A passion for keeping you healthy

It’s what exercise physiologist Michelle Yocom (left) and all Lehigh Valley Health Network colleagues embrace. It’s also why we’re sharing this special Healthy You calendar with you. Please keep it on your wall for the next 12 months. Inside you’ll find:

- **Our 2008 Year in Review**, including information about how we care for people in and around the Lehigh Valley

- **Twelve months of healthy hints**, timely tips and inspiring stories from people who overcame health challenges

- **Key health numbers** to keep you on track for wellness

Eighty professionals from our health network offered their expertise to create this calendar for you. See the entire list on the inside back cover. To learn more about anyone featured in this calendar, call 610-402-CARE or visit lvh.org/healthyyou.
Experience Our Passion for Better Medicine

What drives you to succeed? Perhaps a desire to help others drives you to teach or volunteer. Maybe a quest for knowledge drives you to learn and tackle the tough questions.

Earlier this year, we asked community members like you a question: What drives us? You described the passion of our employees—9,500 people dedicated to the well-being of your neighbors, friends and loved ones. You also told us about our hospitals’ high-quality care and wanted to learn more about accessing all our services—such as health centers and home health.

The passion you described is the power behind our refined identity: Lehigh Valley Health Network. *A Passion for Better Medicine* tells the story of how we’re driven to go the extra mile to heal, comfort and care for our community.

We invite you to see our passion come alive throughout this calendar. Please accept it as our New Year’s gift to you. Use it to stay well, learn more about our health network, and plan for a healthy and successful new year.

Elliot J. Sussman, M.D.
President and Chief Executive Officer

Jefferson K. Aiken Jr., D.Min.
Chair, Board of Trustees

Lehigh Valley Health Network
*A PASSION FOR BETTER MEDICINE.*

A passion for saving lives—A February ski trip took a terrible turn when 15-year-old Meredith (right) struck a tree. The Bedminster, N.J., girl suffered severe head injuries and was flown to Lehigh Valley Hospital—Cedar Crest. Trauma surgeon Robert Barraco, M.D., stabilized her, and neurosurgeon Mae Wong, M.D., relieved pressure on her brain caused by a skull fracture. A pediatric intensive care unit team helped her recover. Thanks to the quick teamwork, Meredith returned home in five days, and went to see her favorite band—the Jonas Brothers—two-and-a-half weeks later with her mom, Kim Taylor (left). Lehigh Valley Health Network is home to the region’s most experienced trauma center caring for adults and children. To learn more about the Taylor family’s story, call 610-402-CARE or visit lvhn.org/healthyyou.
a passion for teamwork

You know the value of working as a team—a group of individuals using its collective wisdom, talent and strength to create great things. Inside Lehigh Valley Health Network, doctors, nurses, technical partners and other professionals work together to deliver nationally recognized care right here in our community.

USA's Best—When Richard Silverman suffered chest pain, his wife, Janet, called 9-1-1, and paramedics diagnosed a heart attack. A team of heart and emergency specialists at Lehigh Valley Hospital—Cedar Crest then opened the South Whitehall Township man's blocked artery 24 minutes after he arrived. This advanced care—called MI Alert for Heart Attacks—is one reason why USA TODAY featured Lehigh Valley Hospital for having the USA's best heart attack survival rates.* To ensure continued excellence, our heart program this year established an endowed chair (a fund that perpetually benefits education and clinical research) in cardiology courtesy of local philanthropists Walter and Hazel May.

*Based on government data (hospitalcompare.hhs.gov)

On your side—"As a single mom, I know what it's like to struggle financially," says Linda Vega, with her 16-year-old daughter, Leticia. It's why she's driven to be a financial counselor, helping people who don't have health insurance get the financial help they need. Colleagues like Vega help make our health network one of the nation's best workplaces. We're listed among FORTUNE's "100 Best Companies to Work For" and Modern Healthcare's "Best 100 Places to Work in Health Care."
Safety first—Leroy Kromis, Pharm.D., one of a handful of full-time medication safety officers nationwide, works with nurses like Angelina Gneiting, R.N., in our health network’s emergency rooms. They uphold medication safety with technology like Pyxis, a locking medication cabinet accessible only by a nurse’s fingerprint. It’s one reason why we’re one of The Leapfrog Group’s 33 Top Hospitals nationwide for quality and patient safety. We also made U.S. News & World Report’s “America’s Best Hospitals” list for the 13th straight year, this time in three care areas—digestive disorders, geriatrics, and heart care and heart surgery.

The extra mile—When caring for patients like Bonnie Stevens of Sugar Run (below, right), Susan Eckhart, R.N., always goes above and beyond. She worked with her team at Lehigh Valley Hospital—Cedar Crest to create an educational manual that shows transplant patients the healthy steps they need to take postsurgery. That ensures patients get the right care both in the hospital and at home. She also recruits a busload of colleagues to participate in local events that raise money for transplant awareness. Eckhart is one of just six statewide winners of a Nightingale Award for nursing excellence this year. She’s also a shining example of why our health network is Magnet—the nation’s highest nursing honor.

Improving a young life—When 4-year-old Mohammed needed care not available in his Iraqi homeland, pediatric surgeon William Hardin, M.D., rose to the occasion. Hardin performed two surgeries to correct Mohammed’s birth defect (he was born without an opening to eliminate solid waste). Mohammed is now back home and healthy. Our health network is home to the region’s only three pediatric surgeons and more than 50 pediatric subspecialists. Mohammed, who received free care, came to our health network through the generosity of enterostomal therapy coordinator Carol Balcavage, R.N., whose son met Mohammed while serving in Iraq.

A ‘green ride’—Jim Wieder (left) and Vince Herbert use a van powered by clean-burning hydrogen to shuttle patients to and from parking lots at Lehigh Valley Hospital—Cedar Crest. A partnership of our health network, the Da Vinci Science Center and Air Products and Chemicals, Inc., this shuttle is one of just 26 in North America and is already number one in average miles driven. Our health network is “green” in other ways too. The Kasych Family Pavilion and Center for Advanced Health Care at Cedar Crest—built with recycled materials and other earth-friendly features—are the only hospital buildings in our region certified by LEED (Leadership in Energy and Environmental Design).
A not-for-profit hospital exists for one reason: for the benefit of its community. Throughout Lehigh Valley Health Network, people give back in extraordinary ways to make our region a better place to live for all.

Extreme makeover—More than 50 colleagues, including internist Debbie Salas-Lopez, M.D., gathered on weekends last winter to refurbish apartments above Allentown’s Sixth Street Shelter. It’s one of the many ways our health network invests in our community. This year’s record $146 million community investment includes free care, school health programs, clinical research and education, emergency preparedness, hundreds of health and wellness classes, and more than 40 primary and specialty clinics both in our hospitals and throughout our community (including one at the shelter).

Marathon men (and women!)—(L-R) Emergency department nurse Kimberly Liszka, R.N., intensivist Matt McCambridge, M.D., and emergency medicine resident Jessica Pierog, D.O., were among more than 1,600 runners and walkers at September’s Lehigh Valley Hospital Marathon for Via. The event stretched from Allentown to Easton along the Lehigh Canal towpath and brought with it tons of goodwill: more than $100,000 was raised for Via of the Lehigh Valley, a not-for-profit organization that provides services for people with disabilities.

Wishes fulfilled—Children from Bangor Elementary School and Bethlehem’s Donegan Elementary School made a wish list of needed school supplies—everything from backpacks and games to crayons and markers. Our clinical services colleagues responded in an unprecedented way. Led by Hope Johnson, R.N. (in photo above), health network employees collected nearly 3,000 pounds of school supplies, giving children like (l-r) Shyanne, Angel and Ronnie a surprise start to the school year.
**Protecting your well-being**—Mari Driscoll, R.N., joined 350 health network colleagues to provide our community with flu shots in November. We vaccinated 12,035 adults and children at two drive-through clinics, held at Dorney Park and Lehigh Valley Hospital—Muhlenberg.

**Rebuilding neighborhoods**—Dilcia Marte and daughter Ashle are among the families beginning life anew on Allentown’s North Street. Four years ago, a fire there destroyed eight row homes. The Housing Association and Development Corporation (HADC) is revitalizing the neighborhood with new townhomes. Lehigh Valley Health Network’s for-profit entities are pledging at least $50,000 a year for five years to support HADC’s efforts. A similar partnership between our health network and the Community Action Committee of the Lehigh Valley helped create the Yosko Splash Park in Bethlehem this year.

**Sweet smiles**—After receiving a checkup at our department of dental medicine, 7-year-old Alexandra of Allentown (with dental resident Paula Stone, D.M.D., left, and assistant Jamie Gabryluk) was all smiles. Our clinic’s care will extend into our community this spring thanks to “Miles of Smiles.” A partnership among Lehigh Valley Health Network, Capital BlueCross and community donors, “Miles of Smiles” is a mobile dental unit with two patient rooms. It will visit Allentown schools and our clinics at The Caring Place, Casa Guadalupe and the Sixth Street Shelter, potentially benefiting more than 3,500 children.
From e-mail to text-messaging, technology has profoundly changed our lives. In health care, technology is most valuable when it directly benefits patients. At Lehigh Valley Health Network, we use technology like computer-entered prescriptions and medication bar-coding to ensure the safest care possible. We also use technology to reach people in outlying areas who require advanced care that otherwise would be unavailable.

**Safe delivery**—A blood-clotting disorder and a shortened cervix threatened Jennifer Hannon's pregnancy. The northeastern Pennsylvania woman (below) needed special care, and received it from maternal-fetal medicine (high-risk pregnancy) specialist Meredith Rochon, M.D. (right). Hannon went to her checkups at the Montage Center for Specialized Medicine in Moosic. Meanwhile, Rochon used “telemedicine” (a computer uplink with high-definition video and audio) to view Hannon’s ultrasounds in real time and monitor her pregnancy from 70 miles away at Lehigh Valley Health Network. This ensured Hannon had a safe delivery. Ellie, now 10 months, is her pride and joy.

**Quick recovery**—Ovarian cancer is common in Laurel Taschler's family. So when the 55-year-old Schnecksville woman (right) suffered abdominal pain, she grew concerned. She had a non-cancerous ovarian cyst that needed to be removed. Because of her family history, she chose to have a hysterectomy. Gynecologic oncologist Martin Martino, M.D. (left), used leading-edge technology—the da Vinci® S HD™ robot—to perform the procedure. "I was amazed at how little pain there was and how quickly I got back to my routine," says Taschler, who is again doing yardwork.
Health care is a major investment for you, your family and your workplace. Lehigh Valley Health Network is determined to bring you value in that investment: the highest possible quality at the lowest possible cost. It's a commitment we take seriously.

Unique perspective—Physical therapist Mary Loose (photo below) gets people like Edward Gill of Allentown moving again inside the Kasych Family Pavilion. To make sure hospital patients get back on their feet as soon as they are ready, Loose joined with a team of caregivers throughout our health network. They combed through the rehabilitation process and made changes that give physical therapists more time for direct patient care. It's part of our new lean management model, called the System for Partners in Performance Improvement. This long-term initiative will ensure we deliver the best health care value to you.

Strength in challenging times—Lehigh Valley Health Network remains strong despite the economic downturn. Our patient services net margin (revenue minus expenses) this year is $40.7 million, or 3.4 percent of revenue. Our average net margin over the past 10 years is about 4 percent, close to the 5 percent health care experts say a not-for-profit hospital needs to best reinvest for its community. Our future challenge: staying strong despite the slumping economy and changes in government reimbursement.

A Passion for Better Medicine
Want to learn more about Lehigh Valley Health Network's performance this year? Our Community Annual Report explores the past 12 months in greater detail and offers a complete review of our finances and community service. To get your copy, call 610-402-CARE or visit lvh.org/annualreport.

Investing in specialized care—Three years ago, Shannon Anderson (center) suffered a seizure while cooking dinner and fell into the flames of a gas stove. Burned over 45 percent of her body, she was flown to our Regional Burn Center, where a team guided her through numerous surgeries. Now fully recovered, the 30-year-old Lancaster woman returned in January to visit her caregivers, Cindy Buhn, R.N. (left), and Lisa Rosati, R.N., and see our expanded Regional Burn Center. One of just six in Pennsylvania, ours is the state's largest and busiest, home to three burn surgeons and a Burn Recovery Center.
Driving a fuel-efficient car, buying in bulk, vacationing close to home... these days, we're all seeking ways to save money. Don't forget your health habits. "How you take care of yourself can affect your wallet," says family medicine physician William Kracht, D.O., of Lehigh Valley Health Network. "Staying healthy now can save you a bundle later." Here are some strategies to keep in mind:

**Stay active**

**Walking:** Free  
**Diabetes care:** $13,000 a year (according to government averages)

Research shows exercising for 30 minutes a day reduces your risk for some of the most costly conditions, including diabetes, heart disease, stroke, depression and some cancers.

**Clean with the basics**

**Vinegar:** Pennies per washing  
**Window cleaner:** $4 a bottle

Besides being pricey, some cleaners contain chemicals that can be hazardous to your health. Instead, opt for the basics in your pantry: vinegar, baking soda, lemon juice and cornstarch.

**Want to Know More** about natural household cleaners?  
Call 610-402-CARE or visit lvh.org/healthyyyou.

**Floss your teeth**

**Dental floss:** $4  
**Filling a cavity:** $75-160

Daily flossing helps prevent cavities by removing plaque from areas where a toothbrush can't, like between teeth. It also combats bad breath.

**Brown-bag it**

**Homemade lunch:** $3-5  
**Eating out:** $6-10/meal

When you pack your lunch (or cook dinner at home), you control the cost and portion size. If you do eat out, look for restaurants that provide nutritional information so you can make wise choices.
MORE TIPS

**Quit smoking**—You’ll save $4-5 per pack of cigarettes and thousands of dollars you might have to spend treating cancer, heart disease and other smoking-related conditions.

**Lay off the accelerator**—Slowing down helps reduce accidents (and the hefty bills that accompany them). It also improves your gas mileage, saving you money at the pump.

**Go organic**—Organic foods are richer in nutrients and vitamins and not treated with pesticides that can harm your body. “If you can pay a little more now for organic foods, you’ll benefit in the long run,” says family medicine physician William Kracht, D.O.

**Relax**—Studies show reducing stress helps relieve anxiety, back pain, high blood pressure, diabetes and many other conditions. Try to kick back each day by breathing deeply, stretching or doing something you enjoy like knitting or reading.

A passion for helping others—Our primary and specialty clinics help people who are uninsured or underinsured. In 2008 we had 149,026 visits to our clinics.
Manfred Konzman appreciates attention to detail, a quality he brings to his hobby of restoring antique foreign cars. The 72-year-old Tannersville man needed that same quality in a heart surgeon last year, when tests revealed he had a leaking aortic valve and potentially deadly aortic aneurysm. Cardiothoracic surgeon Raymond Singer, M.D., of Lehigh Valley Health Network simultaneously replaced the valve and repaired the aneurysm. The procedure required chilling Konzman’s body to 59 degrees F. and halting his circulation for 30 minutes. Today he’s finished with cardiac rehabilitation and back working on the two vintage Volkswagen Beetles in his garage. Soon they should be good as new—just like him.

For more on Manfred Konzman, call 610-402-CARE or visit lvh.org/healthyyou.
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**A Woman's Heart**

Heart disease is a woman's biggest health risk. Make sure you:

**Know the symptoms**—Women don't always have chest pain. Heart attack symptoms may include shortness of breath, unexplained indigestion or extreme fatigue.

**Know your risk factors**—You're at greater risk post-menopause and if you smoke, are overweight, or have high blood pressure, high cholesterol, diabetes or a family history of heart disease.

**Know your numbers**—Have your blood pressure, cholesterol and blood sugar tested regularly (ask your doctor how often).

**Take time**—for exercise, healthy eating and relaxation.

To learn about our free women's heart health programs this month, call 610-402-CARE or visit lvh.org/healthyyou.

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**A passion for excellence**—Endowed chairs are funds that benefit clinical research and education for years to come. Lehigh Valley Health Network: 610-402-CARE LVH.org
Blocked arteries can happen in the legs as well as heart. If you have calf or thigh pain when walking distances or uphill, see your doctor. Lifestyle change sometimes solves the problem.

Sports injury? Physical therapists treat all types. Your therapist will help you develop a plan to ease inflammation, restore range of motion, rebuild muscle strength—and help prevent recurrence.

Just for Women
Worry's natural during pregnancy. You can still drink coffee and take acetaminophen in moderation. And most exercise is safe and healthy!

Nutrients can boost your mood! Vitamin C in blueberries eases stress, folic acid in green veggies fights depression, and amino acids in lean red meat increase alertness.

Is disability inevitable as you grow older? No! Most day-to-day functioning problems—such as fatigue, depression, extreme forgetfulness, vision loss—come from disease, not age. If a symptom impacts your quality of life, call the doctor.

Being overweight raises a child's risk for diabetes, heart disease and other problems. Keep unhealthy foods out of the house and make daily physical activity a priority.
Think positive! The messages you give yourself profoundly affect your outlook and self-worth. Negative thoughts make you unhappy and stressed; positive ones develop the inner strength you need to achieve your goals. Create positive affirmations about your work, health and relationships, and repeat them every day.

JOIN A FITNESS CLASS
610-402-CARE
LVH.org

A passion for quality—Our total inpatient bed use in 2008 rose to a record 61,050. We had 1.6 million outpatient visits (including doctors' office, emergency room and home health).
Told she would need brain surgery for congenital hydrocephalus (excess fluid on the brain), Alyssa DeGrace of South Whitehall Township was seriously upset. “My mom had brain surgery for a tumor, and it hit close to home,” she says. Then the 20-year-old psychology major at West Chester University did what she does best—her homework. She sought out a neurosurgeon who could offer the most advanced treatment. Mark Li, M.D., of Lehigh Valley Health Network performed the procedure through a 1-inch incision, and DeGrace was home the next day. The severe headaches of her teen years can’t slow her down now: “Succeeding in school,” she says, “is very important to me!” For more about Alyssa DeGrace, call 610-402-CARE or visit leh.org/healthyyou.
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Is Mini Medical School for You?

For the past nine years, Lehigh Valley Health Network has opened its educational doors to the community for Mini Medical School. The free course, held one evening a week for four weeks, is taught by the same experts who educate doctors and nurses. Students (teens and up) have explored a variety of specialties, from forensic medicine to the gastrointestinal tract. They also get an in-depth look at health careers. Seating is limited to 250 and fills fast. This year’s course (April 7-28) focuses on the latest in cancer diagnosis, treatment and prevention.

For more information, call 610-402-CARE or visit lvh.org/healthyyou.
Senior centers aren't just for playing bingo! Ask G. Garner Ellis of Allentown, age 84, who plays clarinet in the Lehigh County Senior Center orchestra. The dozens of senior centers in our region vary in size and scope, but most provide exercise programs, meals, creative arts, social activities and opportunities to learn about technology, history, personal finance and other fields. Some have special offerings like virtual golf, group tours and cardio salsa. Today’s senior center is more like a college for older adults—a great way to stay mentally stimulated and socially connected. For more information, call 610-402-CARE or visit lvh.org/healthyyou.

Also in photo (l-r): Richard Person of Wescosville, Thomas Somers of Wescosville and Kathy LaRose of Whitehall.
### Friends Are Key at Every Age

You know exercise and a healthy diet help you live longer—but did you know friendships do too? Studies show they boost your immune system, ease stress and help prevent depression. “Humans need connections, and friends make us feel good about who we are,” says licensed social worker Brett Williamson of Lehigh Valley Health Network.

While old friends may be especially dear, it’s vital to add new ones; friendships naturally come and go in life. If your circle is too small, seek out people with common interests—join that book club, gym or new mothers’ support group. Making friends takes time, but it’s worth the investment.

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A passion for keeping you healthy—A total of 41,804 people in our community learned more about their health at our wellness classes, fairs, screenings and programs in 2008.
Teach your child to swim—it builds self-esteem and reduces obesity risk. For toddlers, try a parent-child swim class. Around age 4 most children are ready for lessons. Make sure there are no more than six children per instructor.

Old-fashioned games get your family active in a way that doesn’t feel like work. Try Frisbee, tug of war, jump rope, sack races, croquet, badminton, horseshoes—and don’t forget the hula hoop!

Fruits and veggies are nutrition powerhouses. Aim for 7-13 servings a day. Eat a variety—especially dark-colored items like broccoli, carrots and yams—to get all the nutrients you need.

Dairy products are rich in calcium, vital (along with weight-bearing exercise) for strong bones. Choose low- or nonfat varieties.

Skin cancer is the most common cancer, and melanoma (the deadliest form) is on the rise in younger people. Your risk increases if you’ve had frequent sunburns. To protect yourself, generously apply UVA-UVB sunscreen with SPF 15 or higher, 30 minutes before going outside and again every two hours.

Start tracking your heart health at age 20. Recommended goals for healthy people include total cholesterol under 200, blood pressure under 120/80, body mass index (BMI) under 25 and waistline under 35 inches for women, 40 for men. If you have a health condition or risk factors, ask your doctor about your goals.

For the freshest produce, join a local farm. “Community-supported agriculture” lets you pay in advance for a share of the weekly (often organic) harvest.
Raising a Family

Considering summer camp? Match it to your child’s personality—outdoor camp for sports-lovers, learning camp (music, cooking) for school enthusiasts. Let your child pick the theme, and you choose the specific camp.

Skip the soda this summer. Healthier options include a slushy with fresh fruit, homemade iced tea with mint, and sparkling water flavored with fruit puree.

A passion for our community—We provide free care to people who need it most. In 2008 we provided $11.6 million in charitable care.
After a year-and-a-half of dialysis three times a week, Carl Schaeffer of Doylestown felt as if he were on a bungee cord. “You can never go far because the dialysis pulls you back,” says the 61-year-old. His doctor suggested a transplant—and after just a month, a donor kidney became available at Lehigh Valley Health Network. “He was lucky because his blood type makes him a universal recipient,” says transplant surgeon Michael Moritz, M.D. “Some people have to wait years.” Schaeffer’s new kidney functioned so well he was back to work in a month. “I am living a normal and productive life again,” he says. For more on Carl Schaeffer, call 610-402-CARE or visit lvh.org/healthyyou.
July 2009

FIND A DOCTOR
610-402-CARE
LVH.org

Be Safe on Those Wheels!
Keep little bikers injury-free by making sure they:

• Wear a properly fitted helmet. State law requires it under age 12, and it’s a smart idea at any age.

• Don’t ride in the street before age 9.

• Ride on the right side of the road, with the flow of traffic.

• Wear properly fitted clothing that’s brightly colored for better visibility, and shoes solid enough to protect the feet.

• Don’t ride at dusk or after dark without proper supervision, reflectors, and front and rear lights.

A passion for learning—We provided emergency medicine education to 2,199 physicians, nurses, paramedics and other first-responders in 2008.
Health

Concussion, a brain injury caused by a fall or blow to the head. Most recover without lasting damage. Seek medical care for symptoms like passing out, headache, vision or memory disturbance, dizziness, ringing ears or nausea. To prevent concussion, wear a properly fitted helmet in sports requiring one.

Just for Women After menopause, your metabolism will be slower and your risk for heart disease and osteoporosis greater. Lay the groundwork for good health now by revving up exercise, rethinking your diet and getting needed screenings. And think positive—many women feel reborn after menopause.

Eating Healthy

Lower your cholesterol with plant sterols. Sterols occur naturally in fruits, vegetables, nuts, seeds and wheat, and are added to fortified products like cereal. They can reduce cholesterol by up to 15 percent—almost as much as statin drugs.

After menopause, your metabolism will be slower and your risk for heart disease and osteoporosis greater. Lay the groundwork for good health now by revving up exercise, rethinking your diet and getting needed screenings. And think positive—many women feel reborn after menopause.

Protecting Your Health

Young athletes are vulnerable to concussion, a brain injury caused by a fall or blow to the head. Most recover without lasting damage. Seek medical care for symptoms like passing out, headache, vision or memory disturbance, dizziness, ringing ears or nausea. To prevent concussion, wear a properly fitted helmet in sports requiring one.

Lower your cholesterol with plant sterols. Sterols occur naturally in fruits, vegetables, nuts, seeds and wheat, and are added to fortified products like cereal. They can reduce cholesterol by up to 15 percent—almost as much as statin drugs.

Want to live well to 100? Longevity is 70 percent how well you care for yourself. Besides eating right and exercising, you should quit smoking, take care of your skin and teeth, keep up with immunizations, and reduce dementia risk with daily mental exercise.

Heart of Healthy You

If you have sleep apnea, a narrowed airway interrupts your breathing at night—and raises your risk for heart problems. See your doctor if you have loud snoring, breathing gaps during sleep, sudden awakenings,
**JOIN A FITNESS CLASS**
610-402-CARE
LVH.org

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**Protecting Your Health**
You had your child's vision **checked** a month ago, but now he's complaining of headaches, rubbing his eyes and squinting. Ask your doctor about getting another eye exam. Vision problems can develop quickly in childhood.

When someone is badly **burned**, run cool water over the injury, then clean, dry and cover it. Avoid home remedies like butter or ice. For burns on the face, neck or an entire body part and third-degree burns (skin pale, charred or cherry-red, dry and leathery), get to a hospital burn center.

**A passion for giving back**—Our physicians donated 40,600 hours of free care and unreimbursed medical education in 2008.
Got teens? Keep communication open with family dinners. Sitting down together, as the McGovern family of Macungie does, helps everyone weather the tricky preadolescent and teen years. Youngsters at this stage are undergoing major physical, emotional and psychological changes and struggling to find their identities. Moodiness, insecurity and pushing parental boundaries are common; so is weight gain, due to junk food and too much TV and computer time. So don’t forego that family dinner—it’s an opportunity for talk, good nutrition and the TLC your “tween” still needs. For more about parenting adolescents, call 610-402-CARE or visit lvh.org/healthyyou.
What Grandchildren Need From You

Wise grandparents nurture their little ones by:

• Spending time with them—One-on-one is especially valuable in big families.

• Being interested in their lives—Ask about school, activities, favorite books.

• Loving them unconditionally—When a child knows you’ll adore him even if he fails, it boosts his self-esteem and courage to try new things.

• Upholding the rules—Everyone feels more secure when parents and grandparents are “on the same page.”

• Being a mentor—Share your skills, and model important values like politeness.

• Sharing family history—Children are curious about their ancestry.

GET A SECOND OPINION
610-402-CARE
LVH.org
A new mother completing her first-ever triathlon.

It’s triumph enough, but Sarah Blakeley of Allentown went one better—she overcame a rare and aggressive ovarian cancer, detected when she was newly pregnant. Blakeley and her husband, Matt, decided to continue the pregnancy and delay chemotherapy until after the birth. Lehigh Valley Health Network high-risk pregnancy specialist Kara Coassolo, M.D., and gynecologic cancer specialist Richard Boulay, M.D., cared for and monitored her, delivering baby Charlotte by Cesarean section at 34 weeks. Chemotherapy was challenging, but within three months Blakeley was cancer-free. Looking back, she says, “We never let doubt creep in. Now I feel whole again!” For more about Sarah Blakeley, call 610-402-CARE or visit leh.org/healthyou.
Mammography is the best way to detect breast cancer at the earliest, most curable stage. This low-dose X-ray exam of the breast detects lumps and other important changes years before they can be felt. It’s simple, quick, and all you’ll feel is a squeezing sensation. Today’s mammography uses digital images, not film. The radiologist can fine-tune the image for greater accuracy, especially valuable in younger women or those with dense breasts. Have a mammogram every year after age 40, earlier if you’re at increased risk (ask your doctor).

For information on how our programs can help you evaluate your breast cancer risk, call 610-402-CARE or visit lvh.org/healthyyou.
Healthy YOU

Eating Healthy
Cooking for someone with diabetes? Use herbs and spices, not salt; avoid saturated fats; and cut sugar (or use Splenda) in recipes. A walk before dessert helps maintain even blood-sugar levels.

Protecting Your Health
Nosebleeds usually look worse than they are. Tilt your head forward (not back), pinch nostrils and hold for 15-20 minutes. To prevent nosebleeds, keep nasal passages moist with a humidifier, saline nose drops or petroleum jelly.

Raising a Family
Car seats save young lives. Children under age 13 should always ride in the back. Use the correct car seat (rear-facing, front-facing or booster) for your child's height and weight, and read instructions carefully.

Aging Well
A gadget might make your life easier. Large-numeral watches or remotes, "talking" pill bottles, bed-shaking alarm clocks, pocket amplification systems for TV or radio—the possibilities are endless, depending on your needs.

Weight Control
Lose a little and you gain a lot! Shedding just 5-10 percent of your weight will boost your energy and lower your risk for heart disease, diabetes and other problems linked to obesity.

Staying Fit
Nothing beats push-ups to strengthen your chest, shoulders, core and...
### Mind and Body

Stress can be contagious. To protect yourself, have calm-down strategies in place—exercise, time with friends, meditation. Support the stressed person by listening or suggesting resources, but don’t try to solve her problems.

Get your child to open up. If you have a young child, play activities such as puppets can help you discover what’s happening in his world. For 3-year-old Benjamin (below), these penguin statues outside the Pediatric Specialty Center at Lehigh Valley Hospital—Muhlenberg help him express his feelings.

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**Join a Fitness Class**

610-402-CARE

LVH.org

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*A passion for volunteering*—Our volunteers donated 135,667 hours of their time and talent in 2008 to help our patients and visitors.
Life is a well-choreographed duet for Kathleen and David Treat of Breinigsville and daughters Skyler, 8, and Addison, 4. As artistic director of Steps in Time Academy in Whitehall, Kathleen brings the girls to the studio weekday afternoons; Dave picks them up on his way home from work and handles evening activities. Weekends are for family togetherness. “We’ve always had this schedule, so we planned a family around it,” Kathleen says. For more about the Treats, call 610-402-CARE or visit lvh.org/healthyyou.
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**Tips for Mom**

To help keep your life in balance:

- **Keep a diary** of your activities to see what's vital and what can be eliminated or postponed.
- **Make time for yourself.** Staying physically and emotionally healthy allows you to care for others.
- **Plan in advance for shared chores, work adjustments,** etc. Have backups in place.
- **Seek out help and support from family and friends.**
- **Give up on perfection.** You can't do it all!
- **Spend quality time** (including one-on-one) with your partner and children.
- **Enjoy the moment.**

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*A passion for diabetes care—Our Helwig Health and Diabetes Center provided 10,066 diabetes education and counseling.*
To help keep yourself and your family healthy, get the screenings you need and track key numbers like cholesterol, blood pressure and body mass index. Here are some guidelines to follow.

**Body Mass Index**
This ratio of height to weight is a good indicator of whether you need to trim down.

**Cholesterol**
Have your cholesterol tested at least every 5-10 years, and track your HDL ("good") and LDL ("bad") cholesterol. Targets to aim for:
- Total cholesterol below 200
- LDL below 100 (men and women)

**Stay Active**
Get at least 30 minutes of physical activity every day, more if you’re trying to lose weight. You can space it out in a combination of aerobic and resistance training.

Thank you to the professionals whose expertise created this calendar:

- **January**  William Kracht, D.O., family medicine
- **February**  Raymond Singer, M.D., cardiothoracic surgery
- **March**  Mark Kender, M.D., internal medicine; Barbara Katz, M.D., pediatrics; Catherine Glew, M.D., geriatrics; Amanda Flicker, M.D., obstetrics/gynecology; Kara Coassolo, M.D., maternal-fetal medicine; Laura Dunne, M.D., sports medicine; Neal Stansbury, M.D., orthopedics; Anthony Urbano, M.D., cardiology; Arnold Slyper, M.D., pediatric endocrinology; Jane Barouch and Kathy Hanuschak, dietitians; Holly Schmitt, exercise physiologist
- **April**  Mark Li, M.D., neurosurgery
- **May**  Francis Salerno, M.D., geriatrics; Brett Williamson, licensed social worker
- **June**  Jayot Gopal, M.D., and Brian Stello, M.D., family medicine; Gail Brown, C.R.N.P., and Anthony Dimick, M.D., pediatrics; Paul Mosca, M.D., surgical oncology; Amy Hollister, Donna Boden and Elizabeth Stark, dietitians; Diana Wentling, exercise specialist
- **July**  Michael Moritz, M.D., transplant surgery; Kim Bruns, transplant social worker
- **August**  Elizabeth Stanton, M.D., Brooks Betts, O.D., and Jeff Brown, D.O., family medicine; Glenn Kratzer, M.D., internal medicine; Alexandria George, D.O., obstetrics/gynecology; Michael Pasquale, M.D., trauma surgery; Vadim Levin, M.D., cardiology; Richard Strobel, M.D., pulmonology; Lauren Garges, physical therapist; Judy Holaska, dietitian
- **September**  Amy Miller, M.D., family medicine; Elmer Long, M.D., pediatrics; Judy Illingworth, licensed clinical social worker; Pat Fulisz, psychiatric clinical nurse specialist
- **October**  Richard Boulay, M.D., gynecologic oncology; Patrick McIntyre, M.D., obstetrics/gynecology; Gregory Harper, M.D., medical oncology
- **November**  Robert Blauser, M.D., family medicine; Ted Gaylor, M.D., otolaryngology; Theresa Piotrowski, M.D., bariatrics; Heidi Singer, C.R.N.P., geriatrics; Yi-Wei Ding, dietitian; Bethany McCullough, occupational therapist;
Blood Pressure

Millions of people aren’t aware they have high blood pressure, a major risk factor for heart attack and stroke. Get a blood pressure test every year or two. Normal is 120/80 or less.

Waistline

Another good indicator of heart disease risk is your waist measurement. Keep it under 35 inches for women, 40 inches for men.

Other Vital Tests

- Fasting blood glucose (for diabetes) every 5-10 years
- Colorectal cancer screening every 10 years (if normal)
- Skin exam every 2-5 years
- Bone density (for osteoporosis) at doctor’s discretion

Just for Women

Have a Pap test for cervical cancer every year, and a mammogram every year after age 40 (earlier if breast cancer risk is high).

Thank you to the community members pictured in this calendar:

January  (l-r) Stephen, Marie Johnson
February  Manfred Konzman
March    (clockwise, starting top left) Felix Rosario; Joey Gallagher and baby Lexie; Jack Callery; Lisa Leon; Michael Bowles and daughter Trinity; Darrel Fitzinger
April    Alyssa DeGrace
May      G. Garner Ellis (center); (l-r) Richard Person, Thomas Somers, Kathy LaRose
June     (clockwise, starting top left) Amber; Trevor; Sarah Taglioli; Phyllis Whymark and granddaughter Faith; Connor
July     (starting top page) Carl Schaeffer; Ryan
August   (clockwise, starting top left) David Aldrich; MattKosik; Jason; Joshua; Ines Matamoros and grandson Jorge
September (starting top page) Keith and Ana McGovern and sons Kyler, Keegan and Kane; Tom Doherty and grandchildren Meghan and Brendan
October  Sarah Blakely and baby Charlotte
November (clockwise, starting top left) Francisco Ortiz and son Ethan; Jean Hassler; Robert Entiero; Benjamin
December Kathleen and David Treat and daughters Addison and Skyler; dancers Kelly and Calie

Know Your Numbers

Luis Figueroa

Thank you to the illustrators whose work is featured in this calendar:

Lucy Corvino (January); Sally Onopa (January, February, March, April, May, June, August, October, November, Know Your Numbers); Cindy Revel (March); Jane Hallman (June, Know Your Numbers); Johanna Hantell (November); Barbara Field (Know Your Numbers)
When it comes to your health, you want a full team behind you. You'll find it at Lehigh Valley Health Network.

- **Hospitals**
  - Lehigh Valley Hospital—Cedar Crest
  - Lehigh Valley Hospital—Muhlenberg
  - Lehigh Valley Hospital—17th Street

- **Physicians**: More than 1,100 primary care and specialty doctors, including more than 400 who are network employed

- **Education**: A total of 200 physician residents in 20 graduate medical education programs

- **Clinical research**: More than 400 ongoing research protocols

- **Clinics**: Forty primary and specialty clinics to care for people who are uninsured or underinsured

- **Health centers**: Doctors' offices, lab and imaging services conveniently located in Bath, Bethlehem Township, Hamburg, Hellertown, Kutztown, Saucon Valley, Trexlertown and Upper Bucks (in partnership with Grand View Hospital)

- **Pharmacy services**

- **Home health and hospice services**

- **Imaging services**

- **Careworks retail health clinics** (in partnership with Geisinger Health System) in Allentown and Schnecksville

- **Health Network Laboratories**

- **Valley Preferred**

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**Community Health Centers**—Family medicine physician Joseph Matus, D.O. (right), with John Chabrol of Blandon at the Health Center at Kutztown

**Labs**—Phlebotomist Valerie Campo at Health Network Laboratories inside the Health Center at Trexlertown

**Imaging**—X-ray technologist Phuong Nguyen at Lehigh Magnetic Imaging Center

**Home Care**—Tina Jones, R.N., on her way to a patient visit

**Pharmacy**—Registered pharmacist Paul Mattern at Lehigh Valley Hospital—17th Street

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A PASSION FOR BETTER MEDICINE.