

HEALTH CONNECTION

Cooper Plays Integral Role in Camden Revitalization



Camden has been Cooper University Health Care's home for more than 131 years. We are proud to play an integral role in the city's revitalization, making Camden a better, safer, and healthier place to live and work.

Over the past five years, Camden has experienced an unprecedented renaissance in economic growth and vitality. Evidence of this resurgence can be seen in the public schools, in safer neighborhoods, and in a blossoming business environment. The city's business community is rapidly expanding and thriving, with major corporations – including Holtec International, Subaru of America, and New Jersey American Water – relocating their U.S. headquarters to Camden.

The education and medicine sectors (eds and meds) have also expanded, accounting for 40 percent of all jobs in Camden. Flagship educational institutes such as Rutgers University and Cooper Medical School of Rowan University are providing the platforms for the next generation of industry leaders. Anchor health care institutions such as Cooper are regional leaders in providing advanced health care services.

Similar to the City of Camden, Cooper has experienced significant growth that has contributed to Camden's rebirth:

Expansion on the Cooper Health Sciences Campus

In addition to improvements on the Cooper campus in 2018 – updated landscaping, street banners, pedestrian crossings, and parks – we've also made some major upgrades:

- ▶ **New Helipad** – Late last year we renovated the helipad that supports Cooper's Trauma and Critical Care transport services. New safety enhancements help us better serve our patients needing these advanced life-saving services.
- ▶ **New Operating Rooms** – To meet the demand for surgical services (an increase of 49 percent from 2011 to 2017), we've added eight new operating rooms at the hospital – bringing the number of ORs systemwide to 38.
- ▶ **Emergency Room Addition** – A 5,500 square-foot addition to the Cooper Emergency Department has reduced wait times and improved patients' experience.

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RADIOLOGY SERVICES FOR THE ENTIRE FAMILY

Our expert team will conduct prescribed screenings and imaging tests to diagnose any existing conditions. You'll find peace of mind in the results knowing that **Cooper is home to board-certified radiologists, fellowship-trained subspecialists, and South Jersey's only board-certified, fellowship-trained pediatric radiologist.**

Schedule a radiology appointment today – it could prove to be a life-saving experience.

888.499.8779

CooperHealth.org/Radiology

Select the first prompt when calling to connect. All testing requires an appointment except for Diagnostic X-Ray.

For Men

- Prostate and scrotal ultrasound
- Low-dose CT lung screening
- Cardiac calcium scoring
- Cardiac MRI
- Axumin PET/CT
- Netspot PET/CT
- Mammography

For Children

- X-ray
- Fluoroscopy
- CT Scan
- Ultrasound
- MRI (including MRI sedation)

For Women

- 3D contrast and enhanced spectral mammography
- Breast ultrasound
- Breast MRI
- Ultrasound-guided cyst aspiration and biopsy
- Stereotactic breast biopsy
- Cardiac MRI
- PRV Ultrasound
- Ductogram
- Bone densitometry (DEXA)
- Netspot PET/CT
- Uterine fibroid

Convenient Locations

Camden

Sheridan Pavilion
3 Cooper Plaza
Suite 100
Camden, NJ 08103

Cherry Hill

1103 N. Kings Highway
Cherry Hill, NJ 08034

Voorhees

900 Centennial Blvd.
Building 1, Suite B
Voorhees, NJ 08043

The Ripa Center for Women's Health & Wellness

6100 Main Street
Voorhees, NJ 08043



Cooper Plays Integral Role in Camden Revitalization

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› **New Outpatient Diagnostic Mammography Center** –

MD Anderson Cancer Center at Cooper opened a new outpatient diagnostic mammography center on our Camden campus.

- › **New Power Plant** – A new power plant is under construction that will provide efficient power to all Cooper's city facilities and ensure the hospital has power to operate during public power outages.



› **Cooper Health Care Careers Initiative** –

A partnership with Camden County and HopeWorks provides free medical-coding training for Camden residents. Trainees who complete the program are offered medical-coding jobs at Cooper.

Giving Back to the Community

To improve quality of life for the children of Camden, the Cooper Foundation has

undertaken countless initiatives that give back to the community. Some of these initiatives:

Expanding Our Clinical Services

Cooper continues to grow new programs and services, giving the region access to a depth and breadth of high-quality care that's unrivaled in Southern New Jersey:

- › **Cooper University Health Medical Staff Expansion** – As the only academic medical center based in South Jersey, Cooper employs more than 630 physicians and surgeons in more than 75 specialties.
- › **MD Anderson Cancer Center at Cooper** – A partnership with the nation's leading cancer center makes us the top provider of cancer services in South Jersey, with approximately 100,000 patient visits each year.
- › **Cooper's Early Intervention Program (EIP)** – This vital program provides early diagnosis, compassionate medical care, and support services—regardless of ability to pay—to those affected by HIV in the region. Our Camden location has recently undergone substantial renovation and expansion.
- › **Specialized Health Care for the Military and First Responders** – Cooper is committed to providing the highest quality of care for those who put their lives on the line for others. Cooper offers several programs dedicated to keeping members of the military, their families, veterans, as well as first responders healthy while providing timely appointments and access.

Providing Jobs for the Community

As the largest employer of Camden residents, Cooper is continually investing in our community through education, job creation, and career training. Workforce initiatives include:

- › **Medical Assistant Training Program** – This program was established by Cooper to fill the need for entry-level medical assistants in Camden. Upon completion of the program, trainees receive full-time employment at Cooper or at another health care system in Camden.

- › Promoting healthy lifestyles through Camden Health & Athletic Association (CHAA) youth sports programs.
- › Coordinating the free, family-friendly, annual Summer in the City Music Festival concert series, now in its 8th year.
- › Donating backpacks filled with school supplies ensuring that underserved youth have the tools for success.
- › Cooper opened an innovative school based health clinic at the KIPP Cooper Norcross Academy to provide sick and well visits for students at KIPP, Wiggins School, and Center for Family Services Head Start students.
- › Cooper's partnership and role with the KIPP Cooper Norcross Academy has seen the renaissance school grow to 3 schools serving more than 1,300 students K through 8th grades.

A collaboration between key stakeholders has improved the quality of life in Camden. Notably:

- › Our neighborhoods are safer: the **crime rate is at a 50-year low** due to an aggressive community-policing program.
- › **High school graduation rates have increased 22 percent**, along with greater interest in higher education.
- › Camden's **poverty rate has dropped 25 percent**, as more residents are getting back to work at jobs that didn't exist in previous years.
- › Camden's **employment rate has increased 24.7 percent** from 2010 to 2014 – with 55.4 percent of jobs in the health-care and education sectors.

As Camden continues on this positive trajectory, Cooper is committed to building on its legacy of serving the needs of the community – now and for years to come.

PRIMARY & SPECIALTY CARE *for Women*

The Ripa Center for Women's Health & Wellness at Cooper

Make The Ripa Center your first choice for the expertise you need in women's health care.

- A dedicated primary care team
- Seamless access to Cooper specialists
- State-of-the-art radiology services:
 - ▶ 3D screening mammography
 - ▶ DEXA scan
 - ▶ General ultrasound
- Convenient office hours, including evenings
- Educational programs about women's health



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 other convenient locations throughout South Jersey.

PRIMARY CARE

Camille P. Green, MD
Saadia R. Rehman, DO
Marianne Alexander, RN, MSN, APN

CARDIOLOGY

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

ENDOCRINOLOGY

- Farah H. Morgan, MD

GASTROENTEROLOGY

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

INTEGRATIVE MEDICINE

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

NEUROLOGY

- Erica Morrison, PA

OBSTETRICS AND GYNECOLOGY

- Guy Hewlett, MD
- Yon Sook Kim, MD
- Kristina Williams, 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

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THE RIPA PRIMARY CARE TEAM

Our primary care providers are here for you—from yearly checkups to keep you on track with your health and wellness, to timely appointments when you're sick, referrals to Cooper specialists, and so much more. Make time for yourself and call to schedule your appointment today.

856.673.4912



Camille P. Green, MD



Saadia R. Rehman, DO



Marianne Alexander, RN, MSN, APN

SAME-DAY PRIMARY CARE APPOINTMENTS AVAILABLE

LOCATION

6100 Main Street
(GPS: 901 Centennial Boulevard)
Voorhees, NJ 08043

OFFICE HOURS

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

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



PRIMARY & SPECIALTY CARE *for Women*

FREE Educational Programs At The Ripa Center

Preregistration is required for all Ripa programs

For full class descriptions or to register, visit events.CooperHealth.org or call **800.8.COOPER (800.826.6737)**.

Foundations of Healing: The Relaxation Response

- Thursday, February 21, 2019
6 p.m. to 7 p.m.

Do you often feel stressed or worried? Are you feeling overwhelmed and constantly tired? Feel like your mind is racing or find it difficult to fall asleep? Join David M. Nocchi, MD, FAAEM, Cooper Integrative Medicine for Women, in exploring the concepts of stress and natural ways to help manage life's challenges including herbal remedies, breathwork, meditation, and mindfulness.

Wellness and Self-Healing With Food

- Tuesday, February 26, 2019
6 p.m. to 7 p.m.
- Tuesday, April 30, 2019
6 p.m. to 7 p.m.

Evelyn Arteché, Cooper Registered Dietitian, will discuss how our diet impacts common complaints such as fatigue, bloating, headaches, junk food cravings, nausea, and more. Join Evelyn to learn how to feel your best and heal your body with food.

Personal Guide to Reversing Prediabetes

- Tuesday, March 5, 2019
6 p.m. to 8 p.m.

Learn how to manage your blood-sugar levels and reverse prediabetes through realistic and permanent lifestyle changes with Geetha K. Bhat, MD, Cooper Endocrinologist, and Megan Day, Cooper Registered Dietitian and Certified Diabetes Educator.

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

- Tuesday, March 12, 2019
6 p.m. to 7 p.m.

Join Kimberly Hurley, DPM, Cooper Podiatric Surgeon, for an educational session and surgical demonstration on common female foot issues.

Hand Health for Women

- Tuesday, March 19, 2019
6 p.m. to 7 p.m.

Nicole J. Jarrett, MD, Cooper Hand and Nerve Center Surgeon, will discuss common hand and upper extremity disorders such as carpal tunnel syndrome, texting thumb, and arthritis of the hand.

Unresolved Heartburn and Other Digestive Issues

- Thursday, March 21, 2019
6 p.m. to 7 p.m.

Cooper Gastroenterologists Joshua P. DeSipio, MD, and Tara L. Lautenslager, MD, will discuss common digestive health concerns for women. Symptoms, diagnostic testing, and the latest treatment options for everything from unresolved heartburn to bloating, constipation, lactose intolerance, and more will be covered.

Shoulder Pain and Problems for Women

- Tuesday, April 2, 2019
6 p.m. to 7 p.m.

Learn about common shoulder problems that affect women. Catherine Fedorka, MD, Cooper Orthopaedic Surgeon, will discuss these issues along with surgical and nonsurgical treatment options.



Sex and Your Changing Body

- Tuesday, April 9, 2019
6 p.m. to 7 p.m.

Join Lioudmila Lipetskaia, MD, MSc, FACOG, Female Pelvic Medicine and Reconstructive Surgeon; and Michele A. Stroud, Pelvic Floor Physical Therapist, for a frank discussion about pelvic floor and sexual health concerns and treatment options.

Emotional Freedom Technique (EFT): A Drug-Free Pain Management Method

- Thursday, April 18, 2019
6 p.m. to 7:30 p.m.

Join Robin Bilazarian, LCSW, DCSW, DCEP, to discuss EFT – a gentle, complementary therapy method that focuses on self-applied acupuncture points.

Ongoing Women's Wellness Classes

Enjoy a variety of women's wellness classes—yoga, body sculpting, tai chi, and more.

Visit CooperHealth.org/Ripa to see the upcoming schedule and class fees.

The Ripa Center
for Women's
Health & Wellness
at Cooper

Time for a vaccination booster? Mammography? Bone-density scan? How is your cholesterol?
Meet Our Newest Primary Care and OB/GYN Providers

PRIMARY CARE

OB/GYN



James Q. Atkinson, III, MD
MARLTON: 701 Route 73 North Suite 7
MEDFORD: 180 Tuckerton Road Suite 1



Frances A. Martinez-Diaz, MD
CAMDEN: Three Cooper Plaza Suite 300



Karen S. Heard, MD
VOORHEES: 900 Centennial Boulevard Suite 202



Carolyn M. Ross, MD
BURLINGTON: 1900 Burlington-Mount Holly Road Suite D



Peter Jonathon Kelly, DO
MOORESTOWN: 110 Marter Avenue, Building 5 Suite 503



Kristina Williams, MD
VOORHEES: Ripa Center for Women 6100 Main Street
CAMDEN: Three Cooper Plaza Suite 300



Yasmin Khawja, MD
WILLINGBORO: 651 John F. Kennedy Way



Pamela Gasiorowski, MSN, APN-C
CHERRY HILL: 1103 North Kings Highway Suite 201



Rachel Masel-Miller, DO
CHERRY HILL: 1210 Brace Road Suite 102



Denise Long, MSN, DNP, APN
CAMDEN: Three Cooper Plaza Suite 300



Emily M. Sussman, DO
SEWELL: 1 Plaza Drive
THOROFARE: 196 Grove Avenue Suite C



Leslee J. Means, RN, APN
CHERRY HILL: 1103 North Kings Highway Suite 201



Joanna Yun, MD
HADDON HEIGHTS: 504 White Horse Pike



Colleen DiLuigi, APN
VOORHEES: 900 Centennial Boulevard Suite 202



Stephanie M. Gerace, DNP, APN
THOROFARE: 196 Grove Avenue Suite C



Sarah Elizabeth Green, APN
CHERRY HILL: 1050 North Kings Highway Suite 105

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Cooper Primary Care and Cooper OB/GYN can help answer all your questions and can also make sure you stay on track with recommended tests and screenings. Start the year by scheduling now.

Schedule an appointment with one of our new providers at **800.826.6737**

See our entire network of Primary Care providers and locations at **CooperHealth.org/PrimaryCare**

See our entire network of OB/GYN providers at **CooperHealth.org/OBGYN**

Leading the Way in Advanced Cardiac Care



Michael Rosenbloom, MD, FACS, FACC, FACCP, performs a mitral valve and aortic valve replacement.

It has been a year since Cooper and Inspira announced their new joint venture, Cardiac Partners at Cooper and Inspira, fully integrating cardiac service lines and creating the largest cardiac-care program in South Jersey.

“Cardiac Partners was created by Cooper and Inspira. We had a shared vision of combining our resources and expertise to better meet the needs of our community, allowing patients to receive the care they need without having to leave South Jersey,” says Phillip A. Koren, MD, FACC, FSCAI, Medical Director, Cooper Heart Institute.

“From the beginning, our primary focus has been on delivering high-quality care and the best patient experience possible,” says Dr. Koren. So far, our vision has taken shape with integration of our faculty members, combined cardiac-rehabilitation services, and expansion of our heart-failure program. As we move forward, we plan to add more Cardiac Partners outpatient locations and expand our breadth of advanced cardiac services.”

From state-of-the-art diagnostic testing and routine cardiac care to today’s most advanced life-saving procedures, the services offered by Cardiac Partners include nonsurgical, catheter-based interventional procedures, management of heart-rhythm disorders, and innovative cardiac-surgery options.

Many heart procedures and surgeries can be performed by minimally invasive methods, which means patients benefit from smaller incisions, less pain, reduced risk of infection,

and a faster recovery – so they can get back to their lives and doing what they love sooner.

“Our patients have more treatment options – even medically complex patients who are too high-risk for traditional open-heart surgery,” says Kurt W. Kaulback, MD, FACC, Clinical Director, Inspira Cardiovascular Services. “Best of all, patients can access care in the setting that’s most appropriate and convenient for them, whether it’s at Cooper’s tertiary-level facility in Camden or Inspira’s state-of-the-art community hospitals in Elmer, Vineland, or Woodbury.”

In addition, patients can see the cardiology expert of their choice at one of nine office locations throughout South Jersey. And regional cardiac rehabilitation services are available in Gloucester, Salem, and Cumberland County.

Equally important, there is an integrated transfer system – via both air and land – for quickly transporting the most critical cardiac patients to a more advanced-care setting whenever necessary.

“Our theme for Cardiac Partners is Caring for the Hearts of South Jersey,” Dr. Koren says. “It aptly describes the mission of the Cardiac Partners team and what we are committed to doing, every day.”

To schedule an appointment with a Cardiac Partners provider or for more information, visit [CardiacPartners.org](https://www.CardiacPartners.org) or call 833-SJHEART (833-754-3278).

Still Suffering From Heartburn?

Our experts can help

Heartburn is an irritation of the esophagus caused by stomach acid. It's often experienced as a hot, sour, or acidic-tasting fluid in the back of the throat, or a burning feeling in the chest. Symptoms commonly occur after eating or when lying in bed at night; however, other conditions, such as pregnancy, or obesity, may exacerbate heartburn.

Occasional heartburn is common and usually no cause for alarm. Most people can manage their symptoms with over-the-counter medications or through lifestyle and dietary modifications such as quitting smoking, maintaining a healthy weight, and avoiding acidic foods. But, frequent heartburn, known as gastroesophageal reflux disease (GERD), can sometimes lead to more serious health concerns if it is not appropriately treated.

"GERD is a chronic condition in which the stomach's contents flow back up into the esophagus – the tube that carries food from your throat into your stomach," says Joshua P. DeSipio, MD, a gastroenterologist at Cooper University Health Care's Digestive Health Institute. "There are many treatment options for those suffering from GERD, and while over-the-counter and prescription medications might be effective for some people, others may need more aggressive treatments."

GERD can cause

- Inflammation or ulcers of the esophagus
- Problems swallowing because of a narrowing esophagus, called a stricture
- Barrett's esophagus, a condition that can make it more likely to get esophageal cancer
- Long-term cough
- Chronic throat clearing
- Laryngitis
- Dental erosions
- Reactive-airway disease



If you have heartburn symptoms more than twice a week, or have been diagnosed with GERD and are taking prescription medications without relief, it's time to see a gastroenterologist.

At the Cooper Digestive Health Institute, our team of 14 nationally recognized gastroenterologists offers a level of expertise and clinical excellence that is unmatched in South Jersey. Our providers offer a full range of services, from general GI health and routine screenings, to complex GI problems including cancer.

"The first step in evaluating a person's GERD is to talk to the patient to understand how frequently he or she is experiencing symptoms, and for how long, and what treatments have been tried," says Dr. DeSipio.

"Most patients respond well to the latest generation of reflux management medications, while others may require a procedure or surgery to resolve their symptoms and protect the esophagus," says Dr. DeSipio. "Our goal is to raise awareness about the serious impact of uncontrolled acid reflux and provide exceptional care to improve our patients' quality of life and long-term health."

Call **800.8.COOPER (800.826.6737)** to make an appointment with a Cooper gastroenterologist. Our Digestive Health offices are located in Camden, Mount Laurel, Pennsville, Sewell, Voorhees, and Willingboro.

FREE COMMUNITY PROGRAM

Unresolved Heartburn and Other Digestive Issues

Thursday, March 21, 2019 • 6 p.m. to 7 p.m.

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

Register at events.CooperHealth.org or **800.826.6737**

Cooper gastroenterologists Joshua P. DeSipio, MD, and Tara L. Lautenslager, MD, will discuss common digestive-health concerns for women. Symptoms, diagnostic testing, and the latest treatment options for everything from unresolved heartburn to bloating, constipation, lactose intolerance, and more will be covered.

FREE SUPPORT GROUPS

Registration is required

Ostomy Support Group

A support group for people with ostomies (such as a colostomy, ileostomy, or urostomy) and their loved ones. Attendees should meet in the Main Lobby.

To register, please call **856.968.8570**

Thursdays, 4 p.m. to 5:30 p.m.

- January 17, 2019 • March 21, 2019
- February 21, 2019 • April 18, 2019

MD Anderson at Cooper – Camden
Two Cooper Plaza, 400 Haddon Avenue
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 28, 2019 • March 25, 2019
- February 25, 2019 • April 22, 2019

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



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.

- February 6, 2019 • April 3, 2019
- March 6, 2019

Cooper Clock Tower
931 Centennial Boulevard
Voorhees, NJ 08043

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.

WILLINGBORO

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

- February 7, 2019 • April 4, 2019
- March 7, 2019

Willingboro Public Library
220 Willingboro Parkway
Willingboro, NJ 08046

CAMDEN

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

- February 14, 2019 • April 11, 2019
- March 14, 2019

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

Women's Cancer Support Group

A support group for women diagnosed with any cancer type.

VOORHEES

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

- February 8, 2019 • April 12, 2019

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

CAMDEN

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

- Friday, March 8, 2019

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

US TOO Prostate Lecture Series

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

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

- February 12, 2019

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



Latino Cancer Survivors

Cancer information and support. Free refreshments and parking.

Registration and Information

Virgenmina Lopez at **856.968.7092**.

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

- February 14, 2019 • April 11, 2019
- March 14, 2019

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

Laryngectomy Support Group

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

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

- February 14, 2019 • April 11, 2019
- March 14, 2019

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

Managing Your Health the Easy Way

MyCooper makes partnering with your health care provider and taking charge of your health so easy, you can even do it in your pajamas

Jane pads into the kitchen early on a Saturday morning, before the kids are up. “Perfect time to cross a few things off the list,” she thinks, as she opens the back door to let the dog out and returns to fire up the coffee maker.

While the aroma of French roast fills the room, she flips open her laptop and checks her to-do list. She looks for the quickest items to accomplish and targets making an appointment with her digestive health specialist, requesting a prescription refill from her primary care provider, and paying an outstanding balance on her son’s surgical procedure.

Fifteen minutes and a cup of coffee later, Jane is done with all three tasks – just as the kids come barreling down the stairs for breakfast and the dog begins to bark to be let back in.



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For those accustomed to dealing with phone trees and spending time on hold with a doctor’s office, this scenario might seem unrealistic, if not downright miraculous. Jane’s secret? She uses *myCooper*.

Available online or via mobile app, *myCooper* provides free, easy, and secure 24/7 digital access to your Cooper providers and your health information.



With *myCooper*, you have instant, round-the-clock ability to

- Message your provider directly
- Schedule, confirm, or cancel appointments
- Request prescription renewals
- View upcoming and past appointments and admissions
- View most test results
- Review health summary (allergies, medications, health issues, immunizations, medical history)
- Provide updates to your information for provider review (allergies, medications, health issues)
- View health goals you’ve set with your provider
- View letters and referrals
- Update status of your annual flu shot
- View statements and pay bills by credit card or e-check
- Update insurance and personal information
- Access most of your child’s medical information, depending on age

Easy Sign-Up Options, 24/7

VISIT

my.cooperhealth.org

Now – no activation code needed!

CALL

844.3.myCooper

(844.369.2667)

SEARCH FOR

MyChart in the App Store

and select Cooper as your provider

Choose to be like Jane and make managing your family’s health a snap!

Cooper Community Seminars and Programs

PROGRAMS FOR PEOPLE WITH DIABETES

The following programs are covered by most insurances.

Register at **856.321.0012**

ALL DIABETES PROGRAMS TAKE PLACE IN CHERRY HILL:

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.

Start Dates • 5 weekly sessions:

- February 12, 2019 | 10:30 a.m. - noon
- February 13, 2019 | 6 p.m. - 7:30 p.m.
- February 14, 2019 | 2 p.m. - 3:30 p.m.
- March 19, 2019 | 10:30 a.m. - noon
- March 20, 2019 | 6 p.m. - 7:30 p.m.
- April 4, 2019 | 2 p.m. - 3:30 p.m.
- April 30, 2019 | 10:30 a.m. - noon

Moving Forward With Type 1 Diabetes

Michelle Laranko, RN, CDE, a skilled diabetes educator, leads this four-part diabetes self-management program including an in-depth conversation on important topics and the latest advances.

Start Dates • 4 weekly sessions

Mondays:

- February 18, 2019 | 6 p.m. - 7:30 p.m.
- March 25, 2019 | 2 p.m. - 3:30 p.m.
- April 29, 2019 | 6 p.m. - 7:30 p.m.

What Is Continuous Glucose Monitoring (CGM)

Everyone's talking about CGM. Learn what it is, what systems are available, how they differ, and is it right for you? Bring your questions!

Tuesdays:

- January 22, 2019 | 2 p.m. - 3 p.m.
- February 26, 2019 | 6 p.m. - 7 p.m.
- March 19, 2019 | 2 p.m. - 3 p.m.
- April 23, 2019 | 2 p.m. - 3 p.m.

Using Continuous Glucose Monitoring (CGM) for Change

CGM is an exciting diabetes technology that can show you what happens to your glucose throughout the day. Join us for a two-part series that will show you what happens when you eat pizza, go to the gym, or pay your taxes.

Tuesdays • 2 sessions:

- January 29 and February 19, 2019
6 p.m. to 7:30 p.m.
- March 5 and March 26, 2019
2 p.m. to 3:30 p.m.
- April 2 and April 30, 2019
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**

Stop the Bleed Training Available in Your Community

Stop the Bleed is a national campaign that encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Cooper Trauma Outreach will take Stop the Bleed training to your community center, school, library, and the like to provide hands-on instruction on hemorrhage-control methods.

Interested? Send an email to stopthebleed@cooperhealth.edu.

FREE 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.



VISIT
CooperHealth.edu/CarSeat
FOR LOCATIONS AND SCHEDULES

Bone Health for Women of All Ages

This joint lecture will feature Catharine Mayer, MD, sports medicine and bone health expert, and Elizabeth Petrie, MPT, owner, BPT Physical Therapy, discussing bone health strategies and the merits of exercise and physical therapy to optimize your bone health issues.

- February 9, 2019
(Snow date: February 23, 2019)
10 a.m. to Noon

BPT Physical Therapy

341 New Albany Road, Suite 120
Moorestown, NJ 08057

FREE

Registration Required:

events.CooperHealth.org -OR-
800.8.COOPER (800.826.6737)

March Is Colorectal Cancer Awareness Month



NEW guidelines recommend
**COLON CANCER SCREENING
 FOR MEN AND WOMEN
 AGES 45 AND OLDER**

Call **856.642.2133**
 to schedule your colonoscopy with a
 Cooper Digestive Health physician

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GIFTS TO HONOR OR REMEMBER

Honor and remembrance gifts are a meaningful way to support Cooper University Health Care's extraordinary work

With over 100 funds to choose from, including clinical programs, pediatrics, cancer support, and research and education, your generosity will touch the lives of all those who walk through our doors.

For more information, visit foundation.cooperhealth.org/gifts-to-honor-or-remember or call the Cooper Foundation at 856-342-2222



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In South Jersey's busy urgent care landscape, our offices stand out as the area's only centers **staffed by board-certified Emergency Medicine physicians**. Compared with other centers this is a major difference, and it doesn't end there.

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- A Cooper University Hospital ER doctor on-site at all times
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- Direct access to Cooper's network of health care services
- Treatment for patients of all ages infants to seniors

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CooperHealth.org/UrgentCare Click **Reserve My Spot** to fast-track your visit

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