

RIPA events

To register for any of our programs, visit us online at Events.CooperHealth.org or call 1.800.8.COOPER (1.800.826.6737).

Integrative Medicine

Tuesday, November 14, 2017

Registration: 5:30 p.m.

Lecture: 6 - 7 p.m.

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.

Build the Bone

Mondays

2 - 3 p.m.

12-Class Program: Rolling Admission
Fee: \$100 (Prepayment is required.)

Learn exercises with our fitness instructors that will keep your bones strong and improve your overall balance and coordination to decrease the risk of falls and fractures.

Osteosupport Group

First Monday of the Month

1 - 2 p.m.

Fee: Free

Share your stories, successes, and challenges with other women who have been diagnosed with osteoporosis or osteopenia. The group discussion is led by Barbara Harry, APN-C, Fracture Liaison Nurse at Cooper Bone and Joint Institute.



At The Ripa Center, we are proud to offer Primary and Multi-Specialty Care with on-site imaging services, including digital screening mammograms (2D and 3D), DEXA scans, and general ultrasounds to meet the unique health care needs of women. Our care team works collaboratively to develop a personalized and coordinated plan of care that keeps women connected to an array of specialized services to best support women throughout their health and wellness journey.

Featuring Evening Hours for Your Convenience

The Ripa Center is open: **Monday through Thursday: 8 a.m. - 8 p.m.**

Friday: 8 a.m. - 5 p.m.

FOR AN APPOINTMENT OR MORE INFORMATION CALL 856.673.4912

MEET RIPA'S NEWEST CARE TEAM MEMBERS



Camille P. Green, MD
Internal Medicine



Barbara Evangelisti, RN, MSN, APN
Gynecology



Mary Steen, RN, MSN, APN
Gynecology

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 and imaging, and more.

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

For a full listing of the Ripa Center Care Team, see page 2.

THE RIPA CENTER CARE TEAM

Our team is dedicated to finding you an appointment that best meets your needs.

Appointments are available with these providers onsite at The Ripa Center and at other convenient locations.

CARDIOLOGY

- Kathleen M. Heintz, DO

ENDOCRINOLOGY

- Farah H. Morgan, MD

GASTROENTEROLOGY

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

NEUROLOGY

- Evren Burakgazi-Dalkilic, MD

OBSTETRICS AND GYNECOLOGY

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

ORTHOPAEDICS/SPORTS MEDICINE

- Catharine C. Mayer, MD

PRIMARY CARE

- Camille P. Green, MD
- Rosemarie A. Leuzzi, MD
RIPA MEDICAL DIRECTOR
- Saadia R. Rehman, DO

PSYCHIATRY

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

PSYCHOLOGY

- Dina Goldstein Silverman, PhD

PULMONARY

- Donna J. Hogue, DO

BREAST SURGERY

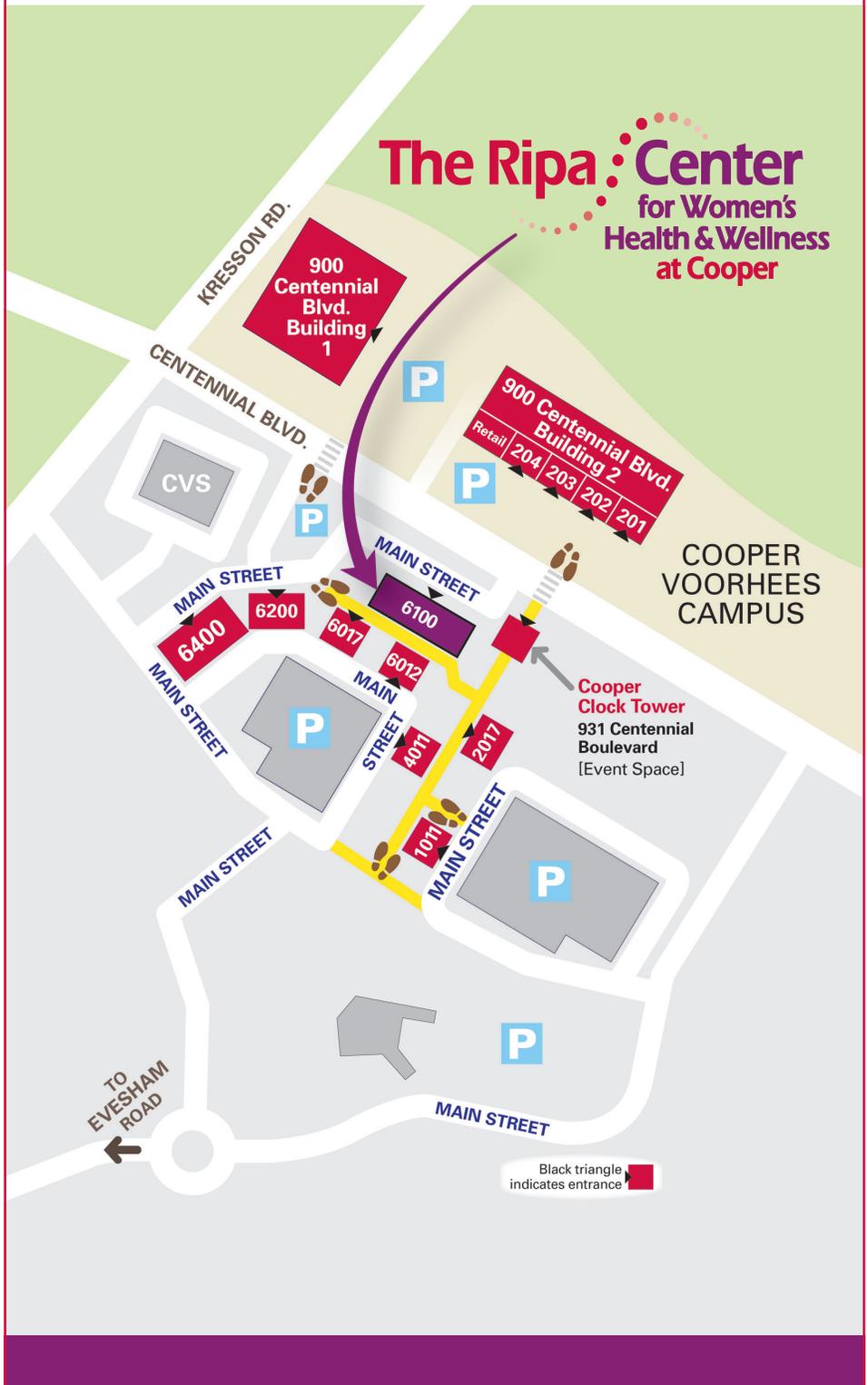
- Beth Ann Quattrocchi, APN

PRACTICE MANAGER

- Shannan Friel

HAVE AN APPOINTMENT ON THE COOPER VORHEES CAMPUS?

Follow this map...



PELVIC FLOOR DISORDERS

Q&A with Dr. Lipetskaia



Liudmila Lipetskaia, MD
Board-Certified Female
Pelvic Medicine and
Reconstructive Surgeon

Q: What are pelvic floor disorders?

A: Pelvic floor disorders are a result of weakened pelvic muscles or tears in the connective tissue of the pelvis. Over time, the pelvic floor is not able to support the organs as effectively, which can affect the function of the bowel, bladder, uterus, vagina, and rectum.

Q: What are symptoms of a pelvic floor disorder?

A: There are multiple symptoms of a pelvic floor disorder, such as:

- Frequent urination – day, night, or both
- Urine leakage with little or no warning, sometimes not making it to the bathroom in time
- Inability to completely empty bladder
- Accidental urine leakage with physical activity with exercising, sneezing, or coughing
- Problems with bowel function – accidental loss or leakage of stool
- Feeling of a bulge protruding past the vaginal opening

Q: Does it only affect women who have had children?

A: While excessive strain due to childbirth can lead to a pelvic floor disorder, there are many other potential factors such as, repeated strenuous activity, menopause, pelvic surgery, repetitive heavy lifting, tobacco use, and genetics. In fact, 1 in 4 women 20 years and older suffer from one or more pelvic floor disorders.

Q: Will Kegel exercises help?

A: Pelvic exercises can stop the progression of prolapse or incontinence — and sometimes reverse it. However, if performed incorrectly, they can not only be ineffective, but possibly make certain conditions worse. In order to identify exercises that are appropriate and effective in meeting

your needs, it is recommended to work with a pelvic floor physical therapist, who is much like a personal coach for your pelvic floor.

Q: Is surgery the only treatment option?

A: While surgery is sometimes necessary due to the severity of a patient's condition and overall health, there is a wide variety of non-surgical treatment options available as well. Non-surgical treatment options include: medications, targeted physical therapy, behavioral and lifestyle modifications, non-invasive pelvic support devices, biofeedback, and nerve stimulation.

Q: If I ignore my symptoms, will they eventually go away?

A: Symptoms of a pelvic floor disorder are not likely to resolve on their own. Over time, they can lead to long-term issues like chronic pelvic pain and incomplete bladder emptying, which can ultimately cause damage to the kidneys.

Q: What type of doctor treats patients with pelvic floor disorders?

A: Urogynecologists (more recently referred to as Female Pelvic Medicine and Reconstructive Surgeons) are specially trained to diagnose and treat women with pelvic floor disorders. Urogynecologists complete medical school and a residency in Obstetrics and Gynecology or Urology and then additional years of training and certification in Female Pelvic Medicine and Reconstructive Surgery.

To schedule an appointment
with Dr. Lipetskaia:

856.325.6622

Office Location:

6012 Main Street
Voorhees, NJ 08043

Healthy SOUP TIP

Roasted Winter Squash Soup

INGREDIENTS:

- 2 or 3 butternut, acorn, or Hubbard squash
- 2 garlic cloves
- A few sprigs fresh thyme
- 2 tablespoons unsalted butter
- 2 yellow onions
- 1/2 cup white wine
- 8 cups vegetable broth
- 1 bay leaf
- Salt and pepper
- 1/3 cup cider vinegar

DIRECTIONS

Preheat oven to 350 degrees. Cut squash in half, remove seeds, and roast cut-side-down with garlic and thyme inside. Roast about 60 minutes or until soft. Scoop out flesh and set aside, along with the garlic and thyme. Add butter to a pan set over medium-high heat; add onions and roasted garlic and saute until soft. Add scooped squash to pan and stir, then add wine to deglaze. Reduce heat slightly and add broth and bay leaf, then simmer for 10 minutes. Remove bay leaf and puree in a food processor; season with salt and pepper and cider vinegar to taste. Serve immediately.

SERVES 4: Each serving contains about 182 calories, 1 g protein, 6 g fat (30 percent calories from fat), 15 mg cholesterol, 27 g carbohydrates, 3 g fiber, and 10 mg sodium.

Find more healthy recipes at
Cooking.CooperHealth.org





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.

Need to Be Seen on the Weekend?

Cooper Urgent Care is there for you!

For minor illnesses and injuries like breaks, sprains, burns, colds, urinary tract infections, and more, Cooper Urgent Care has a board-certified emergency medicine physician on site at all times.

Since you're already a Cooper patient, we will have access to your medical records and can keep your Ripa physician in the loop.

Save yourself the wait – reserve your spot: Go to CooperHealth.org/UrgentCare and click on the “Reserve My Spot” link.

HOURS:

Monday through Friday:
8 a.m. - 7:45 p.m.

Saturday through Sunday:
9 a.m. - 4:45 p.m.

Audubon
856.672.6077

Cherry Hill
856.396.6257

Cinnaminson
856.536.1640

Runnemede
856.536.1650

FLU SHOTS Available Now at Ripa



▶ TIME TO GET YOUR FLU SHOT!

Remember, it takes about two weeks for the vaccine’s protection to fully kick in, and flu season is right around the corner.

Most health insurance plans cover the cost of a flu shot.