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On the cover:
Paul Heist of Allentown throws a ringer—proof that summer fun knows no age limit.
Story on page 2. Photo by Mary Frederick, Amico Studios

Read her story page 7
Have a Berry Merry Summer

These little fruits pack a powerhouse of health benefits

Close your eyes and imagine standing in a strawberry patch. Enjoy the smell of ripe berries warmed by the sun, the sight of jewel-like fruits glistening with dew. Berries are mouthwatering, for sure—and even better, they’re very good for you.

Strawberries, blueberries, raspberries and blackberries are high in fiber, folic acid and vitamin C, and low in calories. They also contain disease-fighting antioxidants, especially the darker berries.

Ready to fill your basket? “Organic, locally grown berries are best,” says Kimberley Procaccino, registered dietitian at Lehigh Valley Health Network. It’s worth spending a little extra for organic with any fruit you don’t peel. Although you always should wash berries thoroughly just before using them, they’re so delicate it’s hard to scrub away all chemical residue.

“Fresh berries are great in season,” Procaccino says. “But you’ll get the same health benefits from berries picked and frozen at their peak of ripeness and flavor.” Freeze berries in a single layer on a cookie sheet before putting them in a freezer bag or container. Berry juices are tasty, but won’t satisfy you as much as the fiber-filled fruit. Choose products that are 100 percent fruit juice with no sugar added.

Like any fruit, berries contain simple carbohydrates along with sugar calories, so don’t consume more than one or two 1/2-cup servings a day. Dried berries can perk up a salad, cereal or trail mix, but their calories are more densely packed. Limit yourself to a 1/4-cup serving.

Be adventurous—try unfamiliar choices like elderberries, black currants or chokecherries. Cherries, while not really berries, have many of the same health benefits. And new studies indicate that cherries may help relieve arthritis pain and stiffness.

What about the new berry juice mixes that claim to cure everything from arthritis to cancer? Be cautious, Procaccino says: “Those products do have health benefits, but probably no more than any other 100-percent dark berry juice—and the plain juice is much less expensive.”

Want to Know More about ways to use berries? For recipes, call 610-402-CARE or visit lvp.org/healthyyou.

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Per half-cup serving
Fun in the Sun Is Ageless
Tips for a healthy summer for older adults

Brilliant sunshine, a cloudless sky and a day filled with possibilities. It’s the call of summer, and a trip outdoors is a great prescription for people of all ages.

"While older people need to be a bit more careful about the basics—like applying enough sunscreen and staying hydrated—enjoying the warm weather while exercising your body and mind is the best way to protect your health," says geriatrician Francis Salerno, M.D., of Lehigh Valley Health Network. Here’s how...

Stay in the shade.
Take a 30-minute nap in a hammock... write a letter to an old friend... enjoy a good book, as Marie Henriques of Macungie and granddaughter Lennon of Wescosville are doing.

Rediscover an old-time activity.
Listen to a ball game on the radio... make homemade ice cream (a treat for Wilmer Hertzog and his wife, Ruth Huyett-Hertzog, of Emmaus)... take a nature walk... go huckleberry picking, as Frank Radocha of Allentown loves to do.

Play. Round up your friends or family for a game of quoits, bocce or horseshoes (a favorite of Paul Heist of Allentown)... get out that chess set or board game... join the children for a splash in the wading pool.
Celebrate the holidays.

Who cares if they're six months away? Stay festive year-round. Get an early start on homemade tree ornaments... pull out that train set and have your grandchild set it up with you.

Check out your community.
Watch a free movie (many libraries and community centers host weekly movie nights, some designed for older adults)... enjoy a free outdoor concert at the park... volunteer with your church or social service organization.

Open your mind. Local universities and county-run senior centers offer countless learning opportunities. Take up painting, pottery or quilting... learn a new language (Parlez-vous Français?)... explore local history, culture and customs... join a sing-along group.

Stay safe. Limit outdoor exercise to early morning and late evening on super-hot days, or walk in an air-conditioned mall... wear light-colored clothing that reflects heat... and don't forget that sunscreen.

Want to Know More about old-fashioned outdoor games or how to use sunscreen properly? Call 610-402-CARE or visit lvhn.org/healthyou.

Tired?

Fatigue is not normal with aging

As we age, we may not have the stamina we once had. But constant fatigue is not a normal part of aging, says Matthew Winas, D.O., internist with Lehigh Valley Health Network. "Fatigue that lasts a day or two is one thing," he says. "If it's persistent or out of the norm for you, report it to your doctor. You need to listen to your body—if you feel something isn't right, it probably isn't."

Fatigue in the elderly can be caused by something as straightforward as a poor diet, lack of exercise or the shortened sleep cycles and other sleep issues common with age. Ask your doctor about diet and exercise. You can prevent many sleep problems by avoiding alcohol, caffeine after noon and large evening meals. "Break the TV-in-bed habit, and if the need to urinate often wakes you, don't drink fluids after 6 or 7 p.m.," Winas says.

Side effects from prescription drugs are another common cause of fatigue in older people. Talk to your doctor about other medication options.

At the other end of the spectrum, fatigue can be a symptom of a serious health condition such as diabetes, sleep apnea, anemia, or clinical depression or anxiety. "Fatigue may signal heart disease, especially in women, and with leukemia, sometimes the only complaint is being tired," Winas says. The risk for underactive thyroid (hypothyroid) rises with age, and fatigue can be a sign of that (along with hair loss, weight gain and constipation).

It's especially important to see your doctor if you experience fatigue with any of the following:

- Unexplained weight loss
- Change in bowel habits
- Tremor in the hand
- Lack of appetite
- Withdrawal from physical and social activities
- Skin rash
- Bleeding gums

"As you age, you can help prevent fatigue by eating right, being physically active, staying involved with others, and resting when you need to," Winas says. "But if fatigue hits—all of a sudden or gradually—don't ignore it. All fatigue needs to be taken seriously."

Want to Know More about thyroid problems in the elderly? Call 610-402-CARE or visit lvhn.org/healthyou.
Get the Most From Your Walk

You already may know that regular walking helps lower cholesterol and blood pressure and dissolve the day’s worries. But is that 15-minute power walk at lunch or casual stroll after dinner enough to keep you fit for life?

“An ideal fitness program includes four components: aerobic activity, strength training, balance and flexibility,” says Aaron Katz, M.D., a family medicine physician with Lehigh Valley Health Network. Walking—if done briskly—is naturally aerobic. But for a well-rounded workout, you’ll have to make an effort to add the other three elements to your walking program,” says Katz’s colleague, exercise specialist Connie Fehr. Our experts’ suggestions:

Lay the groundwork. A good place to start is an evaluation and planning session with a fitness specialist. And if you have a health condition, consult your doctor before starting any exercise program.

Keep building. If you’re a beginner, walking for 10-15 minutes is fine. But as you progress, aim for at least 30 minutes, five or more days a week. “The latest research shows that exercising 50 minutes a day at higher intensity provides more health benefits and disease-fighting potential,” Katz says. To up the intensity, add short bursts of speed and change the terrain.

Pick up the pace. To put your body in fat-burning mode and boost aerobic fitness, walk at 4 miles per hour (a 15-minute mile) or faster, Fehr says. To increase your speed, practice good form: land on your heels and push off with your toes. Keep your arms bent at a 90-degree angle and swing them freely. Walk with good posture.

Hope for Peripheral Neuropathy

Treating the underlying condition often provides relief

You know the tingling sensation you get when your foot falls asleep. Imagine having that all the time, and you’ve got an idea what the nerve condition called peripheral neuropathy feels like.

“Most people describe it as pins-and-needles pain, burning or numbness,” says internist Michael Goldner, D.O., of Lehigh Valley Health Network. They also say the dulled sense of touch in their feet sometimes makes it feel as if they’re always wearing stockings.

Misfiring nerve cells trigger the abnormal sensations. Neuropathy typically starts in the feet and slowly advances up the leg. “Nerves to the feet run all the way from the spinal cord—a long span that provides lot of places where something can go wrong,” says Glenn Mackin, M.D., a neurologist with the health network.

Why do nerves go haywire like this? “Peripheral neuropathy can be the first sign of many underlying diseases, most commonly diabetes or glucose intolerance,” Mackin says. Half of people with diabetes eventually develop some form of neuropathy. Other causes include autoimmune diseases that attack nerves, excess alcohol, and infections like Lyme disease and HIV.

Patterns offer clues to help doctors diagnose the underlying problem. For example, sensations that start in both feet and slowly progress are typical of diabetes, while those that affect nerves in different parts of the body are most common with autoimmune disease.

Doctors start with a careful history and exam. It may reveal hereditary or medical conditions, or medications or supplements causing problems. (Low-dose vitamin B6, for instance, is often used for carpal tunnel syndrome, but high doses can be toxic to nerves.) Physicians also can measure how nerves respond to tiny
Seek out parks with fitness trails. To improve balance and build strength during your walk, choose a park with designated stations for push-ups, sit-ups, chin-ups and more. "Or, be creative and work those exercises into your walk—for example, use a fence for push-ups," Fehr says. Do strength training three times a week with rest days between.

Cool down and stretch. For the last five minutes, walk at a leisurely pace. Enhance your flexibility with a gentle stretching routine (thighs, calves and upper body) after your walk.

Fit it in any way you can. Exercising in 10-minute bursts three times a day is as good as doing 30 minutes all at once. "Most important is to do something you enjoy and can stick with," Katz says.

Want to Know More about power walking?
Call 610-402-CARE or visit vh.org/healthyyou.

electrical impulses. "Guided by the results of these other measures, we can use selected blood testing to identify a specific cause," Mackin says.

Treatment is tailored to each patient's needs—controlling blood sugar, correcting vitamin and nutritional deficiencies, eliminating toxins or suppressing autoimmune attacks with medication. In some cases physical therapy, orthotics and braces help. Patients with severe nerve pain may find relief from medications such as selected anti-seizure drugs and antidepressants.

Often, Mackin says, the most important treatment is reassurance. "People with peripheral neuropathy often fear they'll be crippled or unable to work," he says. "But treatment targeted at the cause can slow progression and even make neuropathy symptoms go away."

Want to Know More? For a 3-D animation of how peripheral neuropathy affects your body, visit vh.org/healthyyou. Learn about programs for people with diabetes on page 18.

**Face-to-Face vs. Facebook**

Pros and cons of virtual connections

Texting and cell-phone chats helped Emily and her high school boyfriend stay close—but they discovered the limits of technology when the relationship broke up. "He tried to split up with me in a text message," Emily says. "I told him, "This is something you've got to do in person."

E-mail, texting, social networking, Twitter...technology lets us reach out to others anytime, anywhere. In many ways, these virtual connections enhance our relationships—but there are drawbacks as well. Here's a reality check from Lehigh Valley Health Network psychiatrist Laurence Karper, M.D., and family medicine physicians Louis Spikol, M.D., and Mark Wendling, M.D.

**Virtual communication is great for...**

- **Day-to-day convenience**—Remember how long it took to set up a meeting before e-mail?
- **Continuity**—Grandparents keep in touch with distant grandchildren, friends deepen their connection—even health care is enhanced, as many physicians now use secure e-mail with their patients. "I can give test results, refill prescriptions, answer questions about whether symptoms warrant an office visit and more," Spikol says.
- **Expanding your horizons**—Want a support group to help you cope with a health condition or other problem? No matter where you live, you'll find it online. "You can exchange information, ask questions you couldn't ask your family, and get feedback from people in the same situation as you," Wendling says.

It's not so great for...

- **Subtle cues**—Especially with people you don't know well, texts, e-mails or instant messages can be misconstrued. For example, it's hard to convey humor in writing, and facial expressions and other body language are missing completely. "If you never talk face-to-face, you're missing a huge part of the puzzle," Karper says.
- **Give-and-take**—Problems at work, relationship issues, a talk with your child's teacher—some interactions require genuine dialogue.
- **Escapist tendencies**—Virtual media make it all too easy to live in a fantasy world. It's especially risky for young people, Karper says: "Lack of social relationships at critical times can interfere with future development. If your children have more online friends than real ones or spend all their time at the computer, you need to expose them to the real world."

There are so many ways to communicate today that making the choice can be confusing. "The key," Wendling says, "is to consciously decide when a virtual connection is OK and when you need to talk in person."

Want to Know More? You can now be a fan of Lehigh Valley Health Network on Facebook. Learn how to connect with us at vh.org/healthyyou.
Knowing When to Take Charge
How to tell if an elderly person needs support

We all hope our loved ones will stay independent far into their golden years. Unfortunately, many people eventually need home care or assisted living due to chronic disease or age-related declines. Judging when to step in because someone is too physically frail or mentally unsound can be tricky, but there are some "red flags." Ask yourself these questions:

- Has my loved one withdrawn from activities he used to enjoy?
- Does she forget to pay her bills?
- Have personal hygiene habits slipped?
- How about housecleaning?
- Does he forget to take medication?
- Is she failing to eat properly?
- Has unopened mail piled up?
- Does he call repeatedly with the same questions?

If you answered yes to any of these questions, your loved one may need assistance. Start with a physical exam from a trusted doctor or a geriatric assessment like that offered at Lehigh Valley Health Network's Center for Healthy Aging. "You want a comprehensive look at the person's physical and mental health," says Robin Flores, an Allentown aging consultant. "If the doctor notices a decline, he or she will guide you in getting help."

Sit down with your loved one to discuss what will happen when he's no longer independent. Many older people create advance directives, including a living will (detailing end-of-life medical wishes) and durable powers of attorney for health care and finances (assigning someone to act on their behalf when they can't).

"Ideally, the first conversation should happen long before there's a problem," says nurse practitioner Heidi Singer, C.R.N.P., of the Center for Healthy Aging. "If you haven't talked yet, the sooner the better."

Durable powers of attorney activate automatically when you and the doctor determine that your loved one is no longer making good decisions. Typically, power of attorney is assigned to a spouse or adult child. In rare cases where families don't agree or no appropriate relatives exist, the courts will step in to declare the person legally incompetent and appoint an outside party to handle decisions, such as the Guardianship Support Agency, Inc. (GSAI) in Allentown.

Be prepared for an in-between time when your loved one starts declining but resists help. "If an older person is still semi-competent, there is little the family can do except have plans in place and wait," Singer says. Starting slowly with periodic visits from a trusted home-health aide or enrollment in adult day care may help ease the transition to comprehensive care later.

The key is ensuring your loved one's safety and well-being and being confident in your choices. "Stop thinking, 'I'm taking Mom from her home and she's going to be mad,'" says Barbara Gustafson, GSAI's director of services. "You may have to make tough decisions—and maybe you didn't get the input you wanted from Mom. But don't feel guilty. The anger passes, and most people make a positive adjustment."

Want to Know More about caregiving, advance directives or becoming a GSAI volunteer? Call 610-402-CARE or visit lvh.org/healthyyou.
I Have Diabetes...Can I Have a Baby?
With careful planning, the answer is yes

“If you have type 1 or type 2 diabetes and want to become pregnant, planning is crucial,” says Marc Vengrove, D.O., an endocrinologist with Lehigh Valley Health Network. That’s because the fluctuating hormones of pregnancy have an effect on blood glucose.

“Your glucose levels and blood pressure need to be under control before you conceive,” Vengrove says. “High blood sugar in the early weeks, before you even know you’re pregnant, can adversely affect your baby’s development.” There’s a risk for miscarriage or stillbirth, birth defects (especially ones affecting the spine, brain and heart) or an overly large baby.

High glucose levels are risky for the mother-to-be as well—for example, kidney and eye problems can worsen and blood pressure may elevate. Any woman with diabetes is at greater risk for depression during pregnancy and afterward (postpartum depression).

“Get off to a good start by scheduling a consultation with a maternal-fetal medicine (high-risk pregnancy) specialist during your planning phase,” says Meredith Rochon, M.D. She and her maternal-fetal medicine colleagues on the health network’s diabetes and pregnancy team teach their patients what to expect. “You’ll need to monitor your blood-sugar levels more often—sometimes 10-12 times a day—and switch to insulin if you’re taking oral medications,” Rochon says. An insulin pump is a good option, especially if morning sickness or vomiting persists through your pregnancy.

Good nutrition is also important from the beginning, says Deborah Maurer, diabetes educator with the health network’s Helwig Health and Diabetes Center. “We recommend starting on prenatal vitamins even before you become pregnant,” she says. Extra folic acid ahead of time helps with initial development of the baby’s brain, spinal cord and neural tube.

Diabetes can complicate delivery. If the baby is too large or the mother is obese, the baby may be injured during birth. “We monitor the baby very carefully throughout the pregnancy, and especially toward the end,” says Michael Sheinberg, M.D., an obstetrician with the health network. “We like the pregnancy to go full-term, but we will do a Cesarean section or induce labor if we feel we can manage the baby’s health better that way.”

The bottom line: It takes extra effort, but pregnancy and diabetes aren’t incompatible. “With good monitoring and control,” Rochon says, “women with diabetes are giving birth to healthy babies and staying healthy themselves.”

Want to Know More about managing diabetes during pregnancy or about gestational (pregnancy-induced) diabetes? Call 610-402-CARE or visit lvh.org/healthyyou.

A happy mother of two—Jennifer Padmanabhan, 34, of Quakertown has had type 1 diabetes since age 9. Despite that, she has two healthy sons, Brendan (3 years old this summer) and Andrew (born in January). “You need to be totally committed to monitoring your blood sugar and going to extra doctor appointments,” she says.

Read her story at lvh.org/healthyyou (or call 610-402-CARE).
Temperatures are heating up—time to dig out the swimsuits and head for the pool. Afternoons of swimming and splashing can be a lot of fun, but pool time also can result in accidents. Here's how to protect your family:

**Learn to swim.** Make sure everyone in your family knows this important survival skill.

**Always use a life vest or jacket** for anyone who doesn't know how to swim. Don't rely on inflatable devices like inner tubes, armbands or floats.

**Never leave children unattended.** In your own backyard or a community pool, young children need constant supervision. “They can drown in a matter of minutes,” says Mike Seip, certified pool operator at the Human Performance Center in Allentown. “Keep children younger than age 6 within arm's length of you at all times.”

**Watch the weather.** “Even if it's not raining, leave the water at the first sign of lightning or thunder. Wait 30 minutes after the lightning or thunder ends to get back in,” says Bill McQuilken, trauma prevention coordinator for Lehigh Valley Health Network.

**Be prepared for emergencies.** Learn CPR, and keep a phone and rescue equipment such as a shepherd's hook or life preserver handy.

**Don't allow horseplay.** Swimming and partying don’t mix, so ban alcohol at the pool and designate one person to be the “pool watcher” at all times.

**Teach children to jump in feet first** and never to jump or dive into unfamiliar water or water where they can’t see the bottom. It may be shallower than it appears, or there may be underwater objects that could cause serious injury.

**Keep your pool secure.** Install a fence at least 4 feet high around your in-ground pool. “Have a gate that self-closes and self-latches, with the latch higher than a child’s reach,” Seip says. Consider installing an alarm to alert you if someone enters the pool, and make sure your pool has built-in safety devices such as raised drain covers and safety vacuum releases to prevent children from getting trapped. For above-ground pools, remove the ladder when the pool isn’t in use.

**Protect your elders.** If older adults use your pool, consider installing bathtub-like handles to make it easier for them to enter and exit the water. Slip-proof shoes also help older swimmers.

Want to Know More about local swim lessons? Call 610-402-CARE or visit lvh.org/healthyyou.
Vaccination Worries
Parents who don't have their child immunized run serious risks

Vaccines are one of the greatest triumphs in public health history—but misinformation about their safety has led some parents to refuse immunizations for their babies. That's tragic, says pediatrician Rima Strassman, M.D., of Lehigh Valley Health Network. "Vaccinations have worked so well that today's parents often have no idea how devastating these diseases once were and could be again," she says.

Strassman and her colleagues, pediatrician Scott Rice, M.D., and family medicine physician Linda Loffredo, M.D., answer your questions about vaccination:

Q: Haven't whooping cough, measles and mumps been wiped out? As more children remain unvaccinated, we're seeing a rise in outbreaks and even deaths from these and other preventable childhood diseases around the United States and here in Pennsylvania. Immigration patterns, global travel and pockets of unvaccinated people bring serious diseases closer than you think.

Q: What would happen if we stopped vaccinating? Discontinuing the pertussis (whooping cough) vaccine in countries like Japan and England led to a tenfold increase in hospitalizations and deaths from pertussis. England has had a similar experience with the decline in measles vaccination.

Q: Are this many shots at one time safe for an infant? The vaccines have been studied extensively over many years for safety and effectiveness—separately, in combination and on the recommended schedule of the national Centers for Disease Control and Prevention. And levels of antigens (the active ingredient in vaccines) are extremely low today.

Q: Can I adjust my child's vaccine schedule? Some parents concerned with the number and frequency of recommended vaccines invent their own alternative schedules. These extended or shortened schedules are risky because they have not been tested for effectiveness.

Q: Would it be easier on my baby to get only one shot per visit? Studies indicate that babies' stress levels are the same whether one or several shots are given at a visit—and the more visits to the doctor's office, the more times your baby is exposed to other little patients' illnesses.

Q: What about side effects? All vaccines have possible side effects, but most are mild—a little crankiness, fever, or tenderness and swelling where the shot was given. Severe allergic reactions (difficulty breathing, hives, low blood pressure, shock) happen very rarely, usually within 15-30 minutes of receiving a vaccination.

Q: When should my baby NOT get a vaccine? Talk to your baby's doctor. He or she may decide against vaccination if your baby is quite ill when he's scheduled for a shot, has a weakened immune system or has had a severe allergic reaction to a vaccine before.

Q: Does the measles vaccine cause autism? Since autism's symptoms first appear around the same age the measles vaccine is administered, they can seem connected, but many large studies have failed to find any link. It's easy to scare people and much harder to "un-scare" them. Autism researchers now suspect genetic and environmental factors are involved, not vaccines.

Want to Know More about recommended immunization schedules and vaccine safety? Call 610-402-CARE or visit lvh.org/healthyyou.

Before vaccines were developed, every year in America:

- Polio would paralyze 10,000 children.
- Rubella (German measles) would cause birth defects and mental retardation in as many as 20,000 newborns.
- Measles would infect about 4 million children, killing 3,000.
- Diphtheria would be one of the most common causes of death in school-aged children.

Source: The Children's Hospital of Philadelphia Vaccine Education Center
Get in Tune With Music
Listening to your favorites can improve your health and your life

Carrying a CD player, Linda Durishin, R.N., introduced herself to a patient with burn injuries. As part of a study of how music can comfort patients during painful procedures, she offered to play classical music while his bandages were changed. The patient's surprising response: "What makes you think I want to listen to classical music? I don't like it."

While research shows classical is the genre many people find calming, this story is clear evidence that musical tastes are highly individual. "I can't tell you which kind of music will comfort you," Durishin says. "Only you can get 'in tune' with the type of music you'll enjoy and be affected by—and it varies with your mood, stage in life and even time of day."

Once you do tune in, music can improve your emotional and physical health. This unique art form can relax you after a stressful day, get you motivated for a vigorous workout, make you laugh, give you solace when you're blue, and inspire your soul. "Music makes you feel better than you did before," says Victor Vallo, Ph.D., chair of the music department at Immaculata University.

Hospitals know the power of music to change your state of mind when you're ailing. It's played throughout Lehigh Valley Health Network to relax patients in waiting rooms and during procedures. (And every time a baby is born, a lullaby is played over the hospital intercom system to make people smile.) "Research has shown that music decreases pain and anxiety, improves sleep, regulates heartbeat and blood pressure, and even stimulates digestion," says harp therapist Sarajane Williams (in photo, above right).

As for its impact on children, some educators believe listening to music improves students' spatial abilities and makes them smarter (the so-called "Mozart effect"). That theory hasn't been proven. "But clearly, listening to or playing an instrument teaches you discipline and how to focus your attention," Vallo says.

With so many varieties to choose from, you too can be touched by the power of music—as these local music lovers demonstrate. 

Calmed by performing—After a busy work day, Linda Durishin, R.N. (standing), of Ballietsville often wonders if she'll have the energy to rehearse with her church's contemporary ensemble. But the music always rejuvenates her. "It triggers emotions and memories, and makes me feel better," she says. Durishin, 47, sings or plays piano alone, but enjoys the personal and spiritual connection of performing with others—like her friend and choir director Beverly McDevitt of Blandon (at piano). "When I sing and blend with others, our voices dance together," Durishin says.

Want to Know More about how music and the arts can make you happier and healthier? Call 610-402-CARE or visit lvh.org/healthyou.
Why Do People Become Obese?

Emotions always play a role

America’s so-called “obesity epidemic” can be traced in part to too much junk food and not enough exercise. Heredity is another factor: “Even in the same family, some people are born with a slower metabolism and tendency to gain weight,” says family medicine physician Suzanne Widmer, D.O., of Lehigh Valley Health Network.

Health conditions like underactive thyroid can add pounds, she says, and so can certain medications, including many psychiatric and diabetes drugs. Finally, ethnic background plays a role in what foods you like and how you view your body.

But whatever other factors are in play, emotions are always an issue if you have an obesity problem, says Barbara Smith, a behavioral health specialist in the health network’s Weight Management Center. “When life is stressful, you can grow anxious or depressed and eat for comfort,” she says. “You may not even realize you’re doing it. Then you gain weight and feel bad about yourself and eat more. It becomes a vicious cycle.”

Unhealthy stress eating is common when times are hard, Widmer says: “If you’re working two or three jobs and on a tight budget, fast food is cheap and convenient.”

Sometimes it’s more than everyday anxiety that makes people overeat. “Binge-eating disorder—consuming huge quantities at a time without understanding what you’re doing—can develop from childhood trauma such as sexual abuse,” Smith says. “Binge eaters are trying to stuff down the negative feelings. Their eating is out of control, and the food functions like a drug.” You absolutely can be addicted to food, she says. “It’s a hard problem to treat, because unlike tobacco or alcohol, you need food.”

Typically, overweight people put off getting help until they develop a serious problem like diabetes, asthma or heart disease, Smith says. For those who come to the Weight Management Center, psychological assessment is part of the process. “If you need therapy, a counselor can help you become mindful of how you’re using food and learn to enjoy it in a different way,” she says.

How Early Does It Begin?

If you have a chubby baby, are you laying the groundwork for lifelong obesity?

“There’s debate on this,” says family medicine physician Suzanne Widmer, D.O. “Most doctors agree that before age 1, babies instinctively eat what they need. But after that, you can definitely teach them bad habits—like stress eating—that are much harder to break in adulthood.”

Devoted to the harp—When Sarajane Williams of Macungie sat behind a harp for the first time, it changed her life. Since that day, she has used harp music to entertain and help people therapeutically. She also studies the ways in which music affects health. Her harp even led her to her husband, Ted, a classical guitarist—the two met while playing a Renaissance event. “I hope my music helps people as much as the harp transformed me,” Williams says.

Sleepless no more—A retired CPA, Al Bova often worked at his computer until 11 p.m., then watched the news before bed. “I would toss and turn, thinking about my work and all the bad news on TV,” the 88-year-old Allentown man says. “I woke up grumpy and unrested.” Then he tried a new routine starting at 10 p.m. that included playing a CD before bedtime. “Now I’m falling asleep in five minutes and waking up refreshed,” he says. One of his favorites, ironically enough, is the soundtrack to “Sleepless in Seattle.” Bova and his wife, Doris, are no strangers to music. She performed with the Municipal Opera Company and is an active member of the Allentown Music Club.
The Valves of Your Heart
They're essential in directing blood flow

You probably take them for granted, but proper functioning heart valves play an important role in your health, says Lehigh Valley Health Network cardiothoracic surgeon Gary Szydlowski, M.D. "As blood is pumped through your heart's four chambers, flaps on the valves open and close to allow the blood to flow in one direction only," he says.

Sometimes, one or more valves don't open or close properly. "You can be born with an abnormal valve, or valve tissue can become infected or undergo age-related changes," Szydlowski says. When a valve can't open completely (called "stenosis"), the right amount of blood can't pass through. When a valve can't close completely ("regurgitation"), blood leaks back through the valve.

Symptoms of a faulty valve include chest pain, shortness of breath (especially when active), fatigue, weight gain, ankle swelling, heart palpitations and fainting.

If your doctor hears a heart murmur, you'll have an echocardiogram or cardiac catheterization to confirm whether you have a defective valve. If it's not serious, medication can control the condition. Serious problems require surgery to repair or replace the valve.

If you have your blood tested and learn that you carry the altered gene, your genetic counselor will educate and guide you in making decisions about your future. "Where you are in life—your age, if you're finished having children, if you're still breastfeeding—affects everything," says Augustyn's colleague, Augustyn's colleague, Augustyn's colleague.

Your Inherited Breast Cancer Risk
If you have an altered gene, decisions aren't easy to make

Several women in your family have had breast cancer, and now you're wondering: Will you be next?

Your risk is definitely higher if you've inherited a mutation (alteration) of either BRCA1 or BRCA2, two genes linked to breast and ovarian cancers. Carrying a mutated gene doesn't mean you'll definitely develop breast cancer—but your chances, according to the National Institutes of Health, are three to seven times higher.

Many women decide to be tested so they'll know where they stand and can take steps to reduce their cancer risk. Others decide they'd rather not know. "There are many things to consider before undergoing genetic testing," says genetic counselor Ann Marie Augustyn of Lehigh Valley Health Network. "A genetic counselor can help determine if knowing your risk is the right thing for you."

If you have your blood tested and learn that you carry the altered gene, your genetic counselor will educate and guide you in making decisions about your future. "Where you are in life—your age, if you're finished having children, if you're still breastfeeding—affects everything," says Augustyn's colleague.

Finding a Genetic Counselor
For a process as sensitive as genetic testing, it's important to choose the right facility to ensure you're being tested appropriately and the results are correctly interpreted. Lehigh Valley Health Network's Cancer Risk and Genetic Assessment Program is staffed by master's-level, board-certified genetic counselors. The team includes a medical oncologist, breast surgeon, gynecologic oncologist and social worker, backed by all the resources of the health network. For more information or to make an appointment, call 610-402-CARE.
construct a functional valve. If this isn’t possible, your valve will need to be replaced with either a mechanical valve or a tissue valve from a pig or cow.

“Both types are effective, and the choice depends on your age,” Szydlowski says. “Younger people typically get a mechanical valve because they last forever. But mechanical valves require you to take blood-thinning medication for the rest of your life, raising your risk for bleeding. Older people typically receive a tissue valve—not as durable, but free of the blood thinner requirement.”

Life after valve surgery involves a few adjustments. If you’re taking a blood thinner, you’ll need to use common sense to avoid injury. And, you’ll need to take an antibiotic before any dental or invasive procedure (such as a colonoscopy). Bacteria that may enter your body during these procedures can affect your heart valves.

You can’t prevent valve disease. “Plaque that builds up in arteries from an unhealthy diet and lack of exercise does not affect valves,” Szydlowski says. “But it does affect your overall well-being, so it’s always wise to lead a heart-healthy lifestyle.”

Want to Know More? For a 3-D animation of how your heart valves work, visit lvh.org/healthyyou. Visit the Web or call 610-402-CARE to read stories of people who’ve had heart valve repairs or replacements.

genetic counselor Tara Namey.

The standard of care for a woman with a breast cancer gene mutation who is over age 35 and doesn’t plan future pregnancies is to remove the ovaries. Research shows that removing them before menopause significantly reduces the risk for both breast and ovarian cancer. “The majority of women in this category choose to have this procedure,” Namey says.

About half of all women with the altered gene opt for a combination of annual mammography, annual breast MRI screening and, in some cases, a preventive drug such as tamoxifen or raloxifene. (These drugs are known to reduce breast cancer risk.)

The other 50 percent of women seek more aggressive surgical options, such as preventive mastectomy. “The unfortunate reality is that even preventive surgery can’t completely eliminate your risk, because not all at-risk tissue can be removed,” Namey says.

Clearly, deciding what to do about your inherited breast cancer risk is a very personal—and sometimes highly emotional—matter. “The right decision,” Augustyn says, “is the one that feels right to you.”

Want to Know More about genetic testing? Call 610-402-CARE.

A New Chronic Illness Center

Elderly, low-income and other people with chronic illnesses will have a new resource at Lehigh Valley Hospital—17th Street in Allentown. A Chronic Illness Center begins construction this fall. It’s a partnership of Lehigh Valley Health Network and the Pennsylvania State House; Lehigh Valley delegates secured $700,000 in funding from the state’s Redevelopment Assistance Capital Program. The center will provide education and support to patients with conditions like diabetes, heart disease and asthma.

To learn more, call 610-402-CARE or visit lvh.org/healthyyou.

Blood Thinner Tips

Here’s how to ensure your safety if you take blood-thinning medication:

• Take it at the same time daily and don’t skip or double a dose.
• Tell all your doctors and dentist you’re taking a blood thinner.
• Limit alcohol intake.
• Tell your doctor before making any major changes in your diet.
• Be gentle when nose-blowing and tooth-brushing.
• Wear protective clothing when working with equipment and tools.
• If cut, apply pressure and ice and elevate the area. If the bleeding won’t stop in 10 minutes, get emergency care.
• Have your blood tested regularly.

Take Sunscreen to the Game

Whether you’re a player or spectator, prevent sunburns by:

Choosing the right product—It should protect against both UVA and UVB rays, with adequate SPF (sun protection factor). SPF 3 blocks 97 percent of damaging rays.

Applying it early—Apply sunscreen 15-30 minutes before going outdoors and reapply every two hours or after sweating heavily.

Being thorough—Often-forgotten areas include eyelids, tops of hands and feet, backs of knees, scalp and the part in your hair.

Using it even on cloudy days—Eighty percent of the sun’s ultraviolet rays pass through clouds.

Checking the expiration date—Expired sunscreen is no longer effective.

To your health

Want to Know More about genetic testing? Call 610-402-CARE.

lvh.org/healthyyou 610-402-CARE

LEHIGH VALLEY HEALTH NETWORK 13
"Everyone plays"—At Play
All Summer Kidz Camp, the emphasis is on noncompetitive fun, as Carina, 10, and Bram, 9, of Allentown demonstrate here. Details on page 16

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.

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
- Thu., Sept. 3 and Wed., Sept. 16; 7-8:30 p.m.
At LVH—Cedar Crest

Monthly Support Group—Support and information on a variety of weight-loss surgery topics. FREE

Weight Management Services
Individual
Six-Month Supportive Weight Loss Program—Receive expert-level care for nutrition, behavior and fitness for lasting weight loss and optimal health. Individualized program tailored to your personal goals. • $475

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. • $89

Body Composition Test—Learn your percentage of fat vs. muscle, more useful than weight alone. • $13.50

Group

Eating Well for Life—Learn healthy food choices for weight management, well-being. Includes grocery tour.
- 2 (4-session) parts • $65 each
  • Part 1, starting Wed., Sept. 2; 5-6:30 p.m.
  • Part 2, starting Wed., Oct. 7; 5-6:30 p.m.
At 1243, Suite 300
Robin Gayle, dietitian

- 12 weeks • $195
  • Wed., starting Sept. 2; 6:45-7:45 p.m.
At 1243, Suite 300
Robin Gayle, dietitian

For locations and times, call 610-402-CARE.
See related article on page 11.

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).

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
HHC—Healthy You Center 3401 Fish Hatchery Rd., Allentown
HYFC—Healthy You Fitness Center—Cedar Crest, 1243 S. Cedar Crest Blvd., Allentown
HYFC—Healthy You Fitness Center—Muhlenberg, 1770 Bathgate Rd., Third floor, Bethlehem
Center for Healthy Aging—Lehigh Valley Hospital—Muhlenberg, 17th and Chew Sts., Allentown
Health Center at Bethlehem Township—2101 Emmick Blvd., Bethlehem
Health Center at Trexlertown—Rt. 222 and Lower Macungie Rd., Trexlertown
HPC—Human Performance Center 250 Cetronia Rd., Allentown
1770 Bathgate Rd., Bethlehem
1243 S. Cedar Crest Blvd., Allentown
2186 S. 12th St., 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 9460 Brookside Rd., Macungie
Whitehall Township Schadt Avenue Park 1975 Schadt Ave., Whitehall
RAISING A FAMILY

Being a parent is your most important job, and we're here to help!

NEW Becoming Mom & Dad
Learn what to expect as a new parent and how parenting affects a child. Find out about the importance of structure, consistency, limits, and parenting as a team.

$25/couple
• Wed., Sept. 23; 6:30-9 p.m.
  At HYC

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/person; $275/couple (payment plan available)
  At LVH—Cedar Crest

Workshops—Apply the RCB philosophy to some hot parenting topics.
$10

Homework Hassles—Learn how to lessen power struggles, teach responsibility, and set goals, and to encourage and self-motivate your child.
• Tue., Sept. 29; 6:30-8:30 p.m.
  At HYC

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

Other programs
• Pregnancy 101
• Prepared Childbirth Series
• Weekend Prepared Childbirth
• Prepared Childbirth Refresher
• Pregnancy Massage
• Diabetes in Pregnancy
• Prenatal Exercise—Fit to Be a Mom
• Expectant Parent Tour
• My Baby and Me Sibling Tour
• Baby Care
• Breastfeeding Baby

Safe Ride—Car Seat Safety
Our certified technicians will show you how to correctly install car seats and properly secure your child. FREE
• Tue., July 7, Thu., July 23, Mon., Aug. 31, Tue., Sept. 15; 10 a.m.-1:30 p.m.
• Mon., Aug. 10; 2:30-5:30 p.m.
  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.

“All through my breast cancer treatment, Laura was my lifeline.”

When Michelle Achey of Macungie was first diagnosed at age 41, she was overwhelmed and confused. Then she met Laura Beaupre, R.N., nurse educator with Lehigh Valley Health Network’s Breast Cancer Navigator program.

Beaupre helped her understand her treatment options, told her about classes and services, and called her regularly to see how she was doing. The health network’s three navigators follow patients from after their biopsies through completion of their treatment. As nurses, they can answer medical questions and assess problems. “Besides giving information,” Beaupre says, “we put patients in touch with nutritionists, financial aid counselors, places to get wigs—all the support they may need.” Says Achey, “I felt like I had my own personal cheerleader.”

The Breast Cancer Nurse Navigators:
• Ensure that patients have a professional resource person to help them
• Serve patients of Lehigh Valley Health Network’s Breast Health Services
• Are available at all three health network locations

lvh.org/healthyyou 610-402-CARE

A Passion for Better Medicine™

LEHIGH VALLEY HEALTH NETWORK
NEW PAS (Play All Summer) Kidz Camp
A fun, noncompetitive, activity-based day camp, focusing on nutritional awareness and maximum-participation games. Everyone plays! Ages 8-12.
For details and to register, call 610-402-CARE.

Body Wedge 21™—Progression of toning/strengthening exercises on a foam wedge.
8 classes • $64
• Fri., starting July 24; 6:15-7 p.m.
At HYC

Belly Dancing for Fun and Fitness—Stimulates senses, tones muscles, builds coordination and creativity.
4 classes • $28
• Mon., starting Aug. 10; 6:15-7:15 p.m.

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.
16 classes/8 weeks • $64
• Mon. and Wed., starting July 22; 6:30-9:15 a.m.
At HYC

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 Aug. 13; 5-5:45 p.m.
At HYC

Staying Strong—Strength class combines low-impact cardio moves with resistance. Improve endurance, tone muscles, slow bone loss.
16 classes/8 weeks $44
• Tue. and Thu., starting July 23; 5-5:45 p.m.
At HYC

Cardio Kickbox—A high-powered routine strengthening body and mind.
8 classes • $66
• Wed., starting Sept. 9; 7-8 p.m.
• Mon., starting Sept. 14; 7-8 p.m.
At HYFC—Cedar Crest

Age-Proof Workout—Variety is best—cardio and resistance toning combines with mind/body exercise.
16 classes/8 weeks • $80
• Tue. and Thu., starting July 23; 6:30-9:45 a.m.
At HYC

PUMP—Challenging muscle-strength/endurance workout targets major muscle groups using resistance.
8 classes • $64
• Wed., starting July 29; 6:30-7:30 p.m.
At HYC

Pilates Express—Deep muscle conditioning builds core strength.
8 classes • $48
• Tue., starting July 21; 5-5:45 p.m.
• Wed., starting July 22; 5:15-6 p.m.
At HYC

PUMP—Challenging muscle-strength/endurance workout targets major muscle groups using resistance.
8 classes • $64
• Wed., starting July 29; 6:30-7:30 p.m.
At HYC

Pilates Express—Deep muscle conditioning builds core strength.
8 classes • $48
• Tue., starting July 21; 5-5:45 p.m.
• Wed., starting July 22; 5:15-6 p.m.
At HYC
CARING FOR MIND AND BODY

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. For details, call 610-402-CARE.

Discover Relaxation Within—Learn to ease your stress through a variety of relaxation techniques.
- Part 1, starting Sat., Aug. 6; 10-11:30 a.m.
- Part 2, starting Sat., Sept. 5; 10-11:30 a.m.
At LVH—Muhlenberg, educational conference center
Barb Smith, weight management facilitator

Yoga—Build flexibility and strength, reduce stress and rebalance your life through series of postures.
- 8 classes • $80
Very Gentle—poses adaptable to chair and/or mat
- Tue., starting July 28; 10-11:15 a.m.
At 1770

Relaxing—gentle flow of poses
- Thu., starting Aug. 20; 10-11:15 a.m.
- Mon., starting Sept. 14; 6-7:15 p.m. or 7:30-8:45 p.m.
At LVH—Muhlenberg

Intro to Deeper Practices of Yoga—Series of preparation classes for breathing and meditation techniques.
- 3 classes • $30
- Wed., starting Aug. 12; 7-8:30 p.m.
At 1770

Everyday Tai Chi—Vertical flowing movements combined with rhythmic breathing.
- 8 weeks • $76
- Wed., starting Aug. 5; 10-11:15 a.m.
At HYC
- Thu., starting Aug. 6; 10-11:15 a.m.
At 1770

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 HYC—Cedar Crest locations
Provided by Youthful You Institute

“Isn’t haven’t had one migraine since my surgery.”
Gail David’s migraines were likely caused by the hole in her heart resulting from imperfections in the wall between the top chambers (atrial septal defect). The 42-year-old Nazareth woman never knew she had a heart problem until blood clots traveled to her hand and caused it to swell.
Cardiothoracic surgeon Ray Singer, M.D., repaired the hole with a patch made from bovine tissue. “I feel like a new person,” David says. Depending on their location, holes in the heart also can be repaired using a new, small-incision technique that places an umbrella-like device over the hole.
Because this heart defect may be genetic, doctors tested David’s 13-year-old daughter, Katie. She too has a hole in her heart, but as long as she has no symptoms, she’ll only need monitoring to ensure her condition doesn’t worsen.

Lehigh Valley Health Network has:
- The highest heart attack survival rate in the nation
- U.S. News & World Report recognition for heart care and heart surgery
- Experience—the largest volume of heart surgeries regionally
- An advanced intensive care unit where critical care doctors use high-tech video and audio equipment to constantly monitor patients

SCREENINGS
For details and to schedule an appointment, call 610-402-CARE.

Lung Cancer
For details, call 610-402-CARE.

HIV—Free, anonymous and confidential HIV testing with results in 20 minutes.
- Walk-in hours
  - Tue., 1:30-3 p.m.
  - Thu., 11-11:30 a.m.
At LVH—17, AIDS Activities Office

Osteoporosis FREE
- First Thu. of month; 4-6 p.m.
At LVH—Muhlenberg
- First Mon. of month; 9-11 a.m.
- Third Wed. of month; 1-4 p.m.
At 1243, Suite 300

Vascular Disease—Testing for those age 50+ with high cholesterol, high blood pressure or family history of vascular disease.
- Stroke • $40
- Abdominal Aortic Aneurysm • $40
- Peripheral Arterial Disease • $15
At 1243, Suite 300

Lehigh Valley Health Network
ivh.org/healthyyou 610-402-CARE
A Passion for Better Medicine™
LEHIGH VALLEY HEALTH NETWORK 17
AGING WELL

College of Knowledge FREE

Memory Impairment—Use it or lose it—Learn techniques to keep your brain functioning properly.
• Wed., July 15; 11 a.m.-noon

Preventive Care—Tips for taking care of yourself and your body throughout the aging process.
• Wed., Aug. 19; 11 a.m.-noon

Caregiver Education—Looking out for those who take care of others with an emphasis on support for Alzheimer’s caregivers.
• Wed., Sept. 9; 11 a.m.-noon

AtLVH-17, Center for HealthyAging
See related article on page 6.

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.

55-Alive Driver Safety Program
AARP members, $12; others, $14
AtLVH—17, Center for HealthyAging
Medicare Counseling FREE
• Walk-in hours most Fridays; 1-3 p.m.
AtLVH—17, Center for HealthyAging

BenefitsCheckUp FREE
• First, third Mon. of month; 1-3 p.m.
AtLVH—Muhlenberg, pharmacy
• Second, fourth Wed. of month; 12:30-4:30 p.m.
AtLVH—17, Center for HealthyAging
Registration required. Call 610-402-CARE.

NEW Protecting Your Health

Healthy Bones Osteoporosis Series
$10/session; $25 for all three
Osteoporosis and You
• Wed., Sept. 9; 6-7:30 p.m.
Nutrition, Exercise and Well-Being
• Wed., Sept. 16; 6-7:30 p.m.
Treatment—Meet the Doctor
• Wed., Sept. 23; 6-7:30 p.m.
AtLVH—Cedar Crest, Kasych
Staff from the Metabolic Bone Team

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

Cessation, What Works?
Learn how you can succeed in beating the powerful physical and psychological addiction of tobacco. FREE
• Tue., Aug. 18; 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
AtLVH—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.

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 nondialysis 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.

At LVH-17, Center for HealthyAging
See related article on page 6.

LEHIGH VALLEY HEALTH NETWORK
lvh.org/healthyyou 610-402-CARE
COPING WITH ILLNESS

NEW Update on Acquired Muscle Diseases

Learn about a neurologist's approach to neuromuscular weaknesses, including neuropathy and myopathies. **FREE**

- Wed., Sept. 16; 7-9 p.m.
  At LVH—Cedar Crest, Kasych, ECC
  Glenn Mackin, M.D., neurologist
  For details, call 610-402-CARE.
  See related article on page 4.

NEW 9th Annual Cancer Survivors' Celebration

For anyone who has been touched by cancer, join an inspiring afternoon with guest speakers; lunch provided. **FREE**

- Sat., Sept. 19
  For details, call 610-402-CARE.

NEW 14th Annual Parkinson's Symposium

For patients and caregivers, day includes conference, educational materials, continental breakfast and lunch.

$10
- Every Mon.; noon-1 p.m.
  At LVH—Cedar Crest
- Thu., Aug. 13; 1:30-3 p.m.
  At LVH—Muhlenberg

Ongoing programs

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

**NEW** 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 LVH—Cedar Crest, Kasych

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

- Mon., Aug. 24; 1:30-3:30 p.m.
  At LVH—Cedar Crest, Morgan Cancer Center
  With the American Cancer Society

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

- Tue., July 21, Aug. 4 and Sept. 1; 9-10:30 a.m.
  At LVH—Cedar Crest
- Thu., Aug. 20, Sept. 17; 2-3:30 p.m.
  At LVH—Cedar Crest
- Thu., Aug. 13; 1:30-3 p.m.
  At LVH—Muhlenberg

**NEW** Lymphedema Support Group—For those with cancer-related lymphedema (fluid retention). **FREE**

- At LVH—Cedar Crest, Kasych, room 5

**NEW** Preparing for Breast Cancer Surgery—How exercise helps, what to expect post-surgery.

- First and third Tues.; 4 p.m.
  At LVH—Cedar Crest, Morgan Cancer Center
- Second and fourth Thu.; 10 a.m.
  At LVH—Muhlenberg

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

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

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

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

**NEW** 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

**NEW** Stroke Support Group

**FREE**

- Second Thu.; 7 p.m.

**NEW** Stroke Exercise/ Educational Program

- First, second, third Tues.; noon-1 p.m.

**NEW** Lunch 'n' Learn for Stroke Survivors and Family

**FREE**

At Good Shepherd Rehabilitation Hospital

For MS Patients

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

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

**NEW** Lunch 'n' Learn—Programs for patients and caregivers. **FREE**

For details, call 610-402-CARE.

While helping holiday shoppers last year at the jewelry store where she worked, Linda Stevens suffered a seizure. A co-worker immediately called 9-1-1. Paramedics rushed Stevens to Pocono Medical Center, where the 60-year-old Stroudsburg woman was diagnosed with a brain tumor and sent to Lehigh Valley Hospital—Cedar Crest for surgery.

Neurosurgeon Mark Li, M.D., successfully removed Stevens' benign tumor using an advanced neurosurgery technique that didn't even require she have her head shaved. Three days later, she returned home. "I'm enjoying life again—working, solving puzzles and traveling," says Stevens, shown here with granddaughter Cailin.
Lehigh Valley Health Network Marathon for Via

Summer is a great time to train for a marathon. If that's too much, consider the half-marathon, be part of a relay team, walk a 5K or volunteer for a good cause that provides services for people with disabilities.

- Sun., Sept. 13
  - Marathon, 7 a.m. start at Lehigh Valley Hospital—Cedar Crest
  - Relay, 7 a.m. start at Lehigh Valley Health Hospital—Cedar Crest
  - Half-marathon, 7 a.m. start at Main and Spring Sts., Bethlehem

5K walk, 12:30 p.m. start at Freedom High School, Bethlehem

To participate or get training tips, visit lvna.org/marathon.

Heart Walk

Join a morning of activities, including a 2.3-mile noncompetitive walk, informative speakers, music and food.

- Sun., Sept. 20, 8:30 a.m. activities begin; walk 10 a.m.
  - At Lehigh Valley Industrial Park X, Rts. 512 and 22, Bethlehem

How to Be Safe in a Car

Learn how to be a good driver. Explore the physics of a crash and find out about careers in health.

- Fri., Sept. 18, 8-10:30 a.m.
- At Atoe Vinci Science Center

For details, call 610-402-CARE.

First Strides®

For women ages 12-112, this 12-week workshop helps you begin a walking or running fitness program, with the goal of participating in a 5K women's event.

- Tue., starting Aug. 4, 6:15 p.m.
- Wed., starting Aug. 5, 6:15 p.m.
  - At Lehigh Parkway, Allentown

- Tue., starting Aug. 4, 5:15 p.m.
- Wed., starting Aug. 5, 9:15 a.m.
  - At Bethlehem Twp., Community Center

- Thu., starting Aug. 6, 6 p.m.
  - At Hanover Twp., Community Center

- Mon., starting July 27, 6:15 p.m.
  - At Stroudsburg

For details, call 610-402-CARE.

Community Events

Summer Fest Day in the Park

- Sat., July 25, 10 a.m.-2 p.m.
  - At Bicentennial Park, Bethlehem

Richland Township Community Days

- Sat., July 25, 9 a.m.-3 p.m.
  - At Richland Twp. Veterans Park, Quakertown

Kutztown Community Days

- Sun., Aug. 2, 12:30-4 p.m.
  - At Kutztown Park

Helfertown-Lower Saucon Community Days

- Sat., Aug. 22, 9 a.m.-3 p.m.
  - At Borough Hall, Helfertown

Coopersburg Community Days

- Sat., Sept. 19, 10 a.m.-2 p.m.
  - At Southern Lehigh Living Memorial Park, Coopersburg

For details and directions, call 610-402-CARE.

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Trauma surgeon Robert Barraco, M.D., lost his father nearly 20 years ago, but he'll never forget how frustrating it was to watch his inadequate, poorly organized care. "I decided there must be a better way to treat our elderly in the hospital," he says. Today that better way is a reality for trauma patients at Lehigh Valley Health Network.

The network's Level I Trauma Center is the region's largest. More than a quarter of patients are age 65+, and the number is rising. Because of aging-related changes and chronic diseases, elderly people don't bounce back easily from trauma. To better serve them, Barraco and his team created a pioneering Geriatric Trauma program staffed by geriatricians, trauma doctors and nurses, pharmacists, rehabilitation therapists and others. "We want to lead the way," he says, "in changing the course of care for our own community and beyond."
Hope blossoms daily at one of the nation’s most advanced burn centers

Every burn does damage that’s more than skin deep. But healing, health and hope can be restored.

The Lehigh Valley Health Network Regional Burn Center has a dedicated, full-time medical staff that uses the most advanced burn-care technologies and reconstructive surgical techniques. And our newly expanded facility provides the latest in patient safety, privacy and comfort.

Every year we care for more than 600 adults and children, many with serious and even life-threatening burns. In fact, we see three times the patients as the average burn center. From trauma care to scar management to rehabilitation, our goal is to bring patients back to living life with joy. That is our purpose. That is our passion.