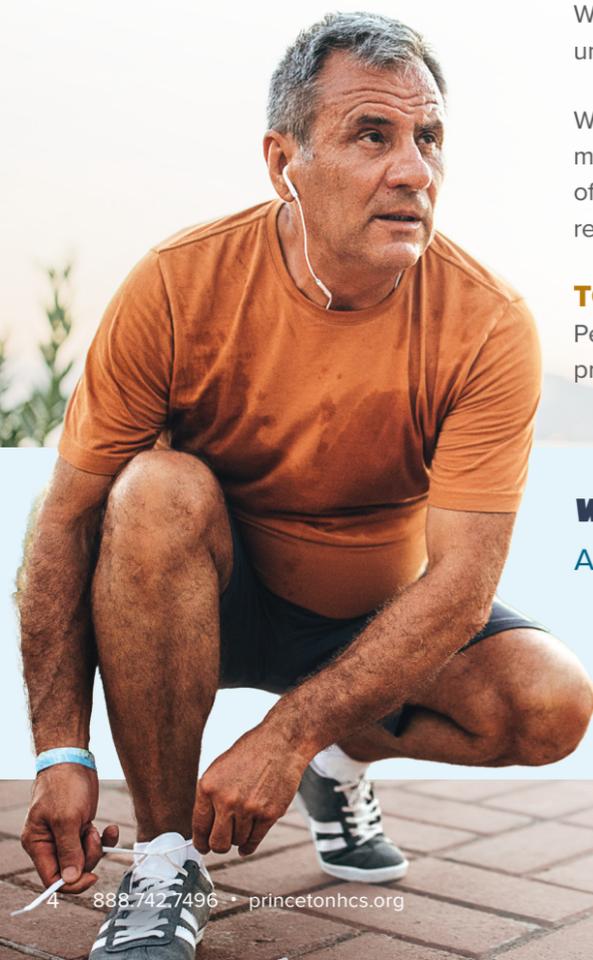
When men with prostate cancer are being treated with radiation, a primary concern is preserving healthy tissue, especially in and around the rectum.

For the past 10 years, injectable gel spacers have been used to create a small protective gap between rectal tissue and the prostate during treatment. Recently, Penn Medicine Princeton Medical Center radiation oncologists have begun using a new biodegradable balloon implant system that offers more precise placement than gel and a higher level of protection from treatment side effects.

The four-centimeter balloon is positioned between the prostate and rectum and filled with a saline solution. The location of the implant is then confirmed using a CAT scan about a week later. The balloon stays in position for three months and is safely absorbed by the body after six months.

"By protecting the rectum and surrounding area with the balloon implant, the likelihood of side effects to healthy tissue, including rectal bleeding and ulcers, erectile dysfunction, urgency, and bladder irritation are dramatically reduced. The implant is an exciting evolution in treatment for prostate cancer," says Edward M. Soffen, MD, a board certified radiation oncologist and member of the Medical Staff of Penn Medicine Princeton Health. Dr. Soffen was a principal investigator in a clinical study that examined the effectiveness of the balloon implant.

FOR MORE INFORMATION about Penn Medicine Princeton Cancer Center or to find a physician who is a member of the Medical Staff of Penn Medicine Princeton Health, please call 888.742.7496 or visit princetonhcs.org/directory.





FIRST STEPS for a Healthy Pregnancy

If you are considering pregnancy, it is important to select an obstetrician and visit them for a comprehensive exam before you conceive.

“An obstetrician will evaluate your current health, family health history, and help you understand the steps that you can take to have the healthiest pregnancy possible,” says Christina DiVenti, MD, board certified OB/Gyn and Medical Director of Labor and Delivery at Penn Medicine Princeton Health.

TO FIND A PHYSICIAN who is a member of the Medical Staff of Penn Medicine Princeton Health, please call 888.742.7496 or visit princetonhcs.org/directory.

YOUR PRECONCEPTION VISIT SHOULD INCLUDE A DISCUSSION ABOUT A VARIETY OF TOPICS, INCLUDING:



Medical conditions (and related medications) that might impact your pregnancy such as hypothyroidism, diabetes, obesity, sexually transmitted diseases, high blood pressure, or anemia.



Preventative care recommendations, such as making sure your vaccines—like chicken pox or rubella—are up to date. Serious illness and infections can be harmful to an unborn child.



Breast cancer screening, which may be delayed when pregnant or nursing.



Family history and possible genetic disorders. Genetic carrier screening tests are available to determine if either parent carries recessive genes for diseases that may affect their child.



Managing mental health concerns that may impact the mother during and after pregnancy. Your doctor will discuss your current medications and suggest resources to help you manage the stress and anxiety that often come with pregnancy and delivery planning.

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, 888.897.8979 or scan the QR code. Registration is required.

GENERAL PROGRAMS

POLST & Advance Directives

WED. April 24 (10:30 – 11:30 a.m.)
South Brunswick Wellness Center

THU. April 25 (11 a.m. – 12 p.m.)
Somerset County Library -
Montgomery Branch

The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program helps a patient's treatment and end-of-life wishes to be properly communicated to their healthcare team. Join Barbara Vaning, MHA, EMT Instructor, Princeton Health, to learn about the POLST form and an advance directive.

Understanding & Treating Sciatica

TUE. May 14 (6:30 – 7:30 p.m.)
Hickory Corner Branch Library
East Windsor

Please call 609.448.1330 to register.

If you experience shooting pain or weakness down your legs or a heaviness in your legs while walking that feels better with sitting — these symptoms could be coming from your lower spine. Join Hesham Saleh, MD, specializing in orthopaedic surgery, to learn about diagnosis and treatment options which can include physical therapy, injections, or surgery.

AARP Smart Driver

WED. April 24 (9 a.m. – 3 p.m.)
Community Wellness, Princeton

WED. May 29 (9 a.m. – 3 p.m.)
South Brunswick Wellness Center

WED. June 19 (10:30 a.m. – 4:30 p.m.)
Mercer County Connection, Hamilton
Call 609.890.9800 to register.

\$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.

CarFit

TUE. June 11 (10 a.m. – 12 p.m.)
Community Wellness, Princeton

Please call 888.897.8979 for an appointment.

This program helps make vehicle adjustments to better fit the driver, resulting in more comfort and vehicle control. Provided in partnership with the American Automobile Association and AARP.

What Do I Do When It's an Emergency

WED. May 1 (10:30 – 11:30 a.m.) | South Brunswick Wellness Center
TUE. June 25 (11 a.m. – 12 p.m.) | Somerset County Library System - Montgomery Library

Whether it's an accidental injury or sudden chest pains, join Barbara Vaning, MHA, EMT, with Penn Medicine Princeton Health, to learn important tips:

- What constitutes an emergency?
- What you need to tell the emergency dispatcher?
- What to do if you cannot talk?
- What you can do while waiting for help to arrive.



GENERAL PROGRAMS

FREE BLOOD PRESSURE CHECK

MON. May 20 (11 a.m. – 12 p.m.) | Mercer County Connections, Hamilton
Walk-ins welcome

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

Weight-loss Surgery: Is It Right for Me?

WED. May 15 (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

THU. May 16 (9:30 a.m. – 12:30 p.m.)
Community Wellness, Princeton

Please call 888.897.8979 to make an appointment.

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.

Do I Need New Running Shoes?

WED. May 29 (6:30 – 7:30 p.m.)
Princeton Fitness & Wellness, Princeton

Join Barbara Kutch, PT, DPT, CSCS, a certified running gait analyst and physical therapist with Penn Medicine Princeton Rehabilitation, to learn about the components of a running shoe, the signs of shoe breakdown, and possible injuries that can result from wornout or improper running shoes.



When to See a Spine Specialist

MON. June 3 (6:30 – 7:30 p.m.)
Community Wellness, Princeton

If you've experienced chronic neck or back pain, shooting pains down your arms and legs or noticed new weakness, join Hesham Saleh, MD, specializing in orthopaedic surgery, to learn about common spinal problems, how they're managed, and what symptoms should prompt you to see a spine specialist.

Stop the Bleed

WED. June 5 (10:30 – 11:30 a.m.)
South Brunswick Wellness Center

Stop the Bleed is a national awareness campaign and call-to-action intended to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Led by Barbara Vaning, MHA, EMT Instructor with Princeton Health.

Shoulder Injuries in Pickleball

WED. June 19 (6:30 – 7:30 p.m.)
Community Wellness, Princeton

Join Barbara Kutch, PT, DPT, CSCS, physical therapist with Penn Medicine Princeton Rehabilitation, to learn about the muscles that move the shoulder through your serve and volley as well as how posture and repetitive movements of pickleball affect your shoulder.

MOVEMENT

Earth Day Yoga

MON. April 22 (9 – 9:50 a.m.)

Virtual

\$5 per person.

Celebrate Earth Day this spring with Maria Benerofe, certified yoga instructor through a grounding and energizing vinyasa style practice that will also take you on a deeper exploration of breathwork.

Gentle Yoga

TUE. May 14, 28, June 4, 11 & 18
(8 – 8:45 a.m.)

Virtual

\$25 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

THU. May 9, 16, 30, June 13 & 20
(8 – 8:45 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.

Summer Solstice Yoga

MON. June 17 (9 – 9:50 a.m.)

Virtual

\$5 per person.

Allow yourself to re-charge through this energizing and playful vinyasa style practice as we approach the Summer Solstice, the longest and lightest day of the year. Led by Maria Benerofe, certified yoga instructor.



MENTAL WELLNESS

Restorative Yoga & Mindful Meditation

WED. June 12 (6:30 – 7:30 p.m.)
Community Wellness, Princeton

Learn to unwind, relax and decrease stress with this restorative yoga and mindful meditation practice led by Debbie Millar, RN, certified yoga instructor.



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

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

Mental Health First Aid Training

TUE. June 4 (8 a.m. – 5 p.m.)
Community Wellness, Princeton

\$55 per person.

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.

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

WED. June 5 (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.



NUTRITION

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

Earth Day Foods

WED. April 24 (12 – 1 p.m.)

Virtual

THU. April 25 (1 – 2 p.m.)

Mercer County Connection, Hamilton

In honor of Earth Day, we'll talk about what to choose at your local Farmers Market, farm-to-family recipes as well as organic or whole foods that come from the earth.

Dietary Fiber

WED. May 1 (12 – 1 p.m.)

Virtual

Learn about this essential component of a healthy diet, benefits of a high-fiber diet, and 10 sources to get you started.

Eating on the Run

TUE. May 7 (1 – 2 p.m.)

Mercer County Connection, Hamilton

Discover portable, on-the-go options that are quick and healthy.



Fundamentals of Fats

WED. May 8 (12 – 1 p.m.)

Virtual

Explore the different types of dietary fats, recommended intakes and tips for making healthy choices.

Build Strong Bones

TUE. May 14 (1 – 2 p.m.)

Robbinsville Library, Robbinsville

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

Going Peanut Free

WED. May 15 (1 – 2 p.m.)

Virtual

In honor of Food Allergy Awareness Week, learn recipes and meal options for your child as well as simple strategies you can use before you say no to that party.

Kick the Sugar

TUE. May 21 (1 – 2 p.m.)

Mercer County Connections, Hamilton

Learn the risks of consuming foods and beverages that are high in sugar as well as alternative options that are flavorful and have nutritional value.

Nutrition for Gut Health

WED. May 22 (12 – 1 p.m.)

Virtual

Master the basics of which foods to add and which foods to eliminate to help keep your gut healthy.

The Mediterranean Diet

TUE. June 4 (1 – 2 p.m.)

Mercer County Connections, Hamilton

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

Cancer Fighting Foods

WED. June 12 (12 – 1 p.m.)

Virtual

Learn to create nutritious meals to help reduce your risk of cancer and learn what foods to choose to help manage side effects of cancer treatments.

The Skinny on Fats

THU. June 20 (1 – 2 p.m.)

Mercer County Connections, Hamilton

Learn which fats are healthy and which ones should be avoided plus how to incorporate healthy fats in your diet.

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

WOMEN'S HEALTH

Let's Talk About Pelvic Floor Issues

WED. April 24 (7 – 8 p.m.)
Princeton Fitness & Wellness

WED. May 1 (6 – 7 p.m.)
Community Wellness, Princeton

What is pelvic organ prolapse and urinary incontinence and how do these conditions affect your quality of life. Join Rui Wang, MD, urogynecologist who is board certified in obstetrics and gynecology, to learn about the treatments for these conditions so you can get back to enjoying your life.

Hypopressive Exercise Series for Your Core and Pelvic Wellness

TUE. April 30 – May 21 (7:30 – 8:30 p.m.)
Princeton Medical Center, Plainsboro

\$99 per person.

If you have poor posture, core or post-partum weakness, pelvic organ prolapse or urinary incontinence, join our 6-week series designed to give you better control of your core and pelvic muscles. Led by Laura Fellows, PT, DPT, OCS, pelvic health physical therapist with Princeton Medical Center Princeton Rehabilitation and certified Low Pressure Fitness (LPF) trainer.

Abnormal Bleeding

TUE. May 7 (6:30 – 7:30 p.m.)

Virtual

Join Shyama Mathews, MD, FACOG, NCMP, board certified gynecologist to learn about common causes of abnormal bleeding, when it's time to see your gynecologist and treatment options.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. May 7 – June 13
(6:15 – 7:30 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.

Women's Health & Nutrition

WED. May 29 (12 – 1 p.m.)

Virtual

Learn the importance of healthy eating and lifestyle for women with Beth Young, MS, RDN, CSOWN, a registered dietitian nutritionist.



Self-defense for Women: Personal Empowerment Safety Program

WED. May 1, 8, 15 & 22 (6:30 – 9:30 p.m.)
Plainsboro Recreation Center

TUE. & THU. June 4, 13, 18 & 20
(6 – 9 p.m.)

Community Wellness, Hamilton

\$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 physical defense techniques. Dress in comfortable clothing.

KID'S CORNER



Safe Sitter

SAT. April 20 (9 a.m. – 3 p.m.)
Community Wellness, Princeton

TUE. June 25 (9 a.m. – 3 p.m.)
Community Wellness, Hamilton

\$49 per child, per session.

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 one-day course teaches the essentials, including safe and nurturing childcare techniques and basic first aid and rescue skills. Sitters should pack a lunch and bring an infant-sized doll or stuffed animal to class.

RADkids

MON. – FRI. June 24 – 28
(9 – 10:30 a.m.) 4-7 year olds

MON. – FRI. June 24 – 28
(11 a.m. – 12:30 p.m.) 8-12 years olds
Community Wellness, Princeton

\$30 per child.

This multi-session program provides children with personal empowerment and practical skills to recognize, avoid, and, if necessary, escape an unsafe situation.

Kids Can Cook

WED. June 19 (12 – 1 p.m.)
Community Wellness, Hamilton

Kids will get to make their own tasty and nutritious snacks as well as sample them. Led by Beth Young, MS, RDN, CSOWN, a registered dietitian nutritionist.



OPTIONS FOR BIRTHING

Birthing Basics

WED. April 24, May 1 & 8 (7 – 9 p.m.)
WED. May 29, June 5 & 12 (7 – 9 p.m.)

Virtual

THU. May 2, 9, 16 & 23 (7 – 9 p.m.)*
TUE. June 4, 11, 18 & 25 (7 – 9 p.m.)*
Princeton Medical Center, Plainsboro

\$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. *The in-person series includes a maternity tour.

Accelerated Birthing Basics

SAT. April 20 (9 a.m. – 5 p.m.)
SAT. June 8 (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. Includes a maternity tour.

HypnoBirthing®

WED. June 26, July 3, 10 & 17
(6:30 – 9 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.

Pregnancy & Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

Virtual

This group helps parents-to-be and new parents connect and have their questions answered by a registered nurse and lactation consultant on topics such as labor, delivery, transitioning to home, parenting struggles/wins as well as emotional support. Supported by Central Jersey Family Health Consortium. Pregnant families and parents of babies up to 1 year of age are welcome.

Practicing MindFETALness

SAT. May 4 (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 way to use mindfulness to help monitor your baby's fitness and wellbeing.

Prenatal Yoga

THU. May 9, 16 & 30 (4:15 – 5 p.m.)

Virtual

\$15 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

TUE. May 28 (7 – 9:30 p.m.)
THU. June 20 (7 – 9:30 p.m.)
Princeton Medical Center, Plainsboro

MON. June 3 (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.

Prenatal Breastfeeding Class

MON. June 10 (6:30 – 8:30 p.m.)

Virtual

Expectant parents will learn about breastfeeding, including getting started, positioning, nutrition, pumping, and avoiding common problems. Led by an internationally board certified lactation consultant. Partners encouraged to attend.

Grandparenting 101

MON. June 24 (6:30 – 8 p.m.)

Virtual

\$20 per couple.

Designed for grandparents-to-be and new grandparents, this class will cover 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.

Daddy Boot Camp™

SAT. June 15 (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.

Come join our relaxed, welcoming group. Bring baby, meet other parents, talk with those that know what you're going through and get expert advice on various parenting topics. Visit www.princetonhcs.org/calendar for weekly topics. Babies up to 1 year of age are welcome to attend with a parent or caregiver.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

Virtual

This group helps parents-to-be and new parents connect and have their questions answered by a registered nurse and lactation consultant on topics such as labor, delivery, transitioning to home, parenting struggles/wins as well as emotional support. Supported by by Central Jersey Family Health Consortium. *Pregnant families and parents of babies up to 1 year of age are welcome.*

Breastfeeding Support Group

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

THU. May 30, June 27 (6:30 – 7:30 p.m.)
– Spanish

Virtual

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

All About Breast Pumps

MON. June 17 (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.

Infant Safety

SAT. June 22 (9:30 a.m. – 12:30 p.m.)
Princeton Medical Center, Education Center, Plainsboro

\$30 per couple.

Designed for expectant parents to learn how to keep their infant safe and protected through their first year, including: infant CPR, choking intervention information, safe sleep updates, proper car seat use, and childproofing your home.

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

BLS Provider

MON. April 22 (9 a.m. – 1:30 p.m.)

THU. May 30 (6 – 10:30 p.m.)

Community Wellness, Princeton

MON. June 24 (9 a.m. – 1:30 p.m.)

Community Wellness, Hamilton

BLS Renewal*

TUE. April 30 (6 – 10 p.m.)

THU. May 9 (9 a.m. – 1 p.m.)

WED. June 19 (6 – 10 p.m.)

Community Wellness, Hamilton

TUE. May 21 (6 – 10 p.m.)

TUE. June 11 (9 a.m. – 1 p.m.)

Community Wellness, Princeton

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. May 9 (6 – 9 p.m.)

Community Wellness, Hamilton

\$49 per person.

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

Heartsaver First Aid

THU. May 16 (6 – 9 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.

Heartsaver CPR AED First Aid

SAT. June 8 (9 a.m. – 4 p.m.)

Community Wellness, Princeton

\$65 per person.

Learn CPR, AED use, and use of a barrier device for all ages. The class also teaches how to manage illness and injuries until professional help arrives, and is designed for those who have a duty to respond to a cardiac or first aid emergency and require CPR certification because of job responsibilities or regulatory requirements.

Family & Friends CPR

THU. April 25 (7 – 8 p.m.) Infant only*

SAT. May 18 (10 – 11:30 a.m.)

Adult/Child/Infant*

Community Wellness, Hamilton

SAT. June 15 (10 – 11:30 a.m.)

Adult/Child/Infant*

Community Wellness, Princeton

\$25 per person.

Designed for members of the general community who want to learn CPR and how to help someone who is choking but do not need a course completion card. *An infant is defined as a child 1 year of age or younger.



Pet CPR & First Aid

WED. May 29 (6 – 8:30 p.m.)

Community Wellness, Princeton

\$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.

CANCER SUPPORT GROUPS & CLASSES

CANCER SUPPORT GROUPS

These support groups welcome patients and their loved ones.

Post-Treatment Support Group

WED. May 8, June 12 (6 – 7:30 p.m.)

Virtual

To register, call 609.853.6787. Participants can also attend this group in-person at Princeton Medical Center.

This group welcomes those who have completed their cancer treatment and is led by Karen Davison, RN, BSN, OCN, Nurse Navigator with Princeton Cancer Center.



Breast Cancer Support Group

TUE. May 14, June 11 (6 – 7:30 p.m.)

Virtual

Led by a health professional from Penn Medicine Princeton Health.

Head & Neck Cancer Support Group

WED. May 15, June 19 (12 – 1:30 p.m.)

Virtual

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

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.)

Virtual

To register, call 609.853.6787. Participants can take this class 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. May 1, June 5 (7 – 8 p.m.)

Virtual

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

Bereavement Support Group

MON. May 20, June 17
(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.

Journey Back: Stroke Support Group

THU. May 9, June 13 (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.

Weight-loss Surgery Support Group

THU. May 2, June 6 (6:30 – 7:30 p.m.)
WED. May 15, June 17 (6:30 – 7:30 p.m.)
TUE. June 4 (7 – 8 p.m.)

Virtual

TUE. May 7 (6:30 – 7:30 p.m.)
Princeton Medical Center, Plainsboro

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

Welcoming 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.



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 [youtube.com/@PrincetonHealth](https://www.youtube.com/@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

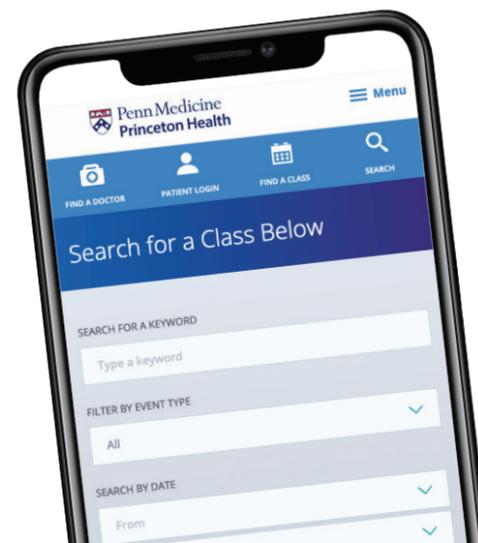
South Brunswick Wellness Center

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.



TREATING ANXIETY in Early Dementia

When someone is diagnosed with dementia, the decline in brain function can be accompanied by psychological symptoms that increase stress on the patient and their caregiver.



SUPPORT FOR PATIENTS

For patients who are experiencing the early stages of dementia—memory loss, mood changes, difficulty concentrating, and confusion—the awareness of these symptoms and their impact on daily life can cause anxiety and depression.

Penn Medicine Princeton House Behavioral Health offers a holistic approach designed for patients who are experiencing the emotional effects of early dementia. Treatment often includes talk therapy to identify the patient's concerns, and suggestions for creating an environment around the patient that's structured and predictable.

FOR MORE INFORMATION ABOUT PRINCETON HOUSE BEHAVIORAL HEALTH, visit princetonhouse.org. To speak to an admissions clinician, call 888.437.1610.



SUPPORT FOR CAREGIVERS

Princeton House also offers programs for caregivers to help them understand changes in a patient's behavior as dementia symptoms progress, identify the patient's unmet needs, and find ways to create structure and consistency so the patient feels a sense of emotional safety.

"We provide caregivers with support as they grapple with changes in the patient's personality and functioning. Even simple interventions such as soothing music or strategies to decrease sensory overload from loud noises or bright light can be effective to decrease agitation," says Meera Balasubramaniam, MD, the Associate Medical Director of Princeton House in Hamilton.

Dr. Balasubramaniam suggests that friends and family members be aware of how caring for a patient with dementia is affecting their mood. It's important that caregivers not ignore their feelings and seek resources for support if they feel overwhelmed.



INNOVATIVE TREATMENT FOR TREMORS

Millions of people across the United States are affected by movement disorders caused by Parkinson's disease and essential tremor, a nervous system condition that results in involuntary movement of the upper extremities, and sometimes the head and jaw.

"For patients who can't tolerate medication side effects or for whom medication isn't effective, deep brain stimulation is an innovative technology that alleviates troublesome tremor symptoms," says Casey Halpern, MD, who is board certified in neurological surgery and Division Head of Stereotactic and Functional Neurosurgery at Penn Medicine.

With deep brain stimulation, a battery-operated device called a neurostimulator—similar to a heart pacemaker and approximately the size of a stopwatch—is surgically implanted in the chest and attached to electrodes placed in targeted areas in the brain.

Electrical impulses are then sent to the electrodes, stimulating changes in the brain that result in reducing tremors and other symptoms. The technology has the ability to treat both sides of the brain and the level of stimulation can be adjusted over time, if necessary.

An alternative treatment for tremors that affect only one side of the body is high intensity focused ultrasound, which is a non-invasive procedure that uses focused beams of acoustic energy to heat and destroy a small, targeted area of tissue in the brain without harming adjacent tissues.

Penn Medicine Princeton Health offers comprehensive care for patients with Parkinson's disease and other movement disorders, including access to the latest treatment options.

TO FIND A PHYSICIAN who is a member of the Medical Staff of Penn Medicine Princeton Health, please call 888.742.7496 or visit princetonhcs.org/directory.

Stroke

BE READY TO ACT FAST

Understanding your risk for stroke is an important part of preventive health care.

"Once you learn more about how conditions such as high blood pressure, diabetes, and high cholesterol can increase your stroke risk, it's important to work with your provider to develop a care plan. Depending on your risk level, it may include medication and/or lifestyle changes," says Megan Yellareddigari, BSN, RN, CCRN, Stroke Program Coordinator, Penn Medicine Princeton Medical Center.

Princeton Medical Center (PMC) has been designated as a Primary Stroke Center by the State of New Jersey and The Joint Commission. This signifies that PMC maintains neurology and Emergency Department personnel trained in the diagnosis and treatment of acute stroke, as well as acute care rehabilitation services for our patients.

FOR MORE INFORMATION ON THE PMC STROKE PROGRAM, or to find a physician who is a member of the Medical Staff of Penn Medicine Princeton Health, please call 888.742.7496 or visit princetonhcs.org/directory.



			
F	A	S	T
FACE	ARM	SPEECH	TIME
Ask them to smile. Does one side look like it's drooping?	Instruct them to raise both arms. Does one arm drift downward?	Ask them to say something. Does it sound strange?	If you observe symptoms, call 911 immediately.

IF YOU OR A LOVED ONE ARE EXPERIENCING THE SYMPTOMS OF A STROKE, call 911 or go to an emergency room. Seeking immediate emergency medical attention can increase the likelihood of survival.



POWERFUL TOOLS

for Pancreatic Cancer Diagnosis and Treatment

At the Center for Digestive Health at Princeton Medical Center, physicians use advanced endoscopic techniques to diagnose and treat a variety of gastrointestinal (GI) conditions and diseases.

For patients with pancreatic cancer, two endoscopic procedures play an important role in diagnosis and treatment:

ENDOSCOPIC ULTRASOUND (EUS)

Endoscopic ultrasound (EUS) offers a deeper view of the layers of the GI tract than traditional endoscopy. During the procedure, a gastroenterologist can evaluate abnormalities such as growths found on a CT scan or an MRI. EUS is able to gather more information about the growth and collect tissue samples that help determine if the patient has cancer and can also help determine the extent of disease.

The procedure can also be performed as a way to screen for pancreatic cancer in patients who are considered high risk due to a family history or who may carry a gene that predisposes them to develop pancreatic cancer.

ENDOSCOPIC RETROGRADE CHOLANGIOPANCREATOGRAPHY (ERCP)

Endoscopic retrograde cholangiopancreatography (ERCP) helps diagnose and treat problems in the liver, gallbladder, bile ducts, and pancreas. For patients with pancreatic cancer, ERCP helps deliver treatment such as inserting a stent—a small tube made of plastic or metal—to alleviate a bile duct blockage and help improve jaundice (a condition that causes yellowing of the skin and eyes).

“Both EUS and ERCP are highly specialized procedures that require the endoscopist to have special training. Patients undergo moderate sedation, but most have the procedures as an outpatient and can go home the same day,” says Eric Shen, MD, who is board certified in gastroenterology and the Co-Director of the Center for Digestive Health

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MINIMALLY INVASIVE SURGERY

FOR BUNION PAIN

The development of an abnormality in the foot can certainly limit your footwear choices and, in the worst cases, impact physical activity and cause chronic pain.

One of the most common foot concerns is a bunion—a bony bump that forms on the joint at the base of the big toe. Most bunions are very visible and easily diagnosed with a physical exam and an X-ray. They can appear at any age, and you can inherit the condition from either of your parents. Bunions can also develop over time from wearing ill-fitting shoes that put pressure on the big toe joint.

For those who experience bunions, the change in joint alignment can lead to swelling, stiffness, and tenderness that make wearing shoes extremely uncomfortable.

With advances in minimally invasive surgery, orthopaedic surgeons are able to correct bunions with an outpatient procedure that requires just a few small incisions.

“When compared to traditional surgery, the minimally invasive technique leads to less scarring, faster healing, wider range of motion in the joint and a better cosmetic outcome,” says Jennifer M. Levi, DPM, a member of the Medical Staff of Penn Medicine Princeton Health.

TO FIND A PHYSICIAN who is a member of the Medical Staff of Penn Medicine Princeton Health, please call 888.742.7496 or visit princetonhcs.org/directory.



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princetonhcs.org

Penn Medicine Princeton Health Foundation

28th Annual **GOLF OUTING**

Join your fellow golfers as we celebrate 28 years of supporting Penn Medicine Princeton Health!

This is our largest annual fundraising event, and it has been a major source of philanthropic support for many important projects and programs at Princeton Health. Proceeds from this year's event will help to support and expand urology services at Penn Medicine Princeton Medical Center. Please note that all funds raised stay here in our local community.

WE OFFER PARTICIPATION AND SPONSORSHIP OPPORTUNITIES AT MANY LEVELS. Golfer tickets and signage-only sponsorships are expected to sell out. Please register early to secure your spot!



JUNE 4, 2024

Metedeconk National Golf Club, Jackson, NJ

TO REGISTER OR BECOME A SPONSOR:
[**princetonhcs.org/golf**](https://princetonhcs.org/golf)

