

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — NOVEMBER/DECEMBER 2018

Digestive Health: Stay on Track This Holiday Season

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- Advanced Cardiac Care
- Understanding Sexual Identity and Gender Issues

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Princeton Health

NOVEMBER/DECEMBER 2018



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myPennMedicine:
An Easy Way to Access
Your Medical Records



www.myPennMedicine.org



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Princeton Health, published six times each year 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.

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Digestive Health: Stay on Track This Holiday Season

With the holiday season nearly upon us, there is no better time to think about your digestive health. The steady stream of parties and family gatherings — with food and drink usually taking center stage — makes overindulging hard to avoid, which can often lead to digestive problems.



“Because the holidays can be a time when you tend to eat and drink more and exercise less, people are particularly prone to experience digestive problems this time of year,” says **Eric Shen, MD**, Co-Medical Director of Penn Medicine Princeton Medical Center’s (PMC) Center for Digestive Health, and board certified in gastroenterology. “In some cases it may simply be something easily diagnosed and treated at home, like a temporary flare up of constipation, GERD or hemorrhoids, but at other times it can be more severe, like a sudden gallstone or colitis attack or diverticulitis.”



Anish Sheth, MD, Co-Medical Director of the Center, and board certified in gastroenterology, advises that to help avoid digestive flare up, you should eat and drink in moderation, stop eating at least two hours before bedtime, make sure to have enough fiber in your diet and make time to exercise. “If you do experience digestive symptoms and they persist for more than a few days, or if you are also experiencing pain, appetite loss, weight loss, general fatigue or have signs of blood in your stool, seek medical attention.”

Diagnosis and Treatment in One Location

The Center for Digestive Health provides advanced diagnostic, endoscopic therapies and advanced minimally invasive surgical procedures, all in one convenient location — on the fourth floor of the PMC Medical Arts Pavilion. Working directly with Penn Medicine surgeons, the Center will soon be providing advanced liver disease evaluations and follow-up care, so transplant patients can complete their testing at the Center, undergo transplant surgery at Penn Medicine and then continue care close to home at PMC.

Among the services available at the Center are:

- Endoscopic ultrasound to diagnose esophageal, gastric, rectal and pancreatic cancers, as well as other GI conditions
- Endoscopic retrograde cholangiopancreatography to diagnose and treat pancreas, liver and bile duct disorders
- Video capsule endoscopy and balloon enteroscopy to diagnose and treat small bowel disease
- Stretta® therapy, a minimally invasive procedure for long-term relief from GERD
- Radiofrequency ablation to remove precancerous cells from the esophagus
- Colonoscopies, including convenient-to-schedule Direct Access Colonoscopy for individuals 50 and over who meet certain criteria

The Center for Digestive Health has earned recognition from the American Society for Gastrointestinal Endoscopy (ASGE) as a unit that promotes quality in endoscopy.

To make an appointment at the Center for Digestive Health, or for more information, call 609.853.7272, or visit princetonhcs.org.

Understanding a Breast Cancer Diagnosis

A diagnosis of breast cancer can leave you and your family reeling, but it is important to remember that you are not alone. In fact, one out of every eight women in the United States will develop invasive breast cancer in their lifetime, according to the American Cancer Society. Fortunately, there is a high rate of survival for many forms of the disease when caught early and properly treated.



"Most people learn they have breast cancer from their primary care doctor," says **Rachel P. Dultz, MD, FACS**, Medical Director of the Penn Medicine Princeton Medical Center Breast Health Center. "When they do, the best thing to do is to see a breast specialist. Around 80 percent of breast cancer treatments start with surgery or a pre-operative procedure, so turning to a specialist right away is very important."

What Stage is it?

Following diagnosis, your breast specialist will perform testing, such as blood work, a breast MRI, a CT or PET scan, or other procedures, to determine the extent (or stage) of your cancer. This will help determine your prognosis and the best treatment options.

Stages range from 0, which indicates the cancer is noninvasive or contained within the milk ducts, to IV, which indicates the cancer has spread to other areas of the body. Stage IV is also referred to as metastatic breast cancer.

"Your doctor will go over the staging process with you, since it can involve quite a few factors," says Dr. Dultz, who is a fellowship trained breast surgical oncologist and board certified surgeon. "Generally speaking, it involves the biology of the cancer, how aggressive it is, its size and whether the lymph nodes are involved."



Developing a Treatment Plan

Most breast cancer care plans involve two phases. The first phase is usually a surgical procedure such as a lumpectomy to remove the tumor and a small area around it, or a mastectomy to remove one or both breasts, as well as surrounding tissue. For some women, a nipple-sparing mastectomy may also be an option. Before one of these procedures is performed, your surgeon may perform a sentinel node biopsy to determine if the cancer has spread to your lymph nodes. If it has, they may also be removed during your breast surgery.

The second phase of treatment usually involves radiation therapy, chemotherapy, hormone therapy or targeted drug therapy.

At the Breast Health Center, all aspects of care — from routine screenings to surgery and after-surgery care — can be performed in a centralized location, and a nurse navigator is available to help coordinate your care.

The Center has been awarded three-year full accreditation by the National Accreditation Program for Breast Centers, a program administered by the American College of Surgeons, and has been designated a Breast Imaging Center of Excellence by the American College of Radiology.

For more information about the Penn Medicine Princeton Medical Center Breast Health Center, or to schedule an appointment, call 609.688.2700, or visit www.princetonhcs.org.

Cardiac Care at Penn Medicine Princeton Health: Advanced Diagnosis and Treatment

Penn Medicine Princeton Health (PMPH) offers the latest advances in diagnostic and treatment options for cardiac care.

One of the most exciting programs is an innovative approach to cardiac catheterizations called radial artery catheterization. Traditionally, cardiac catheterization requires inserting a device through the leg to the heart to diagnose coronary artery disease. That procedure requires the patient to remain still on their back for several hours and to be cautious in their physical activities for two or three days. But PMPH doctors are using a minimally invasive radial artery catheterization in selected patients.

“Our cardiologists go through a blood vessel in the hand, rather than in the leg,” says Steven Bergmann, MD, PhD, Chair of the Department of Medicine and Senior Vice President for Medical Affairs. “This allows for a much more rapid recovery.”



In some cases, Princeton cardiologists are able to avoid invasive catheterization altogether. In collaboration with the Department of Radiology, PMPH also offers a new technology called Computed Tomography Angiography (CTA). This remarkable process takes an image of the heart (using a traditional CT scan) to diagnose cardiac issues as opposed to catheterization. “For people who don’t want — or can’t have — cardiac catheterization, we offer this non-invasive approach,” says Dr. Bergmann, a Fellow of the American College of Cardiology.

“Our affiliation with the University of Pennsylvania Health Systems (UPHS), and having a transfer team that we can activate, allows our patients to come to Princeton to have a broad range of advanced, award-winning services,” Dr. Bergmann says, “not only from our excellent local cardiologists, but also from the advanced care that we can offer through our affiliation with the UPHS hospitals in Philadelphia.” Of course, patients and their physicians can always choose where they will go to receive that care.

Rapid Heart Care

Heart attack and stroke patients at PMPH receive a priority code that activates a cardiac or stroke team 24/7. These teams rapidly evaluate the patient and offer a wide range of treatment options.

“If anything untoward happens, we have a rapid response system available,” Dr. Bergmann says. In fact, PMPH’s Center for Cardiac and Pulmonary Care was recognized as “High Performing” by *U.S. News & World Report’s* Best Hospitals ranking in the category of treating heart failure. The hospital also recently earned a Silver Award from the American Heart Association for its high standards for stroke care (see article page 6).

To find a cardiologist affiliated with Penn Medicine Princeton Health, or for more information on cardiac services, call 1.888.742.7496, or visit www.princetonhcs.org.



Princeton Medical Center Earns Silver Plus Award for Stroke Care

Penn Medicine Princeton Medical Center (PMC) has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award, recognizing our commitment to the latest evidence-based guidelines for diagnosing and treating stroke patients.

To earn the Silver Plus Award, PMC demonstrated 85 percent or greater compliance with eight targeted performance measures for at least one year; in fact, in six measures PMC compliance exceeded 95 percent. The performance measures relate to critical areas such as administering appropriate medications in a timely manner, providing patient/caregiver education or counseling and ensuring that patients are assessed for follow-up rehabilitation services.

"The Silver Plus Award represents the collective efforts of our physicians, nurses, therapists and stroke committee members (a multidisciplinary team of physicians, nurses, pharmacists, physical and occupational therapists and senior managers who collaborate to continuously improve the quality of PMC's stroke program), who have dedicated themselves to the care of stroke patients," says Philip Tran, RN, Stroke Coordinator at PMC. "Such an achievement is only attained through teamwork and collaboration."

A Significant Healthcare Achievement

Get With The Guidelines® is a hospital-based program that provides tools and resources to improve quality of care and outcomes for stroke patients, from the Emergency Department through rehabilitation and recovery.

"By adhering to the Get With The Guidelines standards, we give our patients a better chance at recovering from a stroke," says Paul K. Kaiser, MD, a member of the Penn Medicine Princeton Health Medical Staff who is board certified in neurology and vascular neurology. "Prompt medical attention is essential when it comes to treating stroke, where every minute can count as far as recovery is concerned."

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, and nearly 795,000 people suffer a new or recurrent stroke each year.

PMC is designated by the state as a Primary Stroke Center.



For more information
about PMC's Stroke Center, or to find a physician affiliated with Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

SEEK IMMEDIATE MEDICAL ATTENTION

Think "FAST" if you suspect someone is experiencing a stroke:

F FACE

When asked to smile, does one side of the face droop?

A ARMS

When asked to raise both arms, is one side weaker than the other?

S SPEECH

Is speech slurred or unusual?

T TIME

Call 911 immediately if any of these signs are present. The longer a stroke remains untreated, the greater potential for damage or death.

ARE YOU AT RISK?

Risk factors for stroke include:

- Blood pressure higher than 120/80
- High cholesterol
- Diabetes
- Sleep apnea
- Cardiovascular disease
- Family history of stroke or heart attack

Community Focus



*Staying
Healthy
through the
Holidays*

Mindfulness to Reduce Stress During the Holidays

WED. November 21 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

MON. December 10 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch –
Suite 100, Conference Rooms A & B

The holidays can be a particularly stressful time of the year, where countless obligations can leave you feeling overwhelmed. Practicing mindfulness can help you manage your stress. Join us to learn mindfulness techniques that can help bring calm to your holiday season. November 21 class will be led by Carolyn Schindewolf, Health Educator with Princeton Health. December 10 class will be led by Jessica Levy, LCSW, Director of Outpatient Services, Penn Medicine Princeton House Behavioral Health – Eatontown.

Managing Your Diabetes Through the Holidays

WED. November 14 (1 – 2 p.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

WED. December 5 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Learn how to better manage your diabetes through the holiday season. Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinician/Educator with the Princeton Medical Center's Diabetes Management Program, will offer tips to help you avoid weight gain and regulate your blood sugar over the coming months. Plus, learn to prepare some tasty, diabetes-friendly recipes for the holidays.

Stay on Track by Meal Prepping this Holiday Season

MON. December 3 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Preparing homemade meals for your family is especially important around the holidays, when it's easy to overindulge. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist, for simple tips on how to plan, prepare and package your meals ahead of time to keep your family healthy and on track. Also learn cost-saving food shopping tips.

Healthy Holiday Eating

FRI. December 7 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

The average person puts on a few pounds each holiday season, and usually keeps it on. Attend this informative program led by Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist, and learn what you can do to better manage your eating habits and curb your appetite during the holidays, including:

- Managing holiday parties and office treats
- Navigating the buffet and dining out
- Calories in alcoholic drinks
- Healthy winter cooking tips
- Exercise strategies for cold weather

CURRENT PROGRAMS

Penn Medicine Princeton Health Community Wellness offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.
Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Weight-Loss Surgery: Is It Right for Me?

THU. November 1 (6 – 6:30 p.m.)

THU. December 6 (6 – 6:30 p.m.)

Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. November 21 (6 – 6:30 p.m.)

WED. December 19 (6 – 6:30 p.m.)

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

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, will provide an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, to help you make the choice that's right for you.

Health Screenings at West Windsor

Community Farmer's Market

SAT. November 3 & 17 (9 a.m. – 1 p.m.)

Princeton Junction Train Station, Princeton Junction
Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive)

Registration not required.

Health professionals from Penn Medicine Princeton Health will be on hand to offer free health screenings and information to area residents at the West Windsor Community Farmers' Market.

Memory, Aging and the Brain

MON. November 5 (7 – 8 p.m.)

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

Memory loss is often dismissed as a normal part of aging. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Attend this informative session presented by Jeffrey Apter, MD, board certified in psychiatry and a member of the Medical Staff of Penn Medicine Princeton Health, for an explanation of the difference between mild cognitive impairment, dementia and Alzheimer's, and an outline of the next steps for people who have started to notice a decline in their memory. Early detection, diagnosis and intervention are vital, providing the best opportunities for treatment, support and planning for the future.



Stop the Bleed: How to Help in an Emergency

MON. November 5 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

Stop the Bleed is a national awareness campaign and call-to-action intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Join Barbara Vaning, MHA, EMT Instructor with Princeton Health for this invaluable discussion.

Manage Pre-Diabetes and Diabetes

WED. November 7 (6:30 – 7:30 p.m.)

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

THU. November 8 (10:30 – 11:15 a.m.)

South Brunswick Wellness Center

Learn about lowering your risks of pre-diabetes and Type 2 diabetes, reducing complications for those diagnosed with diabetes and nutrition recommendations at this informative session presented by Louise Gross, RN, BSN, CDE, and Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinicians and Certified Diabetes Educators from Princeton Medical Center's Diabetes Management Program.

New Technology for Hip and Knee Replacements

THU. November 8 (7 – 8 p.m.)

Plainsboro Library

9 Van Doren Street, Plainsboro

To register, please call the library at 609.275.2898.

TUE. December 11 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville Allentown Road, Robbinsville

To register, please call the library at 609.259.2150.

Join Harvey Smires, MD, orthopaedic surgeon with the Penn Medicine Princeton Medical Center's Jim Craigie Center for Joint Replacement, for an informative discussion about the latest advancements in robot-assisted joint replacement surgery. The Mako robotic arm can provide a 3D model of your hip or knee, which is used in pre-planning and performing your total hip or total/partial knee replacement. Dr. Smires is a member of the Medical Staff of Penn Medicine Princeton Health.

Vision Screenings

THU. November 15 (4 – 7 p.m.)

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

THU. December 20 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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

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

Sepsis: When an Infection Becomes Life Threatening

THU. November 8 (2 – 3 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

MON. November 19 (10:30 – 11:30 a.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

THU. December 6 (7 – 8 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

Anyone can develop sepsis — a potentially life-threatening infection complication that can damage multiple organ systems, causing them to fail — although it is most common and most dangerous in older adults or those with weakened immune systems. Join Craig Gronczewski, MD, MBA, Chairman of the Department of Emergency Medicine at Princeton Medical Center, as he discusses the signs and symptoms of sepsis, who is at risk, septic shock and ways to prevent and treat sepsis. Dr. Gronczewski is a member of the Medical Staff of Penn Medicine Princeton Health.

What's the Point of Acupuncture?

TUE. November 13 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

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.

AARP Smart Driver

TUE. November 13 (9 a.m. – 3 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

THU. December 13 (9 a.m. – 3 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A&B

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

Checks are payable at the door and should be made payable to AARP.

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

The Latest in Laser Vision Correction and Refractive Eye Surgery

WED. December 19 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Suzanne Jadico, MD, board certified in ophthalmology and a member of the Medical Staff at Penn Medicine Princeton Health, will discuss all aspects of corrective eye surgery and answer your questions, including:

- What is Lasik?
- Am I a good candidate?
- Is Lasik safer than contact lenses?
- Can multifocal lenses and cataract surgery eliminate my need for reading glasses?



Putting Sleep Disorders to Rest: Recent Advances in Treatment

WED. November 14 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

TUE. December 4 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

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 Robert G. Mignone, DO, board certified in otolaryngology, for a discussion on new advances in the treatment of common sleep disorders, such as sleep apnea. Dr. Mignone is a member of the Medical Staff of Penn Medicine Princeton Health.

Fall Prevention

THU. November 15 (2 – 3 p.m.)
Hightstown Library
114 Franklin Street, Hightstown

Each year, one in three people over the age of 60 experiences a fall. Many of these accidents can be prevented with the right exercises and some simple changes in your habits and your environment. Join Linda Lucuski, MPT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton, to learn about balance, your risk for falls, and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

Nutrition During Pregnancy

THU. November 15 (7 – 8 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction

Proper nutrition during pregnancy can help you maintain a steady, healthy weight gain and help your baby get what he or she needs for a healthy start in life. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, to learn the importance of good nutrition in a healthy pregnancy and what you can do to safeguard you and your baby during this special time.

All About Joint Replacement

THU. November 15 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Elizabeth Shokoff, RN, MSN, ONC, Orthopaedic Nurse Navigator at the Jim Craigie Center for Joint Replacement, Penn Medicine Princeton Medical Center (PMC), for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at PMC, including the Jim Craigie Center for Joint Replacement.



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

Heart Health and Stroke

MON. November 19 (12:30 – 1:30 p.m.)

Adath Israel Synagogue
1958 Lawrenceville Road, Lawrenceville

TUE. December 4 (6:30 – 7:30 p.m.)

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

Discover what you can do to lower your risk for heart attack and stroke at this invaluable program led by Philip Tran, RN-BSN, Stroke Coordinator with Princeton Medical Center (PMC). 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. PMC is a state-designated Primary Stroke Center.

All About Hypertension

TUE. November 27 (7 – 8 p.m.)

Robbinsville Library
42 Robbinsville Allentown Road, Robbinsville

To register, please call the library at 609.259.2150.

The guidelines for high blood pressure were recently lowered to 130/80, meaning more than 100 million Americans are now classified as having hypertension, a serious condition that if left untreated can lead to stroke or heart attack. Join Maya Mann, PA-C, specializing in internal medicine and a member of the Medical Staff of Penn Medicine Princeton Health, for a discussion of the new guidelines and what they could mean for you, and learn what measures you can take to lower and control your blood pressure.



Establishing Patient Goals in Geriatric Medicine: The POLST Form

MON. December 3 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes. Barbara Vaning, MHA, EMT Instructor, Princeton Health Community Wellness, will discuss the POLST form.

Safe Sitter Expanded Two-Day Program

THU. & FRI. November 8 & 9

(9 a.m – 3 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

\$65 per child

This two-day class teaches adolescents, ages 11–13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, CPR, first aid and rescue skills, as well as life and business skills. Participants will also learn about online safety and behavior management, and have an opportunity to interact with a toddler or preschool-age classroom visitor. Sitters should bring their own lunch.

Diet for Managing Hypertension

TUE. December 11 (7 – 8 p.m.)

West Windsor Library
333 North Post Road, Princeton Junction

If you're already limiting your sodium intake, you have one important piece of the puzzle to manage hypertension. To learn the other key components, join Heather Bainbridge, EdM, MA, RDN, registered dietitian nutritionist with Princeton Medical Center, for a discussion on which foods and nutrients impact your blood pressure.



What's New in Allergy Care

WED. December 12 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

If you suffer from airborne, food or skin allergies, join us for this informative session presented by Kathryn Edwards, MD, board certified in allergy and immunology and a member of the Medical Staff at Penn Medicine Princeton Health. Dr. Edwards will discuss common allergies and the latest diagnosis and treatment options.

Balance Screening

THU. December 13 (10:30 – 11:15 a.m.)

South Brunswick Wellness Center

Please call 1.888.897.8979 for an appointment.

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in your habits and your environment. Join Vaani Pillai, PT, DPT, physical therapist with Princeton Medical Center Princeton Rehabilitation, for your individual balance screening, including the 30-second sit-to-stand test, timed get-up-and-go test and static balance test.

Understanding Prescription Medication and 'Street' Drugs

THU. December 20 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Understanding the difference between prescription medications and 'street' drugs, also known as 'designer drugs' is important, particularly considering the continued rise in addiction and deaths as a result of the improper use of both. Join Phil Coco, PharmD, Pharmacy Clinical Specialist with Princeton Medical Center, for this informative program discussing what you need to know about not only prescription medications but street drugs.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **November 20** and **December 18, from 10 a.m. – 12 p.m.**, at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Sibling Class

SAT. November 10 (1 – 2:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, and tour a maternity room. Classes are designed for children 3 to 8 years of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

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

FRI. November 15 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. December 1 (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.)

TUE. December 18 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at PMC or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the maternity rooms. A tour is included in all Childbirth Preparation classes.

Baby Care

THU. November 8 (7 – 9:30 p.m.)

MON. December 17 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$50 per couple

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

SAVE!

When you register for multiple prenatal classes:

2 classes save \$10

3 classes save \$20

4 classes save \$30

To receive discount, call 1.888.897.8979 to register.

OPTIONS FOR BIRTHING

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

Birthing Basics

TUE. November 6 – 27 (7 – 9 p.m.)

WED. November 19 – December 10 (7 – 9 p.m.)

THU. December 6 – 27 (7 – 9 p.m.)

MON. December 19 – January 9 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$125 per couple

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

Accelerated Birthing Basics

SAT. November 17 (9 a.m. – 5 p.m.)

SAT. December 15 (9 a.m. – 5 p.m.)

Penn Medicine Princeton Medical Center – First Floor, Education Center

\$155 per couple

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

HypnoBirthing

MON. November 5, 12, 19, 26 & December 3 (6:30 – 9 p.m.)

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

\$195 per couple

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

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

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

Prenatal Breastfeeding Class

WED. November 14 (7 – 9:30 p.m.)

TUE. December 11 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$50 per couple

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

Prepare for Cesarean Section

WED. December 5 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$30 per couple

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

Daddy Boot Camp™

SAT. December 8 (9 a.m. – 12:30 p.m.)

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

\$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. Learn how to calm a crying baby, plan for baby's arrival, pets and babies, car seat safety and the importance of parental teamwork. Feel comfortable, ask questions, express your concerns and joys about fatherhood.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family issues.

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

Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center

No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar.

Breastfeeding Support Group

Tuesdays & Fridays (11 a.m. – 12 p.m.)

PMC Breast Health Center

East Windsor Medical Commons 2
300B Princeton–Hightstown Road
East Windsor

No registration required.

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

Infant Massage

SAT. November 3 (10 a.m. – 12 p.m.)

THU. November 15 (6 – 8 p.m.)

SAT. November 17 (10 a.m. – 12 p.m.)

MON. November 19 (6 – 8 p.m.)

SAT. December 1 (10 a.m. – 12 p.m.)

SAT. December 8 (10 a.m. – 12 p.m.)

MON. December 10 (6 – 8 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

Join us and learn new ways of soothing your baby and promoting healthy development. Connect with your baby through gentle massage and stretching, nursery rhymes and lullabies. These techniques will enhance your parenting skills and help calm your baby during times of discomfort. Please bring a blanket, exercise mat or large towel and grapeseed or sunflower oil (test oil on your baby's ankle or wrist 24 hours before coming to class to ensure there are no skin sensitivities). Please wait at least one week after your baby's most recent immunization to join this class. Medical clearance from a healthcare professional is required. The form can be obtained by calling 1.888.897.8979.

Postpartum Adjustment Support Group

WED. November 7 (1 – 2 p.m.)

WED. November 21 (1 – 2 p.m.)

WED. December 5 (1 – 2 p.m.)

WED. December 19 (1 – 2 p.m.)

Princeton Fitness & Wellness Center, 1225 State Road, Princeton

No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join a healthcare professional from Penn Medicine Princeton Health and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are encouraged to bring their infants.



Twins and Multiples

TUE. December 4 (6:30 – 9 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$40 per couple

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiple babies, what to expect immediately postpartum, and the first few weeks at home. Parents are encouraged to take our Birthing Basics series as well for a more comprehensive program and a tour of our Center for Maternal & Newborn Care.

CPR & FIRST AID

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

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

ACLS Full Certification Course

MON. & TUE. November 5 & 6 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

ACLS Recertification Course

WED. November 28 (9 a.m. – 5 p.m.)
MON. December 17 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

PALS Full Course

TUE. & WED. December 11 & 12 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

PALS Recertification Course

FRI. November 16 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS Provider

WED. November 7 (9 a.m. – 1:30 p.m.)
South Brunswick Wellness Center

WED. December 12 (6 – 10:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

BLS Renewal*

SUN. November 11 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness, 1225 State Road, Princeton

WED. November 28 (6 – 9:30 p.m.)

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

THU. December 20 (6 – 9:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

Provider: \$65 per person

Renewal: \$40 per person

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

Heartsaver CPR AED

TUE. December 18 (9 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$45 per person

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

Heartsaver CPR AED First Aid

WED. November 7 (9 a.m. – 3 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$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 First Aid

WED. November 14 (6 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$40 per person

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

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.

SAT. November 10
(10 – 11 a.m.) Adult/Child
(11:15 a.m. – 12:15 p.m.) Infant
South Brunswick Wellness Center

THU. November 8 (6 – 7 p.m.) Infant only
THU. December 13 (6 – 7 p.m.) Infant only
Community Wellness at the 731 Alexander Road, Suite 103

Neonatal Resuscitation Program

TUE. November 13 (8 a.m. – 12 p.m.)
MON. December 3 (8 a.m. – 12 p.m.)
Penn Medicine Princeton Medical Center – 6th Floor, Mother & Baby Unit

\$75 per couple

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.

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

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

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Documentation: If You Didn't Write It, It Didn't Happen

WED. November 7 (6 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

2 CEUs

Patient Care Reports (PCRs) are an important part of EMS work. After treating a patient, EMTs need to carefully document what was or was not done, and why. Join Barbara Vaning, MHA, EMT Instructor, for a discussion on the importance of documentation, what needs to be documented, and why. Please feel free to call Barbara Vaning at 609.683.3223 if you have charts you would like reviewed during the class.

EMT Refresher Class Section B – Medical Assessment and Management

SUN. November 18 (8 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$60 per couple

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

Understanding 'Designer Drugs'

TUE. November 20
(7 – 8:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

1.5 CEUs

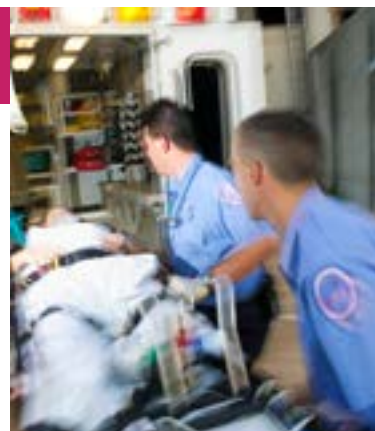
EMTs are invited to attend this informative workshop on designer drugs, hosted by Penn Medicine Princeton Health Community Wellness. Designer drugs are synthetic substances that are becoming more and more common in our communities. Join us to learn what these drugs are, who produces them and why they pose a hazard to the community and EMS staff.

EMT Refresher Class Section C – Trauma Assessment and Management

SUN. December 16 (8 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$60 per person

Students will review immobilization techniques, splinting and wound care.



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar. Penn Medicine Princeton Medical Center is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For further information about PMC's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

Thriving this Holiday Season, for Those Touched by Cancer

FRI. November 9
(11:30 a.m. – 1 p.m.)

FRI. December 7
(11:30 a.m. – 1 p.m.)

Princeton Medical Center
One Plainsboro Road, Plainsboro
Cancer Center Conference Room

Registration required. To register call 609.853.6793.

Join Mehreen Husain, Outpatient Oncology Nutritionist, and Joanita Miranda, Oncology Social Worker, for this uplifting guide to the holidays. This session is for patients, caregivers and others interested in learning how to manage holiday stress and eat healthier. This is an interactive session on eating well, coping with negative feelings, taking care of yourself and reducing the stress of the holiday season. Participants will get to sample nutritious holiday foods. Both speakers are with Princeton Medical Center's Edward & Marie Matthews Center for Cancer Care.



Prostate Cancer Support Group

WED. November 14 (12 – 1:30 p.m.)

WED. December 12 (12 – 1:30 p.m.)

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

No registration required. Walk-ins welcome.

This support group welcomes those with prostate cancer, their loved ones and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Cancer Support Group

TUE. November 20 (1:30 – 3 p.m.)

TUE. December 18 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

Penn Medicine Princeton Medical Center is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Breast Cancer Support Group

TUE. November 20 (6 – 7:30 p.m.)

TUE. December 18 (6 – 7:30 p.m.)

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

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the 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 Princeton Medical Center's Breast Health Center.

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

WED. November 21 (12 – 1:30 p.m.)

WED. December 19 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

Penn Medicine Princeton Health's Head & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement; a safe setting for sharing concerns and problems related to life after cancer; education and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Penn Medicine Princeton Health.

Living Beyond Cancer

THU. December 27 (12:30 – 2 p.m.)

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

Walk-ins welcome.

This group, led by an oncology nurse navigator with Penn Medicine Princeton Medical Center, offers a welcoming environment where you can ask questions and receive support from fellow survivors as you adjust to life after treatment. Participants will also learn about stress management, nutrition and how to cope with the late effects of treatment. No class on November 22, due to holiday.



Mindful Movement

Thursdays (10 – 11 a.m.)
(No class on November 22 due to holiday).
Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred. To register, call 609.853.6787.
This rejuvenating class combines gentle exercises with yogic breathing, guided imagery and meditation. The low-impact program provides patients undergoing treatment for cancer with an effective workout for the body and the mind, helping them reduce stress and focus on taking care of themselves.

Restorative Yoga

WED. November 7, December 5 & 19 (6 – 7 p.m.)
Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration required. Space is limited. To register, call 609.853.6787.
This class, held the first 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.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. November 5 (7 – 9 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

MON. December 3 (7 – 9 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

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. For the month of December, join us for an Interfaith Candlelight Remembrance Ceremony. All are encouraged to share a poem, story or memory of their beloved baby. The monthly UNITE Support Group will immediately follow the ceremony.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. November 5 (6 – 7:30 p.m.)
MON. December 3 (6 – 7:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center
Conference Room D

MON. November 19 (1 – 2:30 p.m.)
MON. December 17 (1 – 2:30 p.m.)
Suzanne Patterson Center at Princeton Senior
Resource Center
Corner House Room 19
45 Stockton Street, Princeton

No registration required. Walk-ins welcome.
Please call 609.819.1226 for more information.
The evening support group meets the first Monday of the month and the afternoon support group meets the third Monday of the month. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton Hospice Program, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight-loss Surgery Support Group

TUE. November 6 (7 – 8:30 p.m.)
TUE. December 4 (7 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Classroom 1

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

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

WED. November 21 (6:30 – 7:30 p.m.)
WED. December 19 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

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

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

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

Registration requested. Please call 1.888.897.8979 for more information and to register.
People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of Penn Medicine Princeton Medical Center's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.



Diabetes Support Group

WED. November 21 (2:30 – 4 p.m.)

WED. December 19 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. November 26 (6:30 – 8 p.m.)

Penn Medicine Princeton Medical Center
5th Floor, Medical Arts Pavilion
Occupational Health Waiting Room

No registration required. Walk-ins welcome.

Please call 609.853.7890 for information.

This group provides resources and support for those living with diabetes and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitates meetings. For more information on PMC's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.



Journey Back: Stroke Support Group

WED. November 14 (6:30 – 7:30 p.m.)

WED. December 12 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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

Journey Back welcomes individuals who have experienced a stroke, as well as their loved ones and caregivers, to attend this peer support group that meets on the second Wednesday of each month. Facilitated by Jenny Bestwick, LCSW, Acute Rehabilitation Social Worker, the group helps those touched by stroke work toward increased independence, adjust to life after stroke and provide support and hope to one another. There will be occasional presentations by experts in stroke and rehabilitation.

www.ustream.tv/princetonhealth

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

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

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

Princeton Health
OnDemand
Our experts. At your convenience.



Digestive Health

WED. November 14 (12 p.m.)

Anish A. Sheth, MD, Chief of Gastroenterology,
board certified in gastroenterology



Heart Services at Princeton Medical Center

WED. December 12 (12 p.m.)

Andrew Shanahan, MD, board certified in cardiovascular
disease, internal medicine (primary care) and
interventional cardiology



Penn Medicine
Princeton Health

Community Wellness

Community Wellness
731 Alexander Road, Suite 103
Princeton, NJ

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

Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ

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

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction, NJ

For an up-to-date calendar, please visit
www.princetonhcs.org/calendar.

Registration is required unless otherwise noted.

Register at www.princetonhcs.org/calendar
or call 1.888.897.8979 (unless another number
is indicated). For directions, please visit
www.princetonhcs.org.

Younger Patients are Reclaiming Their Lives With Joint Replacements

As joint replacement procedures have become less invasive, more and more people are choosing to have knee and hip replacements at a younger age, rather than live with the pain and limited mobility for years before seeking help. Opting for earlier joint replacements means they can reclaim their lives again, jump back into their active lifestyles and, as a result, stay healthy longer.

In the last few years, says W. Thomas Gutowski III, MD, Medical Director of the Penn Medicine Princeton Health (PMPH) Jim Craigie Center for Joint Replacement, there has been a noticeable increase in joint replacements among younger patients.



“Younger people are no longer willing to live with a disability that impacts their mobility and causes chronic pain,” says Dr. Gutowski, who is board certified in orthopaedic surgery.

“We’ve entered an era where they can quickly get moving again, where before people would have lived with the pain and inconvenience longer. It’s not unusual now for us to do hip and knee replacements for people in their 30s and 40s.”

The ‘Down’ Time is Short

Operations that once required days in the hospital are now generally performed as outpatient procedures. Patients getting partial or total knee or hip replacements can go home the same day as the operation, and work with outpatient physical therapy and Princeton HomeCare both before and after their procedures. The outpatient procedures are performed using minimally invasive techniques that result in lower infection rates, reduced pain and faster recovery.

Dr. Gutowski emphasizes that in order to achieve optimal success, patients must play a collaborative role in the process. “We make sure our patients are completely invested in the process by being fully informed and energized about getting better,” he says. “They are committed partners in the process, from pre-operation preparation to the recovery. As a result, their pain goes away. Their physical abilities increase dramatically. They are back to the way they used to be.”

A Top Performer in Replacement Surgery

The Craigie Center, which performs more than 1,500 joint replacements annually, recently earned an Advanced Certification by the Joint Replacement Commission, and is one of only three centers in the state to have earned that designation. PMPH is also rated as “High Performing” in hip and knee replacements by *U.S. News and World Reports*.

To find an orthopaedic surgeon affiliated with Penn Medicine Princeton Health, or for more information on the Jim Craigie Center for Joint Replacement, call 1.888.742.7496, or visit www.princetonhcs.org.



Having a joint replacement at a younger age can have many benefits, including:

- Faster recovery
- Less time in physical therapy
- Quicker return to work
- Greater restored function



HIP REPLACEMENT



KNEE REPLACEMENT

Flu Season is Here: Protect Yourself With a Flu Shot



Flu season is ramping up, and if it's anything like past years, millions of people will suffer its effects. But you can help protect yourself from the virus and prevent its spread by getting vaccinated now.

Influenza — the flu — is a highly contagious respiratory illness caused by influenza viruses. Flu vaccines protect against the three or four viruses research suggests will be most common in a given season.

There are no exact figures for the number of people who get the flu each year, but the Centers for Disease Control and Prevention (CDC) estimates the flu results in between 9.2 million and 36.5 million illnesses, and between 140,000 and 710,000 hospitalizations annually.



Are You at Risk?

"Everyone is at risk for the flu," says **Rohit Bhalla, DO**, Chief of Infectious Diseases at Penn Medicine Princeton Medical Center.

"However, certain people are considered high risk, including young children, older adults, pregnant women and individuals with chronic health conditions such as asthma, diabetes, cardiovascular disease or other conditions that compromise the immune system."

Symptoms of the flu typically come on suddenly, says Dr. Bhalla, who is board certified in internal medicine and infectious disease.

The flu can also cause complications, including ear and sinus infections, as well as pneumonia and other more severe health conditions or death.

Protect Yourself Now

Ideally, you should be vaccinated prior to the flu starting to spread in your community. The flu season typically begins in the fall and extends into spring, with activity peaking between December and February. Keep in mind, however, after you receive the shot it takes about two weeks for your body to fully build the antibodies to protect you from the disease.

The most common form of the vaccine is the standard-dose flu shot, which is typically administered with a needle into the muscle in your arm. This season, the vaccine is available again in a nasal spray as an option for children and people who cannot tolerate needles. Older adults may receive a high-dose flu shot.

FLU SYMPTOMS CAN INCLUDE:

- Fever (in some cases)
- Cough
- Sore throat
- Runny nose
- Body aches
- Headache
- Chills
- Fatigue

To find a doctor with Penn Medicine Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

Helping Individuals and Families Understand Sexual Identity and Gender Issues



Sexual identity and gender issues are regularly in the news these days, but while stories of individuals coming out may seem commonplace today, taking that all-important step is not always easy.

"It is usually difficult to know in advance whether someone will be accepting of a person who comes out, which can create a mounting fear of rejection," says Suzanne Haggerty, MSW, LSW, Primary Therapist at Penn Medicine Princeton House Behavioral Health (PHBH). In fact, many people who identify as lesbian, gay, bisexual or transgender (LGBT), or who have gender identity issues may remain "closeted." Maintaining a false façade can be exhausting, and may be accompanied by anxiety or depression.

"When you are facing these types of challenges and not feeling like you can be your authentic self, altering your world by using substances like drugs and alcohol can appear to ease that pain. In time, they can become a problem as well," says Haggerty.

Opening the Lines of Communication

Some of the most important points to remember when dealing with sexual identity and gender issues is to keep communication lines open and listen to what the other person is saying.

"At the end of the day," says Haggerty, "it's important to remember that regardless of who a person is attracted to or how a person identifies, they are still the same person you always loved, and that we all have much more in common than we do differences."

When anxiety, depression, substance use, or disordered eating become severe, LGBT people, like anyone else, may need intensive treatment for these illnesses. PHBH offers a staff that is "welcoming, open and accepting of LGBT individuals," Haggerty says. "We have experience providing clinical services to the community, and we help guide family members to take a more open perspective."

Programs are available for adults and young adults in Eatontown. Sites in Princeton, Hamilton, North Brunswick and Moorestown also offer services for children and teens.

For more information about PHBH's services, call 888.437.1610 or visit princetonhouse.org. To learn more about LGBT care at Penn Medicine Princeton, visit www.princetonhcs.org or link to the recorded webinar "Coming out LGBTQ: A sexual identity discussion for families," at <http://www.ustream.tv/recorded/114786959>.

Is it Disordered Eating or an **Eating Disorder**?

Watching what you eat and making wise food choices is a key to maintaining good health. But following a healthy diet can be challenging and can lead to unhealthy — and sometimes dangerous — eating behaviors.

A healthy approach to good nutrition is to learn the components of a balanced diet and stick with it, along with regular exercise. Fad diets and obsessive exercise, however, can lead you down the path to disordered eating or a more dangerous condition — an eating disorder.

When an individual's relationship with food and eating behaviors interferes with life and normal functioning, this can help distinguish between eating disorders and disordered eating.

“Disordered eating involves jumping into different diets, experiencing weight fluctuations as a result of those fads, and being overly strict about what you eat and how you exercise,” says Katie Gaffney, RD, a Registered Dietitian with Penn Medicine Princeton House Behavioral Health.

A person with an eating disorder uses specific eating-related behaviors — such as only eating certain foods, only eating at certain times or obsessively limiting food intake — in an attempt to fill a psychological need, Gaffney says. Eating disorders like anorexia nervosa or bulimia nervosa, binge eating, and eating disorder not otherwise specified can affect anyone, regardless of age, gender or socioeconomic status, and are defined by specific medical diagnostic criteria.

Personalized Treatment Options

If you believe you or a loved one may be at risk for or have an eating disorder, it's important to get help, says Gaffney. “When in doubt, reach out. Taking that first step can be difficult, but there is no shame in getting help. In fact, you will need other people to support you in the process.”

The Princeton Center for Eating Disorders and Princeton House Behavioral Health (PHBH) provide a range of programs for adults, adolescents and children as young as eight who are suffering from anorexia, bulimia and other eating disorders. These programs treat the physical, emotional and nutritional aspects of individuals' eating disorders in a safe setting, using both individual and group therapies.

PHBH offers outpatient treatment through its Emotional Eating Track, geared toward individuals who are having difficulty managing the symptoms of a mood disorder and use food as a way to regulate emotions.

For more information about the Princeton Center for Eating Disorders and Princeton House Behavioral Health, call 888.437.1610 or visit www.princetonhcs.org/eatingdisorders.



WATCH FOR THESE SIGNS

Be alert for eating patterns and red flags that may indicate an eating disorder, including:

- Skipping meals or making excuses for not eating
- Excessive focus on healthy eating
- Making own meals rather than eating what the family eats
- Withdrawing from normal social activities
- Persistent worry or complaining about being fat and talk of losing weight
- Frequent checking in the mirror for perceived flaws
- Repeatedly eating large amounts of sweets or high-fat foods
- Use of dietary supplements, laxatives or herbal products for weight loss
- Excessive exercise
- Problems with loss of tooth enamel that may be a sign of repeated vomiting
- Leaving during meals to use the toilet
- Repeated instances of food missing from the kitchen
- Expressing depression, disgust, shame or guilt about eating habits
- Eating in secret

Princeton Health Medical Staff Gifts Support Patients and Employees

The Medical Staff of Penn Medicine Princeton Health has pledged a multiyear gift of \$250,000 that will support care and services provided to patients throughout the health system and benefit employees facing times of financial hardship.

The pledge is divided annually among three beneficiaries:

- **Princeton Health's annual golf outing**, which supports a different health system funding priority each year
- **The Bristol-Myers Squibb Community Health Center**, a clinic on the Princeton Medical Center (PMC) campus that provides primary and specialty care to uninsured and underinsured individuals and families
- **The Employee Benevolent Fund (EBF)**, which supports Princeton Health employees during times of great financial need

Bert Mandelbaum, MD, President of the Medical Staff, said members felt strongly about making a gift that would benefit both Princeton Health and central New Jersey residents.

"The hospital and other parts of the health system have deep roots in the Princeton area that go back to the early 1900s," said Mandelbaum, who also serves as Chairman of Pediatrics at Princeton Health.

"Physicians have played a vital role throughout that history, and we wanted to show our ongoing commitment to the organization and the people we serve."

The Golf Outing, facilitated by the PMC Foundation, is Princeton Health's largest annual fundraising event, held every June at the Metedeconk National Golf Club in nearby Jackson. The 2018 outing benefited Princeton House Behavioral Health. In previous years, the event's proceeds supported the Edward & Marie Matthews Center for Cancer Care; PMC's Center for Maternal & Newborn Care; the Bristol-Myers Squibb Community Health Center; and the PMC Center for Pelvic Wellness. The golf outing well exceeded \$200,000 in each of the last four years, raising more than \$290,000 in 2018.



The Bristol-Myers Squibb Community Health Center has more than 22,000 patient visits a year, providing primary care for people of all ages and a wide range of specialty care. The clinic has existed in different locations — but always attached to the hospital — since 1929. Patients receive care from board certified physicians, residents from Rutgers Robert Wood Johnson Medical School and other health professionals.

The Medical Staff gift to the EBF will ensure support for Princeton Health employees in financial emergencies. Employees may receive grants of up to \$500 for a variety of expenses, such as medical or dental bills not covered by insurance, impending foreclosure or eviction and auto repairs necessary for the employee to commute to work.

Members of the EBF Committee consider all applications on a case-by-case basis.

"Princeton Health is in its 99th year serving our community," said Hyona Revere, Senior Vice President, Princeton Health. "Through the years, two constants have been philanthropy and strong physician leadership. This pledge perfectly reflects those values."

To learn more about giving opportunities to support Princeton Health, email foundation@princetonhcs.org.

Pictured above, officers of the Medical Staff, left to right: Bert Mandelbaum, MD, President; Grace B. Bialy, MD, Vice President; Barry J. Perlman, MD, Secretary; Alexander Wolfson, MD, Treasurer

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 - Qualified sign language interpreters
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- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

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

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

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call 1.888.742.7496.

FAMILY-CENTERED HEALTHCARE: PH Launches Patient Family Advisory Council

Penn Medicine Princeton Health (PH) has formed a Patient Family Advisory Council (PFAC) as part of its ongoing commitment to provide exceptional patient family-centered healthcare. The 26-member council includes patients, family members, caregivers and PH staff members.

“We recognize that our patients and their loved ones have a unique perspective on the services we provide, and their input is extremely important to us in serving their present needs and when it comes to growing our future in the community,” says Geri Karpiscak, MSN, RN, Director Patient Relations and Customer Service at PH. “The Patient Family Advisory Council will help us plan, deliver and evaluate our healthcare services by keeping patient needs, safety and satisfaction in the forefront.”

In addition to providing input on Princeton Health’s present and future approach to services, the council will work to develop strategies so patients and their families are more directly involved in their healthcare, from education on treatment options to guidance on follow-up care.

“The council serves as the voice of our community in a way that promotes understanding on both sides, so we can develop more patient family-centered services that work from both the patient and the medical team perspectives,” says Karpiscak. For more information about the PFAC, please call Patient Relations at 609.853.7157.

For more information about services at Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

