

# HEALTH CONNECTION



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# Cooper Nationally Recognized as First Comprehensive Stroke Center in South Jersey



**American Heart Association  
American Stroke Association  
CERTIFICATION**

Meets standards for  
**Comprehensive Stroke Center**

Cooper University Health Care recently earned The Joint Commission's Gold Seal of Approval® and the American Heart Association/American Stroke Association's Heart-Check mark for Advanced Certification for Comprehensive Stroke Centers, bringing the most advanced stroke care to South Jersey.

The Gold Seal of Approval® and the Heart-Check mark represent hospitals with the highest level of stroke care and are symbols of quality from their respective organizations. With this certification, Cooper joins an elite group of health care organizations focused on highly specialized stroke care.

"As the leading academic medical center in South Jersey, our patients have come to rely upon Cooper to provide the most advanced and highest quality health care. Receiving designation as a Comprehensive Stroke Center is another demonstration of the commitment to our patients and to

providing the highest level of care," said Adrienne Kirby, PhD, FACHE, Cooper's President and Chief Executive Officer. "We are honored to be nationally recognized for the efforts of our physicians, nurses, and support staff in providing the highest level of stroke care to our patients."

To be eligible, hospitals must demonstrate compliance with stroke-related standards as a Primary Stroke Center and meet additional requirements, including those related to advanced imaging capabilities, availability of specialized treatments, and providing staff with the unique education and competencies to care for complex stroke patients.

"Our team went through a rigorous evaluation by The Joint Commission, and we are proud of this certification that demonstrates to our patients and their families that they are receiving the most comprehensive stroke care at Cooper," said Hayan Dayoub, MD, Co-Director of the Neurointerventional Surgery Program.

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Learn the warning signs of stroke and act **FAST**.\*



**FACE Drooping:**

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



**ARM Weakness:**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



**SPEECH Difficulty:**

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?



**TIME to Call 9-1-1:**

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

\*American Heart/American Stroke Association

## THE COMPREHENSIVE STROKE PROGRAM LEADERS



**Hayan Dayoub, MD**  
Co-Director of the  
Neurointerventional  
Surgery Program



**Tapan R. Kavi, MD**  
Neurointensivist



**Hamza A. Shaikh, MD**  
Co-Director of the  
Neurointerventional  
Surgery Program



**Ryna K. Then, MD**  
Inpatient  
Stroke Director

### The Comprehensive Stroke Center Difference

This designation recognized Cooper as the first hospital in South Jersey equipped with the expertise and resources to deliver the highest level of stroke care.

The elements of a comprehensive stroke center program include a team of stroke specialists available 24 hours a day, endovascular neurosurgery, inpatient neurointensive care, remote telestroke capabilities, and immediate transfers from community hospitals.

“Throughout South Jersey, you can find a number of acute, stroke-ready hospitals,” says Tapan R. Kavi, MD, Neurointensivist. “These hospitals can stabilize a patient with stroke and treat them with the clot-busting medication tPA. Often after this medication is administered, these hospitals have to transfer patients to a Primary or Comprehensive Stroke Center.”

The Joint Commission recognizes two levels of advanced stroke care – Primary and Comprehensive. Primary Stroke Centers can administer the clot-busting medication to patients, but unlike acute stroke-ready hospitals, once the medication is administered, a Primary Center can admit these patients and monitor their progress.

Comprehensive Stroke Centers take stroke care to another level. They can handle the most complex stroke patients and provide the most advanced care available.

The needs of a complex stroke patient can vary, but generally those patients require additional interventional care following any clot-busting medications. They may need endovascular procedures to remove a clot or to secure an intracranial aneurysm. They often require hospitalization in specialized neuro-critical intensive care units and access to emergent neurosurgical evaluation and treatment.

“A Comprehensive Center has to provide these services 24 hours a day, 365 days a year,” says Hamza A. Shaikh, MD, Co-Director of the Neurointerventional Surgery Program. “Additionally, we have to constantly evaluate our clinical

outcomes and hold ourselves and our team members accountable for providing quality care to each of our patients.”

This type of monitoring includes individualized follow-up care plans in an outpatient setting. “We review our patients’ progress at 90 days post-discharge,” Dr. Shaikh says. “We assess their clinical outcomes and readjust their care plans as needed. We want to make sure we’re doing the right thing.”

### Time Is Brain

It is important to understand that there are different types of hospitals, each equipped for different levels of care. For the stroke patient, a Comprehensive Center can make a life-saving difference: time lost is brain lost. According to the American Heart Association/American Stroke Association, an estimated two million brain cells die each minute during a stroke.

“‘Time is Brain’ has become a common expression when educating patients and caregivers about stroke,” says Ryna K. Then, MD, Inpatient Stroke Director at Cooper Neurological Institute. “What it actually means is this – if you’re having a stroke, you need to get expert care fast.”

When it comes to stroke care, getting to the right hospital the first time is extremely important. Immediate access to the appropriate level of care can make a huge difference in a person’s ability to survive and have the best outcomes possible. A transfer from an acute stroke-ready hospital to a Primary or Comprehensive Center takes valuable time.

Dr. Then adds, “The reality is that stroke is a life-or-death situation. If you or a loved one is having a stroke, time is of the essence and where you get your first level of care is critical.”

**For additional information on the Cooper Comprehensive Stroke Center Certification visit [CooperHealth.org/Stroke](https://CooperHealth.org/Stroke).**

# Cooper Urgent Care Centers – Now in Audubon, Cherry Hill, Cinnaminson, and Runnemede

Did you get a bad sprain during Saturday’s run? Do you have stitches that need removal? Is your sore throat strep throat? No need to go to the ED or wait until Monday to see your doctor. Cooper Urgent Care Centers are open seven days a week to treat these types of injuries, illnesses, and more.

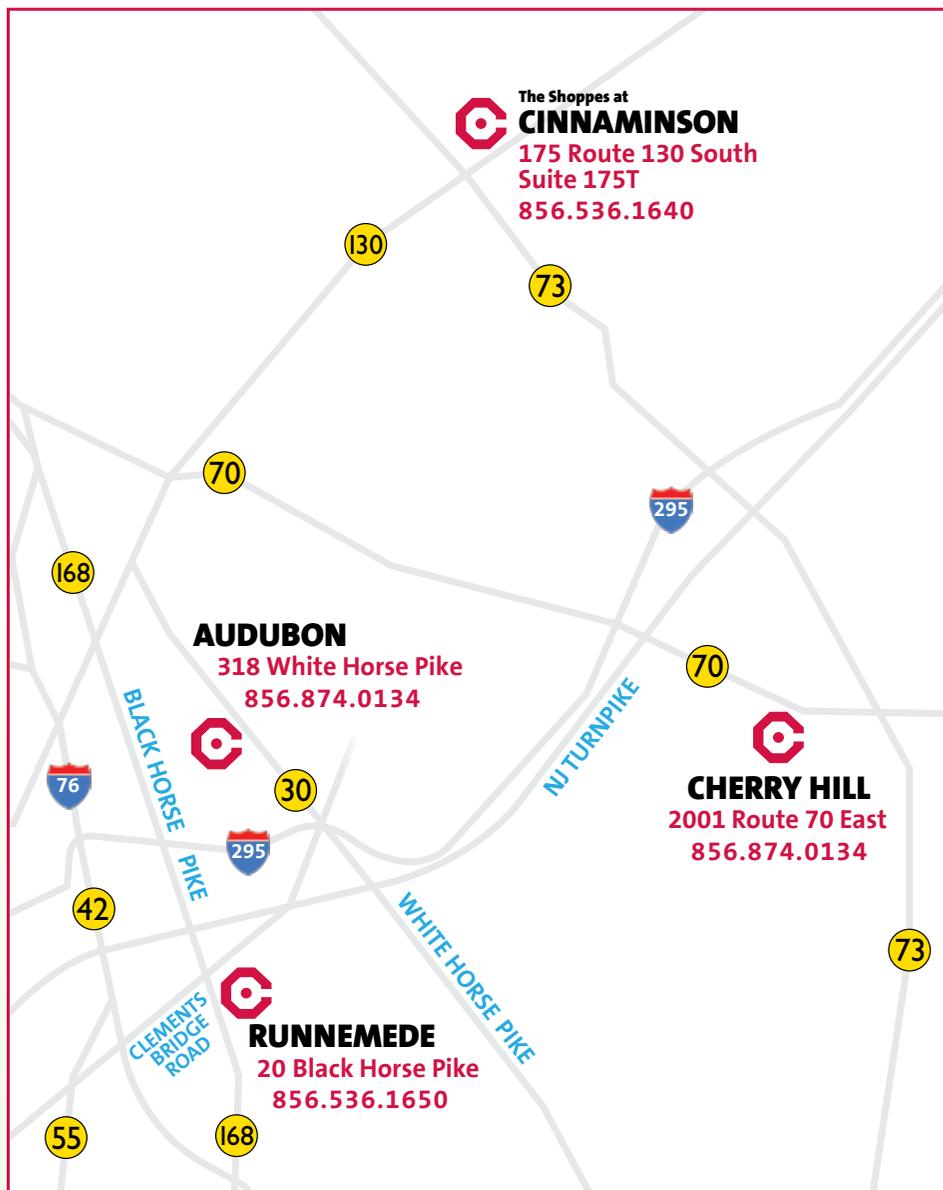
“Unlike other models, Cooper Urgent Care Centers are staffed with board-certified emergency medicine physicians and are the same physicians who see patients in Cooper’s emergency department,” says James J. Flowers, DO, Medical Director. “This high level of care is what sets us apart, as these doctors are trained to treat a wide variety of injuries and illnesses.”

Dr. Flowers also stresses that it is important that patients have a relationship with a primary care physician who can manage general health issues. However, for those surprise injuries and illnesses, even community primary care physicians do refer their patients to Cooper Urgent Care because of the extended patient hours and diagnostic capabilities, such as on-site X-ray.

While no appointment is necessary during office hours, each location offers an advance reservation system through Cooper’s website at [CooperHealth.org/UrgentCare](http://CooperHealth.org/UrgentCare). Patients can reserve a spot online and arrive at the appropriate time.

Cooper Urgent Care Centers offer easy access from major roads and comfortable waiting rooms with a pediatric play area.

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## Reserve Your Spot Ahead of Time!



Visit [CooperHealth.org/UrgentCare](http://CooperHealth.org/UrgentCare). We'll be expecting you.

### HOURS

- Monday to Friday:  
8 a.m. to 7:45 p.m.
- Saturday and Sunday:  
9 a.m. to 4:45 p.m.
- Holidays:  
9 a.m. to 4:45 p.m.

# New Marlton Primary Care Office for All Ages

If you need a primary care physician for yourself or a member of your family, look no further than Marlton. Cooper physicians who specialize in the primary care disciplines of family medicine, and obstetrics and gynecology are now practicing in Marlton – giving area residents convenient local access to high-quality primary care services.

To request an appointment with physicians at the Marlton office, please call **1.800.8.COOPER (1.800.826.6737)**.



Robert P. Siefiring, MD  
Obstetrics and Gynecology

## Family Medicine

Cooper Family Medicine provides ongoing primary care for a person’s entire lifespan, from infancy to old age, including routine wellness and preventive care as well as management of complex health issues.

Because family medicine physicians are trained to treat the entire family, having this type of primary care physician can be particularly beneficial – and efficient – for busy parents with young children, or adult children caring for an elderly parent. The practice was formerly located at 1001-F Lincoln Drive West in Marlton.

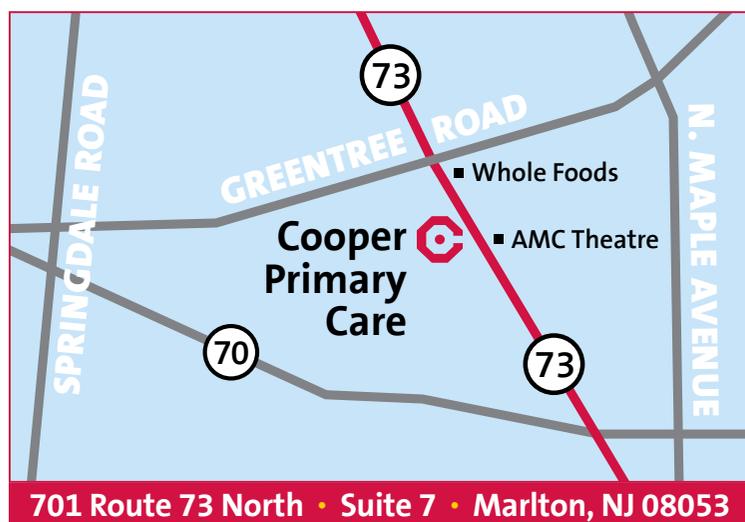
- Jennifer Abraczinskas, MD
- Michael J. Voyack, DO

## Women’s Health: Obstetrics and Gynecology

Cooper Women’s Health at Marlton is a six-physician practice that offers comprehensive obstetrical and gynecological care for female patients of all ages, from childhood and adolescence, through childbearing years to menopause and beyond. Importantly, because Cooper is an academic medical center, our physicians have access to the latest medical knowledge, innovative diagnostic and treatment options, and breakthrough research and technology.

In addition to general obstetrics and gynecology, Cooper Women’s Health at Marlton provides specialized services including maternal-fetal medicine for high-risk pregnancies, gynecologic oncology (cancer care), female pelvic medicine and reconstructive surgery for pelvic floor disorders, reproductive endocrinology and infertility treatment, and diagnosis and treatment of vulvo-vaginal disease.

- Hazem M. Elshoreya, MD
- Michelle L. Salvatore, MD
- Saifuddin T. Mama, MD
- Robert P. Siefiring, MD
- Jocelyn A. Mitchell-Williams, MD
- Kathryn Reynes Suarez, MD



701 Route 73 North • Suite 7 • Marlton, NJ 08053



# Lung Nodules – Here’s What You Need to Know

If you have been told you have a lung (or pulmonary) nodule, you may be concerned about what this means for you and your risk of developing lung cancer.

Commonly called a “**spot on the lung**” or a “**shadow**,” a nodule is a round bundle of tissue that is more dense than normal lung tissue. It shows up as a white spot on a CT scan. Lung nodules are usually caused by scar tissue, a healed infection that may never have made you sick, or some irritant in the air that affected your lungs. Sometimes a nodule can be an early sign of lung cancer.

People may be diagnosed with a single nodule or multiple nodules. Usually there are no symptoms associated with pulmonary nodules.

## How is a lung nodule diagnosed?

“Lung nodules are generally seen on an X-ray or computed tomography (CT) scan,” says Jay M. Steinberg, DO, Thoracic Surgeon at MD Anderson Cancer Center at Cooper. “Nodules are not uncommon – they are found in up to half of adults who get a chest X-ray or CT scan.”

**6** Lung nodules are usually about 0.2 inches (5 millimeters) to 1.2 inches (30 millimeters) in size. A larger lung nodule, one that’s 30 millimeters or larger, is more likely to be cancerous than a smaller lung nodule.

## How do I know if it is cancer?

“While only about five percent of lung nodules are cancerous, it’s very important to determine whether a nodule is a benign tumor or an early stage of cancer, because early detection and treatment of lung cancer can greatly enhance your survival,” says Dr. Steinberg.

MD Anderson Cancer Center at Cooper has developed a Lung Nodule Clinic – a program designed to help patients who have lung nodules get answers quickly and definitively about the status of their lung nodules and their risk of developing lung cancer.

## MD Anderson Cooper Lung Nodule Clinic

“At MD Anderson Cooper, we take a highly personalized approach to the evaluation and monitoring of lung nodules,” says Frank W. Bowen III, MD, FACS, Chief, Division of Thoracic Surgery.

Our team consists of lung surgeons, pulmonologists and



*MD Anderson Cancer Center at Cooper Lung Surgery Team*

interventional pulmonologists, radiologists, an imaging navigator, nurse practitioners, and other pulmonary and cancer experts. They work together to evaluate a patient’s lung nodules and develop a plan of action.

Depending on your risk factors, our team may suggest simply “watching” a nodule by taking repeated X-rays over a specific course of time or may suggest a biopsy or removal of an entire nodule, depending on risk factors such as:

- **Age**
- **Smoking history**
- **Nodule size**
- **A change in nodule size or shape**
- **Symptoms such as wheezing, coughing, fever, or shortness of breath**
- **A scan suggesting the nodule might be cancerous**

“That’s because benign lung nodules grow slowly, if at all, while cancerous nodules, on average, double in size every four months,” says Dr. Bowen. “Our team may continue to check your lung nodule each year for up to five years to ensure that it is benign.”

Benign nodules also tend to have smoother edges and have a more even color throughout, as well as a more regular shape than cancerous nodules. The Lung Nodule team can check speed of growth, shape, and other characteristics on a chest X-ray, CT, or PET scan.

## What if my nodule is lung cancer?

“Even if a nodule turns out to be lung cancer, it is likely to be an early stage lung cancer,” says Dr. Bowen. “Finding lung cancer in the early stages means we have more treatment options and a much better chance for a cure.”

**To make an appointment with the MD Anderson Cooper Lung Nodule Clinic or for more information about our program, call 856.735.6235.**

**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.

- September 12, 2017 • November 7, 2017

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.

- October 4, 2017 • December 6, 2017
- November 1, 2017

Cooper Clock Tower  
931 Centennial Boulevard  
Voorhees, NJ 08043

**Latino Cancer Survivors**

Cancer information and support. Free refreshments and parking. Registration and information call Virgenmina Lopez at **856.968.7092**.

Thursdays, 11:30 a.m. to 1 p.m.

- September 14, 2017 • November 9, 2017
- October 12, 2017 • December 14, 2017

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

**LLS Multiple Myeloma Support Group**

For myeloma patients and their loved ones.

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

- September 25, 2017 • November 27, 2017
- October 23, 2017 • December 18, 2017

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.

- September 14, 2017
- October 12, 2017
- November 9, 2017
- December 14, 2017

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.

- October 5, 2017
  - November 2, 2017
  - December 7, 2017
- 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:**

Friday, November 10, 2017  
10:30 a.m. to 11:30 a.m.

MD Anderson Cooper – Camden  
Two Cooper Plaza  
400 Haddon Avenue  
Room 4100/4101  
Camden, NJ 08103



**VOORHEES:**

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

- October 13, 2017 • December 8, 2017

The Ripa Center for Women's Health and Wellness  
6100 Main Street  
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 Required:**

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

**VOORHEES:**

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

- October 16, 2017 • December 18, 2017
- Cooper Clock Tower  
931 Centennial Boulevard  
Voorhees, NJ 08043

**CAMDEN:**

Mondays, 10 a.m. to noon

- September 18, 2017 • November 20, 2017
- MD Anderson Cooper – Camden  
Two Cooper Plaza, 400 Haddon Avenue  
Room C1111  
Camden, NJ 08103

**Head & Neck Cancer Support Group**

This group is for anyone (patients, families, caregivers) affected by cancers of the mouth, tongue, larynx, and nasopharynx.

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

- September 14, 2017
- October 12, 2017
- November 9, 2017
- December 14, 2017

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

At The Ripa Center, we are proud to offer Primary and Multi-Specialty Care focused on the unique and complex health care needs of women.

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

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

### UPCOMING RIPA CLASSES AND EVENTS

Preregistration is required for all programs. Prepayment is required for all fee-based programs.

#### Breast Reduction for the Adolescent Girl

Tuesday, September 12, 2017  
Sign-in: 5:30 p.m., Lecture: 6 p.m. to 7 p.m.

**FREE**

Join A. Leilani Fahey, MD, to learn about breast reduction options for young women. Mothers and daughters are welcome.

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

Thursday, September 21, 2017  
Sign-in: 5:30 p.m., Lecture: 6 p.m. to 7 p.m.

**FREE**

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

#### HPV and the Risk of Cervical Cancer

Tuesday, September 26, 2017  
Sign-in: 5:30 p.m., Lecture: 6 p.m. to 7 p.m.

**FREE**

HPV infections are so common that nearly all men and women will get at least one type of HPV at some point in their lives. Most people never know that they have been infected. Join David P. Warshal, MD, Head, Division of Gynecologic Cancer at MD Anderson Cancer Center at Cooper, for an informative discussion about how having the human papillomavirus can increase your risk for cervical and other cancers.

#### Healthy Bones

Six Thursdays, 6 p.m. to 7:30 p.m.  
October 5, 2017 to November 9, 2017

**Fee: \$100**

**Week 1:** How menopause and age decrease bone formation

**Week 2:** How to exercise safely

**Week 3:** Optimal nutrition for bones – Calcium/Vitamin D

**Week 4:** Treatment options for osteoporosis

**Week 5:** Fracture prevention

**Week 6:** Questions and review

Each class includes a 30-minute discussion about bone health with Cooper experts and a 1-hour session with a fitness specialist, focusing on exercises that increase bone density and strengthen muscles to reduce the risk of falling or breaking a bone.

#### Dense Breast and Abnormal Breast Imaging

Tuesday, October 10, 2017  
Sign-in: 5:30 p.m., Lecture: 6 p.m. to 7 p.m.

**FREE**

Join Kristin L. Brill, MD, and other members of the Breast Health Team to learn more about the management of abnormalities found on mammograms and how having dense breasts can affect your risk for breast cancer.

#### Bone Health for Women of All Ages

Tuesday, October 17, 2017  
Sign-in: 5:30 p.m., Lecture: 6 p.m. to 7 p.m.

**FREE**

Join Catharine Mayer, MD, sports medicine and bone health expert, as she discusses strategies to keep your bones strong and healthy in your 30s, 40s, and beyond.

#### Integrative Medicine

Tuesday, November 14, 2017  
Sign-in: 5:30 p.m., Lecture: 6 p.m. to 7 p.m.

**FREE**

Integrative medicine is an approach to care that offers “whole-person” care – addressing the full range of physical, emotional, mental, social, spiritual, and environmental factors that can affect a person's health. Join David M. Nocchi, MD, and Meena R. Sharma, MD, as they discuss how integrative medicine can help heal illness, ease suffering, and help you regain and maintain optimum health through evidence-based, holistic treatment modalities and wellness therapies.

### WELCOME DR. LIPETSKAIA

#### Division of Female Pelvic Medicine and Reconstructive Surgery Welcomes Lioudmila Lipetskaia, MD, to Cooper's Voorhees Campus



Dr. Lipetskaia's treats the following conditions:

- Pelvic organ prolapse
- Urinary and bowel incontinence
- Overactive bladder
- Difficulty urinating

- Sexual dysfunction
- Reoccurring bladder infections

To schedule an appointment with Dr. Lipetskaia, call **856.325.6622**.

**MEET THE NEWEST RIPA  
PRIMARY CARE AND SPECIALTY PROVIDERS**



**Camille P. Green, MD**  
Internal Medicine

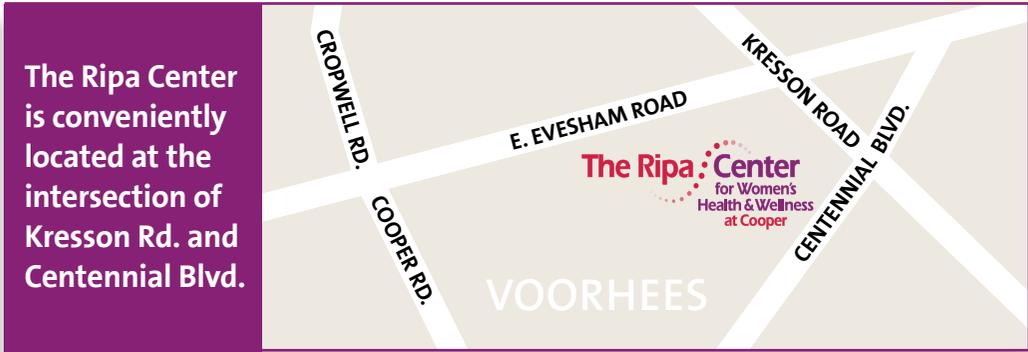


**Barbara Evangelisti, RN,  
MSN, APN**  
Gynecology



**Mary Steen, RN,  
MSN, APN**  
Gynecology

To schedule an appointment, call 856.673.4912.  
For a full listing of Ripa Center providers, visit [CooperHealth.org/Women](http://CooperHealth.org/Women).



The Ripa Center is conveniently located at the intersection of Kresson Rd. and Centennial Blvd.

**We Connect Women to a Wide Array of Cooper Specialists and Programs**

- Breast Health
- Counseling
- Diabetes Management
- Digestive Health
- Female Pelvic Medicine
- Headache Program
- Maternal Fetal Medicine
- Obstetrics & Gynecology
- Osteoporosis Care
- Plastic Surgery
- Reproductive Endocrinology
- Women's Heart Health

**Imaging Services**

- DEXA Scan
- Digital Screening Mammogram (including 2D and 3D)
- General Ultrasound



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. Kelly's balance between work and family life has provided her with the understanding that women need to take care of themselves in addition to taking care of their family.



**What our patients are saying about their Ripa Center experiences...**

*Feedback from a Ripa Center Patient Survey:*

"This office and its entire staff is a pleasure. Beautiful environment, excellent physicians, and top-notch care."

...

"I was a new patient at The Ripa Center. My doctor put my mind at ease and helped to diminish the anxiety of switching primary care physicians. The medical assistant was also very friendly and knowledgeable. The receptionist made checking out a breeze and ensured that I understood my follow-up instructions. Overall, great first impression."

...

"I would highly recommend The Ripa Center. It is always a welcoming atmosphere from the front office, to the staff, and the doctors."

...

"Very kind and professional staff, minimal wait time, and clean and welcoming environment. I will be back for further appointments."

...

"My doctor at The Ripa Center was great! She was very thorough with my health assessment, and I liked that she addressed other aspects of my life related to my health; i.e., exercise and vitamin supplements. I was also happy to see that their primary care team is growing."

Follow us on Facebook and Twitter



# 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**

START DATES:

- September 11, 2017  
6 p.m. to 7:30 p.m.
- October 9, 2017  
2 p.m. to 3:30 p.m.
- November 6, 2017  
6 p.m. to 7:30 p.m.
- December 4, 2017  
2 p.m. to 3:30 p.m.

1210 Brace Road  
Cherry Hill, NJ 08034

## 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.**

**Call to register: 856.321.0012**

### CHERRY HILL

START DATES:

- September 7, 2017 (3 weekly sessions)  
2 p.m. to 3:30 p.m.
- October 3, 2017 (5 weekly sessions)  
10:30 a.m. to noon
- October 11, 2017 (5 weekly sessions)  
6 p.m. to 7:30 p.m.
- October 12, 2017 (3 weekly sessions)  
2 p.m. to 3:30 p.m.
- November 9, 2017 (3 weekly sessions)  
2 p.m. to 3:30 p.m.
- November 15, 2017 (5 weekly sessions)  
6 p.m. to 7:30 p.m.

1210 Brace Road  
Cherry Hill, NJ 08034

### WILLINGBORO

START DATES:

- September 19, 2017 (5 weekly sessions)  
6 p.m. to 7:30 p.m.
- October 31, 2017 (5 weekly sessions)  
6 p.m. to 7:30 p.m.

218C Sunset Road, Willingboro, NJ 08046

## 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  
(901 Centennial Boulevard)  
Voorhees, NJ 08043

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## 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 Rehab. Hospital  
92 Brick Road  
Marlton, NJ 08053

### SEWELL

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

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

# A whole new selfie!

**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.



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

**Cooper Center for Metabolic & Bariatric Surgery**  
6017 Main Street  
Voorhees, NJ 08043

- > 6:30 p.m. to 7:30 p.m.
- Tuesday, September 19, 2017
- Wednesday, October 11, 2017
- Thursday, November 16, 2017
- Wednesday, December 13, 2017
- Tuesday, January 16, 2018

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



**Cooper**  
Center for Metabolic & Bariatric Surgery

**REGISTRATION:**  
[CooperHealth.org/Bariatric](http://CooperHealth.org/Bariatric)  
**1.800.8.COOPER**  
(1.800.826.6737)

# 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 for treatment of cancer.

## Locations:

- VOORHEES**
  - 900 Centennial Blvd. Building 1  
Voorhees, NJ 08043
  - The Ripa Center for Women's Health & Wellness at Cooper  
6100 Main Street  
Voorhees, NJ 08043
- CHERRY HILL**
  - 1103 N. Kings Hwy.  
Cherry Hill, NJ 08034
- CAMDEN**
  - Sheridan Pavilion  
Three Cooper Plaza  
Camden, NJ 08103



Cooper is home to board-certified radiologists 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)





**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](http://my.CooperHealth.org) or call the support line at **1.844.3.myCooper** (1.844.369.2667) – 24 hours a day.



MyChart

Access myCooper at [my.CooperHealth.org](http://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.

**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.**

pink roses | teal magnolias

## Brunch can be a Lifesaver

Join the fight against breast & gynecological cancer

**SUNDAY, OCTOBER 29, 2017**

11 AM - 2 PM • Crowne Plaza, Cherry Hill

The Pink Roses Teal Magnolias Brunch supports innovative breast and gynecological cancer research and clinical programs at MD Anderson Cooper, and our Patient in Need fund for cancer patients.

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[foundation.cooperhealth.org/pinkandteal](http://foundation.cooperhealth.org/pinkandteal)

MD Anderson **Cooper**  
Cancer Center  
Making Cancer History™

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**JOIN US IN HONORING:**

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Maria Metzler, RN · Colleen Tegeler, RT, (R) (T)

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**Cooper**  
University Health Care



## INVITE YOU TO MEN'S HEALTH Playbook

Join Cooper University Health Care Experts and WIP's On-Air Personalities Glen Macnow and Ray Didinger for a panel discussion on Cardiology and Vascular Health; Sexual and Prostate Health; and Sports Medicine.

**Thursday, September 28 | 6 - 8 PM**

**P.J. Whelihan's Maple Shade**  
396 S Lenola Rd, Maple Shade Township, NJ 08052

**RSVP at [CooperHealth.org/WIPMensHealth](http://CooperHealth.org/WIPMensHealth)**



Glen Macnow

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