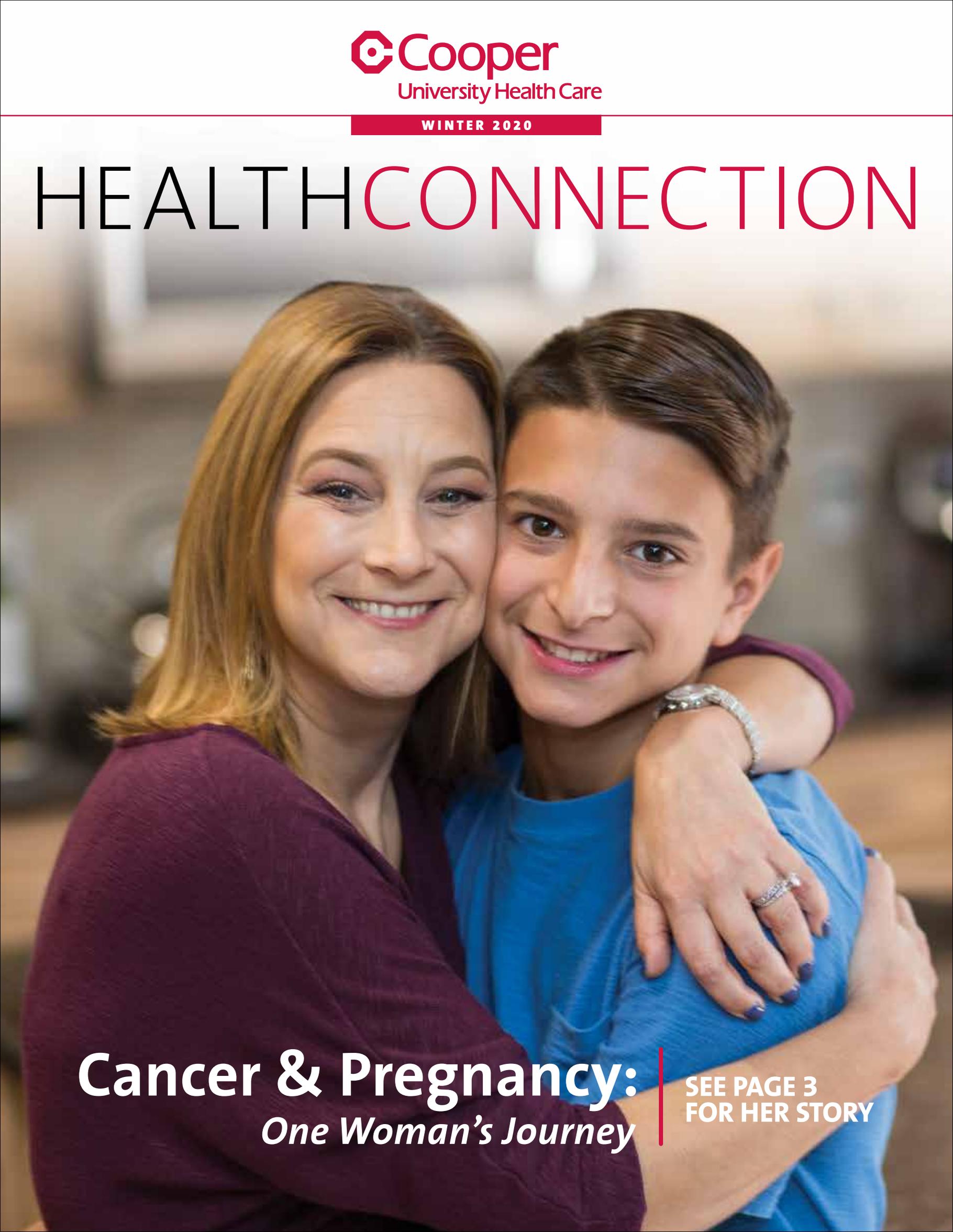


HEALTH CONNECTION



Cancer & Pregnancy:
One Woman's Journey

SEE PAGE 3
FOR HER STORY

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It All Started With a FREE Info Session...

If you're ready to start your personal weight loss success story, now is a great time to register and attend one of our upcoming free information seminars.

Cooper Voorhees Campus 6017 Main Street, Voorhees, NJ 08043

- Tuesday, 1/21/20 @ 6:30 pm
- Thursday, 2/13/20 @ 6:30 pm

Cooper Surgical Specialties in Sicklerville 500 Berlin-Cross Keys Road Sicklerville, NJ 08081

- Friday, 1/10/20 @ 12 noon
- Friday, 3/6/20 @ 12 noon

REGISTER TODAY: CooperHealth.org/Bariatrics | 800.8.COOPER

COOPER METABOLIC AND BARIATRIC SURGERY CENTER

Cooper Voorhees Campus, 6017 Main Street, Voorhees, NJ 08043

 **Cooper**
University Health Care

Expert Guidance for Pregnant Women with Cancer

Discovering that you're pregnant and that you have cancer is a study in contrasts—it's the happiest time in many women's lives combined with one of the darkest and most terrifying.



Generosa Grana, MD
Director of the
MD Anderson Cancer
Center at Cooper

"In the midst of the joy of pregnancy there's this frightening diagnosis," says Generosa Grana, MD, Director of the MD Anderson Cancer Center at Cooper. "The mom-to-be is worried about her own survival as well as the impact of her disease on the baby she's giving birth to. What's more, many doctors aren't used to dealing with this difficult situation."

To help relieve the fear and guide women and their doctors to make the most informed, effective treatment decisions, Cooper has established a Cancer and Childbirth Registry. With more than 420 women and 530 children in its database to date, the registry is the only one of its kind in the U.S. and one of only two in the world (the other is in Europe).

In 2005, Phyllis Markoff was 29 weeks into her pregnancy when she rolled over in bed one night and discovered a lump in her breast. After she received a breast cancer diagnosis from her surgeon, Markoff was referred to Cooper for cancer care.

"I initially went through every gamut of emotions," says Markoff, discussing her cancer diagnosis during pregnancy, "from terror, to hope, to believing this is what is happening to me." It was her referral to Dr. Grana and then to Elyce H. Cardonick, MD, Director of the Cancer and Childbirth Registry, that made all the difference. The findings of the registry showed that patients can safely receive treatment during pregnancy and go on to have healthy babies.



Elyce H. Cardonick, MD
Director of the
Cancer and Childbirth
Registry

"What we're learning is that most types of cancer don't require termination of pregnancy," says Dr. Cardonick. "In fact, when I started the registry in 1997, 20 percent of doctors recommended termination for a pregnant patient with cancer; today, that's down to 12 percent. Plus, we've learned that preterm delivery is not always necessary. So we're able to reassure women that they don't necessarily have to terminate or choose their baby over themselves."



Phyllis Markoff is shown with her children, Jacob and Sam, and husband, Michael (not shown, their family dog, Cooper).

"The data are showing us how women can have surgery, x-rays and, amazingly, even certain types of full-dose chemotherapy during pregnancy without harming their baby," she says. "By accumulating the data in one place, we're able to see patterns and trends and reassure women and physicians about care decisions and the impact they have on child development, breastfeeding, and more."

Markoff, who had two rounds of chemotherapy before delivering her son, says, "Dr. Cardonick visited me in the hospital. This kind of support—from the nurses, social workers, the entire team—makes all the difference."

Dr. Grana also reminds women in the South Jersey region that Cooper has an entire team of cancer specialists—surgeons, oncologists, radiation therapists, genetic counselors—who are experienced in the management of cancer and pregnancy.

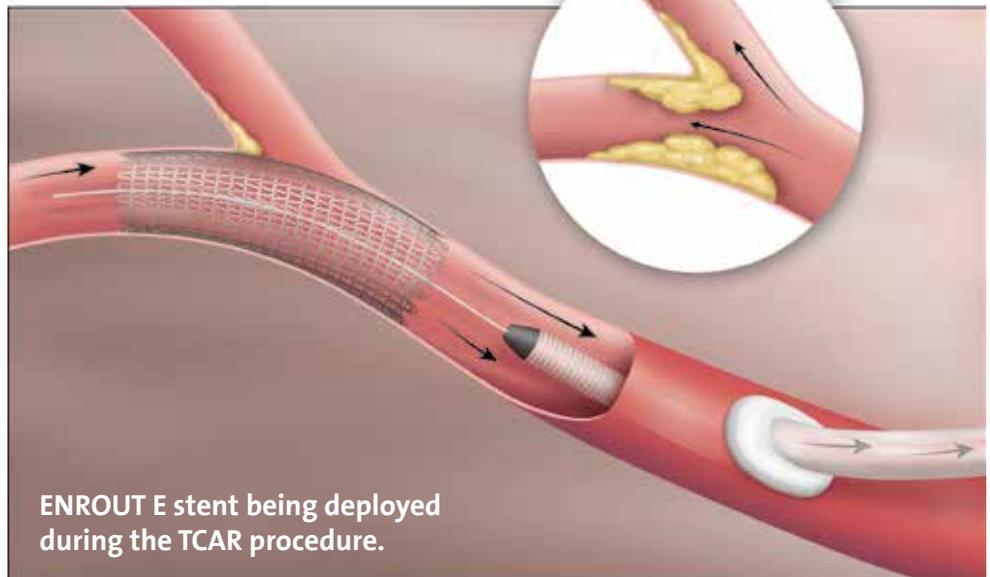
Dr. Cardonick has been following Markoff's son for 13 years. Now a busy teen, he plays basketball and soccer like his peers. Markoff proudly states, "today Jacob is the picture of health."

For more information about the Cooper Cancer and Childbirth Registry, email CancerInPregnancy@CooperHealth.edu or visit CooperHealth.org/CancerAndPregnancy.

New Procedure Lowers Stroke Risk and Recovery Time for Carotid Stenosis

Cooper is the First Hospital in South Jersey to Offer This Minimally Invasive Technique

An established premiere stroke prevention team has just gotten better. A potential complication of traditional vascular surgery or stenting for stroke prevention in patients with carotid artery disease is the risk of a stroke occurring during the procedure itself. Vascular surgeons at Cooper University Health Care are now performing a new advanced, minimally invasive technique to deliver a stent into a blocked artery while reducing the risk of stroke.



4



Jeffrey P. Carpenter, MD



Joseph V. Lombardi, MD

“The transcarotid artery revascularization (TCAR) procedure uses a special transcarotid neuro-protection system (NPS) to reduce the risk of stroke during the insertion of the stent,” said Jeffrey P. Carpenter, MD, Chairman and Chief of the Department of Surgery at Cooper. “As an academic health system, we are always investigating and implementing the most advanced technology and procedures to benefit our patients.”

“The novel NPS device allows the surgeon to directly access the common carotid artery in the neck and initiate high-rate temporary blood flow reversal to protect the brain from stroke while delivering and implanting the stent,” explained Joseph V. Lombardi, MD, FACS, Head, Division of Vascular and Endovascular Surgery.

The TCAR procedure is performed through a small incision at the neckline, just above the clavicle. This incision is much smaller than a typical incision made during standard carotid artery procedures. The surgeon places a tube directly into the carotid artery and connects it to the NPS. The patient’s blood then flows through the NPS, and any material is captured in a filter outside the body. The filter prevents fragments of plaque from traveling to the brain and causing a stroke. The filtered blood is returned through a second tube in the patient’s upper leg. After the stent is placed successfully, flow reversal is turned off and blood flow resumes in its normal direction.

“Our vascular surgeons at Cooper treat all aspects of vascular disease and perform the most stroke prevention procedures in the region, including the most complicated and high-risk patients,” Dr. Carpenter said. “TCAR provides a new option and may be a good choice for those patients who are considered high risk for traditional surgery because of age, anatomic issues, and other medical conditions.”

Jeffrey P. Carpenter, MD; Joseph V. Lombardi, MD; Philip M. Batista, MD; and Jose L. Trani, MD are experienced in all forms of stroke prevention, and all offer the new procedure.

To make an appointment with one of Cooper’s Vascular Surgeons, call **800.8.COOPER**. For more information about Vascular Services at Cooper University Health Care, visit CooperHealth.org/Vascular.

Cooper is the First Hospital Globally to Use a New Virtual Reality System for Stroke Rehabilitation

Cooper University Health Care recently became the first hospital globally to use a new virtual reality (VR) system for patient rehabilitation after a stroke.

Before the commercial launch of the REAL Immersive Virtual Reality System, a team of physicians and therapists at Cooper worked closely with California-based medical device producer Penumbra in the research and development phase for the new system. These field tests were instrumental in refining the technology for patient use.

“As an academic health system and a leading provider of advanced stroke and neurological services, we are committed to adding promising new treatment modalities to our complement of therapies,” said Tudor G. Jovin, MD. “VR has emerged as a new approach to treatment in stroke rehabilitation settings over the last ten years. We are proud of our role in the development of this new system and are excited to be the first hospital in the world to use it with our patients.”

The REAL Immersive System is a virtual reality and display system that interactively displays and tracks upper extremity rehabilitation exercises for adult patients with a combination of virtual environments and full presence tracked avatars for visual feedback. These rehabilitation exercises are intended to be conducted in a seated position in a clinical environment and prescribed and supervised by a medical professional who is trained in rehabilitation therapy, according to Penumbra.

The system features a head-mounted display component and a series of sensors that



Tudor G. Jovin, MD

Tudor G. Jovin, MD, Chief and Chairman of Cooper Neurological Institute, is an internationally renowned neurologist and researcher who has transformed the field of stroke care and made major contributions to the field of neurology.

are placed on the patient. A trained therapist uses a handheld tablet device to choose from a series of game-like activities for the patient. The sensors have mechanical and electrical components that can measure motion and direction in the physical space and translate that information into a virtual environment.

“The therapist watches the patient maneuver through the exercises on the tablet in real time and can increase or decrease the level of difficulty of the activities, depending on the patient’s progress,” explained Dave Owens, Director of Rehabilitation Services. “The system monitors and securely records all the information for the patient’s record.”

The Penumbra system differs from other versions of VR systems in that it’s completely mobilized and wireless. Everything needed for use with a patient is contained in a simple,

portable charging case. Yet, its customized hardware and software can track the full range of motion of the upper body. Because the experience is three-dimensional, or fully immersive, the therapeutic exercises feel “real” to the patient. Immersive activities have been shown to

stimulate rewiring of the brain after injury, such as stroke.

“After a stroke, task-oriented arm training of the upper and lower limbs can help the brain to ‘re-program’ itself and form new neural connections,” explains Rohini J. Kumar, MD, Physical Medicine and Rehabilitation Physician. “These new connections stimulate recovery of motor skills in patients following stroke. Virtual reality may be useful to augment rehabilitation of the upper and lower limbs in patients suffering from stroke and other neurological injuries.”



Left to right: Keith Sabin, PT, a Penumbra staff member, and Rohini Kumar, MD, assist a patient using the REAL Immersive Virtual Reality System for stroke rehabilitation.

For more information on Virtual Reality for Stroke, visit CooperHealth.org/VRforStroke. To make an appointment with a Cooper neurological or physical medicine and rehabilitation specialist, please call **800.8.COOPER**.

PRIMARY & SPECIALTY CARE *for Women*

Bone Health Care for Women at The Ripa Center

According to the National Osteoporosis Foundation, about 54 million Americans have osteoporosis or low bone mass, both of which place them at increased risk for fractures. Studies suggest that approximately one in two women age 50 and older will break a bone due to osteoporosis.

Catharine Mayer, MD, and the staff at The Ripa Center for Women's Health & Wellness offer women individualized plans to improve their bone health, with the goal of preventing osteoporosis-related fractures. If you or a loved one already has developed osteoporosis, Dr. Mayer can help by offering a treatment plan that fits your needs, including an integrated physical therapy component. Physical therapy is often vital to bone health as it may help improve healthy movement, balance, and function, which can help maintain bone strength and reduce fracture risk.

Dr. Mayer has a broad clinical practice of active adult patients with degenerative joint disease, osteoarthritis, and activity-related musculoskeletal injuries. In addition, Dr. Mayer has a strong clinical interest in sports issues unique to female athletes, including bone health and stress fractures.

Prior to specializing in sports medicine, Dr. Mayer spent 10 years in family medicine, focusing on women's health advocacy and preventive medicine, giving her a unique perspective on female athletes and bone health in women.

The Ripa Center for Women's Health & Wellness at Cooper offers women a dedicated primary care team, seamless access to Cooper specialists, state-of-the-art radiology services, convenient early morning and evening hours, and women's health educational programs. The Ripa Center's Half Day for Health includes an annual wellness visit, GYN check-up, mammogram, and bone density scan, all in one visit!

To schedule an appointment with Dr. Mayer, please call **856.249.3849**.



Catharine Mayer, MD, board-certified sports medicine specialist, offers comprehensive care for women who want to keep their bones healthy during all stages of life.

Keeping You Healthy Year-Round

The Ripa Center for Women's Health and Wellness at Cooper offers comprehensive, high-quality women's health care in one convenient location. Here you'll find primary and specialty care focused on your unique needs and delivered by an expert team of care providers.

WOMEN'S SERVICES INCLUDE:

Primary Care

Cardiology

Endocrinology

OB/GYN

Imaging

And much more!



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

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

Appointments: **856.673.4912**

Monday to Thursday:
7 a.m. to 8 p.m.

Friday: 7 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 for Women

It's important to stay informed about our health, especially as we age. That's why Cooper offers a wide range of educational health programs catered specifically for women.

Cardiac Partners Women's Heart Support Group

- First Thursday of the month
6:30 p.m. to 8 p.m.

When recovering from a cardiac event, it is common for women to experience depression, anxiety, anger, and fear. Studies have shown that having support from other women living with heart disease leads to a better recovery and improved quality of life.

Please join us at our Women's Heart Support Group, facilitated by health care professionals with a background in cardiology and featuring speakers who are experts in women's health.

To join, call **856.968.7809**.

Bone Health for Women of All Ages

- Thursday, February 6, 2020
(Snow date: February 20, 2020)
6 p.m. to 8 p.m.

A joint lecture, led by Catharine Mayer, MD, sports medicine and bone health expert, and Emily Kubat, DPT, CLT-LANA, Physical Therapist, discusses bone health strategies and the merits of exercise and physical therapy to optimize your bone health.

See article on page 6.

All About AFib: Symptoms, Risks, and Treatments

- Tuesday, April 7, 2020
6 p.m. to 7 p.m.

Atrial fibrillation (AFib) is an irregular heart-beat (arrhythmia) that can lead to blood clots, stroke, and other complications. Join Andrea Russo, MD, Cooper University Health Care and Cardiac Partners cardiac electrophysiologist and president of the Heart Rhythm Society (HRS), in a discussion of atrial fibrillation and why treatment can save lives, lower your risks, and help you live a healthy life.

Full class descriptions/registration at events.CooperHealth.org or call **800.8.COOPER (800.826.6737)**.

Find out about ongoing wellness classes for women, schedules, and fees at CooperHealth.org/Ripa.

SCHEDULE A HALF DAY FOR HEALTH

The start of the new year is a great time to schedule a Half Day for Health at The Ripa Center. This unique offering allows you to schedule your annual wellness exam, OB/GYN visit, and mammogram all during one appointment, which takes approximately three hours.

Skip the hassle of making three separate calls for three separate appointments with three separate providers in three separate locations and get everything done at once. Pretty great, right?

It's Simple to Schedule.

Just call the Ripa Center at **856.673.4912** and our staff will take it from there!

Stay Connected with The Ripa Center!

If you're on Facebook, make sure to follow The Ripa Center. Here we keep you up to date on the latest news in women's health, and upcoming classes and seminars at The Ripa Center, and we make it easy to learn more about our expert providers and women's health services.

Like Us Today!
Facebook.com/RipaCenter



Leading the Way in Pancreatic Cancer Care in South Jersey

Pancreatic cancer is the fourth leading cause of cancer death and the second most common gastrointestinal cancer in the U.S.

“There are several reasons mortality rates related to pancreatic adenocarcinoma are so high,” says Jamin C. Morrison, MD, Medical Oncologist at MD Anderson Cancer Center at Cooper.

“Pancreatic cancer is aggressive cancer, and it generally spreads silently, without symptoms,” says Morrison. “About 80% of pancreatic cancers are diagnosed after the cancer has spread to other organs, which makes them hard to treat.”

“The pancreas is set deep inside the body, behind several other organs, making it difficult to feel or see without special equipment,” he explains.

“Also, there are no screening tests for pancreatic cancer for those at average risk,” Dr. Morrison continues. “Screening is generally limited to people at high risk, such as those with certain inherited gene mutations.”

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Advanced Treatment Options

Treatment for pancreatic cancer may include surgery, chemotherapy, radiation therapy, interventional radiology procedures, or a combination of these options. “Coordinated, multidisciplinary care, like we have at MD Anderson at Cooper, is crucial to good outcomes,” says Dr. Morrison.

“We are able to offer new systemic therapy regimens that hold promise for being more effective in treating pancreatic cancer than ever before,” says Dr. Morrison. “There have been significant advances in our understanding of how pancreatic cancers behave, and the more we know about the cancer the more effective treatment can be.”

“Today we often deliver chemotherapy treatments to patients with pancreatic cancer before surgery, which can treat microscopic spread of cancer as early as possible and help ensure that surgery will be as effective as possible,” he explains. “In fact, we have a new clinical trial underway where we are delivering chemotherapy directly into the tumor.”

When pancreatic cancer is confined to the pancreas, and sometimes when it has spread only to nearby lymph nodes, the tumor can be removed with surgery. “Complete removal of the tumor with surgery is often the best chance at curing pancreatic cancer,”

says Francis R. Spitz, MD, Director of the Pancreatic Cancer Program and Deputy Director of MD Anderson at Cooper.

“Research shows that patients who have their surgery at high-volume centers like MD Anderson at Cooper have fewer complications and lower mortality” says Dr. Spitz. “Our team performs the most pancreatic cancer surgeries in South Jersey. The experience of our surgeons and team makes a difference.”

The most common technique used to remove a pancreatic tumor is known as the Whipple procedure. This complex operation is performed when the cancer is located in the pancreatic head. The surgery involves removal of parts of the pancreas, intestine, gallbladder, and bile duct; nearby lymph nodes; and sometimes parts of the stomach. Often, we can offer minimally invasive surgery for tumors in the body and tail of the pancreas, which means smaller incisions, shorter hospital stays, less pain, and a faster return to normal activities.

Advanced radiation therapy technologies are also being used to treat pancreatic cancer at MD Anderson at Cooper.

“Patients with pancreatic cancer can receive radiation treatments before or after surgery, either to shrink the tumor preoperatively or to destroy any remaining cancer cells after surgery. Radiation therapy can also be used to destroy the tumor if surgery is not an option or to ease symptoms,” says David J. Mulvihill, MD, Radiation Oncologist at MD Anderson at Cooper.

In spring 2020, MD Anderson at Cooper will be one of the first centers in the U.S. to offer a ground breaking new radiation treatment to patients with pancreatic and other cancers – the MR Linac.

“We’re very excited about this technology,” says Mulvihill. “It allows for greater precision during treatment, especially with tumors that move during breathing or the body’s natural internal movements.”

“Pancreatic cancer continues to be a challenge for cancer experts, but the team at MD Anderson at Cooper is committed to improving the odds for patients and is leading the way in pancreatic cancer care in South Jersey,” says Dr. Spitz.

For more information about our Pancreatic Cancer Program, or if you’d like to make an appointment with one of our specialists, call **855.MDA.COOPER (855.632.2667)**.



Jamin C. Morrison, MD



Francis R. Spitz, MD



David J. Mulvihill, MD

FREE SUPPORT GROUPS

Registration is required

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. - 7:30 p.m.

- February 6, 2020
- March 5, 2020
- April 2, 2020

Willingboro Public Library
220 Willingboro Parkway
Willingboro, NJ 08046

CAMDEN

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

- February 13, 2020
- March 12, 2020
- April 9, 2020

Cooper University Hospital
One Cooper Plaza
Roberts Pavilion
Cooper Conference Center
Room CC121
Camden, NJ 08103

Brain Tumor Support Group

For people with brain tumors and those who care about them. These sessions provide the latest information and an opportunity to meet other survivors.

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

- February 5, 2020
- March 4, 2020
- April 1, 2020

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**

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

- February 13, 2020
- March 12, 2020
- April 9, 2020

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

Laryngectomy Support Group

A support group for laryngectomy patients and their loved ones.

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

- February 13, 2020
- March 12, 2020
- April 9, 2020

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

Women's Cancer Support Group

A support group for women diagnosed with any type of cancer.

CAMDEN

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

- January 10, 2020
- March 13, 2020

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

VOORHEES

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

- February 14, 2020
- April 10, 2020

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

LLS Multiple Myeloma Support Group

For myeloma patients and their loved ones.

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

- January 27, 2020
- February 24, 2020
- March 23, 2020
- April 27, 2020

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



WINTER HEALTH TIPS

from Cooper Urgent Care

During the winter months, Cooper's three Urgent Care facilities—located in **Audubon**, **Cherry Hill**, and **Cinnaminson**—are busy treating a variety of seasonal ailments. From colds and flu to slips and falls, winter poses a unique set of health threats.

Urgent Care Medical Director Jillian C. Smith, MD, sees the same trends play out each year, but advises that many winter-related ailments and injuries that Urgent Care treats are preventable.

"There are many easy precautions you can take to stay healthy and injury-free during the winter months," says Dr. Smith. She continued, "for example, get your flu shot. We see numerous people each year with influenza, and getting a flu vaccine at your PCP or at Urgent Care early in the season is the best way to help protect against the flu."

While all bodies are different and nothing health-related is a guarantee, Dr. Smith recommends following these eight steps to help you and your family fight off winter's effects on the body.

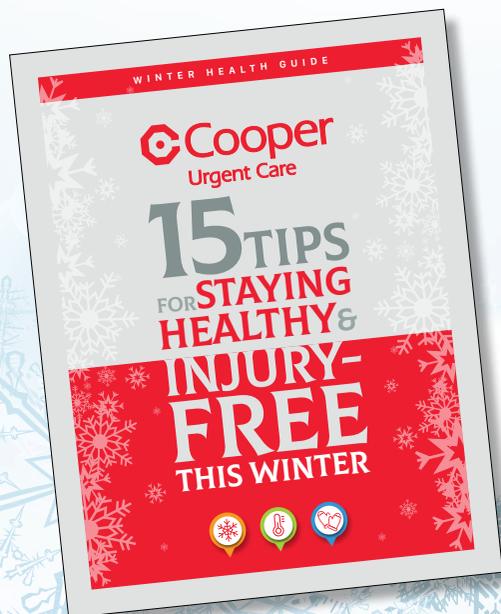
- **Get a flu shot:** Getting a flu shot dramatically decreases your chances of contracting the flu virus. It also helps to reduce the effects if you do get the flu, and it reduces flu-related hospitalizations. No, you will not get the flu from getting the shot.
- **Bundle up:** To fight off winter weather, bundle up to minimize the amount of skin exposed to the elements. Dress in layers, including your legs, and wear a warm hat, thick gloves, and winter socks.

- **Get enough sleep:** Make sleep a priority. Healthy adults require between 7 and 9 hours of sleep each night. Kids and teens require a few more hours.
- **Wash your hands:** Sickness can easily be passed around from person to person. Be vigilant about washing your hands every time you sneeze or cough, after you use the restroom, and before meals.
- **Moisturize:** Use a moisturizer on parts of your body—hands, feet, face, and scalp—that are susceptible to flaking and cracking.
- **Wear proper footwear:** When the forecast calls for snow or ice, it's important to have a quality pair of insulated and water-resistant boots with good rubber treads to help you navigate these dangerous surfaces.
- **Prevent stress:** Fend off the winter blues by taking time to relax, exercise, and connect with friends. You can reduce stress by getting enough sleep, following a routine, making plans to get out and do things, and spending time outside.
- **Vitamin D:** Don't let winter cause a vitamin D deficiency. You can take a supplement or eat foods that are rich in vitamin D, such as salmon, tuna, mushrooms, eggs, and milk.

"It's important to take extra precautions to enjoy a happy and healthy winter season," says Dr. Smith, "but, if faced with an illness or injury, it's important to know there is a Cooper Urgent Care center nearby to help get you back to full strength."

At Cooper's Urgent Care centers, patients can expect superior quality of care delivered by experienced providers and expert board-certified Emergency Medicine physicians. Each location offers convenient hours, including weekends and holidays, for South Jersey residents. When you or a member of your family needs immediate treatment, trust Cooper Urgent Care.

Visit CooperHealth.org/UrgentCare for your nearest Urgent Care Center and download our free Winter Health Guide.



Cooper Community Seminars and Programs

PROGRAMS FOR PEOPLE WITH DIABETES

The following programs are covered by most insurance plans.
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 20, 2020 | 2 p.m. - 3:30 p.m.
- February 24, 2020 | 6 p.m. - 7:30 p.m.
- February 26, 2020 | 6 p.m. - 7:30 p.m.
- April 13, 2020 | 6 p.m. - 7:30 p.m.
- April 14, 2020 | 10:30 a.m. - noon
- April 15, 2020 | 6 p.m. - 7:30 p.m.
- June 1, 2020 | 6 p.m. - 7:30 p.m.
- June 4, 2020 | 2 p.m. - 3:30 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!

Using Continuous Glucose Monitoring (CGM) for Change

CGM is an exciting diabetes technology that can show you what happens to your glucose level 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.

Mondays • 2 sessions:

- February 11 and March 19, 2020
1 p.m. - 2 p.m.
- May 26 and June 16, 2020
10 a.m. - 11 a.m.

Thursdays:

- January 23, 2020 | 1 p.m. - 2 p.m.
- March 26, 2020 | 1 p.m. - 2 p.m.
- April 30, 2020 | 10 a.m. - 11 a.m.

Regional Cleft Palate—Craniofacial Program

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

Information: 856.722.9110

ICU Support Group: Recover and Thrive

This program is designed for former ICU patients and their loved ones. Our goal is to help improve patient and family recovery after critical illness. Join us in sharing knowledge and methods to cope with your concerns in recovery.

To register, email icurecoverysupport@cooperhealth.edu or call **856.968.7493**.

Saturdays, 10 a.m. - 11:30 a.m.

- March 28, 2020
- June 6, 2020

Cooper University Hospital
Conference Center—First Floor
One Cooper Plaza
Camden, NJ 08103

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.org/CarSeat
FOR LOCATIONS AND SCHEDULES

Stop the Bleed Training Available in Your Community

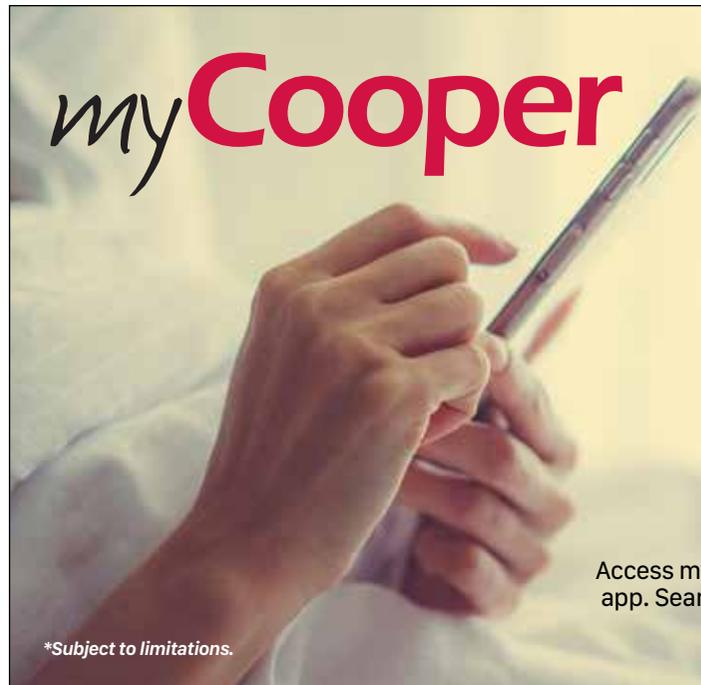
Stop the Bleed is a national campaign that encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

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.



SAVE A LIFE

INTERESTED? Send an email to
stopthebleed@cooperhealth.edu



myCooper

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

To set up your account, visit my.CooperHealth.org or call the support line at **844.3.myCooper (844.369.2667)** 24 hours a day.

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.



 Cooper
Urgent Care

**IMMEDIATE CARE
for Injury and Illness**

In South Jersey, 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.

As a Patient, You Can Expect:

- A Cooper University Hospital ER doctor on-site at all times
- Priority scheduling for specialist and follow-up appointments
- Direct access to Cooper's network of health care services
- Treatment for patients of all ages, infants to seniors

Walk In or Reserve Your Spot Online
CooperHealth.org/UrgentCare | Click **Reserve My Spot** to fast-track your visit.

AUDUBON • CHERRY HILL • CINNAMINSON

 Doctors Day
At Cooper University Health Care

Celebrate the remarkable physicians at Cooper!

March 30, 2020

Visit foundation.cooperhealth.org/docday during the entire month of March to make a gift in honor of the physicians at Cooper!
It's a meaningful way to express appreciation while helping others to receive the life-saving medical care they need.

 Cooper
University Health Care

 Cooper
Foundation