

# HEALTH CONNECTION

## FROM TRAUMA TO TRIUMPH



SEE PAGE 4 FOR  
**Emilee's Story**

**IN THIS ISSUE**

**From Trauma to Triumph**

South Jersey Woman Turns Injuries Into Inspiration

PAGE

**4**

**Gynecologic Cancers:**

What Every Woman Needs to Know

PAGE

**6**

**Free Cancer Support Groups**

FROM  
MD Anderson Cancer Center at Cooper

PAGE

**7**

**The Ripa Center for Women's Health and Wellness at Cooper**

PAGE

**8**

**Community Seminars and Programs**

FROM  
Cooper University Health Care

PAGE

**10**

**Cooper Radiology Services**

...  
**Integrative Medicine Program for Women**

PAGE

**11**

**New Year. New You!**

**Lower** waist size, **Lower** blood pressure, **Lower** glucose levels, and **Lower** cholesterol are just the beginning. **Start lowering yours today!**

**Feel Confident With Lifetime Care and Support**

The Cooper Center for Metabolic & Bariatric Surgery is an **Accredited Center** as designated by the American Society for Metabolic and Bariatric Surgery® (ASMBS), which means you'll receive multidisciplinary, lifelong care and support. The Center is also recognized as a **Program of Distinction and Quality** by other major associations.



**Cooper**  
Center for Metabolic & Bariatric Surgery

*BRITTANY, 2016 bariatric patient, is down 147 pounds.*

**Register to attend one of these free informative seminars:**

**VOORHEES**

- Tuesday, January 16, 2018
- Wednesday, February 14, 2018
- Thursday, March 22, 2018
- Wednesday, April 25, 2018

Cooper Metabolic and Bariatric Surgery Center  
6017 Main Street, Voorhees, NJ 08043

**BLACKWOOD**

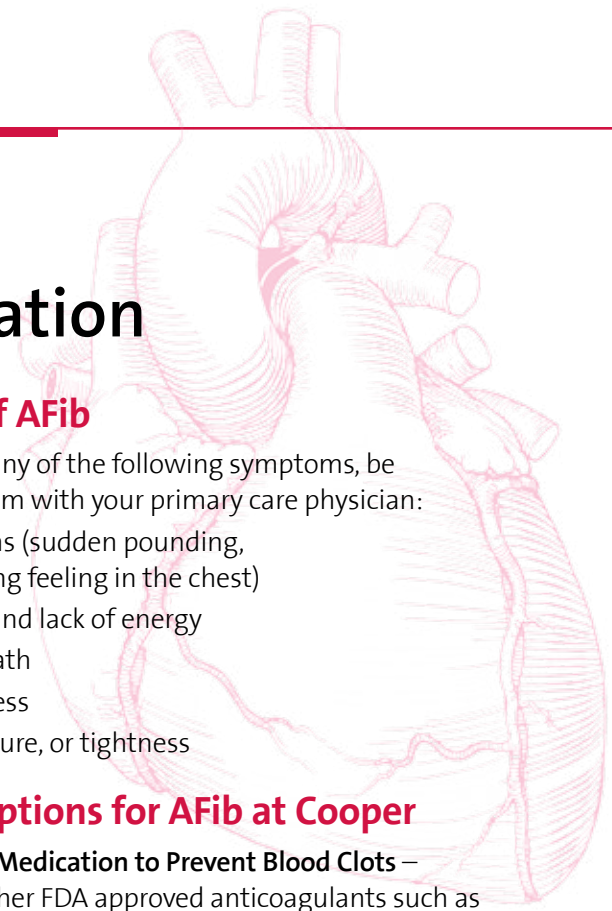
- Thursday, January 25, 2018
- Wednesday, April 4, 2018

Camden County Community College  
200 College Drive, Polk Hall  
Blackwood, NJ 08012

**REGISTRATION:**

**CooperHealth.org/Bariatric**  
**1.800.8.COOPER**  
(1.800.826.6737)





# Cooper Heart Rhythm Center – Treating Patients with Atrial Fibrillation

Atrial Fibrillation (AFib) is the most common type of heart rhythm disorder, also known as a heart arrhythmia. The pumping of the heart is controlled by the heart’s electrical system. During AFib, the electrical signals in the upper chambers of the heart become disorganized, causing a rapid and irregular heartbeat. This can worsen the overall function of the heart, increase the risk of blood clots and stroke, and can ultimately lead to heart failure (or fluid buildup in the lungs). In fact, the average person with AFib is five times more likely to suffer from a stroke.

According to the American Heart Association (AHA), more than 2.7 million people in the United States have been diagnosed with AFib, and only 33 percent consider the condition to be serious. The AHA also estimates as many as 6.1 million Americans are living with AFib and have gone undiagnosed since the symptoms are not always obvious.

Treating a heart rhythm disorder requires absolute precision. At the Cooper Heart Rhythm Center, a program of the Cooper Heart Institute, patients have access to the most advanced technology and experienced electrophysiologists (a doctor



**Andrea M. Russo, MD**  
Director, Cardiac  
Electrophysiology and  
Arrhythmia Services

who specializes in the diagnosis and treatment of abnormal heart rhythms) in southern New Jersey. “We deliver state-of-the-art arrhythmia treatment and patient-centered care through a team-based approach,” says Andrea M. Russo, MD, Director, Electrophysiology and Arrhythmia Services. “Our involvement in clinical research at Cooper provides access to the latest technology for care of our patients with arrhythmia disorders.”

The goal of treating AFib is to restore a normal heart rhythm and prevent blood clots from forming to reduce future risk of a stroke. The treatment that is chosen depends on the frequency and severity of the patient’s symptoms and risk factors for stroke, in addition to whether or not the patient was already been diagnosed with heart disease.

## Risk Factors for AFib

- Age (higher risk with increased age, but can also occur in younger people)
- Excessive alcohol use
- Obesity
- Family history
- High blood pressure
- Sleep apnea
- Underlying heart disease – coronary artery disease, prior heart attack, and heart failure
- Other chronic conditions such as thyroid problems, diabetes, and asthma

## Symptoms of AFib

If you experience any of the following symptoms, be sure to discuss them with your primary care physician:

- Heart palpitations (sudden pounding, fluttering or racing feeling in the chest)
- General fatigue and lack of energy
- Shortness of breath
- Dizziness, faintness
- Chest pain, pressure, or tightness

## Treatment Options for AFib at Cooper

- › **Blood-thinning Medication to Prevent Blood Clots** – Warfarin and other FDA approved anticoagulants such as dabigatran, rivaroxaban, edoxaban, and apixaban.
- › **Medication to Control Heart Rate or Reset Rhythm** – Anti-arrhythmic agents, calcium channel blockers, and beta blockers.
- › **Electrical Cardioversion** – An electrical shock on the outside of the chest using either paddles or patches while under short-acting anesthesia.
- › **Catheter Ablation** – A minimally invasive procedure in which heat energy is delivered to small areas of heart tissue that are responsible for creating abnormal electrical impulses that cause AFib, rendering them unable to send abnormal signals.
- › **Open-Heart Maze Procedure** – Performed by a cardiothoracic surgeon, who creates small cuts in the upper part of the heart, the cuts are stitched together and scar tissue forms, interfering with electrical signals that cause AFib.
- › **Watchman FLX™** – Left Atrial Appendage occlusion device – a new, non-surgical stroke risk reduction option for patients with non-valvular AFib who want an alternative to long-term warfarin therapy.
- › **Pacemaker** – A small electrical device implanted in the body under the skin near the collarbone that sends out an electrical signal to the heart to keep a steady rhythm; “leadless” pacemakers are also now available and are inserted through a vein in the groin to the heart to regulate the heart.

**For more information or to schedule an appointment with a Cooper Heart Institute cardiologist, call 1.800.8.COOPER (1.800.826.6737), or visit [CooperHealth.org/Heart](http://CooperHealth.org/Heart).**

# From Trauma to Triumph

## *South Jersey Woman Turns Injuries Into Inspiration*



4

On July 20, 2013, after a day of crabbing with friends, Emilee Ballinghoff of Mays Landing, New Jersey, then just 19 years old, was involved in a one-car accident in Monroe Township that ejected her from the vehicle.

“I don’t remember the accident, but I do remember waking up to the doctor,” Emilee recalls. “He said, ‘Emilee, you were in a car accident and you lost your leg.’ I thought it was a nightmare, so I ended up closing my eyes and then I was in a sedated coma for about a week. When I woke up, it was the reality.”

Emilee’s list of injuries was extensive. She lost her right leg below the knee at the scene, suffered a compound fracture of her left tibia, fractured her spine and several ribs, and sustained a traumatic brain injury. Emilee was airlifted to Cooper, where the team at the Level 1 Trauma Center saved her life.

“Emilee came in with catastrophic injuries,” says Kenneth W. Graf, MD, Director, Orthopaedic Trauma and Fracture Program. “In a regular community hospital, an injury like Emilee’s wouldn’t be dealt with. It would be sent here, because this is what we do.”

“It starts with the first person to see a trauma patient. They will then call in consultations to any number of specialties because we are on call 24 hours a day, seven days a week. There’s a surgeon right at the door,” says Dr. Graf.

Situated within the only Level 1 Trauma Center in southern New Jersey, the Cooper Orthopaedic Trauma team is uniquely equipped to care for patients who suffer from traumatic orthopaedic injuries. At Cooper, a team of experts – such as surgeons, traumatologists, and other trauma professionals – follow protocols to ensure that patients receive state-of-the-art surgical care as quickly as possible.

Cooper is the only area regional trauma center with fellowship-trained orthopaedic traumatologists. Although all orthopaedic surgeons are trained to treat muscle, bone, and joint injuries, the traumatologist brings a new level of expertise to the handling of complex and multiple injuries.

Once Emilee's vital signs were stabilized, the Orthopaedic Trauma surgeons and team had to work quickly. The main goal with a traumatic amputation is to save the knee joint. Dr. Graf explains why: "There is a prosthesis now that can be attached to even the smallest piece of tibia that is still attached to the knee. So our number one goal was to save as much tibia as we could."

Emilee spent five months recovering as an inpatient at Cooper. She feels that the nurses and doctors were there for her each step of the way, providing their medical expertise, encouragement, and moral support. "The nurses impacted my life in those months," recalls Emilee. "They really helped me."

During her recovery, Emilee had dozens of surgeries, a number of which Dr. Graf performed. "Emilee's attitude remained spotless during the whole process," says Dr. Graf. "If you wanted to hold up someone as a beacon of hope, I think Emilee is your patient. When you see her, you can't help but smile."

In addition to the surgeries, Emilee was undergoing physical and occupational therapy daily while at Cooper. She had to re-learn how to walk, stretch her arms above her head, and talk. The therapy team worked directly with Emilee's surgeons and physicians to ensure seamless care. Every day, Emilee worked on getting stronger. Recalling the therapy, Emilee says, "I'm not going to sugarcoat it; every day was a struggle. But you cannot change the past – you can only control your future."

Emilee's injuries were so devastating that at one point immediately following the accident, her family was initially told that she might not make it. "But I made it," says Emilee, "and that can give hope to others."

Emilee continues to recover from her accident and is moving on with her life. She recently graduated from a rehabilitation program in Mays Landing and is living independently for the first time since the accident. In 2014, she received her high school diploma, an important goal in her healing process. This goal is one step in the process to her ultimate career goal – to be a physical therapist herself.

Emilee thrives on being an inspiration to others. Talk show host Ellen DeGeneres heard about Emilee's story and invited her to be on the "Ellen" show in the fall of 2015. As a longtime fan of Ellen, Emilee jumped at the chance to tell her story to millions, hoping she would be able to reach those who might be having a tough time.



**Kenneth W. Graf, MD**

Director, Orthopaedic Trauma and Fracture Program

**"Emilee came from a really devastating injury to a spot in her life where she's going to function pretty well for the rest of her life."**

"Every day is a struggle, but it's worth it when I know my struggle can inspire others," Emilee recalls. "This has changed me for the better. I know my story can help someone struggling to look at things differently, in a more positive light." In July 2016, Emilee gave birth to a baby girl, Abigail, at Cooper.

The experience of having her daughter at the same hospital where she recovered is very inspiring to Emilee. "When I walk into Cooper, I feel very emotional," says Emilee. "It's where

they saved me and where I gave life."

Emilee acknowledges that chasing after her daughter is very eventful. But she believes that even if she had two legs, it would be hard. Emilee is proud to be an inspiration to her daughter and continues to work on her recovery for Abigail.

"Early in my recovery, I decided to stop using the word 'handicap,'" says Emilee. "Instead, I chose every day to live my life as someone who is handicapable."

"Emilee came from a really devastating injury to a spot in her life where she's going to function pretty well for the rest of her life. That's huge for us," says Dr. Graf. "There's nothing that gives us more satisfaction – in this job – than that."

Emilee is working hard each day to live her life to the fullest. "The accident made me a better Emilee," she says. "And Cooper was right there beside me, making it all possible."

**For more information about the Cooper Bone and Joint Institute, visit [CooperHealth.org/Ortho](http://CooperHealth.org/Ortho), or to make an appointment with Dr. Graf, call 1.800.8.COOPER (1.800.826.6737).**



See the video about Emilee's experience by visiting [CooperHealth.org/EmileeSurvivorStory](http://CooperHealth.org/EmileeSurvivorStory)

# Gynecologic Cancers: What Every Woman Needs to Know

Gynecologic cancers are diagnosed every six minutes in America. Though nearly 1 in 20 women are affected by these cancers, there are more promising treatments today than ever before.

“Although new drug therapies and minimally invasive surgical procedures have made treatment more effective, early detection remains a woman’s best opportunity to treat gynecologic cancers,” says David P. Warshal, MD, Director of the MD Anderson Cooper Gynecologic Cancer Center.

Any woman can develop a gynecologic cancer, but there are major risk factors for each type. The risk increases with age, family history, and certain lifestyles, but here are important facts every woman should know:

## Know Your Body

Become familiar with what’s normal for you and pay attention to any changes occurring in your body. Watch for:

- Pelvis pressure, fullness or pain
- Pain during intercourse
- Abdominal bloating
- Changes in bowel and bladder patterns that continue and/or worsen.
- Abnormal bleeding
- Painful urination

Talk to your doctor about any symptoms that persist for several weeks.

6

## Learn Your Family History

Ovarian cancer, the deadliest gynecologic cancer, is difficult to detect in its early stages. If you have ovarian or breast cancer in your family, your chances of getting both are greater. Inform your doctor if there are or have been relatives with ovarian or breast cancer. He or she may recommend that you have a genetic test.

Also, if someone in your family has or has had colon cancer or endometrial (uterine) cancer, your risk of developing some form of gynecologic cancer increases. A genetic test may help your doctor determine your risk and the steps you can take to reduce it.

## Have Regular Screenings and Get Vaccinated

“Cervical cancer is the only gynecologic cancer that, in most instances, can be avoided by regular Pap test screening,” says Dr. Warshal. “Physicians use this test to identify precancerous changes in the cervix. That’s why intermittent Pap screening tests, with HPV co-testing in those 30 years of age or older, are so important. Finding precancerous changes in the cells gives us the opportunity to intervene and stop them from changing into cancer.”

“Unfortunately, there are no screening studies for ovarian, endometrial/uterine, or other gynecologic cancers, and that’s why we often see these cancers when they are more advanced and challenging to treat,” says Dr. Warshal.

Cervical cancer could be largely eliminated if both young girls



*MD Anderson Cooper Gynecologic Cancer Team (l to r) Jacqueline F. Marzan, MSN, APNC; Lauren Krill, MD; David P. Warshal, MD; Meredith Crisp Duffy, MD; Rebecca Semanoff, MSN, APNC; James K. Aikins, Jr., MD; and Robin Wilson-Smith, DO.*

and boys were vaccinated against the human papilloma virus (HPV). Strains of this virus are responsible for most cases of cervical cancer, as well as vulvar, vaginal and anal cancers, and some head and neck cancers.

## Find a Specialist

If you are suspected to have a gynecologic cancer, been diagnosed with one or have a high risk of developing one of these cancers, choose a specialist in gynecologic oncology for your care and treatment.

MD Anderson Cooper’s Gynecologic Cancer Center is the largest and most experienced gynecologic oncology team in the region, with multiple office locations in South Jersey. With five fellowship-trained gynecologic oncologists and two gynecologic oncology nurse practitioners, the team provides women with access to advanced treatment options (including robotic surgery and targeted chemotherapy), groundbreaking clinical trials, and a full range of supportive care services.

## Get a Second Opinion

Even when you have cancer, in most cases you have time to consider your treatment options and choose your treatment team. It’s common for patients to get a second opinion, and most doctors are comfortable with the request. Getting a second opinion can help you feel more confident about your diagnosis and treatment plan.

**For more information or to schedule an appointment for a consultation with an MD Anderson Cooper Gynecologic Oncologist or Genetics Counselor, call 1.855.MDA.COOPER (1.855.632.2667).**

**FREE SUPPORT GROUPS**

**Registration is required.**

**US TOO Prostate Lecture Series**

Presentations led by medical professionals on the diagnosis, treatment options, and management of prostate diseases.

Tuesdays, 6 p.m. to 7:30 p.m.

- February 6, 2018
- May 1, 2018

MD Anderson Cooper – Voorhees  
900 Centennial Boulevard, Bldg. #1  
Suite L Conference Room  
Voorhees, NJ 08043

**Brain Tumor Support Group**

For people with brain tumors and those who care about them. Latest information and an opportunity to meet other survivors.

Wednesdays, 6 p.m. to 7:30 p.m.

- January 3, 2018
- March 7, 2018
- February 7, 2018
- April 4, 2018

Cooper Clock Tower  
931 Centennial Boulevard  
Voorhees, NJ 08043

**Latino Cancer Survivors**

Cancer information and support. Free refreshments and parking.

**Registration and Information:**

Virgenmina Lopez at **856.968.7092**.

Tuesdays, 2 p.m. to 3:30 p.m.

- January 9, 2018
- March 13, 2018
- February 13, 2018
- April 10, 2018

MD Anderson Cooper – Camden  
Two Cooper Plaza, 400 Haddon Avenue  
Room C4100  
Camden, NJ 08103

**LLS Multiple Myeloma Support Group**

For myeloma patients and their loved ones.

Mondays, 10 a.m. to 11:30 a.m.

- January 22, 2018
- March 26, 2018
- February 26, 2018
- April 23, 2018

MD Anderson Cooper – Camden  
Two Cooper Plaza, 400 Haddon Avenue  
Room C1111  
Camden, NJ 08103

**Sister Will You Help Me**

A breast cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith, and bond through love.

**CAMDEN:**

Thursdays, 6 p.m. to 7:30 p.m.

- January 11, 2018
- March 8, 2018
- February 8, 2018
- April 12, 2018

Cooper University Hospital  
One Cooper Plaza  
Roberts Pavilion, 10th Floor, Room 1014  
Camden, NJ 08103

**WILLINGBORO:**

Thursdays, 6 p.m. to 7:30 p.m.

- January 4, 2018
- March 1, 2018
- February 1, 2018
- April 5, 2018

Willingboro Public Library  
220 Willingboro Parkway  
Willingboro, NJ 08046

**Women's Cancer Support Group**

The group will provide a space in which female cancer survivors can provide emotional support for one another, share experiences, and express feelings and thoughts. A facilitator will be on hand to help guide the discussion.

**CAMDEN:**

Fridays, 10:30 a.m. to 11:30 a.m.

- January 12, 2018
- March 9, 2018

MD Anderson Cooper – Camden  
Two Cooper Plaza  
400 Haddon Avenue, Room C4100/4101  
Camden, NJ 08103

**VOORHEES:**

Fridays, 10:30 a.m. to 11:30 a.m.

- February 9, 2018
- April 13, 2018

The Ripa Center for Women's Health and Wellness  
6100 Main Street  
(GPS: 901 Centennial Boulevard)  
Voorhees, NJ 08043

**Look Good, Feel Better**

A program offered in partnership with the American Cancer Society to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence. Each participant receives a free kit of cosmetics.



**Registration and Information:**

American Cancer Society at **1.800.ACS.2345**.

**VOORHEES:**

Mondays, 4:30 p.m. to 6:30 p.m.

- February 19, 2018
- April 16, 2018

Cooper Clock Tower  
931 Centennial Boulevard  
Voorhees, NJ 08043

**CAMDEN:**

Mondays, 1 p.m. to 3 p.m.

- March 19, 2018
- May 14, 2018

MD Anderson Cooper – Camden  
Two Cooper Plaza, 400 Haddon Avenue  
Room C1111  
Camden, NJ 08103

**Laryngectomy Support Group**  
*(Formerly the Head & Neck Cancer Support Group)*

A support group for people with laryngectomies and their loved ones.

Thursdays, 2:30 p.m. to 4 p.m.

- January 11, 2018
- March 8, 2018
- February 8, 2018
- April 12, 2018

MD Anderson Cooper – Camden  
Two Cooper Plaza, 400 Haddon Avenue  
Room C1111  
Camden, NJ 08103

**THE RIPA CENTER FOR WOMEN'S HEALTH & WELLNESS AT COOPER**

is proud to provide Primary and Multispecialty Care focused on the unique health care needs of women. We also offer educational classes and on-site imaging services, including digital screening mammograms (2D and 3D), DEXA scans, and general ultrasounds. Our team works collaboratively to develop a personalized and coordinated plan of care, keeping you connected to all specialized women's services at Cooper.

**THE RIPA CENTER  
CARE TEAM**



Our team is dedicated to finding you an appointment that best meets your needs. See these providers on-site at The Ripa Center and at other convenient locations.

**PRIMARY CARE**

- Camille P. Green, MD
- Rosemarie A. Leuzzi, MD
- Saadia R. Rehman, DO
- Marianne Alexander, RN, MSN, APN

**CARDIOLOGY**

- Kathleen M. Heintz, DO
- Jessica Bethell Barsocchi, PA, MD

**ENDOCRINOLOGY**

- Farah H. Morgan, MD

**GASTROENTEROLOGY**

- Cynthia A. Griech-McCleery, MD
- Tara L. Lautenslager, MD

**INTEGRATIVE MEDICINE**

- David M. Nocchi, MD
- Meena R. Sharma, MD

**NEUROLOGY**

- Evren Burakgazi-Dalkilic, MD

**OBSTETRICS AND GYNECOLOGY**

- Guy Hewlett, MD
- Yon Sook Kim, MD
- Barbara Evangelisti, RN, MSN, APN
- Mary Steen, RN, MSN, APN

**ORTHOPAEDICS/SPORTS MEDICINE**

- Catharine C. Mayer, MD

**PSYCHIATRY**

- Consuelo C. Cagande, MD
- Ruksana Iftekhhar, MD

**PSYCHOLOGY**

- Dina Goldstein Silverman, PhD

**PULMONARY**

- Donna J. Hogue, DO



*The Ripa Center is named for Kelly Ripa and the Ripa family, who have long been supporters of Cooper University Health Care and women's health and wellness services.*

*Meet Ripa's Newest Advanced Practice Nurse*

**MARIANNE ALEXANDER, RN, MSN, APN,**

is now accepting new patients at The Ripa Center. She has over 22 years of nursing experience in Emergency and Family Medicine.

To schedule an appointment with Marianne Alexander, call **856.673.4912**.

**What made you decide to become a nurse?**

For as long as I can remember, I've always had a passion for science and math. A dear friend of mine steered me towards nursing as a career, eventually leading me to become an Advanced Practice Nurse. I am very grateful that I chose a career that gives me such joy and satisfaction.



**How do you spend your time when not seeing patients?**

I believe a provider must care for themselves to best care for their patients, so I always try to set a healthy example.

Cycling, gardening, listening to music, and spending time with my family and friends are really important to me.

*What is an Advanced Practice Nurse?*

An Advanced Practice Nurse (APN) is a registered nurse with advanced education and training who has completed either a Masters or Doctoral program. APN's are licensed and board certified to practice and manage a patient's overall care independently. They can perform assessments and diagnose patients, prescribe medications, order diagnostic tests such as lab work, imaging, and more.

At Ripa, our APN's collaborate with our team of specialists to provide each patient with the highest level of care.

8

**What do you like most about primary care?**

In primary care, I have the opportunity to see patients with a variety of medical conditions, making each day different and challenging. I started my nursing career as an Emergency Room nurse, which gave me a solid foundation.

**What is your philosophy of care?**

I enjoy developing long-term relationships with my patients and partnering on health care decisions. I like to present a number of options so we can agree on a plan of care together. I am truly invested in addressing the individual needs of each patient and encouraging realistic lifestyle choices to maintain a healthy and active lifestyle.



# Kudos to our Ripa Physicians

who were recognized for **Outstanding Patient Communication** in our patient survey:

- Camille P. Green, MD
- Kathleen M. Heintz, DO
- Donna J. Hogue, DO
- Cynthia A. Griech-McCleery, MD
- Tara L. Lautenslager, MD
- Rosemarie A. Leuzzi, MD
- Farah H. Morgan, MD
- Saadia R. Rehman, DO

## UPCOMING RIPA PROGRAMS AND SEMINARS

**Preregistration is required for all programs. For full class descriptions or to register, visit [events.CooperHealth.org](http://events.CooperHealth.org) or call 1.800.8.COOPER (1.800.826.6737).**

### Healthy Bones

- January 18, 2018 to February 22, 2018
  - April 19, 2018 to May 24, 2018
- Six Thursdays, 6 p.m. to 7:30 p.m.

**Fee: \$100 | Prepayment is required.**

Each class includes a 30-minute discussion about a bone health topic with Cooper experts and a 1-hour session with a fitness specialist.

### Personal Guide to Reversing Prediabetes

Tuesday, February 6, 2018 and  
Tuesday, May 8, 2018 • 6 p.m. to 8 p.m.

**FREE**

Join Geetha K. Bhat, MD, and Megan Day, RD, CDE, to learn how to manage your blood sugar levels and reverse prediabetes through realistic and permanent lifestyle changes.

### Joint Replacement for Women

Wednesday, February 28, 2018 • 6 p.m. to 7 p.m.

**FREE**

Jack Shilling, MD, Director, Joint Replacement and Reconstruction Program, Cooper Bone and Joint Institute, will discuss joint replacement services offered at Cooper to help ease chronic knee and hip pain.

### Cancer and Genetics

Tuesday, March 6, 2018 • 6 p.m. to 7 p.m.

**FREE**

MD Anderson Cooper cancer experts will discuss how family history plays a role in the risk for cancer development and the latest advances in genetic testing.

### Inflammatory Bowel Disease – Crohn's and Colitis

Thursday, March 8, 2018 • 6 p.m. to 7 p.m.

**FREE**

Learn about risk factors, symptoms, testing, and new treatment options with Tara L. Lautenslager, MD.

### Pelvic Floor Health

Tuesday, March 13, 2018 • 6 p.m. to 7 p.m.

**FREE**

This interactive discussion will feature Lioudmila Lipetskaia, MD, and focus on risk factors, symptoms, and treatment options (surgical and nonsurgical) available at Cooper.

### The Management of Bunions and Hammertoes: A Pathway to Pain-Free Feet

Thursday, March 15, 2018 • 6 p.m. to 7 p.m.

**FREE**

Join Kimberly Hurley, DPM, for an educational session and surgical demonstration focusing on female foot issues.

### Hand Health for Women

Thursday, March 22, 2018 • 6 p.m. to 7 p.m.

**FREE**

Nicole J. Jarrett MD, will discuss common hand and upper extremity disorders, such as carpal tunnel syndrome, thumb pain, and arthritis of the hand.

### Emotional Freedom Technique: A Drug-Free Pain Management Method

Thursday, March 29, 2018 • 6 p.m. to 7:30 p.m.

**Fee: \$15 | Prepayment is required.**

Come learn this gentle, complementary therapy method that focuses on self-applied acupressure points for pain management with Robin Bilazarian, LCSW, DCSW, DCEP.

### Vaping: What You Need to Know

Tuesday, April 10, 2018 • 6 p.m. to 7 p.m.

**FREE**

Join MD Anderson Cooper cancer experts to learn more about the risks and myths associated with the use of electronic cigarettes.

### Dense Breast and Abnormal Breast Imaging

Tuesday, May 15, 2018 • 6 p.m. to 7 p.m.

**FREE**

MD Anderson Cooper breast health experts will discuss the management of abnormalities found on mammograms and how having dense breasts can affect your risk of breast cancer.

#### THE RIPA CENTER

6100 Main Street Promenade (GPS: 901 Centennial Blvd.)  
Voorhees, NJ 08043

#### CONVENIENT HOURS

Monday through Thursday: 8 a.m. to 8 p.m.  
Friday: 8 a.m. to 5 p.m.

# Community Seminars and Programs

## Moving Forward With Type 1 Diabetes

Move forward with the care of your Type 1 diabetes with Michelle Laranko, RN, CDE.

In this four-part Diabetes Self-Management Education program, you will have an advanced conversation with a skilled diabetes educator on topics including DKA, glucagon, effects of exercise, and latest advances in technology and the most up-to-date outcomes-based research in diabetes management.

**Call to register: 856.321.0012**

### CHERRY HILL

1210 Brace Road, Cherry Hill, NJ 08034

**Start Dates | 4 weekly sessions:**

- January 18, 2018  
6 p.m. to 7:30 p.m.
- February 12, 2018  
2 p.m. to 3:30 p.m.
- March 19, 2018  
6 p.m. to 7:30 p.m.
- April 23, 2018  
2 p.m. to 3:30 p.m.

## The Diabetes Weigh

Diabetes takes time, attention, perseverance, and skill to manage. We develop an individualized program that's right for you.

**The Diabetes Weigh is covered by most insurances. Register at 856.321.0012.**

### CHERRY HILL

1210 Brace Road, Cherry Hill, NJ 08034

**Start Dates | 5 weekly sessions:**

- January 9, 2018 – 10:30 a.m. to noon
- January 10, 2018 – 6 p.m. to 7:30 p.m.
- January 11, 2018 – 2 p.m. to 3:30 p.m.
- February 20, 2018 – 10:30 a.m. to noon
- February 21, 2018 – 6 p.m. to 7:30 p.m.
- February 22, 2018 – 2 p.m. to 3:30 p.m.
- April 5, 2018 – 2 p.m. to 3:30 p.m.
- April 10, 2018 – 10:30 a.m. to noon
- April 11, 2018 – 6 p.m. to 7:30 p.m.

**Start Dates | One all-day session:**

- January 13, 2018 – 9 a.m. to 3:30 p.m.
- February 10, 2018 – 9 a.m. to 3:30 p.m.
- March 17, 2018 – 9 a.m. to 3:30 p.m.
- April 14, 2018 – 9 a.m. to 3:30 p.m.

### WILLINGBORO

218C Sunset Road, Willingboro, NJ 08046

**Start Dates | 5 weekly sessions:**

- January 9, 2018 – 6 p.m. to 7:30 p.m.
- February 20, 2018 – 6 p.m. to 7:30 p.m.
- April 3, 2018 – 6 p.m. to 7:30 p.m.

## Regional Cleft Palate — Craniofacial Program

- Parent-to-parent support.
- 24-hour newborn outreach and assessment program including counseling regarding feeding techniques for infants with clefts (assessment and counseling is available at the birthing hospital).

**Information: 856.722.9110**

## Women's Fitness Classes

Choose from a variety of programs. Learn more at [CooperHealth.org/Women](http://CooperHealth.org/Women).

The Ripa Center  
6100 Main Street Promenade  
(GPS: 901 Centennial Boulevard)  
Voorhees, NJ 08043

10

## Car Seat Safety Checkup

Child safety seat technicians will check your child's car seat for proper installation, factory recalls, defects, and proper seat selection based on your child's age, weight, and height. **FREE.**

**No Appointment Needed**

Questions: 856.968.8687

### CAMDEN

4th Wednesday of each month  
10 a.m. to noon

Cooper University Hospital  
Roberts Pavilion Entrance  
One Cooper Plaza  
Camden, NJ 08103

### CHERRY HILL

2nd Friday of each month  
9 a.m. to noon

Deer Park Fire Station  
985 Cropwell Road  
Cherry Hill, NJ 08003



### DEPTFORD

1st and 3rd Saturday of each month  
10 a.m. to 2 p.m.

Gloucester County Store, Deptford Mall  
1750 Deptford Center Road  
Deptford, NJ 08096

### SEWELL

2nd Saturday of each month  
10 a.m. to 2 p.m.

Mantua Fire District 1  
155 Union Avenue, Sewell, NJ 08080

**By Appointment Only**

Call: 856.489.4520, ext. 220

### MARLTON

1st Tuesday of each month  
1 p.m. to 3 p.m.

Weisman Children's Rehabilitation Hospital  
92 Brick Road  
Marlton, NJ 08053

### SEWELL

2nd Tuesday of each month  
1 p.m. to 3 p.m.

Weisman Children's Rehabilitation Center  
405 Hurffville-Crosskeys Road, Suite 206  
Sewell, NJ 08080

### PENNSAUKEN

3rd Tuesday of each month  
1 p.m. to 3 p.m.

Weisman Children's Rehabilitation Center  
2475 McClellan Avenue  
Pennsauken, NJ 08109

# Cooper Radiology Services

Expert staff, extended hours, walk-in services, and always a friendly face!

## Services:

- Bone Densitometry (DEXA)
- CAT Scan (low dose)
- Diagnostic X-ray
- Interventional Radiology
- Women's Services
  - > 3-D Screening and Diagnostic Mammography
  - > Contrast-Enhanced Spectral Mammography (CESM)
  - > Stereotactic Breast Biopsies
  - > Uterine Fibroid Embolization
- Nuclear Medicine
  - > Advanced scans for specialties including endocrinology, gastroenterology, pulmonology, neurology, orthopaedics, and urology.
- Tumor localization studies and Y90 for treatment of cancer.

- MRI
- PET/CT
- Ultrasound
- Fluoroscopy

## Locations:

### VOORHEES

- 900 Centennial Blvd., Building 1  
Voorhees, NJ 08043
- The Ripa Center for Women's Health & Wellness at Cooper  
6100 Main Street  
(GPS: 901 Centennial Blvd.)  
Voorhees, NJ 08043

### CHERRY HILL

- 1103 N. Kings Hwy.  
Cherry Hill, NJ 08034

### CAMDEN

- Sheridan Pavilion  
(Same day or next day CT scheduling available)  
Three Cooper Plaza, Camden, NJ 08103



Cooper is home to board-certified radiologists, fellowship-trained subspecialists, and expert technologists as well as South Jersey's only board-certified, fellowship-trained pediatric radiologists.

**Appointments: 1.888.499.8779** | [CooperHealth.org/Radiology](http://CooperHealth.org/Radiology)



## INTEGRATIVE MEDICINE PROGRAM *for Women*

The Cooper Integrative Medicine Program for Women is committed to serving and healing the whole person by addressing the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect your health.

Using evidence-based, holistic treatment modalities and wellness therapies, the Integrative Medicine team partners with you to develop a personalized care plan that supports your optimal health and well-being.

The team addresses any existing health concerns you may have and their underlying causes. Your care plan focuses on natural remedies (that do not interfere with traditional medications) and proven complementary medicine approaches such as acupuncture, therapeutic massage, meditation, and yoga—all aimed at maximizing your body's potential for self-healing.

Importantly, this program is designed to complement existing treatment plans prescribed by your primary care and specialty physicians. We emphasize prevention and developing healthy behaviors and effective self-care skills you can use throughout your life to achieve and sustain your long-term health goals.

A typical Integrative Medicine consult will address the following factors and how they affect your personal health/condition:

- Diet and nutrition
- Physical activity
- Spiritual, emotional, and/or social needs
- Mind-body interaction
- Stress
- Supplements and botanical medicines

### Take the next step toward optimal health.

To make an appointment for a consultation with a member of the Integrative Medicine team, call 856.673.4912.

#### Our Physicians



David M. Nocchi, MD



Meena R. Sharma, MD

Most insurance companies cover Integrative Medicine appointments. Patients with an HMO plan will need a referral from their primary care provider.



**myCooper** is a safe and secure online tool that helps you make appointments and connects you to your Cooper electronic medical record at any time, day or night.\*

- Manage your appointments
- Communicate with your Cooper physician's office
- Renew prescriptions
- Review lab results

To set up your account, visit **my.CooperHealth.org** or call the support line at **1.844.3.myCooper** (1.844.369.2667) – 24 hours a day.

**Direct online scheduling now available for Family Medicine and Internal Medicine follow-up appointments through myCooper. To schedule a new patient appointment, please call: 1.800.8.COOPER.**



MyChart

Access myCooper at **my.CooperHealth.org** or through the **MyChart** mobile app. Search for MyChart in the app store and select Cooper as your provider.

\*Subject to limitations.

**SAVE THE DATE.  
WE'RE PAINTING  
THE TOWN  
COOPER RED.**

GEORGE E. NORCROSS III  
AND  
PHILIP A. NORCROSS  
INVITE YOU TO THE 2018  
**COOPER RED HOT GALA**  
APRIL 27, 2018 • 7:00 PM  
VIE • 600 N. BROAD STREET  
PHILADELPHIA, PA 19103

REGISTER AT: [FOUNDATION.COOPERHEALTH.ORG/GALA-2018](http://FOUNDATION.COOPERHEALTH.ORG/GALA-2018)

*Let's Get to the  
Heart of the Matter*

Join us as we celebrate women and American Heart Month with an interactive discussion featuring our team of female cardiologists from the Cooper Women's Heart Program. The evening will also include wine tasting, heart-healthy snacks, and of course – dark chocolate!

**Tuesday, February 13, 2018**  
**6 p.m. to 8 p.m.**  
The Mansion on Main Street  
3000 Main Street  
Voorhees, NJ 08043

**Wine Tasting Fee: \$10**

**Preregistration Required:**  
Call 1.800.8.COOPER  
(1.800.826.6737) or visit  
[Events.CooperHealth.org](http://Events.CooperHealth.org).

