What Sports Can Do for Girls
The benefits extend to all areas of life

Gone is the day when girls sat on the sidelines. Today, they have more and more opportunities to play team sports—and reap the many benefits to their physical health, emotional well-being and future success in life. Researchers have discovered that organized sports can do dramatic things for your daughter, including:

Give her a head start on lifelong health. “Youth obesity is at an all-time high, and the best solution is more physical activity,” says John Graham, director of Healthy You Fitness Centers for Lehigh Valley Health Network. “Female athletes develop lifestyle habits that reduce their risk for obesity, type 2 diabetes, osteoporosis, heart disease and other chronic conditions.”

As little as four hours of exercise a week may reduce a teen girl’s breast cancer risk by up to 60 percent. Research suggests that girls who lead a physically active life also reduce their chances of developing Alzheimer’s disease in later years. And girl athletes tend not to fall into self-destructive behavior. They have one of the lowest rates of tobacco use for their age, and are less likely to abuse drugs, have sex and get pregnant.

Boost her self-esteem. Exercise and sports help create positive feelings about body image and self-confidence. “Girls who participate in sports are competitors and achievers,” says Graham’s colleague, sports medicine physician Laura Dunne, M.D. “They create friendships with girls who have the same attitude.”

Make her happy. Sports participation creates such a sense of well-being that it’s been viewed as a natural antidepressant. Research shows that physical activity can help reduce symptoms of stress and depression among girls and that female athletes are at lower risk for considering suicide.

Offer her an academic edge. Girls in sports tend to get better grades—including in math and science—and have fewer disciplinary issues and lower dropout rates than non-athletic girls. High school female athletes earn higher standardized test scores and are more likely to go on to college.

Prepare her for the workforce. Eighty percent of women executives in FORTUNE 500 companies participated in sports during childhood. “Sports teach girls how to set goals and be prepared for a highly competitive work environment,” Dunne says. “Through athletics, they learn how to set priorities, budget time and become better organizers. They also learn the critical skill of collaborating with others for the overall success of a team.”

How can you get your daughter in the game? “Setting a good example is very important,” Graham says. “Get outside and do anything physical together—play catch, tag, have fun with it.”

You also can spark your daughter's imagination by watching women's sports together. Attend high school games in your community, and follow women's professional golf tournaments and Olympic events on television. Exposing her to all types of sports will help her discover which ones appeal to her personally.

Finally, be supportive when she shows interest. Encourage sports participation and help her stick with it when the going gets tough. A parent's support can make all the difference in getting a young girl enthusiastically onto the playing field.

Want to Know More about how to find the right sports program for your daughter? Call 610-402-CARE or visit lvh.org/healthyyou.

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A Caution for Competitive Girls

Young female athletes or dancers who overtrain can develop a condition called “female athlete triad” that affects nutrition, menstrual periods and bone strength. Symptoms include weight loss, irregular or absent periods, stress fractures, abnormal eating or dieting, and excessive exercise. “Very few girls actually fall into this category,” says Karen Sciascia, D.O., gynecologist with Lehigh Valley Health Network. “For those who do, however, the long-term consequences—especially to bone health—are serious. It's important to get treatment.” To learn more, read Ask Our Expert at lvh.org/healthyyou (or call 610-402-CARE).

Health Camps for Kids

Today's summer camps aren't the one-size-fits-all variety. There are camps for athletes, artists, computer enthusiasts—and children dealing with health issues like obesity or chronic disease. For example, Lehigh Valley Health Network's Camp Red Jacket helps children with type I diabetes (like Nicholas, 9, shown with Orry Peiker, volunteer) learn to manage their condition in a fun, game-based environment.

For a list of local health-related camps for children, call 610-402-CARE or visit lvh.org/healthyyou.

Preparing Tomorrow's Doctors

Lehigh Valley Health Network is partnering with the University of South Florida (USF) College of Medicine to create a medical education curriculum for a new generation of physician leaders. The program will prepare physicians in areas like cost management, efficiency and safety as well as high-quality patient care. “This new model reflects the current realities doctors face, and the issues at the forefront of national health care reform,” says Elliot Sussman, M.D., president and chief executive officer of Lehigh Valley Health Network. Beginning in 2011, students will spend the first two years at USF, the last two here in the Lehigh Valley.
Behind the Wheel? Stay Focused!

Driver distraction is a major cause of accidents

Are you eating breakfast, checking your voice mail and tuning in the hour’s headlines—all while driving to work? If so, you may be moments away from a real “killer commute.” Research suggests that up to 80 percent of all vehicle accidents involve driver distraction.

Operating a car is such a familiar task to most of us that we forget how demanding it really is, says psychologist Mary Kaland, Ph.D., of Lehigh Valley Health Network. “We go on automatic pilot, but that doesn’t work anymore when something competes for our attention behind the wheel,” she says.

In fact, driving itself is multitasking, says her colleague, emergency physician Bryan Kane, M.D. “Think about it—your attention is constantly switching from the cars in front of you to the speedometer to the rearview mirror and so on.”

If you’re chatting on a cell phone at the same time, your ability to manage all those functions is going to be compromised. Studies have linked cell phone use with slower reaction times and a greater tendency to miss exits. (And hands-free phones are no improvement, researchers have found; the distracter is the conversation, not the device.)

Other driver distractions—eating a sandwich, caring for children in the back seat, even gazing at the scenery—can be as dangerous as talking on a cell phone. In teens, Kane says, the factor most linked to fatal accidents is having other teens in the car.

The actual distraction is probably less important than the consequence of taking your eyes off the road, even momentarily. “Like smoking, it’s not just dangerous to you but to the people around you,” Kane says.

Wondering if you’re a distracted driver? Here are some telltale signs, Kaland says:

- When you reach your destination, you can’t recall much about the ride there.
- You’ve made wrong turns, gone through stop signs or gotten lost more than 2-3 times.
- You’re continuously in a hurry. “Technology fools us into thinking there’s never too much that we can do,” Kaland says. Don’t fall into that trap when driving—it could be deadly.

Want to Know More about how to manage distractions? Call 610-402-CARE or visit lvh.org/healthyyou.
Teens and Nutrition
Eating the right food helps build the best body

Healthy eating may seem like small potatoes to teenagers. Sure, they want to look good in their skinny jeans and perform well on the playing field—but getting enough iron or building strong bones is the last thing on their minds.

They should be thinking about nutrition, though, says pediatrician and adolescent medicine specialist Barbara Katz, M.D., of Lehigh Valley Health Network. “Adolescence is a time of rapid growth for boys and girls. To build a body that looks and feels good, they need the right foods. Girls especially need iron once they start menstruating, and calcium and vitamin D to prevent osteoporosis later.”

Teens have reached the age when they make many of their own food choices. Often they go for something quick between classes or activities. They may skip meals or rely on fast food or vending machines, and when they’re with friends, the snacks are more likely to be potato chips than carrot sticks. Some teens try fad diets, experiment with vegetarianism or eliminate food groups like dairy products. Needless to say, that can compromise nutrition.

Does a parent have any influence? Absolutely, says Katz’s colleague, Monica Paduch, a registered dietitian specializing in children and teens. “You can help by modeling healthy eating and keeping nutritious foods and snacks in sight,” she says. “It’s OK for teens to enjoy their favorites, but add something healthy—a salad with the pizza, for example.” Also:

- Get your teen involved in meal planning, cooking and shopping—including how to read nutrition labels.
- Plant a vegetable garden and enlist your teen’s help.
- Encourage the whole family to try new foods.
- Talk about portion sizes. This is the age to lay the groundwork for a healthy weight in the future.
- Make sure your teen eats breakfast. Nontraditional choices like a smoothie or last night’s dinner leftovers are fine as long as the nutrition is there.

Want to Know More about nutrition for teen athletes? Call 610-402-CARE or visit lvh.org/healthyyou.

Tips for Teens
- Include a protein with every meal or snack.
- Drink water and low-fat milk through the day.
- Pack snacks like granola bars and fruit, half a sandwich, or your own trail mix (dried fruit, nuts, a few chocolate chips, whole-grain cereal).
- If you’re trying vegetarianism, learn what to eat in place of what you give up. Make sure you get protein if you give up meat, and calcium if you give up dairy products.
- If you’re an athlete, you need enough calories and the right balance of carbohydrates, fats and proteins to perform well and nourish a growing body. Eat a variety of fruits and vegetables along with lean meats and dairy.
- For insurance, take a multivitamin (not a mega-vitamin).
How Hard Times Affect Kids
You can help your child cope with economic stress

Income reduction or job loss is tough on the whole family—and even if you try to shield your children, they pick up on your stress. The better strategy is to face economic problems openly, says Shel Dougherty, parent educator with Lehigh Valley Health Network. The first step is finding ways to deal effectively with your own stress. Then you can discuss the family’s situation in a calm voice with the children.

How you proceed depends in part on the child’s age. “Kids under 7 simply need reassurance that even though some things will change, they are loved and will be cared for,” Dougherty says. “Older children can understand more and get involved in brainstorming ways to economize.”

“Teens are able to see the consequences of a parent’s job loss more clearly than their younger siblings,” says Ken Mead, director of the health network’s Adolescent Transitions program. While they, too, need reassurance, teens with a job can become responsible for more of their own expenses—gasoline, athletic fees, clothing—and may even be able to contribute to the family finances. “They shouldn’t feel that support of the family is their sole responsibility, though,” Mead says, “and work should not interfere with their studies.”

Whatever the age, if children feel that parents have a plan and they can participate, stress levels decrease.

While day-to-day economizing is one thing, having to leave a familiar neighborhood or school can be devastating. Children—particularly teens—will need extra support. “Listen to their concerns, and don’t treat them lightly,” Dougherty says. “Make a commitment to help them stay in touch with old friends.”

Parents need to be alert to signs their children aren’t dealing well with stress, says Pasquale Fugazzotto, M.D., a pediatrician with the health network. “Headaches, diarrhea or vomiting, and disrupted sleep can be signs of depression. Teens may turn to drugs, alcohol, sexual activity or even suicidal thoughts in response to family stress.” Help teachers or school counselors be sensitive to your child’s needs by alerting them to the family’s situation.

And remember that tough times help a family grow. “You can use setbacks to teach children how to cope,” Dougherty says. “Knowing that things don’t always go as planned is a valuable lesson.” Another key lesson: that you can devise creative ways of dealing with the situation if everyone works together. Adopt the attitude that cutbacks are not punishments.

If your family is fortunate enough not to be affected by the economic downturn, you still have a teachable moment. “This is a perfect opportunity for children to learn about volunteering and helping families who are in trouble,” Fugazzotto says.

Trimming the Budget
• Movie and popcorn night at home instead of the theater
• Biking (when safe) instead of driving
• Finding clothes at Goodwill, a consignment shop or a swap meet
• Using the library instead of buying books
• Picnicking in the park instead of eating at a restaurant
Getting the Most From Your Insurance

Getting the most from your health insurance isn't just about fighting for coverage—it's also about taking advantage of benefits and services you're entitled to receive. "Few people read their policies and know all their benefits," says Jack Lenhart, M.D., a family medicine physician with Lehigh Valley Health Network. That's unfortunate, because you may be missing out on services that can help keep you healthy. "The more you know, the more likely you are to take an active part in treating or preventing a health condition," Lenhart says. He points to two major overlooked areas.

Screenings and prevention—Benefits often include routine tests (some age-based) such as mammograms, colon cancer screenings and heart disease risk assessments. Insurers also may cover diabetes prevention programs for those at high risk. "Simple changes like walking regularly have been shown to prevent diabetes from developing," says Joyce Najarian, R.N., of the health network's Helwig Health and Diabetes Center.

Disease management—If you have a condition like asthma or diabetes, health support programs teach you how to take a more active role in controlling the disease and preventing complications. "Fifty to 60 percent of people referred to our diabetes education program don't come," Najarian says. Some feel their doctors have told them everything they need to know. "But there's so much more to learn than what a doctor has time to explain," she says.

People on Medicare, too, often fail to realize the benefits available to them—including more wellness services in recent years, Lenhart says. And purchasing Medicare supplemental insurance gives you added benefits.

Unsure what you're entitled to? Check your policy, and call your carrier with specific questions. (Check the back of your insurance card for the phone number.) If you're on Medicare, free counseling programs like APPRISE (through Lehigh County Aging and Adult Services) can help you sort out your benefits.

Meanwhile, here are samples of the types of benefits available to two people in different circumstances. (Deductibles and co-pays may apply.)

Want to Know More about how APPRISE, Helwig Health and Diabetes Center or Medicare could help you? Call 610-402-CARE or visit lvh.org/healthyyou.

Special thanks to Selicia Chronister, sales manager at Valley Preferred, and Neil Powell, APPRISE counselor.

Susan—age 45, in good health, private insurance through a preferred provider organization

• Annual physical exam
• Cholesterol screening and other lab services
• Immunizations and well visits for children
• Annual gynecologic exam and mammogram
• Colon cancer screening
• Free or discounted health club membership
• Possible discounts for home gym equipment
• Smoking cessation program
• 24-hour nurse line for questions about child health

Joel—age 70, low-income, has diabetes, on basic Medicare

• One physical exam on joining Medicare
• Diabetes supplies (monitors, lancets, test strips, etc.)
• Diabetes self-management training (10 hours first year, then 2 hours annually)
• Medical nutrition therapy (3 hours first year, then 2 annually)
• Foot exam every 6 months and treatment for peripheral neuropathy
• Annual glaucoma test if at high risk
• Therapeutic shoes or inserts for severe diabetic foot disease
• Financial assistance with premiums and drug costs since he is low-income
Recognizing Diabetes in Children
Quick action helped one family avoid a crisis

Even though 11-year-old Brandon took a bottle of water to bed every night, he got up for more. His parents, Mike and Danielle Thrapp of Center Valley, noticed how much he drank on beach and camping trips. And when he reported for football practice last August, he weighed the same as the previous year—abnormal for a healthy adolescent.

They called Brandon’s doctor, family medicine physician Mark Wendling, M.D., of Lehigh Valley Health Network, and tests confirmed the doctor’s suspicion: Brandon had type 1 diabetes. The family met promptly with educators at the health network’s Helwig Health and Diabetes Center. They left with a basic understanding of diabetes and the tools they needed for Brandon to inject himself with insulin several times a day. Remarkably, they had avoided the type of insulin crisis that puts most children with diabetes into the hospital.

“Type 1 diabetes is often diagnosed when the child develops ketoacidosis, a potentially life-threatening situation when the body doesn’t have enough insulin,” Wendling says. Early symptoms of thirst, dry mouth and frequent urination can escalate to nausea and vomiting, breathing problems and eventually loss of consciousness. If your child has any of the warning signs of type 1 diabetes (see box), call the doctor.

Type 2 diabetes is more difficult to spot, Wendling says. It often occurs in overweight children (although weight loss in a child also should prompt a call to the doctor) and may be picked up through routine blood work. “It’s important to continue regular well checks through the teen years and report anything unusual,” Wendling says.

Your child is at greater risk for type 1 or type 2 diabetes if there’s diabetes in the family. Certain ethnic groups—including African Americans and Latinos—are at increased risk. Type 1 usually shows up in childhood or adolescence, type 2 in middle age. But the rise in obesity and sedentary lifestyles has produced a

A key piece of his diabetes “tool kit”—Brandon has mastered his insulin pump with help from his team, including (l-r) nurse practitioner Justine Fierman, C.R.N.P., his mother, Danielle, and diabetes educator Ellen Cooper, R.N.
The Importance of ‘Tummy Time’

Babies spend a lot of time on their backs: sleeping, playing and even eating. But it's just as important for them to have "tummy time" when they're awake, says pediatrician Gwendolyn Chung, M.D., of Lehigh Valley Health Network.

Since the early 1990s, pediatricians have stressed putting babies to sleep on their backs to prevent sudden infant death syndrome (SIDS). It's working—the number of SIDS-related deaths has significantly decreased. "But spending time on their bellies is crucial for babies' development," Chung says. "It prevents conditions that can arise if they spend too much time on their backs."

In their first few months, infants can develop "flat head syndrome" (plagiocephaly), in which they have a flat spot or their head becomes asymmetrical. Usually, the flat area disappears when they begin to roll (typically at 3-4 months of age). If your baby's head seems significantly flat or asymmetrical, talk to your pediatrician. In extreme cases, a baby may need a positioning helmet.

Another risk is a condition called torticollis. The baby's neck muscles tighten, causing the head to tilt only to one side. "In recent years, we're seeing more of this," says Chung's colleague, pediatric physical therapist Debora Chabak. "Torticollis may be caused by reflux, weak muscles or vision problems, but a major culprit is being positioned consistently on the back." Therapy includes stretching, strengthening exercises—and tummy time.

Here's how to make sure your baby has the right balance of positions:

**Begin early.** Put your baby on his tummy soon after he's born by holding him on your chest while he's awake. Don't wait until he can hold his head up (which usually occurs at 2-3 months).

**Plan daily tummy time.** The more time your baby spends on his tummy, the more he'll like it. The position strengthens his upper-body muscles to begin crawling—important for developing motor skills.

**Move play to the floor.** Throughout the day, your baby goes from the crib to the bouncy seat to the car carrier to the swing—all while lying on his back. When he's awake, put him on a blanket on the floor with toys he can reach for while he's lying on his belly.

**Switch crib positions.** Alternate your baby's position in his crib, sleeping or awake, so he's not always facing in the same direction.

**Exercise those arms!**—Isabel Sofie of Coopersburg, age 5 months, gets the benefits of tummy time.
How Exercise Affects Your Metabolism

Here’s how to keep those calories burning

Want to lose weight? Most of us concentrate on trimming the calories we take in—but the other half of the equation is revving up how you burn those calories, otherwise known as metabolism.

“Metabolism is the process by which your body converts the calories you’ve eaten into usable energy,” says registered dietitian Jennifer Acevedo of Lehigh Valley Health Network.

“Once you understand how the body uses this energy,” says her colleague, exercise physiologist Jacqueline Svrcek, “you’ll realize why exercise is so important in maintaining or losing weight.”

Your body uses energy in three ways:

At rest: About 10 percent of the calories you burn are spent digesting, storing and eliminating what you’ve eaten. The “burn rate” varies with your diet: dietary fat takes little energy to burn, protein takes a lot more. It also matters how much and how often you eat. Small frequent meals burn more energy than one big one.

Processing food: The remainder of your daily calories (15-25 percent) are burned getting you around. Physical activity has the biggest effect on your RMR because that’s how you build the muscles and oxygen capacity to rev it up.

Clearly, boosting your metabolism should be an integral part of a healthy weight loss or weight maintenance program. Here are Acevedo and Svrcek’s strategies to help you do that:

Know your starting point. The health network’s Weight Management Center offers metabolism testing to determine your resting metabolic rate (RMR). How much you burn at rest depends on how lean and fit you are. A pound of muscle burns 35-50 calories a day, while a pound of fat burns just two.

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Make exercise a part of every day. Your metabolism elevates for 10-12 hours after you exercise, utilizing food that otherwise would have gone to storage.

Most days, aim for 60 minutes of cardiovascular exercise (brisk walking, running, dancing, biking, swimming). It improves your ability to use oxygen, which helps burn fat stores.

Develop more muscle mass with resistance (weight) training 2-3 times a week.

Vary the exercises you do. The body burns fewer calories when it becomes accustomed to one form of exercise.

Fuel your body appropriately. Eat carbohydrates before exercising for quick energy from blood sugar, and protein afterward to refuel and repair the muscles.

Eat like a bird. Consume small meals several times a day, rather than one or two big ones. Your body needs a steady feed of energy, starting with breakfast.

Steer clear of fatty foods, which use little energy to burn. Instead, choose fruits, vegetables, whole grains and protein.

Want to Know More about boosting your metabolism? Call 610-402-CARE or visit lvhn.org/healthyyou.
The right therapy helps control swelling

When asked to name a body system, you'd be much more likely to say "circulatory" or "nervous" than "lymph." Yet a functioning lymphatic system is crucial to your health, says Eric Wilson, M.D., vascular surgeon at Lehigh Valley Health Network.

"Protein-rich lymphatic fluid circulates through your body, collecting bacteria and viruses that are filtered out by infection-fighting cells in your lymph nodes," he says. Eventually, the waste is flushed from your body. When the lymph nodes can't perform those critical functions, excess fluid causes swelling—a condition called lymphedema. The most typical sites are the arms, legs, hands and feet.

"Most commonly, lymphedema occurs after cancer treatment," says John Nuschke, M.D., an internist with the health network. In years past, breast cancer patients almost always developed it, since the lymph nodes in the armpit were removed to prevent the spread of cancer. Now, surgeons remove just one lymph node to check for cancer cells; more are removed only if there is cancer in this "sentinel node." That has reduced the frequency of lymphedema after mastectomy or lumpectomy. But the condition is still common after melanoma and lymphoma, cancers that affect the lymphatic system.

"Virtually any surgery affecting lymph nodes can cause lymphedema," Nuschke says. "Another cause is obesity, which can overwhelm the lymphatic system." Some people develop lymphedema in childhood for genetic reasons.

What can be done with a hugely swollen limb? Occupational therapist Nancy Kinzli and her certified lymphedema therapist colleagues at the health network use a procedure called complete decongestive therapy. The therapist lightly massages the surface of the skin to redirect fluids to working lymph nodes.

Bandaging the affected limb with special stretch bandages is the other component of treatment, and something patients themselves learn to do. The bandages compress the muscles to help them pump lymphatic fluid when the person moves. Bandaging is usually done at night. During the day, people with lymphedema wear specially fitted compression sleeves, stockings, gloves or bike shorts. "Since they have a higher risk for infection of the affected limb," Kinzli says, "they need to guard against sunburn and make sure cuts or insect bites don't get infected."

Patients also are told not to overdo any activity that stresses the limb. "In the past, exercise was discouraged," Kinzli says. "But now we know that if you build up gradually, activity is beneficial because it helps move fluid."

Want to Know More about lymphedema support groups? Call 610-402-CARE or visit lvh.org/healthyyou.

Lymphedema doesn't slow them down—(L-R) John MacKechnie, 61, of Bethlehem gets help from his wife, Janet, in coping with lymphedema after cancer. Math teacher Ray Laudenslager of Allentown, 61, developed the condition after knee surgery. Breast cancer survivor Barbara Skrapits, 51, of Bethlehem got prompt lymphedema care and now runs with daughter Jocelyn Kessler. To read their stories, call 610-402-CARE or visit lvh.org/healthyyou.

Lymphedema Symptoms
Symptoms typically appear a few months after treatment, but can occur years afterward. Call your doctor if you experience:
- Swelling
- Discomfort or aching
- Feeling of heaviness or tightness
- Tight-fitting watch or rings
- Decreased range of motion
New Ways to Care for Your Heart

Ablation for a Steady Beat

Bob Williamson wasn’t ready to retire, but he had to. His irregular heartbeat was robbing him of his strength and ability to work as a plant maintenance leader. The 69-year-old Hamburg man suffered from atrial fibrillation, the most common type of irregular heartbeat. It caused him to become dizzy and lose consciousness on several occasions, and medication could not suppress the symptoms he suffered for 12 long years.

Then Williamson found a “glimmer of hope” when he learned Lehigh Valley Health Network offers atrial fibrillation ablation, a proven cure for his condition. Ablation is performed under general anesthesia, but doesn’t require opening the chest or stopping the heart. “We insert catheters through small incisions in the groin and neck, then move them through the veins until they reach the top left chamber of the heart,” says electrophysiologist Sultan Siddique, M.D. “That’s where the problem originates.”

The catheter delivers heat energy to kill nerve roots or muscle fibers that “fire” rapidly causing the heart to quiver irregularly. The procedure typically takes 4-6 hours, but can last longer for people with long-standing, persistent atrial fibrillation.

Ablation completely cures the condition 80 percent of the time, and those whose symptoms don’t go away often benefit from a second procedure. After ablation, patients continue taking atrial fibrillation and blood-thinning medication for a few months. “If they’re not experiencing symptoms, we slowly wean them off medication until they no longer have to take it,” Siddique says.

That’s close to being the case for Williamson, who hasn’t lost consciousness or felt dizzy since he had his ablation. “I’m confident my heart is repaired,” he says. “I can drive without the fear of passing out. This procedure gave me back my freedom.”

A Night Out for You and Your Daughter

Women can prevent 82 percent of heart-related problems by doing four simple things. Find out what they are at Four Simple Steps to a Healthy Heart, a FREE Heart Help for Women event designed for all women, especially mothers and daughters.

A few hints: You’ll see live cooking demonstrations on how to make healthy everyday meals. You’ll learn how to get a good workout (and lose weight) right in your home, neighborhood or workplace. You’ll get tips on how to quit smoking for good and support those near you who are trying. And, you’ll hear from cardiologist Joan Homan, M.D., a women’s heart health specialist, and from a mother-daughter team who work together to achieve good heart health.

Recognized for Heart Care

Lehigh Valley Health Network’s three hospitals have received Chest Pain Center Accreditation from the Society of Chest Pain Centers. This designation tells you that the health network:

- Works with paramedics and EMTs to ensure fast care
- Diagnoses and treats heart attacks quickly
- Provides continuing education to caregivers
- Educates the community about heart attack warning signs

Learn more at lvh.org.
Catheterization Through the Wrist

During a cardiac catheterization, a physician inserts a tiny tube (catheter) into a blood vessel and navigates it through the body to the heart. Dye injected from the catheter into the blood vessel allows the doctor to see by X-ray if there is a blockage that could cause a heart attack. If so, the doctor may be able to open the artery by inflating a tiny balloon (angioplasty) and inserting a stent to keep it open.

This procedure is typically done through a blood vessel in the groin. "However, some patients may benefit from having the catheter inserted through the wrist or forearm," says Lehigh Valley Health Network interventional cardiologist Nainesh Patel, M.D., a specialist in the procedure. Here are four reasons why:

Obesity—It can be difficult for a physician to access the blood vessel in the groin if the patient is extremely overweight.

Blood-thinning medication—Inserting a catheter into a large blood vessel in the groin may cause bleeding that is difficult to control when the patient is on a blood thinner.

A Tiny Mechanical Pump

It's only as wide as your pinkie, but this little device can pay large dividends if your heart is too weak. Impella® is the world's smallest mechanical heart pump. "It's used to temporarily support a patient's weak heart following a severe heart attack or while waiting for high-risk angioplasty or heart surgery," says interventional cardiologist David Cox, M.D., of Lehigh Valley Health Network (one of the few hospitals nationally to offer the technology). "This is a revolutionary device that will save many lives."

Impella is so tiny it can be implanted quickly with a small catheter through an artery in the leg. "It's placed in the bottom left chamber of the heart, the left ventricle," Cox says. "An electric motor pumps about 2.5 liters of blood per minute, ensuring that the body's organs and limbs receive adequate blood supply."

An external wire connects the device to a battery and control pack at the bedside. Impella can sustain the heart for up to seven days. "After that, more definitive treatment such as a heart transplant is necessary, or we are able to take the device out as the patient improves," Cox says.

Follow the Health Network Online!

Want the latest health news? Follow Lehigh Valley Health Network on the social networking site Twitter. You'll learn our latest health headlines, wellness tips, upcoming events, classes and programs. It's a new way to stay connected, join in a conversation and protect your family's health. We're also on YouTube, the video sharing site that now includes videos about our services and our "passion for better medicine." Come find us at twitter.com/LVHN and youtube.com/LVHealthNetwork.

Your Body in 3-D

Want to see how your heart pumps blood to your body, or how weight-loss surgery changes your body's digestive process? Now you can, thanks to the Human Atlas on Lehigh Valley Health Network's Web site. Human Atlas uses 3-D animations and audio to show you how your body works and how different health conditions are treated. Choose from more than 250 different diagnoses, treatments and procedures. Learn more at lvh.org/human_atlas.
What I Can Do Now!
Significant weight loss lets people pursue favorites

The link between obesity and health problems is well-known, but being overweight also can mean giving up favorite activities. "Things you and I take for granted, heavier people can't do—like climbing in and out of a car, walking around the mall or getting into an airplane seat," says bariatrician (weight-loss specialist) Theresa Piotrowski, M.D., of Lehigh Valley Health Network.

A major benefit of losing weight is rediscovering favorite activities—and exploring new ones. "I encourage people to set goals for things they thought were impossible or out of their comfort zone, like a 5K run or mountain biking," says Piotrowski's colleague, weight-loss surgeon Richard Boorse, M.D. His patients (three of whom are profiled here) often tell him, "You've given me back my life."

Mark Epstein's idea of a perfect day includes a ride on his Harley-Davidson, target shooting and a walk in the park. After ballooning to 319 pounds, though, the 58-year-old Allentown man couldn't enjoy much of anything. "Mostly I lay around the house watching TV," he says. Epstein finally decided enough was enough. With encouragement from his family physician, David Glueck, M.D., of Lehigh Valley Health Network, he signed up for LAP-BAND® weight-loss surgery. "Mark had high blood pressure, arthritis and was at risk for diabetes," Glueck says. "His spirits were down and he was frustrated. It's been a real success story." A year after surgery, Epstein is close to his 210-pound goal. Once he recovers from a recent knee replacement, he expects to begin enjoying many "perfect" days. In anticipation, he's polished his motorcycle, joined some shooting clubs and even plans to start dating. "I've probably added 20 years to my life, and my outlook has improved 100 percent," he says.

One of the best parts about losing over 300 pounds, says George Mertz, is being able to come and go as he pleases. "I became secluded," says the 35-year-old Easton man, who weighed 660 pounds before his 2008 gastric bypass surgery. "Walking was a struggle, my back hurt, and I got too big to fit comfortably behind the steering wheel. I felt trapped and depressed. Now I'm constantly on the go."

Though he's still losing weight (his goal is 225 pounds), Mertz has wasted no time taking advantage of his newfound mobility. He's pursuing the nursing degree he dreamed of (he's shown in the anatomy lab at Northampton Community College) before his weight forced him to quit his job as a certified nursing assistant. Since his surgery, he's flown several times and regularly walks, swims and works out. "Exercise is a definite part of my life now," he says.

Another benefit: improved health. His back pain has eased, the depression has lifted, and he's stopped taking the eight medications he once needed to control his cholesterol, blood pressure and diabetes. "I feel alive again—like a teenager," he says.

Want to Know More about Lehigh Valley Health Network's weight-loss programs? Call 610-402-CARE or visit lvh.org/healthyyou.
Lisa Musselman knew it was time to lose weight two years ago when she found herself too exhausted to take her daughter shopping. (She's shown with 13-year-old Chloe, above.) Years of weight gain from pregnancy and a hormonal disorder called polycystic ovary syndrome (see story on page 16) had left her drained and self-conscious about her appearance. "I mostly sat at home after work," says the 41-year-old Whitehall resident. "I never went to social events because I didn't want people to see me."

With the help of bariatrician Theresa Piotrowski, Musselman has lost 70 pounds through better eating habits and exercise. And she's no longer sitting around—last year she ran a 5-mile relay leg in the Lehigh Valley Health Network Marathon for Via (see page 29), and she's training for this year's race. She's also pursuing a master's in political science at Lehigh University. Best of all, she's enjoying activities with her family again. "Last summer at Disney World it was so nice being able to get in the airplane seat and go on rides with my daughter," she says.

"I'm on the way to dancing, riding and skydiving!"

For most of her life, Diane Colver avoided activities where her weight (340 pounds at her heaviest) might cause embarrassment. "There were lots of things I never did for fear of falling and not being able to get up again, like ice skating," says the 51-year-old Lenhartsville woman.

Though still able to work full time as a medical secretary, she tired easily. Even walking was hard. Ultimately, worry about her family history of diabetes and heart disease prompted her to seek gastric bypass surgery last year.

Colver now weighs 208 pounds and plans to lose another 50. She exercises, swims and walks five times a week. Once she hits her target weight she plans to begin pursuing things she's always wanted to try—like horseback riding. "People say there's nothing like it, but I always feared I'd have to be helped into the saddle," she says.

Also in the works: ballroom dancing lessons with her husband, Charles, and maybe even skydiving. "I'm getting a second chance in life," she says. "I look forward to many new adventures, and to being a role model to help others."

Want to Know More about the radiologists who read mammograms? Call 610-402-CARE or visit lvhn.org/healthyyou.
A Syndrome You Should Know About
PCOS raises women's risk for infertility, diabetes, heart disease

Since her teens, Jen has been embarrassed by facial hair, severe acne and excess weight she can’t seem to lose. Her menstrual periods have always been irregular, and now she’s having trouble getting pregnant.

"Jen" is fictional, but typical of the millions of women who have polycystic ovary syndrome (PCOS). Many are undiagnosed, and that’s dangerous, says endocrinologist Gretchen Perilli, M.D., of Lehigh Valley Health Network. "PCOS doesn’t just affect a woman’s ovaries. It raises her risk for long-term problems like diabetes and heart disease."

Researchers don’t yet know the exact cause of PCOS, though they know it runs in families. "This is a disease of crossed signals between the brain and ovaries," Perilli says. Each month, eggs develop in tiny sacs (cysts) in the ovaries. But with PCOS, no egg fully matures and is released to be fertilized. The cysts remain, there is no menstruation, and excess male hormones create symptoms like Jen’s.

"We’re learning that insulin resistance” may be the underlying problem," says Perilli’s colleague, adolescent medicine specialist Sarah Stevens, M.D. “It plays an important role in the failure of the ovaries to ovulate regularly, and the overproduction of testosterone that leads to acne and abnormal hair growth. Insulin resistance puts women with PCOS at increased risk to develop type 2 diabetes, sometimes as early as their teen years."

There’s no single test for PCOS. Doctors diagnose the disorder by reviewing a woman’s symptoms and medical history and ruling out other causes, says Rochelle Steiner-Friel, M.D., a gynecologist with the health network. Besides abnormal menstrual periods, severe acne and male-type hair growth, obesity can be a warning sign—but many women with PCOS aren’t overweight.

The disorder is easiest to treat when diagnosed early, Stevens says. That’s tricky, because so many adolescents have acne and irregular periods. “If your daughter has symptoms, don’t be afraid to ask your doctor,” she says. “If the doctor isn’t familiar with PCOS, find someone who is.”

Even a later-in-life diagnosis is worthwhile, Steiner-Friel says. "After menopause, symptoms may ease but the underlying insulin problems remain."

Treatments for PCOS focus on:

**Preventing diabetes**—"The hands-down best strategy is diet and exercise," Perilli says. "Losing just 10 percent of your body weight drastically reduces diabetes risk.” If that doesn’t work, diabetes drugs like metformin (Glucophage) are often prescribed for PCOS.

**Regulating periods**—This is important to prevent endometrial cancer, which can result from cell buildup in the uterus. Birth control pills stimulate the menstrual cycle and reduce male hormones. Another option is progesterone-only pills.

**Resolving infertility**—PCOS is the most common cause of female infertility. The solution is to stimulate ovulation, and there are several drugs specifically for that. "Metformin, the diabetes drug, also normalizes menstruation, which is good news for those trying to become pregnant," Steiner-Friel says.

**Lowering male hormones to reduce hair growth and acne**—"For relief of acne symptoms, a drug like spironolactone (Aldactone) may work quickly," Perilli says. "Hair growth and loss often take much longer to improve."

There’s no question PCOS is upsetting, especially for teens, Stevens says. But learning the name of the problem and that it’s treatable can make a big difference.

*An inability of the body to process insulin*
New Stroke Strategies
Innovative 'clot retriever' saves local man's life

Brian Miller, 36, of Whitehall can thank his co-workers at Paul's Hardware and Garden Center in Orefield for doing the right thing when he felt dizzy one day last fall. They urged him to take it easy—and when he collapsed later that day, they promptly called 9-1-1.

The ambulance rushed Miller to Lehigh Valley Hospital—Cedar Crest, where the Regional Primary Stroke Center team quickly diagnosed an ischemic stroke. This happens when a blood vessel carrying oxygen to the brain is blocked by a clot.

To prevent damage to Miller's brain cells, which would begin to die if starved of oxygen, neurointerventional radiologist Darryn Shaff, M.D., and his colleagues had an exciting new option: a technology called Penumbra. The device gently suctions clots out of blood vessels, restoring blood flow to the brain. It's slightly less invasive than other clot-retrieval devices.

Don't Be a 'Vacation Martyr'
Taking time off eases stress and improves your well-being

In today's economically challenged world, you're likely looking to reduce spending. But here's one thing you should spend: your vacation time.

Studies show that nearly one-third of adults nationwide fail to take all their allotted vacation, leaving about three days per year unused. It's a troubling trend that can harm your overall well-being. "Work may define who we are, but nobody wants to work all the time," says internist Mark Kender, M.D., of Lehigh Valley Health Network. "Vacation relieves work-related stress, which reduces your risk for conditions like high blood pressure, heart disease and diabetes."

Vacation also enhances your work. "It doesn't mean you're not serious about work," says Kender's colleague, psychiatrist Rory Marraccini, M.D. "It may actually increase your productivity and decrease burnout."

Still not ready to post the "gone fishing" sign? Here's how to stop being a 'vacation martyr':

List your priorities (family, work, hobbies, etc.) and the time you spend on each. "If your biggest priority—family, for example—gets the least amount of your time, you need to make a change," Kender says.

Check with your co-workers. Concerned that even an occasional day off will leave them overburdened? "Learn their vacation schedules and take your time off when others will be there for you," Marraccini says.

Take small breaks. If a week away is too much, try a couple of days. "Even a three-day weekend every couple of months can relieve stress," Kender says.

Once you commit to a vacation, make it memorable:

Keep it simple. Can't afford that trip to Epcot or a tropical island? Vacation at home by visiting local attractions, coaching your children's sports teams or spending time with friends and family.

Build exercise into it. Enjoy a walk in a local park, or go swimming or water skiing.

Don't take work with you. If you must take your laptop...
that need to be navigated all the way through a clot and then mechanically pulled out (see illustration).

Clot-busting drugs like tPA are still the first treatment choice for strokes. But they are most effective if used within three hours of the onset of stroke symptoms.

“Brian was a good candidate for Penumbra and he did beautifully,” Shaff says. It was all a surprise to Miller. “I was shocked when I woke up after surgery and was told I’d had a stroke,” he says. “I don’t have high blood pressure or a family history of stroke—I was absolutely floored.”

The strokedidn’t slow him down for long. “I was out of bed the next day and pretty much myself right away,” he says. He returned to work the following week and is now taking a prescription drug to prevent additional clots from forming. “In a way it’s like it never happened,” he says. “It was a blip on my radar, and I’ve returned to my life.”

Want to Know More about how to recognize stroke symptoms?
Call 610-402-CARE or visit lvh.org/healthyyou.

or cell phone, set ground rules (like only using it from 8-9 a.m.).

Do take a camera. “Pictures allow you to relive good times,” Marraccini says.

Really can’t get away? If you’re self-employed, a day off may not be an option. But you can still “vacation” in your own way. “Vacationing teaches us how to increase interaction with the people we care about—like sharing family meals or in-depth conversations,” Marraccini says. Applying those tips away from work can help you have “mini-vacations” that provide a needed break.

Want to Know More about safe travel (including if you have diabetes)?
Call 610-402-CARE or visit lvh.org/healthyyou.

Skin Cancer in the Elderly

All those years of sun exposure—not to mention growing up in an age when suntans were considered glamorous—make older adults prime candidates for skin cancer.

Basal and squamous cell cancers are highly treatable, and even melanoma (the most lethal type) can be cured if detected early. The key is not ignoring a suspicious spot—yet that is precisely what many older people do, says geriatrician Thomas Brandecker, M.D., of Lehigh Valley Health Network. Here are preventive strategies from Brandecker and his colleague, skin cancer specialist J. Greg Brady, D.O.:

At least once a year, do a full skin exam. Check for new or changed moles, wart-like growths, areas that bleed easily or a sore that won’t heal. If you live alone or need help, ask a friend or see your doctor.

Steer clear of the sun between 10 a.m. and 2 p.m., when rays are most intense. “We see more cancers among golfers and tennis players because they don’t protect themselves, especially men with little or no hair,” Brady says.

Wear protective clothing and sunscreen. You need a long-sleeved shirt, long pants and hat even on hot days.

If you’re diagnosed with skin cancer, don’t delay treatment. Depending on the site and depth of the tumor, options include surgery and radiation therapy.

Want to Know More about highly accurate Mohs surgery and other skin cancer treatments?
Call 610-402-CARE or visit lvh.org/healthyyou.
Top 10 Culprits in Falls

Every 18 seconds, an older person gets emergency treatment for a fall, and every 35 minutes the injuries are fatal. Those government figures are sobering, says geriatrician Francis Salerno, M.D., of Lehigh Valley Health Network. "For example, with age you lose the reflex to right yourself if you stumble."

But many other reasons relate to habits and environment. "The single major factor you can control is making the home as safe as possible," says his colleague, trauma surgeon Robert Barraco, M.D. "Go and check an elderly loved one's house," says trauma nurse Eileen Fruchtl, R.N. "Typically, it's a combination of things that cause someone to fall." Here are some of the biggest culprits and how to address them.

**Household clutter**—Gather up those throw rugs, extension cords and piles of magazines and get them out from underfoot. "Make sure there isn't clutter on the steps," Fruchtl says.

**Misplaced handrails**—Railings on stairways and grab bars by the toilet and tub can prevent many falls, Fruchtl says, but the right placement is key. "If they're too low or high, they tend to be ignored or used to haul the person up rather than steady her."

**Poor lighting**—"It's a common scenario for older people to get up in the middle of the night, walk through a door and discover it wasn't the bathroom but the stairs," Barraco says. Make sure hallways and stairways are well-lighted and room switches are near doorways. Keep a flashlight by the bed. Use motion-sensor lights outdoors.

Does Age Bring Happiness?

Researchers (and one local couple) say 'Yes!'

Whether they're taking a walk, volunteering, helping a relative or sprucing up their Allentown home, the Gordons are smiling: Dale, 72, and Rosemarie, 71, are retired, busy—and happy. "This is a great time in our lives because we have our independence and health," Rosemarie says. "We thank our lucky stars for that," Dale adds.

But is it luck or how the Gordons choose to live their golden years that make them happy? Therapist Tom Miller of Lehigh Valley Health Network's Adult Transitions program believes older adults largely have control over their level of contentment. "We assume that they're depressed and younger people are happy," Miller says, "but that is often not the case."

In fact, a recent study found that despite health problems, older people are the happiest demographic. The reason may relate to different generations' outlook on life. "Living in an age of technology, younger people feel they have to be in control of everything they do," says Robert Motley, M.D., a family medicine physician with the health network. "By contrast, elders have the wisdom to not stress over things they can't control and to enjoy simple pleasures they can arrange, like good conversation or a quiet nature walk."

Work can even be one of those pleasures. The study found that people who keep working past age 65 have the highest level of job satisfaction. Why? They're good at what they do, valued by their employers and often can set their own schedules. Most of all, work (paid or not) can give older people responsibilities, and "the happiest people have a purpose," Miller says.
Uneven or slippery sidewalks—"Walking is great exercise, but when you're older the best time to do it is a sunny day," Frucht says. "Older folks should walk in pairs or groups, and not be shy about using a cane."

Medications—Many of the drugs older people take raise the risk for falls, Salerno says. When they're on multiple medications—as is often the case—the risk compounds. For example, antidepresants, sleeping pills, diuretics and even decongestants all affect blood pressure and can make a person lightheaded. Have your loved one's doctor or pharmacist review prescription and over-the-counter drugs regularly.

Slack muscles—Balance, coordination, flexibility and strength all tend to deteriorate with age. "To a large extent, this is not inevitable," Frucht says. "Strong muscles, especially in the core, make a big difference." Encourage regular exercise, especially balance-promoting activities like tai chi.

The wrong footwear—Many elderly people hang on to a comfortable pair of shoes far too long; feet change shape over time. Make sure your loved one wears well-fitting, solid, nonskid shoes when going out (and nonskid slippers around the house).

Outdated glasses—Eyesight can change quickly, so make sure an older person isn't relying solely on off-the-rack reading glasses. "Ask their ophthalmologist how often they should be screened; it's very individual," Frucht says.

Poor hearing—Indoors and out, unheard hazards can cause falls. Have your loved one's hearing tested, and if he has a hearing aid stashed in a drawer, encourage him to take it out and use it.

Pets—Lovable and helpful as they may be, they can trip an older person. Pets should be well leash-trained, and pet toys shouldn't be left lying around.

Older people's emotions do tend to be more passive than younger people's, the researchers found. On the positive side, that translates into a sense of serenity. But when older adults do have negative feelings, they typically don't do anything to help themselves out of the emotional slump. That can lead to loneliness and depression.

Instead of succumbing to negative emotions, Motley counsels his older patients to view them as a challenge. "Tell yourself you will overcome this problem, and take action to make it happen," he says. "It's never too late for positive thinking."

Want to Know More about how your "social portfolio" can help you happily age? Call 610-402-CARE or visit lvh.org/healthyou.
Ready to race?—Joseph Squillante of Macungie revs up for a practice run from the starting point of the Lehigh Valley Health Network Marathon for Via. The event takes place Sept. 13. Details on page 29

Classes and lectures are held at many hospital and community locations. Here’s a complete list, keyed to the abbreviations you’ll find in each class listing. Questions? Call 610-402-CARE (2273).

Lehigh Valley Health Network Locations

LVH—Cedar Crest: Lehigh Valley Hospital, Cedar Crest and I-78, Allentown
LVH—17: Lehigh Valley Hospital, 17th and Chew Sts., Allentown
LVH—Muhlenberg: Lehigh Valley Hospital—Muhlenberg, Rt. 22 and Schoenersville Rd., Bethlehem
CAHC: Center for Advanced Health Care, 1250 S. Cedar Crest Blvd., Allentown
HYC: Healthy You Center, 9401 Fish Hatchery Rd., Allentown
HYFC: Healthy You Fitness Center—Cedar Crest, 1243 S. Cedar Crest Blvd., Allentown

Community Locations

Bethlehem Township Community Center: 2900 Farmersville Rd., Bethlehem
Cedar Crest College: 100 College Dr., Allentown
Da Vinci Science Center: Hamilton St. bypass and Cedar Crest Blvd., Allentown
Good Shepherd Rehabilitation Hospital: 631 St. John St., Allentown
Hanover Township Community Center: 3660 Jacksonville Rd., Bethlehem
Lower Macungie Township Community Center: 3400 Brookside Rd., Macungie
Whitehall Township Schaft Avenue Park: 1975 Schaft Ave., Whitehall

Ready to take charge of your health?

In these pages, you’ll find programs for all ages and needs. Registration is required. Just call 610-402-CARE or visit lvh.org. You’ll get a refund if a class is cancelled due to low enrollment.

How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here’s a complete list, keyed to the abbreviations you’ll find in each class listing. Questions? Call 610-402-CARE (2273).

Managing Your Weight

Ongoing programs

Weight-Loss Surgery
We offer comprehensive pre-op programs, support, education and long-term follow-up.

Surgery Information Night—Monthly program on what to expect, from a surgeon and others. FREE
- Wed., May 20 and June 17; 7 p.m.
- Thu., June 4; 7 p.m.
At LVH—Cedar Crest

Monthly Support Group—Support and information on a variety of weight-loss surgery topics. FREE
- Wed., May 27 and June 24; 6 p.m.

Weight Management Services

Individual
Supportive Weight Loss—Six-month nonsurgical program with a team of nutrition, exercise and lifestyle professionals. • $495
Nutrition Counseling—Assessment, body-fat analysis and goal-setting with a registered dietitian. • $50
Nutrition Counseling/Metabolism—Counseling (see above) plus personal metabolism test and interpretation. • $99
Body Composition Test—Learn your percentage of fat v. muscle, more useful than weight alone. • $135

Group
Metabolism Matters—Spend an hour with a dietitian on diet, exercise, boosting your metabolism. • $15
See related article on page 10.

For locations and times, call 610-402-CARE.
RAISING A FAMILY

Ongoing programs
For details and to register, call 610-402-CARE.

Parenting Programs—Redirecting Children’s Behavior (RCB)
Series—Enjoy a peaceful home with responsible children. Five-week course to be a more effective, calmer parent.
$200/couple for June only (payment plan available)
• Thu., starting June 18; 6:30-9:30 p.m.
  At LVH—Cedar Crest, Kasych

Workshops—Apply the RCB philosophy to some hot parenting topics.
$25/person; $30/couple per workshop

NEW Honoring Dad
Dads-only workshop explores supporting your spouse and parenting as a team; how to get your children to listen with less yelling; balancing work and family, and more.
$5 (includes pizza and refreshments)
• Friday, June 5; 6:30-8:30 p.m.
  At LVH—Cedar Crest, Kasych

NEW Summertime Safe Sitter
For teens 11-14, learn essential life skills for safe and responsible child care, including first aid.
$42.50
• Thu., June 25; 8:30 a.m.-4 p.m.
  At HYC

NEW CPR for the Safe Sitter Graduate
Become certified in CPR. Learn to relieve choking in adults, children and infants.
• For graduates of the Safe Sitter program.
  $40
  • Fri., May 15 or June 19; 5:30-8:30 p.m.
  At HYC

NEW Daytime classes
Childbirth • $100
Baby Care • $60
Breastfeeding Baby • $30
Register for all three programs for $170.

NEW Childbirth on the Internet—For those who cannot attend a conventional class, this interactive, Web-based program includes animated illustrations, videos and activities.
$100 for 30-day code

NEW What to Do When Your Kids Drive You Crazy
• Fri., May 22; 6:30-9:30 p.m.
  At HYC—Cedar Crest, Kasych

NEW Handling Power Struggles
• Wed., June 10; 6:30-9:30 p.m.
  At Hanover Twsp. Community Center

Safe Ride—Car Seat Safety
Our certified technicians will show you how to correctly install car seats and properly secure your child. FREE
At HYC

Our Raising a Family flyer gives details, times and locations for all the programs listed. For a copy, call 610-402-CARE or visit lvh.org/healthyyou.

“... I knew that a ‘minor’ burn can get worse.”

Kim Baab of Northampton learned this vital information when her husband and son received care at Lehigh Valley Health Network’s Regional Burn Center. So when her 11-year-old daughter, Kayla, burned her hand while making tea, she took her straight to the burn center at Lehigh Valley Hospital—Cedar Crest.

“Her hand was red, swollen and blistersing,” Baab says. “If I hadn’t learned that a burn can grow deeper without the right treatment, I probably would’ve tried to care for Kayla at home.” Burn physician Daniel Lozano, M.D., believes that would have been a bad mistake, possibly resulting in permanent scars. Thanks to the innovative burn treatments Kayla received, “you can’t even tell now that she was burned,” Baab says.
Ongoing programs
For details and to register, call 610-402-CARE.

Power, Agility and Speed—Training programs for junior high, high school athletes. Focuses on strengthening, conditioning, preventing injuries.
- 16 classes/8 weeks • $130
  At HYFC—Cedar Crest
  To register, call 610-402-CARE.

RAD—Learn realistic self-defense tactics and techniques in this program designed just for women.
- 5 weeks • $65

Keep Fit and Stay Healthy—Monthly health information and screenings. This quarter: skin cancer prevention, UV facial skin analysis.
- FREE
  • Mon., May 18; 6-7 p.m.
  At HPC
  • Mon., June 15; 6-7 p.m.
  At HYFC—Muhlenberg
  Staff from Youthful You Institute and cancer services

Aqua-New—Exercise in the water to improve posture, balance, strength and confidence in physical activity.
- 8 classes/8 weeks • $64
  At HYFC—Cedar Crest
  • Tue., starting June 2; 7:15-8:15 p.m.

Ballroom Dancing—I learn to dance for special occasions or just for fun. Includes waltz, foxtrot, swing.
- 8 weeks • $64
  • Tue., starting June 2; 10:30-11:30 a.m.
  • Thu., starting June 4; 7-8:15 p.m.
  At HPC

Body Wedge 21™—Progression of toning/strengthening exercises on a foam wedge.
- 8 classes • $66
  • Thu., starting June 18; 6-6:45 p.m.
  At HYFC

Belly Dancing for Fun and Fitness—Stimulates senses, tones muscles, builds coordination and creativity.
- 8 classes • $66
  Intro
  • Mon., starting June 1; 6:15-7:15 p.m.
  At HYFC—Cedar Crest

Drums Alive™—Combine dynamic movements and rhythms using fitness balls and drumsticks.
- 8 weeks • $66
  • Mon., starting July 13; 6:15-7 p.m.
  At HYFC—Cedar Crest

Kids Beats™—Learn rhythm, concentration and togetherness using music, balls and sticks to drum. For ages 10-14.
- 4 weeks • $28
  • Wed., starting June 10 or July 8; 6:15-7 p.m.
  At HYFC—Cedar Crest

Family Beats™—A unique program of drumming and creative movement for the entire family. Helps you get fit.
- 4 weeks • $26 (discount for additional family members)
  • Sat., starting June 6 or July 11; 9-9:45 a.m.
  At HYFC—Cedar Crest

Age-Proof Workout—Variety at its best—cardio and resistance toning combines with mind/body exercise.
- 16 classes/8 weeks • $80
  • Tue. and Thu., starting May 28; 8:30-9:45 a.m.
  At HPC

Family Wedge—Progression of toning/strengthening exercises on a foam wedge.
- 8 classes • $66
  • Thu., starting June 18; 6-6:45 p.m.
  At HYFC

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.
- 16 classes/8 weeks • $64
  • Mon. and Wed., starting May 27; 8:30-9:15 a.m.
  At HPC

Interval Express—Alternate short bursts of intense cardio with active recovery in a 45-minute workout.
- 16 classes/8 weeks • $64
  • Mon. and Thu., starting June 25; 5:45-6:45 p.m.
  At HPC

Level II—Mon., starting June 1; 7:30-8:30 p.m.
- At HYFC—Cedar Crest

Level III—Mon., starting June 1; 10:45-11:45 a.m.
- At HYFC

Belly Danse Elite (Intro and Level II prerequisites)
- Tue., starting July 7; 10:45-11:45 a.m.
  At HPC

Cardio Kickbox—A high-powered routine strengthening body and mind.
- 8 classes • $56
  • Wed., starting July 8 or Mon., starting July 13; 7-8 p.m.
  At HYFC—Cedar Crest

Gump—Challenging muscle strength/endurance workout targets major muscle groups using resistance.
- 8 classes • $64
  • Wed., starting June 3; 6:30-7:30 p.m.
  At HPC

PUMP—Challenging muscle strength/endurance workout targets major muscle groups using resistance.
- 8 classes • $64
  • Wed., starting June 3; 6:30-7:30 p.m.
  At HPC

Pilates Express—Deep muscle conditioning builds core strength.
- 8 classes • $48
  • Tue., starting May 26; 5:45-6:45 p.m.
  • Wed., starting June 3; 5:15-6 p.m.
  At HYFC

Staying Strong—Strength class combines low-impact cardio moves with resistance. Improve endurance, tone muscles, slow bone loss.
- 24 classes/8 weeks • $66
  • Mon., Wed., Fri., starting July 6; 10-11 a.m.
  At Lower Macungie Twp. Community Center

Exercise for Life—Low-impact/low-intensity class includes muscle conditioning; utilizes a chair.
- Monthly fee • $34 per session
  • $30 with Vitality Plus GOLD
  • Mon., Wed., Fri., 8-9 a.m.
  At Lower Macungie Twp. Community Center

LOOKING GOOD
NEW Facial Skin Analysis
Skin care professionals use a skin scope to help identify sun damage, dehydration, oily or dry skin, and pigmentation. FREE
- Tue., June 16; 6:30-7:30 p.m.
  Laura Transue, licensed teacher, cosmetology, Youthful You Institute

Both at LVH—Muhlenberg, south entrance, 1st floor conference room

Natural Mineral Makeup Application—Learn benefits and techniques of mineral makeup from professionals in hands-on workshop.
- $30
  • Sat., May 9; 9:30 a.m.-12:30 p.m. by appointment
  Youthful You Institute staff
NEW Second Annual Headache Symposium
Informative evening focuses on alternative therapies, managing migraines and the latest treatments available for many types of headaches. FREE
• Thu., May 28; 4-6 p.m.
  At LVH—Cedar Crest, Kasych, rooms 7, 8
  John Castaldo, M.D., Gary Clauer, M.D., and Peter Barboue, M.D., neurologists

Ongoing programs
For details and to register, call 610-402-CARE.

Mindfulness-Based Stress Reduction—Nationally recognized program uses group support, communication, yoga and meditation.

Free Information Session
• Tue., May 26; 6-7:30 p.m.
  At LVH—17, auditorium
8-week sessions
• Tue., starting June 9; 6-8 p.m.
  At Cedar Crest College
Retreat
• Sat., July 18; 8:30 a.m.-1 p.m.
  At Cedar Crest College

Discover Relaxation Within—
Learn to ease your stress through a variety of relaxation techniques.
  2 (4-session) parts • $60 each
  • Part 1, Sat., starting June 13; 10-11:30 a.m.
  At LVH—Muhlenberg, educational conference center
  Barb Smith, weight management facilitator

Yogalatte—Add Pilates to yoga for core-body conditioning.
  8 classes • $48
  • Wed., starting May 20; 4:15-5 p.m.
  • Tue., starting May 26; 6:15-7:15 p.m.
  At LVHC

Intro to Deeper Practices of Yoga—Series of preparation classes for breathing and meditation techniques.
  3 classes • $30
  Wed., starting May 27; 7:30-8:30 p.m.
  At 1770 Conference Center

Deeper Practices of Yoga—Combines the philosophy and the practices of yoga (Intro prerequisite).
  8 classes • $80
  • Wed., starting June 7; 7-8:15 p.m.
  At HYC

Yoga—Build flexibility and strength, reduce stress and rebalance your life through series of postures.
  3 classes • $80

Very Gentle—poses adaptable to chair and/or mat
  • Tue., starting June 2; 10-11:15 a.m.
  At 1770

Relaxing—gentle flow of poses
  • Thu., starting June 25; 10-11:15 a.m.
  • Mon., starting July 13; 6-7:15 p.m. or 7:30-8:45 p.m.
  At LVHC

Energizing—stimulating flow of poses
  • Tue., starting June 2; 7-8:15 p.m.
  • Thu., starting June 16; 7:30-8:45 p.m.
  At LVHC

Everyday Tai Chi—Vertical flowing movements combined with rhythmic breathing.
  8 weeks • $76
  • Wed., starting May 27; 10-11:15 a.m.
  • Thu., starting May 28, 10-11:15 a.m.
  At HYC

Massage Therapy—
Medical therapists offer neck, back and shoulder, therapeutic, pregnancy, foot, hot and cool stone, Reiki. Prices $30-$100; gift cards available.
  At LVH—Muhlenberg and LVHC—Cedar Crest locations
  Provided by Youthful You Institute

NEW Breast Cancer Survivor Workshop
Learn how to transition from patient to survivor after initial breast cancer treatment. Education sessions include yoga, body image, nutrition, lymphedema management and more.
  $10, includes celebration luncheon
  • Fri., May 15; 8 a.m.-1:30 p.m.
  At LVH—Muhlenberg, Banko

NEW Polycystic Ovary Syndrome
Get the facts on this common condition and how it's treated. Includes nutrition, exercise, emotional issues. For women ages 15-25, FREE
  • Mon., May 18
  Tue., June 30
  Mon., July 13; noon-4 p.m.
  At LVH—17, School of Nursing, auditorium
  See related article on page 16.

NEW Four Simple Steps to a Healthy Heart
A Heart Help for Women night out for all women, especially moms and daughters, features live cooking demonstrations, easy workout tips, advice to quit smoking and information from heart-health specialists. FREE
  • Thu., May 21; 6:30-8 p.m.
  At LVH—Cedar Crest, Kasych
  See related article on page 12.

“...I find the brain completely fascinating.”
Feeling that way, it’s small wonder that Daniel Brown, M.D., became a neuropathologist. His field is the study of brain tumors and other nervous-system tissue to determine the cause or nature of disease. “Pathology provides the definitive answer,” he says. “Once you know what you’re dealing with, physicians can proceed with the right treatment.”

Brown is the only neuropathologist in all of northeastern Pennsylvania. When he joined Lehigh Valley Health Network 10 years ago, he established a specialized neuropathology laboratory. That means biopsy samples don’t need to be sent off-site. Quick, specialized service like this is exactly what Leonard Parker Pool had in mind when he founded the health network decades ago—complete care right here in the Lehigh Valley.

Our neuroscience program has:
• A close-knit team of neurologists, neurosurgeons, neuroradiologists and other experts on conditions of the brain and spine
• The region’s only specialized neuroscience intensive care unit
• Gamma Knife® technology—brain surgery without an incision
• Active clinical research, bringing patients the most advanced treatments

A Passion for Better Medicine®
lvh.org/healthyyou 610-402-CARE 25
AGING WELL

College of Knowledge

Pain Management—Learn about treatment options for chronic vs. acute pain. FREE
• Wed., June 17; 11 a.m.-noon

Memory Issues—Learn to recognize the symptoms of dementia and Alzheimer’s disease. FREE
• Wed., July 15; 11 a.m.-noon
At LVH—17, Center for Healthy Aging

Ongoing programs
For details and to register, call 610-402-CARE.

Safe Steppin’ Falls are a major risk for the elderly. Learn how to prevent them and improve balance. Balance screenings available.
To arrange a program for your organization, call 610-402-CARE. See related article on page 20.

55-Alive Driver Safety Program
$14, Free with Vitality Plus GOLD
At LVH—17, Center for Healthy Aging

Medicare Counseling FREE
• Walk-in hours most Fridays: 1-3 p.m.
At LVH—17, Center for Healthy Aging

Benefits CheckUp FREE
• First, third Mon. of month: 1-3 p.m.
At LVH—Muhlenberg, pharmacy
• Second, fourth Wed. of month: 12:30-4:30 p.m.
At LVH—17, Center for Healthy Aging
Registration required. Call 610-402-CARE.

PROTECTING YOUR HEALTH

Ongoing programs
For details and to register, call 610-402-CARE.

Clear the Air—Prepare to quit tobacco use. Get tools to take action, stay motivated. • $45
• Tue., July 14; 6:30-8:30 p.m.
At 1243, Suite 300 Rebecca Johnston and Dianna Mulhern
For possible insurance discounts, call 610-402-CARE.

Cessation, What Works?—Learn how you can succeed in beating the powerful physical and psychological addiction of tobacco. FREE
• Tue., June 9; 6:30-7:30 p.m.
At 1243, Suite 300 Rebecca Johnston, Dianna Mulhern

Tobacco Treatment Program—12-month program of individual counseling and ongoing support can help you quit smoking.

Ornish Support Group—Weekly support for those following the Dr. Dean Ornish Program for Reversing Heart Disease. FREE
At LVH—17

CPR
Fundamentals of Basic Life Support—One- and two-person, child and infant CPR, 2-part course

BLS Renewal—To attend you must have a current BLS Health Care Provider card.

Heartsaver Pediatric—Focus on infant and child CPR.

Heartsaver AED and First Aid—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness.
At 2166

Coalition for a Smoke-Free Valley—Offers volunteer opportunities and community programs like these all year (English, Spanish):

Secondhand Smoke—What you need to know to protect you and your family.

Advocacy—Build your skills to deliver effective tobacco-prevention messages.

Keep Us Healthy—Learn how tobacco smoke harms infants and small children.

KEEPPING UP TO DATE

NEW Broker/Business Health Discovery Expo
Learn about health care coverage options for your business through local and national health insurance companies contracted with Valley Preferred, including information on health education and wellness. FREE
• Wed., June 3; 9-6:30 p.m.
At Da Vinci Science Center
To register, call 610-402-CARE.

LIVING WITH DIABETES

Ongoing programs
For details and to register, call 610-402-CARE.

Pre-Diabetes—Learn to prevent or delay diabetes with modest lifestyle change.

Type 1 Self-Management—Individualized support and education to improve diabetes control.

Type 2 Self-Management—Education on healthy eating, being active, monitoring, taking medications, problem-solving, reducing risks.

Diabetes: Moving Beyond the Basics—If you’ve had a change in medication or need help getting your diabetes back on track.

Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet with a dietitian.

Intensive Management—Education to fine-tune your diabetes control (injections or pump) and balance insulin needs.

Diabetes in Pregnancy—Education and support, preconception through pregnancy.

Diabetes and Technology—Newest and best technologies to manage blood glucose including insulin pumps and glucose sensors.

Sweet Success: Living Well With Diabetes Discussion Group
• Third Thu. of month; 6:30-8 p.m.
Insulin Pump Support Group
• Third Mon. every other month; 6:30-8 p.m.

Sugar-Free Kids Support Group—For children age 5-12 and their parents, monthly meetings provide education, support, fun activities. See related article on page 8.
COPING WITH ILLNESS

Look Good, Feel Better
Cancer treatment can affect a woman's self-esteem. Learn from cosmetology professionals. Includes free makeup, refreshments. FREE

- Mon., May 18; 6 p.m.
  At LVH—Cedar Crest, Morgan Cancer Center
With the American Cancer Society

Ongoing programs
For details and to register, call 610-402-CARE.

Joint Replacement Prep — Scheduled for total knee or hip replacement? Find out what to expect. FREE

- Wed., May 13 and July 8; 8:30-10 a.m.
- Thu., June 11; 1:30-3 p.m.
  At LVH—Muhlenberg
- Thu., May 21, June 18 and July 2; 2-3:30 p.m.
- Tue., June 9; 9-10:30 a.m.
  At LVH—Cedar Crest

Get Up and Go — Group exercise for those with Parkinson's disease or other movement disorders.
4 weeks · $20
Every Mon.; noon-1 p.m.
At 1770,

COPING WITH ILLNESS

For Cancer Patients

Lymphedema Support Group — For those with cancer-related lymphedema (fluid retention). FREE
  At LVH—Cedar Crest, Kasych, room 5
See related article on page 11.

  First and third Tues.; 4 p.m.
  At LVH—Muhlenberg

Lehigh Valley Chapter of the National Ovarian Cancer Coalition — Promotes education, awareness and advocacy.

Bereavement Support Group — For family and friends coping with a death. Monthly topics vary.

Adolescent Support Group — For teens who have lost a loved one.

Men Facing Cancer — Discussion group on prostate, bladder or genito-urinary cancer; partners/friends welcome.

Support of Survivors — 24-hour phone line staffed by breast cancer survivors to help recovering women.
610-402-4505 (4767).
  Support group meets first Mon.

For Stroke Patients

Stroke Support Group FREE
  Second Thu.; 7 p.m.

Stroke Exercise/Educational Program
  First, second, third Tues.; noon-1 p.m.

Lunch 'n' Learn for Stroke Survivors and Family FREE
  At Good Shepherd Rehabilitation Hospital

For MS Patients

Dinner and Discussion — Informal open panel. Some sessions are based on years with MS diagnosis. FREE

MS School — Newly diagnosed? What you need to know. Refreshments. FREE

Lunch 'n' Learn — Programs for patients and caregivers. FREE
  For details, call 610-402 CARE.

“Accuracy, speed and comfort count when it comes to radiation therapy.”

That's why Lehigh Valley Health Network invested in RapidArc radiotherapy, an extremely fast and precise form of radiation therapy, says radiation oncologist Victor Risch, M.D. The technology allows clinicians to quickly and accurately deliver radiation to cancer cells while keeping the dose to surrounding tissues as low as possible. “And faster treatments are more comfortable for the patient,” Risch says.

Risch and his team perform more than 30,000 radiation treatments annually, making theirs one of the largest radiotherapy programs in Pennsylvania. They use a medical linear accelerator to deliver RapidArc. This large machine generates high-powered X-rays and rotates around the patient so it can deliver beams from any angle.

Lehigh Valley Health Network's Cancer Center:
- Is the largest in the region and the fourth largest in the commonwealth
- Is the first in Pennsylvania, New York or New Jersey accredited as a Network Cancer Program
- Uses a team approach to ensure that care plans offer the best chance for success
- Provides a well-respected consultative service for initial diagnosis or second opinions

LVH.org/healthyyou 610-402-CARE
Passion. It’s what drives us to meet our region’s evolving health care needs. Now we’re taking the next step to help people access and use our network more easily.

Our new identity emphasizes our connectedness and reflects how great things happen when patient care is supported by research and education. At Lehigh Valley Health Network, your good health is our great passion.

LEHIGH VALLEY HEALTH NETWORK
Lehigh Valley Hospital–Cedar Crest
Lehigh Valley Hospital–Muhlenberg
Lehigh Valley Hospital–17th Street
Pharmacy Services
Imaging Services
Health Network Laboratories
Valley Preferred
8 Health Centers
1,100 Affiliated Physicians
9,500 Employees

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