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A student poster contest was one of the highlights of a
program on disabilities at Bethlehem's Nitschmann Middle
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and talked about it in class and with disabled visitors
(see story on page 8). Our cover art is from a poster by
Junior LaBoy.

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**To Your Health**

**SENIORS' HORIZONS**

The Lehigh Valley's information and entertainment fair for people 50 and over

FREE admission!

Health Pavilion filled with displays, resources and free wellness screenings!

Also... music... dancing... exercise... volunteer awards... refreshments... prizes... fashion show

Thursday, Sept. 28; 10 a.m.-8 p.m.
Friday, Sept. 29; 10 a.m.-4 p.m.

Agricultural Hall
17th & Chew Streets, Allentown

For more details, see back cover or call 610-402-CARE.

Visit Seniors' Horizons web site www.lvhhn.org/seniorshorizons

**Vitality Plus**

Debuts in Healthy You

The new Vitality Plus section of Healthy You debuts on page 26, offering health news targeted to readers age 50 and over. You'll also find information about Vitality Plus, a membership program of Lehigh Valley Hospital and Health Network providing education, discounts, hospital amenities, special events and more. Be sure to check it out!

**How Mentoring Helps**

For Jennifer Schultz of Bethlehem (at right in photo), a series of mentors at Lehigh Valley Hospital—Muhlenberg helped confirm that healthcare is the right field for her. In her senior year at Liberty High School, she took part in a Bethlehem Yo-Tech course pairing students with health professionals. She's shown here examining specimens with lab technologist Lisa Crowthers. "I had so many different experiences and mentors at Lehigh Valley Hospital," says Schultz, who's now pursuing a health care career at West Chester University.

To learn how you, too, can grow from mentoring, attend this year's Spirit of Women conference (see box at left). And read about more women's mentoring experiences on page 14. Questions? Call 610-402-CARE.

**Study Shows Lifestyle Changes Reduce Risk of Heart Disease and Stroke**

Can lifestyle changes control and even reverse atherosclerosis, the buildup of fatty plaque in the arteries that often leads to heart disease and stroke? The answer likely will be yes, based on preliminary results of LOVAR (Lowering of Vascular Atherosclerotic Risk). This pioneering five-year study at Lehigh Valley Hospital and Health Network has participants follow an aggressive and comprehensive program of lifestyle changes and medical management to reduce their heart disease risk.

The first round of results measured the progress of the first 40 participants to reach the six-month mark. "Their largest improvements were in diet and exercise, but there were healthy changes in the participants' cholesterol and blood pressure levels as well, and in the number who quit smoking," says Jane Nester, LOVAR administrative director. Participants also reported a better quality of life, including feeling healthier and having more energy.

A total of 179 people have entered the study, funded by the Dorothy Rider Pool Health Care Trust, Lehigh Valley Hospital and pharmaceutical companies. Eventually, 500 will be enrolled.

For more information, call 610-402-CARE.
**What's YOUR Healthy You Style?**

- **If you're a reader,** you'll find Healthy You magazine packed with information, updates and opportunities to learn more and improve your lifestyle. Enjoy Healthy You every other month.

- **If you're a web surfer,** try the Lehigh Valley Hospital and Health Network web site—www.lvhhn.org. It contains the complete collection of past articles from Healthy You, along with general information and updates on every health-related topic you can imagine.

- **If you like to talk,** or have a health-related question you want answered, call 610-402-CARE, Monday to Friday, 8:30 a.m. to 4:30 p.m. Our telephone helpline is staffed by registered nurses and other specially educated professionals who'll see to it that you get the information you need.

- **If personal interaction is for you,** attend a Healthy You class or lecture. There are dozens to choose from, on everything from nutrition to yoga, newborn care to disease prevention. Get the full schedule in every issue of Healthy You.

- **If you want to dig deeper,** the Health Library and Learning Center at Trexlertown is a wealth of health information and provides computer terminals with Internet access. A health librarian and friendly volunteers will show you how to find what you need.

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**Study Reduces Premature Births**

A groundbreaking study at Lehigh Valley Hospital and Health Network has improved the odds for pregnant mothers at risk of premature delivery. Before the study, half of the premature babies born at Lehigh Valley Hospital were “extremely premature” (before seven months gestation and weighing less than 2 1/2 pounds). Thirty percent were so premature they couldn’t survive outside the womb.

“We wanted to do everything possible for these babies,” says perinatologist (high-risk childbirth specialist) Orion Rust, M.D. Over the past two years, he and his team identified 100 expectant mothers with premature dilation of the cervix (incompetent cervix), which often causes early labor.

The standard treatment is a purse-string stitch to close the cervix, called a cerclage. The technique helps when the problem is structural weakness. But as Rust found, incompetent cervix is more often due to infection, early contractions or separation of the placenta. He and his team used a variety of treatments geared to the woman’s specific problem.

Through that approach coupled with early intervention, the study reduced extreme prematurity from 50 to 25 percent and late miscarriage from 30 to 10 percent. “We won't rest,” Rust says, “until those numbers are zero.”

*Want to Know More? If you are at risk for a premature delivery, talk with your physician and call 610-402-CARE for referral to a perinatologist.*

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**Women's 5K Classic 2000**

The largest all-female timed event in Pennsylvania

3.1 miles running/walking event created by Lehigh Valley Road Runners to raise breast cancer awareness and funding

**Health Expo and Race Registration**

Friday, Oct. 20; 4-8 p.m.
John and Dorothy Morgan Cancer Center, Atrium
Lehigh Valley Hospital—Cedar Crest & I-78

For registration information, call 610-402-CARE

*Some races are for kicks, some races are for glory, this race is for LIFE!*
Hantavirus Can Be Deadly

Your chances of getting hantavirus disease are very small, but the consequences are so serious it pays to take precautions. The mouse-borne illness discovered in the southwestern United States now occurs nationwide, says Luther Rhodes, M.D., chief of infectious diseases at Lehigh Valley Hospital and Health Network. "Nearly half those infected with the virus die from it."

Hantavirus has been around for decades, but was only identified in 1993. Since then, there have been 250 cases in the United States, including two in the Lehigh Valley. In this region, the disease is transmitted by the deer mouse, one of the most common rural creatures. Deer mice are gray or brown, with big eyes and ears and a white underbelly. "You can't see if a mouse is infected," Rhodes says, "but studies indicate that in Pennsylvania, up to 20 percent of them are."

People are infected through contact with the droppings, saliva, urine or nesting materials of infected mice. Most often, victims breathe in airborne particles stirred up by activities like sweeping. The virus strikes men and women of all ages, mainly in spring and summer (when hunters and vacationers open cabins) and also in fall (when mice come indoors for the winter). Early symptoms include fever, headache and muscle aches, and in some cases stomach distress, dizziness and chills. A few days later, the victim develops fluid-filled lungs and shortness of breath, and can only survive with ventilator care. If you have symptoms within five weeks after exposure to mice, seek immediate treatment and tell your doctor of the exposure. The earlier the treatment, the better the chances of cure. Hantavirus does not spread from person to person.

Want to Know More? For detailed instructions on cleaning infested areas, call 610-402-CARE or visit the U.S. Centers for Disease Control website—www.cdc.gov. A video on hantavirus can be viewed at the Health Library and Learning Center at Tredyffrin.

To prevent the disease, follow these steps:

Keep your home clean—including dishes, counters and floors.
Keep food in rodent-proof containers, cover garbage cans and don't leave pet food out overnight.
Control mice in your home. Set traps near baseboards and seal any possible entry holes.
Control mice outside your home. Eliminate junk (old cars, discarded furniture, etc.), keep woodpiles at least 100 feet from the house, trim long grass around the foundation and use traps if needed in your shop or garage.
Use safety precautions when cleaning mouse-infested areas such as vacation cabins, basements, garages and attics. Wear rubber gloves and wet down floors with detergent or disinfectant before sweeping. Double-bag the sweepings, then burn or bury. For heavy infestations, call an exterminator or the health department.

To Your Health

Stamping Out Prostate Cancer

This new U.S. postal stamp was created to heighten awareness of prostate cancer and the importance of early detection. Prostate cancer is the most common cancer in American men. Those at high risk include men age 50 and over, those with a family history of the disease and African-Americans. For more information on early detection and the latest treatments, see story on page 28. For a free screening appointment during Prostate Cancer Awareness Week, Sept. 18-22, call 610-402-CARE.

Healthy You To Your Health
Healthy Behaviors During Pregnancy

Johana Rivera of Allentown, shown here in her eighth month of pregnancy, got strong support from an outreach worker in Lehigh Valley Hospital and Health Network's Healthy Behaviors program. The program guides mothers-to-be (eligibility is based on income) through medical care and social support. Those who keep doctor appointments and practice other healthy behaviors earn Baby Dollars they can spend at hospital "baby bazaars." Rivera and her husband, Jedan, are now the parents of a healthy son.

One of Nation's Top Three in Community Health

Lehigh Valley Hospital and Health Network earned honors as one of the top three U.S. health systems for community health improvement in this year's prestigious VHA (Voluntary Hospitals of America) Leadership Awards. Among its award-winning efforts are these:

- Co-founded the Coalition for a Smoke-Free Valley in 1989. Through the Coalition's work, 1,000 businesses and restaurants are smoke-free today.
- Helped found a community partnership to build support for fluoridated water in Allentown. The result was a city council resolution for fluoridation.

To learn more about Lehigh Valley Hospital and Health Network's Department of Community Health and Health Studies, call 610-402-CARE.

A New Approach to Mental Health Care

In recent years, research has helped us better understand mental illness, and new drugs have dramatically improved treatment. Overnight hospital care is needed only in acute cases, with the majority of mental health care shifting into outpatient settings. In response to these trends, Lehigh Valley Hospital and Health Network is refocusing its mental health services.

- Inpatient psychiatric care is consolidating at Lehigh Valley Hospital—Muhlenberg. The new Behavioral Health Science Center, opening in the fall, contains beds for 44 adults and 12 adolescents.
- Partial hospitalization, an intensive type of outpatient care, will be offered at the Cedar Crest site (Adult Transitions and Adolescent Transitions) and at the Muhlenberg site (Alternatives).
- Outpatient care will include Muhlenberg Behavioral Health and The Guidance Program at the Cedar Crest site, and the Mental Health Clinics at the 17th & Chew and Muhlenberg sites.
- Outreach services are at the Health Center at Ttrexlertown, through The Guidance Program.
- Psychiatric emergency care is available at all three hospital locations, and residential rehabilitation in two Allentown sites. The psychiatry department also provides home care and outreach to college students.

For more information, call 610-402-CARE.

A 'Newborn' Gift Shop

The new gift shop in the Fred Jaindl Family Pavilion (Lehigh Valley Hospital—Cedar Crest) specializes in items for newborns and their parents. Besides flowers, cards and general gifts, you'll find baby clothes, toys and gear for mother and infant. Hours are 9 a.m.-8 p.m. weekdays, 9 a.m.-7:30 p.m. Saturday and 11 a.m.-7:30 p.m. Sunday. Questions? Call 610-402-CARE.

Do Vitamins Play a Role in Preventing Prostate Cancer?

Men age 50 and over are being enrolled in a national study evaluating whether vitamin E and selenium can help prevent prostate cancer. Lehigh Valley Hospital and Health Network, in collaboration with Penn State College of Medicine, has been designated as a major research center in the SELECT study (Selenium and Vitamin E Chemoprevention Trial), sponsored by the National Cancer Institute. If you're interested in participating, call 610-402-CARE.

www.lvhhn.org Healthy You
Build on your strengths and let your weaknesses go, says eminent physician Francis Salerno

'I Don’t Consider Myself Disabled'

Francis Salerno was 29 years old when diabetes stole his eyesight. It was a staggering blow for the young physician-in-training, about to start an internship, newly married and expecting his first child. His life's goals in the balance, he felt waves of anger, confusion and fear. How would he come to grips with this loss?

A quarter-century later, Francis Salerno, M.D., is a nationally recognized expert on aging, chief of geriatrics at Lehigh Valley Hospital and Health Network and personal physician to dozens of area families. Though he never sought it, he's also a role model for disabled people around the world. But Salerno would quibble with that last description. “I don’t consider myself disabled,” he says. “I just happen to be blind.”

Back in the 1970s, as he made the decision to carry on with his medical career, Salerno soon learned several important truths. The first: No human being is perfect. “Maybe you have a physical handicap, maybe you have chronic anxiety, maybe you think your acne is the end of the world, like I did in my teens.
We're all ‘disabled’ in some way."

The next revelation: We're not in this alone. "What happens to one person happens to everyone around him," Salerno says. "When I'm working with resident physicians, I like to ask, 'Who's the patient?' It's not just the woman on the exam table. It's the husband and children with the worried faces, and the doctor, too. A successful outcome depends on all of us."

This discovery made Salerno think differently about “dependence” and "independence." "At first, I was so angry I was determined to do everything for myself," he says. "It took an hour to do a task that would have taken a minute with a little help."

Gradually, Salerno learned that interdependence is what it's all about. "I found that people really want to help, if you let them," he says. "The key is to make it fun and not a burden by having a whole little army of helpers."

During his residency, Salerno relied on a team of physicians' wives who escorted him on hospital rounds. ("It helped me, and it helped them better understand their husbands' work.") And a group of student nurses took turns reading course work to him.

"You don't work for me, you work with me" - That's what Francis Salerno, M.D., tells Evalene Patten, his administrative secretary. She reads aloud to him and guides him in the cafeteria line, but he makes coffee. "And his memory about his patients is phenomenal," she says.

Continued on next page

How Parents Can Encourage Kids to Be Understanding

■ Be a good role model. When you encounter someone with a disability, treat him or her just like anyone else. Address the person directly and don't act as if he or she isn't there.

■ Encourage your child to include friends with disabilities when planning a party or outing. "Let the kids be the problem-solvers and figure out how they can help Joey go camping," says Deborah Hartman, assistant to the director of instructional support services at Allentown School District. "Kids are great at coming up with novel ideas. While adults tend to stay in the pity mode, kids get right to work on the goal."

■ Talk with your child about what happens in the classroom. Are children with different abilities and backgrounds welcomed and supported? How would it feel to be in their shoes?

■ Expose your child to a variety of people through volunteering.

Everybody gets a shot at the basket when these Allentown School District buddies get together at South Mountain Middle School. Shown (l-r) are Dwayne Nelson, David Schmidt Jr. and Andrew Holovak.
each afternoon as he pedaled his stationary bike.

Salerno learned the use of a cane and other equipment, trained with a guide dog and “lived with other blind people who ran circles around me.” He soon realized that “it’s not what you look like, but how well you function. You build on your strengths and let your weaknesses go.”

Today, his team members at Lehigh Valley Hospital still read aloud to him, although his voice-activated computer helps a great deal. His colleagues also provide visual information during patient exams. But Salerno’s other senses are so keen, he picks up nuances sighted people often miss.

Of course, when he takes off the white coat, Salerno becomes like any other blind man, subject to stares and occasional rudeness. “When people are rude, they’re acting out their own fear,” he says.

For all the limitations, his blindness has in some ways made Salerno more free. “Appearance is no longer a distraction,” he says. “When I was in college I dated some really pretty girls and missed some really beautiful women. Today, I’m not prejudiced by what someone looks like. When a patient comes to me, I see the person inside.”

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**Getting Along With Someone Different**

“Can you move your legs at all?” “How does a spinal cord injury affect your hands?”

These were some of the questions sixth-graders at Bethlehem’s Nitschmann Middle School fired at Mike Walter, former Olympic bicycling hopeful paralyzed when he was struck by a car 22 years ago.

Walter, a staff member at the Lehigh Valley Center for Independent Living (CIL), took part earlier this year in the Common Play Grounds program sponsored by Kids & Community Connection, a collaborative effort working to build supportive communities. The collaboration is a project of Lehigh Valley Hospital and Health Network’s MESH.*

“Children are curious about people with disabilities, and this program allowed them to ask questions and get answers,” says Mark Piedmonte, CIL development coordinator.

Common Play Grounds included a simulated TV show called “What Do You Know About People with Disabilities?”, a poster-essay contest and a resource guide for families, churches and schools.

“Kids with disabilities can feel isolated if they don’t have access to activities,” Piedmonte says. “It’s important to dispel stereotypes, teach kids to see themselves as equals and offer creative ways to make sure they’re included.”

**Want to Know More?** For a copy of the Accessible Activity Resource Guide or more information on Common Play Grounds, call 610-402-CARE.

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*Measurable Enhancement of the Status of Health, a program funded by the Dorothy Rider Pool Health Care Trust**
Healthy Eating the Mediterranean Way
This tasty, easy diet can lower your risk of heart disease and cancer

What do fresh fruits and vegetables, breads, pasta, rice, fish and olive oil have in common?
They're all part of the daily diet of people living in Italy, Spain and other Mediterranean countries—and a recipe for healthy living. Study after study has linked the Mediterranean diet to significantly lower rates of heart disease.

To understand the health benefits, just look at how that region gets most of its fat and protein. “Fish, poultry and beans are the main sources of protein,” says Lehigh Valley Hospital registered dietitian Bill Whipple. “That translates into a diet lower in saturated fat than one based on red meat. The main source of fat is olive oil, a monounsaturated fat that keeps good cholesterol high and lowers bad cholesterol.”

Mediterranean families also eat an abundance of grains, fruits and vegetables, which provide important sources of fiber. Fresh fruits and vegetables are also high in cancer-fighting antioxidants, substances that neutralize the damaging byproducts produced when the body burns oxygen.

The Mediterranean secret to health goes beyond the food, Whipple says. “Physical activity is higher in these countries, and that’s important in preventing heart disease. And red wine, a staple at Mediterranean meals, has been shown to reduce the risk of heart disease when consumed in moderation.”

Want to Know More? For a Mediterranean food pyramid and a sampling of recipes, call 610-402-CARE.

Make the Diet Work for You
The Mediterranean diet is a combination of fresh ingredients, simple preparation and relaxed dining. Here’s how to incorporate it into your meal planning:

- **Replace butter, lard and other animal fats with olive oil.**
- **Limit red meat** to a few times a month. Get your protein from fish, beans and poultry.
- **Don’t limit grains to rice and noodles.** Learn how to cook couscous, bulgur, barley and other interesting grains—and bring them to the center of the plate in place of red meat.
- **Have an interesting variety of fresh fruits and vegetables,** including leafy varieties, in every meal. Explore the produce section of your market.
- **Replace salt or artificial seasonings** with simple ingredients like fresh herbs, capers, lemon or orange zest, and a sprinkling of freshly grated cheese.
- **Dine leisurely** with family or friends in pleasant surroundings.

www.lvhhn.org Healthy You
Understanding Your Teen’s Behavior

It can make you feel ‘shut out,’ but there are good reasons why teens act the way they do.

Whatever happened to that cheerful, straightforward child you raised for 12 years? Suddenly there’s a moody, uncommunicative, spiky-haired stranger in the family, who sleeps until noon and ties up the bathroom mirror for hours on end. Welcome to adolescence.

It can be unsettling, but take heart: much of the behavior parents consider weird is perfectly appropriate during the teen years, say adolescent health specialists like internist Sarah Stevens, M.D., of Lehigh Valley Hospital and Health Network.

“Adolescence is a time of big develop-

Parenting Do’s and Don’ts

Be consistent but not rigid. Especially in divorced families, parental consistency is vital, says Ken Mead, program director of Lehigh Valley Hospital and Health Network’s Adolescent Transitions program. Let teens know what you expect and what they are responsible for—but give them some leeway on the how and when. (Does it really matter if the garbage goes out right now?)

Keep listening. Many parents who think they know how to listen jump in as soon as their son or daughter starts talking. With a teen-ager, listening takes extra patience, says Sarah Stevens, M.D. “Make yourself available. If they’re not in the mood to talk today, they may be tomorrow.”

Pick your battles. So you don’t like the army boots or messy room. Are these things really worth fighting over, in the big picture?

Respect their privacy. This goes beyond the obvious knock before entering the room. “I don’t believe in sneaking through a teen-ager’s purse or dresser,” Stevens says. “If you suspect your child is involved in something dangerous, confront him or her directly—and get help.”

Let them know they’re wanted. Adolescents may sound like they only care about their friends, but they still need Mom and Dad. Give them the option of being part of family functions, says Mead, who enjoyed fishing with his father on Friday nights before going out with his friends.

10 Healthy You Parenting
Signs of Emotional Trouble
Eating disorders, depression, violent tendencies, bipolar disorder (manic depression)—these and other mental health problems can be treated successfully, but left untreated can have tragic consequences including suicide. If your son or daughter shows any of these signs, seek help.

- Withdrawal: loss of interest in activities he or she used to enjoy
- Anxiety, irritability or sadness lasting more than a few days
- Trouble falling asleep or staying asleep
- Feelings of hopelessness or helplessness (“I wish I were dead.”)
- Threats to harm self or others
- Change in appetite, noticeable weight loss or gain
- Loss of energy, fatigue
- Inability to concentrate; drop in grades

Want to Know More? For a list of local adolescent mental health resources, call 610-402-CARE. See page 5 for information on the new Adolescent Transitions facility.

www.lvhhn.org Healthy You 11
"Just the thought of getting out in the fresh air every day energizes me."

George Strawn of Riegelsville started running in his late 40s as a way of keeping the extra pounds off. Today, at age 74, he’s hooked. He logs four miles (two running, two walking) every day.

Even in blistering heat or bone-numbing cold, Strawn loves running outdoors. "If it's snowing, I'll use the treadmill because I'd rather not fall," he says. "But if it's just drizzling, I'm out there!"

As a result, Strawn says, he's much more ambitious than he used to be. He's also lowered his blood pressure and stabilized his weight, in part because he's less hungry when he sticks to his running routine. When he visits the doctor for regular checkups, "my test scores are the same as they were in my 50s or 60s."

Almost anyone can do it, if you build up gradually

As children, we run just for the fun and freedom of it. As adults, we “run” from one responsibility to the next. Wouldn’t it be nice to recapture that sense of delight—and the aerobic benefits that go with it?

Almost anyone who wants to can be a runner, says Mitchell Cooper, M.D., medical director of Lehigh Valley Hospital and Health Network’s Sports Medicine at Muhlenberg. “There are tremendous health benefits to running—or ‘jogging,’ the slower-paced, less competitive version of running,” he says. “These aerobic activities help your heart work more efficiently. They also boost energy, relieve stress, control weight and provide a feeling of achievement.”

Many people take up running only to burn out in a couple of weeks, Cooper says. “The key is to start slowly and build up gradually.” Here are his suggestions for doing it right:

- See your doctor before starting any exercise program if you’re over 50 or have health problems.

- Walk first. If you have no background in active sports and try to jump right into a running program, you’ll probably be hobbling the next day. Cooper recommends that first-timers start with eight straight days of walking, building up from 20 to 30 minutes. Then, follow a program of alternate running and walking (see Want to Know More? next page).
Start slow. Many beginners try to run too fast and wind up with aching muscles and shortness of breath. “Your pace at first should be about the same as a fast walk,” Cooper says.

Wear the right shoes. Get a pair designed for running or walking, with good arch support and a wide, cushioned sole. They’re built differently from tennis or basketball shoes. And replace your shoes when they wear out.

Don’t forget to warm up and stretch. “Begin with a bit of walking or biking to warm up your muscles,” Cooper says. “Then gently stretch your calves, thighs, torso, neck and shoulders. A light stretch after running, too, helps keep muscles limber.”

Avoid hard surfaces. Knees take two or three times more pounding from running than from walking, and concrete just compounds the problem. A cinder track or treadmill is easier on your body.

Watch liquid intake. For longer runs or on hot days, take a water bottle.

Once you get rolling, aim for 30 minutes, three times a week. “It’s the minimum for fitness,” Cooper says. “Even if you decide to do more, it’s a good idea to take a rest day between runs.”

If you’re simply not a runner

“Some people are not able to run because of health problems such as severe arthritis,” says Mitchell Cooper, M.D. Other people just don’t enjoy running. If you’re in one of these categories, you can still stay active—and get many of the health benefits of running—by biking or walking. For an article titled “Walk Your Way to Health” including good places to walk in the Lehigh Valley, call 610-402-CARE.

“I’d never run before, so I never imagined I would be running after surgery.”

At age 31, walker Connie Tworkoski of Hamburg “reached the point where I felt I needed something more.” But she’d had surgery on both feet. Attending a runners’ clinic at Lehigh Valley Hospital—Muhlenberg was just the motivation she needed. “The podiatrist set me up with orthotic shoe inserts,” Tworkoski says, “and it was really encouraging to see beginners older than I was.”

Using a walk-run startup program, she began on a treadmill, where it was easier to monitor speed and distance. Now she ventures out into neighborhood parks and trails. After two months, Tworkoski says, “I like the fact that you get more of a workout in less time with running.”

What would she tell other new runners? “Don’t give up! If you work up slowly, it’s a lot easier than you think.”
Whether you're 30 and just launching your life or 80 and pursuing new dreams, best-selling author and Spirit of Women keynote speaker Gail Sheehy speaks to you in New Passages: Mapping Your Life Across Time.

Her theory: As life expectancy rises, new life cycles are emerging, including a "second adulthood" that begins at age 40. "People are taking much longer to grow up and much longer to grow old," Sheehy writes. "The emergence of a second life cries out for new models, myths, heroines and heroes."

Are you ready to map your life? Get started at this year's Spirit of Women Conference.
Mentoring through tough times

Three years ago, a quartet of women sat in the neonatal intensive care unit (NICU) at Lehigh Valley Hospital, each fearing for the life of her premature infant, unsure if the mother next to her would be willing to talk. When the ice was finally broken, the women fell easily into an old-fashioned "mutual mentoring" relationship.

"In the old days, women would hang laundry and talk," says Michele Shara of Allentown. "We would talk while washing our hands in the NICU prep room or late at night in the hallway."

As they supported each other, they also recognized the need to mentor others in the NICU experience and began a support group.

Each woman has a different valuable experience that can be matched with a mother who needs her specialized guidance. Leanh Graeff of Breinigsville journeyed through the NICU while caring for a 5-year-old son, Colleen Ornosky of Bethlehem was newly married, KerryAnn Williams of Coplay was a single parent and Shara was mothering 1 1/2-pound twins.

Today, there are more than 100 mothers in the group. But a special mentoring bond remains among the four pioneers.

A lifelong learning mentor

A taste of teaching at Penn State's Lehigh Valley campus spurred Nikki Gutgold's dream to pursue a Ph.D. But raising a newborn and a 5-year-old, the New Tripoli woman had a challenging path with no one to guide her.

Then she met Molly Wertheimer, Ph.D., a Penn State professor 15 years her senior. "Learning my goal, Molly immediately asked, 'How can we make this happen?' And she hasn't let go of me since," Gutgold says. When Gutgold's dissertation director became ill, Wertheimer took over. "She gave me piles of time and validated my potential."

Today, the two are writing a pair of books, one about first ladies and the other about Elizabeth Dole. "Throughout history, we see that women seek strength from each other," Gutgold says. "And if we've been mentored, we should do the same for others."

Mother-daughter mentoring

Esther Lee's life experiences have made her a stronger woman, and they've made her daughter, Jessica Lee, stronger, too. Facing challenges as a young African-American woman in the 1960s and 70s, Esther persisted with her goal of "doing it all"—career, quality time with her children and volunteering in her Bethlehem community.

"Growing up, I never saw another woman who was up to her caliber," Jessica says. "She's taught me to stay strong and do more than what's expected. My mom's always been my mentor and always will be."
Esther's secret to being a mother and a mentor? "I'm honest but not judgmental," she says. That's why Jessica has always told her mother "everything and anything. It's true mentoring, and I'm fortunate we have such a special relationship."

Esther Lee (I) has been a lifelong mentor for her daughter Jessica. She recognized her daughter's artistic talent and encouraged her to pursue a career in which she could use that ability. Today, Jessica Lee celebrates her 20th anniversary as a graphic artist at WLVT-Ch 39.

"Women Mentoring Women: Sharing Life's Experiences"
Tuesday, Oct. 10; 7:30 a.m.-9:45 p.m.
Zoellner Arts Center, Lehigh University, Bethlehem

Speeches, workshops, mentor matching and connections for women of all ages

For a conference brochure, call 610-402-CARE.

They're Speaking the Spirit!

The best mentors are those who have been mentored themselves, such as Spirit of Women 2000's speakers listed below.

**Gail Sheehy** (keynote speaker) has changed the way millions of people view life through her series of *Passages* books. The *Silent Passage* addresses the mystery of menopause, and *New Passages: Mapping Your Life Across Time* focuses on courage in adulthood. Her latest book, *Hillary's Choice*, raises fundamental questions for every woman juggling career, family and personal ambition.

**Matilda Raffa Cuomo**, former first lady of New York state, influences the lives of at-risk children through her program Mentoring USA. Her book, *The Person Who Changed My Life*, is a collection of essays by prominent Americans who recall their mentors.

**Kerry Kennedy Cuomo**, daughter-in-law of Matilda Raffa Cuomo, devotes her life to human rights issues. In memory of her late father, Robert F. Kennedy, she established the RFK Center for Human Rights. She is writing a book profiling human rights defenders around the world.

**Peggy Downes Baskin**, Ph.D., *Ilene Tuttle* and two other friends over age 60 found a common yearning to embark on something new that would tap into their experience and talent. In their book, *The New Older Woman*, they engage in conversation with 22 women and provide a new voice for the older generation.
You're on the run and there's no time to cook dinner. You grab a container of leftovers from the refrigerator, open the lid and take a whiff. It smells OK, so it must be safe to eat, right?

"Not necessarily," says Lehigh Valley Hospital and Health Network dietitian Elizabeth Brown. "Food that's bad won't always smell or taste that way. When in doubt, throw it out."

You won't have to play a guessing game each time you dine on leftovers if you take safety precautions when packaging your meals.

"Refrigerate food within two hours of cooking," Brown says. "If the room temperature is 80 degrees or above, refrigerate within one hour."

Also, make sure your refrigerator is set below 40 degrees. "Anything higher than that can allow bacteria to grow," Brown says. "Keep a thermometer inside your refrigerator to ensure the proper temperature."

Finally, label and date all containers, and post leftover guidelines (see below) on your refrigerator.

Want to Know More? Nausea, vomiting and diarrhea are common symptoms of both food poisoning and the flu. How can you tell the difference? For a fact sheet, call 610-402-CARE.

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Chart from The American Dietetic Association

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Pregnant with her first child, Gail Rolls, 28, of Emmaus was eager to experience her "dream" birth. "I thought, 'I'm young, I'm fit, I'll have an easy labor. I won't even ask for pain medication,'" she says.

What actually happened is another story. Hit with two "really painful" contractions every 30 seconds, Rolls opted for epidural anesthesia. Then, after pushing for 2½ hours with no progress, she had another surprise: the news that she would deliver by Cesarean section. "I never thought I would need a C-section," she says.

Like Rolls, most mothers don't know they'll have a Cesarean birth until they're well into labor, says Lehigh Valley Hospital and Health Network obstetrician Patrice Weiss, M.D. "Most frequently, we go this route because labor slows down or stops, or the baby moves into an unsafe position or experiences distress such as not getting enough oxygen," Weiss says.

Cesarean section is the most common surgery performed today, but the decision is not made lightly, Weiss says. "The chances of infection, excessive bleeding and other complications are six times greater than with vaginal birth. However, Cesareans save the lives of babies who can't safely be delivered vaginally."

Knowing that, Rolls wasn't disappointed about not experiencing her ideal birth. "We tried to make it feel natural and walk her through exactly what was happening," says Weiss, who delivered Rolls' son.

Rolls was awake during the birth and shared the experience with no progress, she had another surprise: the news that she would deliver by Cesarean section. "I never thought I would need a C-section," she says.

Although Gail Rolls' Cesarean birth was unexpected, she wasn't uneducated about the process. "It was easier for me to accept because I learned about it in Lamaze class, and both my sisters had wonderful experiences with C-sections," she says.
Experience

Mother and baby doing fine—Gail Rolls and son Nathan are both in tiptop shape eight weeks after his Cesarean birth.

with her husband, Gary. "I was able to kiss my baby and stroke his face immediately after birth and breastfeed him in the recovery room," she says. "I experienced it all."

Even considering the six weeks it took to recover, Rolls says she would gladly deliver her next child by Cesarean. But chances are she won't have to. The saying "once a C-section, always a C-section" no longer holds true.

"Twenty years ago, large vertical uterine incisions were routine and posed a great risk of tearing (uterine rupture) in a later vaginal birth," says Lehigh Valley Hospital and Health Network perinatologist Orion Rust, M.D., who cares for high-risk pregnancies that sometimes warrant a C-section. "Today, uterine rupture is a rare event with the smaller, stronger horizontal uterine incisions being utilized in most circumstances. We always encourage vaginal delivery if mother and baby are healthy."

Even if you're not expecting a C-section, Rust says, prepare for the possibility through childbirth education classes, books, web sites and discussion with your health care provider. "Carry a list of questions with you to the birth, too," he says. For example: Will alternatives be tried before resorting to a C-section? What type of incision will be made? Can my partner stay with the baby when I can't? Will I be able to breastfeed my baby?

And remember, Weiss says, "The way a baby is born is not important. It's the way you love and care for the child that matters." ●

Facts About Cesarean Birth

- Twenty percent of mothers have Cesarean sections each year due to failed labor, a baby too large for vaginal delivery, a poorly positioned baby, a maternal health problem, multiple births, an emergency or a repeat operation.

- Eighty percent of mothers can be awake (with epidural or spinal anesthesia) to share the birth experience with their partner and bond with the baby. In emergencies, mothers are asleep under general anesthesia.

- Seventy percent of mothers have successful vaginal births after a Cesarean.

- Cesarean sections help reduce the risk of bladder problems later in life. The stress of a prolonged vaginal birth often damages the pelvic floor, which can contribute to loss of bladder control and vaginal and uterine support problems.

www.lvhhn.org Healthy You 19

Went to Know More? For more details on Cesarean delivery including a list of recommended books and web sites, call 610-402-CARE.
As many as 40 percent of women treated for breast cancer will later develop lymphedema, the accumulation of lymphatic fluid in the arm. Lymphedema causes swelling, pain and discomfort. But taking the appropriate steps can minimize the symptoms and in some cases even prevent the problem, says occupational therapist Holly Ehrenfried of Lehigh Valley Hospital—Muhlenberg.

Most cases of lymphedema occur after radiation or surgery destroys or injures lymph nodes—in the case of breast cancer, those in the armpit area. Lymphatic fluid circulates throughout the body. When lymph nodes are removed, the body can’t adequately filter the fluid, so it thickens and settles in the arms or legs. While it is most common after breast cancer treatment, lymphedema also affects men and women treated for colon, bladder, prostate and other cancers.

"Its onset is usually triggered by a trauma to the extremity near the removed lymph nodes," Ehrenfried says. Trauma can be caused by bruises, cuts (including scratches from a pet or thorny plant), a blood pressure cuff, or even tight bracelets or clothes. Besides avoiding these triggers, Ehrenfried also recommends a post-surgery exercise program to promote circulation. She also advises taking special precautions when traveling in a pressurized airline cabin.

The most effective treatment for lymphedema is manual lymphatic draining, a gentle medical massage technique that relieves the pressure. This works best when lymphedema is identified early. "Women who have breast surgery should learn to identify and quickly report any abnormal swelling in the arms," says Victor Aviles, M.D., an oncologist at Lehigh Valley Hospital—Muhlenberg.

Many surgeons today are helping reduce the risk of lymphedema by avoiding the routine removal of lymph nodes during surgery, Aviles says. Using a procedure called sentinel node biopsy, they inject dye into the lymphatic system that highlights the path of the cancer, so only the affected nodes need to be removed.

Want to Know More? For detailed information on identifying and preventing lymphedema, call 610-402-CARE.
A New Stroke Treatment

Florida woman comes to Lehigh Valley for pioneering carotid stenting procedure

Elsa Sanchez had shown no symptoms of a stroke. But an ultrasound detected an arterial blockage in her neck known as carotid stenosis. The Florida woman had surgery in 1995 to clear the blockage, but actually suffered a mild stroke during the operation.

This is a risk, although a minor one, says James Jaffe, M.D., interventional radiologist at Lehigh Valley Hospital and Health Network. “There is a 1 percent rate of stroke during surgery to repair carotid stenosis, if it’s the first time the patient is undergoing the procedure,” he says.

Sanchez recovered, then was diagnosed with a similar blockage four years later. Again, she’d had no symptoms. After her earlier experience, Sanchez was against having surgery. “I wanted something new,” she says.

And she found it—at Lehigh Valley Hospital—by watching ABC-TV’s “20/20” program. After seeing a segment on carotid stenosis, Sanchez contacted neurologist John Castaldo, M.D., who was featured in the broadcast.

Castaldo, Jaffe and their colleagues at Lehigh Valley Hospital discussed her situation and determined that an experimental carotid stenting procedure, not surgery, would be the best treatment for Sanchez. She traveled to Allentown. The radiologic team, working through a catheter inserted in her leg, used an angioplasty balloon with stent (a tiny cylinder that keeps the artery open) to widen the artery and improve blood flow.

Sanchez went home the day after the procedure. “It was great! No side effects, nothing,” she says.

Her case illustrates the importance of questioning your doctor about what’s best for you, Jaffe says. “Press your physician for options, even experimental options, to ensure that you have an opportunity to get the best treatment.”

What Are Your Options?

If you have no symptoms of stroke, but an ultrasound shows first-time carotid stenosis, surgery is your best choice, says interventional radiologist James Jaffe, M.D. If the blockage returns (which happens in fewer than 10 percent of all cases), carotid stenting may be the better answer, because scar tissue can make a second operation more difficult. Overall, Jaffe says, surgery has the longer track record. But carotid stenting, while still experimental, usually means a quicker recovery.

Want to Know More? For a complete guide to stroke and other neurological illnesses and injuries, check out the Neurology Care insert in this edition of Healthy You or call 610-402-CARE for a free copy.

www.lvhhn.org Healthy You 21
That dizzy feeling can be due to a variety of causes, all of them treatable.

The room suddenly begins to spin. You feel nauseated, lightheaded...and anxious. Could this be a stroke?

"There’s no need to panic when you feel dizzy," says physical therapist Ethan Hood of the Lehigh Valley Balance and Vestibular Program. "But there is good reason to pay attention to your symptoms. What you’re feeling, which is often termed vertigo, is very common and only rarely due to a serious underlying cause."

Vertigo, Hood says, is typically defined as a sensation of spinning, unsteadiness or unexplained movement. "It’s actually an extremely broad term given to a variety of symptoms. In fact, 15 of every 1,000 people of all ages consult their family doctor each year complaining of feeling unsteady."

What causes vertigo?

Sometimes it’s a problem of the inner ear, says ear-nose-throat (ENT) specialist Robert DeDio, M.D., of Lehigh Valley Hospital and Health Network. Dizziness can result from an inner ear infection, the presence of middle ear fluid, or displaced calcium carbonate crystals in the inner.
A Specialized Program for Balance Disorders

Your vestibular system, located in the inner ear, controls your body's equilibrium. Treating problems of this system is the job of the Lehigh Valley Balance and Vestibular Program, located at Lehigh Valley Hospital—Muhlenberg. The program team includes a consulting ENT specialist and neurologist, physical therapists and a psychiatrist. The first step is to find out what's wrong, using a computerized machine called the Balance Master. "This equipment assesses how effectively the eyes, ears and feet are working together to help control balance," says physical therapist Ethan Hood. "It shows us whether someone is being thrown off by over-relying on one function." The therapist then can focus on improving the patient's impaired functions or helping him or her compensate for deficiencies.

Want to Know More about the Lehigh Valley Balance and Vestibular Program? Call 610-402-CARE. Program staff will provide free balance testing at Seniors' Horizons (see back cover).

www.lvhhn.org  Healthy You  23
The #1 killer of women is no longer only a 'man's disease'.

The day after her 63rd birthday, Marjorie Grimes of Wescosville began to feel lightheaded. Her arms and legs felt so heavy she had trouble moving them. Grimes knew something was wrong enough for a trip to the Lehigh Valley Hospital emergency room. But she was astounded at the diagnosis: a heart attack.

When the emergency doctors asked her to describe her discomfort, Grimes had to tell them there wasn’t any. “I didn’t have any chest pain, tightness or pain in my arms, none of the classic symptoms,” she says. A cardiologist diagnosed her condition and the underlying cause. “I had no idea I had clogged arteries and no idea I was having a heart attack,” she says.

Grimes had an angioplasty, a technique that opens coronary arteries blocked by plaque. She’s doing well now (see photo), and her experience carries an important message to other women.

“Until recently, heart disease was considered a man’s illness,” says Lehigh Valley Hospital and Health Network cardiologist Michael Rossi, M.D. At younger ages, that’s true. Estrogen gives natural protection, putting premenopausal women at far less heart disease risk than men their age, says Rossi’s colleague, internist Gina Karess, M.D.

But as menopause depletes a woman’s estrogen, her risk quickly equals that of men. Today, heart disease is the leading cause of death in women, killing more women than men every year.

“Heart disease can be more difficult to diagnose in women,” says Rossi. “The symptoms can be the same, but they may be more subtle.” (For more information on symptoms, see page 25.)

What’s a health-conscious 50-plus woman to do? For one thing, take your symptoms seriously. “I also encourage postmenopausal women to ask their doctor about estrogen replacement, which may protect against heart disease and osteoporosis,” Karess says. “You should also reduce your heart disease risk through regular exercise, a low-fat diet and quitting smoking.”

Want to Know More? For a heart attack risk questionnaire and a guide to the tests your doctor may use to evaluate you for heart disease, call 610-402-CARE. See page 39 for details on a presentation on women and heart disease.
IS THIS A Heart Attack?
Understand the warning signs of heart disease—and when in doubt, play it safe

For every person who rushes to the emergency room when he feels chest pain, nausea or dizziness, there’s another who shrugs it off as heartburn or muscle spasm. Who’s right?

The warning signs of blocked arteries or a heart attack can be difficult to identify, but it’s better to be safe than sorry, says Michael Rossi, M.D., Lehigh Valley Hospital and Health Network cardiologist. “I would rather send 100 healthy people home from the emergency room than have one person suffer heart damage because he was reluctant to come in,” Rossi says.

Everyone should be familiar with the main heart attack warning signs (see box). Less common warning signs include stomach or abdominal pain; nausea or dizziness without chest pain; shortness of breath and difficulty breathing without chest pain; weakness and fatigue; and palpitations or a cold sweat.

Some of these symptoms are produced by other medical conditions, Rossi says. For example, chest pain may stem from gastrointestinal disturbances such as gas, acid reflux and spasms of the esophagus. Muscle strains and gall bladder disease, too, can cause chest discomfort.

When in doubt, let your doctor check it out. For chest discomfort, you’ll typically receive a physical exam, an electrocardiogram (EKG) and a stress test as screening tests for coronary artery disease. More advanced tests will be ordered if needed.

Want to Know More? For a guide to the tests your doctor may use to evaluate you for heart disease, call 610-402-CARE.

www.lvhhn.org Healthy You 25
Welcome to Vitality Plus!

This membership program from Lehigh Valley Hospital and Health Network provides you with health education, special events, discounts, hospital amenities and more.

There are two ways to join Vitality Plus...

1. **GOLD Membership** at $20 a year (individual or couple) gives you the full range of program benefits.
2. **Community Membership** at no cost gives you a sampling of benefits.

See the full summary below. Then choose which type of membership you want and call today for your Vitality Plus membership card. Even for the no-cost Community Membership, you need a card to be able to use your benefits!

To join today, call 1-888-584-PLUS (7587) or use the handy enrollment form on the inside back cover.

**GOLD Member Benefits** $20/year individual or couple

**Health and Education**
- Newsletter
- Exercise classes at reduced rates
- Workshops and seminars at reduced rates or free
- Medical emergency card
- Health plan and insurance claims counseling

**Hospital Amenities**
- Phone card
- Cafeteria coupons

**Social Events**
- Special Vitality Plus events at reduced rates
- Dining club
- Dance lessons at reduced rates
- Volunteer opportunities

**Discounts**
- Long-term care insurance
- Eyewear
- Pharmacy
- Hearing care
- Travel
- Medical equipment
- Local health clubs

**Community Member Benefits** Free

- Newsletter
- Health plan and insurance claims counseling
- Invitations to special events
- Cafeteria discount
- Workshops and seminars
- Local health clubs discount

Vitality Plus is a program of Lehigh Valley Hospital and Health Network in partnership with participating physicians.
Herb Simonson of Ottsville is the picture of vitality after treatment for prostate cancer. Read his story, next page.
Prostate Cancer Update

As one man's case illustrates, the prognosis is good today thanks to early detection, new treatment options.

A year shy of 70 and in otherwise good health when he was diagnosed last year with prostate cancer, Herb Simonson of Ottsville was given three options: have his prostate removed, have it treated with radiation or have radioactive seeds implanted in the walnut-sized gland.

After weighing his chances for recovery against the rigors of surgery and the possible side effects—urinary, sexual and bowel problems—Simonson opted for radiation. "I wanted to keep working, I didn't want to wear a diaper and I didn't think sex would be possible if I had surgery," he says.

Radiation worked for Simonson. He continued his full-time job as a cabinetmaker, bothered only by some weight loss and diarrhea that he corrected through diet. Today, his cancer is gone.

While surgery offers the best long-term cure for prostate cancer, radiation is often preferred for men age 70 and over. It's just as effective for the five to 10 years following treatment and has milder side effects, says Joseph Trapasso, M.D., director of urologic oncology at Lehigh Valley Hospital and Health Network. "Ultimately, it's the patient's choice," he says. "Many men don't want to risk incontinence or erectile dysfunction, but they have to weigh that against the risk of the cancer coming back."

Side effects of surgery

Impotence occurs in 30 to 50 percent of men (depending on their age) who have their prostate removed, but surgeons have improved their ability to remove the prostate without damaging the...
nerves that control erections. New treatments may improve the odds even further.

"Immediately after surgery, we're giving men medications that expedite the return of erections," Trapasso says. "It appears that the early restoration of erectile function helps promote spontaneous erections later. The results so far are very promising."

Trapasso, the only urologic oncologist in the region, says doctors are making similar progress in lowering the risk of incontinence. Loss of bladder control affects about half of men for a few weeks after surgery and is permanent in less than 5 percent of cases. Through biofeedback, medication or collagen injections, doctors are investigating whether restoring continence right after surgery can reduce the risk of permanent damage.

**Side effects of radiation**

For men with early-stage prostate cancer, brachytherapy—radioactive seed implantation—provides effective treatment and the fewest side effects. This treatment implants radioactive seeds in the prostate through tiny incisions, destroying the cancer with little risk of incontinence and about half the risk of impotence, Trapasso says. The long-term effectiveness of brachytherapy is still being studied.

With standard external-beam radiation treatment, doctors have improved cure rates by injecting men with hormones at the start of the seven-week daily process and then again at the midway point. The hormones debilitate the prostate cancer cells, Trapasso says, making them more susceptible to the radiation.

Radiation affects not only the prostate itself but also the nearby nerves connected to the bladder and rectum. This creates a risk of rectal and urinary bleeding and causes temporary incontinence in 5 to 10 percent of men, but virtually no permanent incontinence. While impotence often doesn't occur for the first year or so after radiation, the long-term risk is 5 percent.

**Early detection**

One of the most significant developments in the battle against prostate cancer is the PSA (prostate specific antigen) blood test, which detects cancer at its earlier stages and makes treatment easier.

"The ability to detect cancer through a rectal exam always has been marginal, but the PSA is finding cancers much earlier—those we might not have found otherwise until the cancer was incurable," Trapasso says. "It has revolutionized early detection and notably improved survival." Trapasso recommends annual PSA tests beginning at age 50, or earlier for African-Americans and those with a family history of prostate cancer.

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**If You Need Help**

Deciding on Treatment

When men are diagnosed with prostate cancer and faced with treatment decisions that can change their lives, they often seek a second medical opinion, says urologic oncologist Joseph Trapasso, M.D. If they live in the Lehigh Valley, that once meant traveling to New York City or Philadelphia. Now, the region's first urologic second opinion service is open at Lehigh Valley Hospital—Muhlenberg, helping those diagnosed with prostate and other urologic cancers.

"We have a urologic oncology surgeon, medical oncologist and radiation oncologist present, as well as a radiologist and pathologist when necessary," Trapasso says. "Together, we discuss the case and render a consensus opinion to help the patient make the best treatment decision."

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Want to Know More? For details on the PSA test or information on the urologic second opinion service (see “If You Need Help,” above), call 610-402-CARE.

[www.lvhhn.org](http://www.lvhhn.org) Healthy You 29
"I was afraid I'd break a bone if I exercised," says Johanna Kerbaugh of Easton, who discovered at age 64 that she had severe osteoporosis. Kerbaugh signed up for Staying Strong—her first-ever group exercise program. As the photo shows, she's feeling great.

Want an exercise that helps your heart as well as your muscle tone, bone density and flexibility? The right strength-training program can do it all, says Greg Salem, director of Healthy You programs for Lehigh Valley Hospital and Health Network.

"Traditionally, we thought you needed straight aerobic exercise for your heart and strength training for muscles and bones," he says. "New research shows that a carefully planned and instructed strength-training workout also improves heart (cardiovascular) health." Now, you can get that workout through two new programs:

A gentle approach
If you haven't been active or are coping with health problems, Staying Strong is the program for you. It's a gentle, rhythmic workout of both upper and lower body, with music to help keep you motivated. "We use light hand weights and focus on improving muscle tone and range of motion," Salem says. "Many participants have arthritis or osteoporosis, and we've seen vast improvements in joint flexibility and muscle strength."

Staying Strong
Two 60-minute classes a week for six weeks — $36
Available at Treskeltown.
(For details, see page 36.)

PUMP
One intensive 60-minute class a week for six weeks — $55
Available at Treskeltown, day and evening option.
(For details, see page 37.)

An intensive workout
PUMP is for those who want a more intensive, athletic workout—with music, instruction and lots of motivation. "Essentially, it brings the weight room into the group fitness room," Salem says. "We use adjustable barbells to work every major muscle group. You can change your body definition by increasing the intensity of the weights."

Teachers for both programs are certified group fitness instructors with backgrounds in exercise science.

Want to Know More? For details on either class or to sign up, call 610-402-CARE.
Don't Let Leg Pain Slow You Down

If you're having leg pain and think it's just part of getting older, think again. The problem may be peripheral vascular disease (PVD). You can learn all about it and get a free screening at Seniors' Horizons (see back cover for details). And today's new PVD services, as Jeanette Smith of Allentown knows, can turn your life around.

PVD is caused by blocked blood flow in the arteries of the legs. It affects tens of thousands of older men and women, especially smokers and those with diabetes, high blood pressure or high cholesterol. The disease can cause pain or swelling, difficulty walking, numbness and skin discoloration.

Smith, 76, had almost all those symptoms. "They couldn't even feel a pulse in my ankles," she says. Her problem reached the crisis point one day when she was walking the block to her neighborhood seamstress' house. "The pain grabbed me so badly I had to sit down on the curb, and I almost cried," she says. Tests revealed several blockages in her legs. But due to other chronic health problems, she was not a candidate for surgery to relieve the condition.

Medications helped, but what Smith really needed to improve her circulation was exercise—the very thing that caused her pain. Then she heard about the rehabilitation program at Lehigh Valley Hospital-Muhlenberg's Vascular Center. With help and constant monitoring from nurse practitioner Connie Molchany, she started walking on a treadmill twice a week, stopping and elevating her leg each time there was pain.

"My blood pressure's gotten better, they're getting pulses in my ankles and I can walk farther now," Smith says.

Molchany encourages anyone with leg pain, especially pain when walking, to be screened for PVD. "We have great medications, excellent new surgical techniques and a rehab program that can get you started on the road to recovery," she says.

Want to Know More? For information about PVD or about the Vascular Center, available at Lehigh Valley Hospital's Cedar Crest and Muhlenberg sites, call 610-402-CARE.

www.luhs.org Healthy You
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### November

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- Exercise for Life  
  See page 36
- Fountain of Youth  
  See page 38
- Osteoporosis Lecture Series  
  See page 39
- Focus on Eye Health  
  See page 41
Healthy You
Health Improvement Classes

Registration required
Class space is limited. You must register in advance for classes. Call 610-402-CARE or see the registration form inside the back cover for other ways to register. Healthy You Programs reserves the right to cancel a program or class due to insufficient enrollment. Full refunds will be issued within 30 days.

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Vitality Plus
Age 50-Plus

Treatment for Leg Pain NEW
If you have leg pain that begins when you walk and stops when you rest, you may have peripheral vascular disease (PVD). Learn about diagnosis and treatment to help decrease your risk for heart attack and stroke.
Free
• Thursday, Sept. 14; 7-8 p.m.
Class meets at MUH, Banko Center.
Darryn Shaff, M.D., radiologist

Prostate Cancer Progress NEW
Here is an opportunity to understand more about prostate changes and the latest information on what you need to know about prevention, diagnosis and treatment options for prostate cancer.
Free
• Wednesday, Sept. 27; 6:30-7:30 p.m.
Class meets at CC, Morgan Cancer Center,
Rooms 1A and 1B.
• Thursday, Oct. 12; noon-1 p.m.
Class meets at 17, Auditorium.
Joseph Trapasso, M.D., urology oncologist

Vitality Through Movement NEW
Discover the vitality, joy and freedom in movement and dance. This one-day special event for folks over 50 will focus on the therapeutic benefits of movement and dance to recapture positive energy and attitude.
$10
• Wednesday, Oct. 25; 10:30-11:45 a.m.
Class meets at MUH Banko Center,
Rooms 1 and 2.
• Wednesday, Oct. 25; 2:30-3:15 p.m.
Class meets at TX.
Audrey Bielak, dance therapist and instructor

SENIORS' HORIZONS
The Lehigh Valley's information and entertainment fair for people 50 and over
FREE admission
Thursday, Sept. 28; 10 a.m.-8 p.m.
Friday, Sept. 29; 10 a.m.-4 p.m.
Agricultural Hall
17th & Chew Streets, Allentown
Celebrating our seventh year.

To register, call 610-402-CARE
Healthy You
Vitality Plus in partnership with Penn State Lehigh Valley offers computer classes at the Fogelsville campus. All fees include textbook. Vitality Plus GOLD members receive a discount on the following classes:

**Introduction to the Internet**
Basic knowledge of the Internet, e-mail and the World Wide Web. Learn Internet terminology, how to connect to the Internet and use of the Web.
2 sessions
- $50, Vitality Plus GOLD members
- $65, others
- Friday, Oct. 20 & 27; 10 a.m.-noon

**The Web for Seniors**
Learn to browse and search the Web and discover senior-specific news and views. Introduction to the Internet is recommended.
2 sessions
- $50, Vitality Plus GOLD members
- $65, others
- Friday, Nov. 3 & 10; 10 a.m.-noon

**Computer Basics I**
This hands-on, user-friendly course is designed for those with little or no computer experience. Topics include how computers work, computer technology, hardware and software, and using Windows.
2 sessions
- $50, Vitality Plus GOLD members
- $65, others
- Friday, Sept. 15 & 22; 10 a.m.-noon

**Computer Basics II**
Designed for students who have the basic skills taught in Computer Basics I (recommended, but not a prerequisite). Learn how to work with files on a floppy disk (creating, saving, naming, opening and closing), font functions and editing techniques.
2 sessions
- $50, Vitality Plus GOLD members
- $65, others
- Friday, Sept. 29 & Oct. 6; 10 a.m.-noon

Students will benefit from Penn State Lehigh Valley's state-of-the-art library providing access to print and electronic resources including the Internet. The campus is located at 8380 Mohr Lane in Fogelsville. To register or for more information, call 610-285-5058. Have your Vitality Plus membership card handy. Refunds only if cancellation made seven days before the class begins.

**55 Alive**
Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Reduce your risk of accidents and save money on your auto insurance. A community education service of Lehigh Valley Hospital's trauma department.
- Vitality Plus GOLD members, Free;
- Non-members, $10
- (check made payable to AARP)
- Tuesday & Thursday, Sept. 12 & 14; 9 a.m.-1 p.m.
- Classes meet at 17, School of Nursing, Auditorium.
- Wednesday & Friday, Nov. 15 & 17; 12:30-4:30 p.m.
- Classes meet at MUH, Banko Center, Rooms 1 and 2.

**Your Future in Social Security**
What benefits can you expect when you retire? Social Security experts explain how the program works, how monthly payments are computed and what the future holds. Bring your questions!
Free
- Thursday, Sept. 21; 7-9 p.m.
- Thursday, Nov. 16; 7-9 p.m.
- Class meets at 17, Auditorium.
- Thursday, Oct. 19; 7-9 p.m.
- Class meets at MUH, Banko Center, Rooms 1 and 2.

34 Healthy You Classes
Legs for Life Screening

If you are over 50 and your legs hurt when you walk, you may have peripheral vascular disease (PVD). A fast and painless screening could help you know. Participants must fill out a questionnaire, and blood pressure measurements will be taken in the arm and ankle. Appointments are required. To register, call 610-402-CARE.

Free
- Monday, Sept. 25; 8-9 p.m.
  Screening at TX.
- Tuesday, Sept. 26; 8 a.m.-noon
  Screening at MUH.
- Wednesday, Sept. 27; 9-9 p.m.
  Screening at CC.
- Thursday, Sept. 28; 10 a.m.-2 p.m.
  Screening at MUH, Banko Center, Rooms 1 and 2.
- Friday, Sept. 29; 10 a.m.-2 p.m.
  Screening at Seniors’ Horizons.

Healthy Eating

The Phytochemical Revolution NEW

They aren’t vitamins or minerals, so what are they and why should you be eating them? Phytochemicals are the new nutritional frontier showing promise as possible disease fighters. Learn how to reap the potential benefits from a plant-based diet.

$10
- Monday, Sept. 25; 8:30-7:30 p.m.
  Class meets at 17, Auditorium.
- Wednesday, Oct. 18; 6:30-7:30 p.m.
  Class meets at MUH, Banko Center,
  Rooms 1 and 2.
  Amy Virus, registered diettitian

Reinventing Meals With Soy

Soybeans are among the most versatile foods in the world. Learn about the variety of soy products and the health benefits of including them in your diet. Taste-test soy for the first time or introduce yourself to some new products.

$15
- Tuesday, Sept. 19; 6:30-8 p.m.
  Class meets at CC, Classroom 1.
- Wednesday, Nov. 8; 1-2:30 p.m.
  Class meets at MUH, Banko Family
  Community Center, Rooms 1 and 2.
  Amy Virus, registered diettitian

Eating to Lower Your Cholesterol

Is your blood cholesterol too high? Understand the contributing dietary factors, and learn food preparation tips and recipes for more heart-healthy living.

$5
- Monday, Oct. 9; 10:15-11:15 a.m.
- Thursday, Nov. 9; 7-8 p.m.
  Class meets at TX.
A health readiness questionnaire is required for all participants in the Exercise and Movement classes.

Workouts for the purpose of improving health

Staying Strong
Strength-building, resistance training and range-of-motion activities improve muscle tone and slow down the loss of bone density. This exercise prescription will improve the effects of arthritis and osteoporosis.

12 classes for 6 weeks • $36
• Wednesdays and Fridays, Sept 6; 10:15-11:15 a.m. (first session)
• Wednesdays and Fridays, Oct 25; 10:15-11:15 a.m. (first session)

Classes meet at TX.
Instructed by certified exercise specialists or personal trainers.

"Exercise for Life" Classes for Adults
If you’ve neglected physical activity, these classes are a great way to get started. Offered at various times; for information, call 610-402-CARE.

Thirty "Healthy" Minutes Classes
Thirty-minute classes can lower blood pressure, reduce cholesterol, help prevent osteoporosis, heart disease and adult-onset diabetes, improve heart attack recovery and ease arthritis.

Sixty "Fitness" Minutes Classes
Move up to 60 minutes and you'll improve heart/lung capacity for more energy, build up lean muscle, stretch your limits and improve well-being.

Monthly fees:
$22 for unlimited 30-minute classes at any location ($18, Vitality Plus GOLD members)
OR
$29 for unlimited 60-minute classes at any location ($24, Vitality Plus GOLD members)

Locations:
• Health Center at Trexlertown
• Lehigh Valley Hospital—Muhlenberg
• Whitehall Township, Zephyr Park

Workouts for the purpose of enriching the body, mind and spirit

Mat Essentials NEW
This progressive series of mind-body exercises accommodates all fitness levels to increase strength, flexibility and balance of the body. The non-impact approach is derived from classic disciplines such as yoga, dance and sports rehab conditioning.

6 classes • $55
• Tuesdays, Sept 5; 10:15-11:15 a.m. (first session)
• Wednesdays, Sept 6; 8-9 p.m. (first session)

Classes meet at TX.

Gentle Yoga
Your health will benefit from breathing, stretching, strengthening and destressing. The focus is to relax and to go at your pace with this yoga.

6 classes • $48
• Mondays, Sept 11; 8:15-9:30 p.m. (first session)
• Mondays, Oct 30; 8:15-9:30 p.m. (first session)

Classes meet at MUIH, Banko Center, Rooms 1 and 2.

Vigorous Yoga
Expand your practice of hatha with a series of intense yoga postures done in succession. This class can help develop strength as well as flexibility.

6 classes • $48
• Mondays, Sept 11; 8-9:15 p.m. (first session)
• Mondays, Oct 30; 8-9:15 p.m. (first session)

Classes meet at TX.

Everyday Tai Chi
Slow graceful movements improve balance, strengthen legs and regulate blood pressure. Tai Chi is especially suitable for the health-conscious and/or those with busy lives who want to relax.

6 classes • $48
• Mondays, Sept 11; 10:15-11:30 a.m. (first session)
• Tuesdays, Sept 12; 6:45-8 p.m. (first session)
• Mondays, Oct 30; 10:15-11:30 a.m. (first session)
• Tuesdays, Oct 31; 6:45-8 p.m. (first session)

Classes meet at TX.
**Health Screenings**
For information, call 610-402-CARE.

**LEHIGH VALLEY MALL—**
upper level
Blood Pressure Screenings-Free

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**Body Rolling**
This is a non-exercise class, combining the relaxing, pleasurable effects of massage with the toning effects of exercise. You will release tension, stretch muscles, increase blood flow and promote healing.

- 6 classes • $55
  - Thursdays, Sept. 21; 9-10 a.m. (first session)
  - Fridays, Sept. 22; 5:30-6:30 p.m. (first session)
  - Thursdays, Nov. 9; 9-10 a.m. (first session)
  - Fridays, Nov. 10; 5:30-6:30 p.m. (first session)

Classes meet at TX.
- Mondays, Sept. 11; 5:30-6:30 p.m. (first session)
- Mondays, Oct. 31; 5:30-6:30 p.m. (first session)

Classes meet at MUH, Banko Center, Rooms 1 and 2.

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**Fundamentals of Tai Chi**
An introduction to the basic movements and techniques of everyday Tai Chi. Realize for yourself the many benefits of this ancient art of moving: improved balance and coordination, increased muscle mass and endurance. Wear comfortable clothing. $20

- Saturday, Oct. 14; 11 a.m.-12:30 p.m.

Class meets at TX.

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**Yoga Moves**
This class for novice students provides safe and gentle exercise with an emphasis on stretching. You can reduce anxiety, improve circulation, build muscle and enhance well-being. Bring a pillow and blanket.

- 6 classes • $39
  - Thursdays, Sept. 14; 6:45-7:45 p.m. (first session)
  - Thursdays, Nov. 2; 6:45-7:45 p.m. (first session)

Classes meet at TX.
- Tuesdays, Sept. 12; 6:30-7:30 p.m. (first session)
- Tuesdays, Sept. 12; 7:45-8:45 p.m. (first session)
- Tuesdays, Oct. 31; 6:45-7:45 p.m. (first session)

Classes meet at MUH, Banko Center, Rooms 1 and 2.

---

**Workouts for the purpose of athletic challenge**

**PUMP**
This cutting-edge group workout will strengthen your body and produce incredible results. PUMP uses a variable of light barbell and selected weight plates to work every major muscle group in the body. Designed for all ages and fitness levels.

- 6 classes • $55
  - Saturdays, Sept. 9; 9:45-10:45 a.m. (first session)
  - Wednesdays, Sept. 13; 6:45-7:45 p.m. (first session)
  - Wednesdays, Nov. 1; 6:45-7:45 p.m. (first session)
  - Saturdays, Nov. 4; 9:45-10:45 a.m. (first session)

Classes meet at TX.

---

**Cardio Kickboxing**
Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance and cardiovascular power. Wear loose clothing that allows freedom of movement.

- 12 classes for 6 weeks • $48
  - Tuesdays and Thursdays, Sept. 26; 8:15-9 p.m. (first session)
  - Tuesdays and Thursdays, Nov. 14; 8:15-9 p.m. (first session)

Classes meet at TX.

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To register, call 610-402-CARE Healthy You 37
Mind and Body

Discover Your Fitness Personality *NEW*

Before you put on your sneakers and exercise clothes, learn to better understand your preferences. Knowing your character will help you make better exercise choices designed especially for you.

$10
- Monday, Sept. 18; 7-8 p.m.
- Class meets at TX.
- Monday, Oct. 9; 7-8 p.m.
- Class meets at MUH, Banko Center, Room 4.
- Gregory Salem, certified lifestyle counselor

Fountain of Youth *NEW*

For thousands of years these simple movements designed to slow the aging process were shrouded in secrecy by the Tibetan monks. Join us as we share these five movements in theory and practice. Wear comfortable clothing.

$20
- Saturday, Sept. 23; 11 a.m.-12:30 p.m.
- Class meets at TX.
- Synthia and Michael Angelone, Tai Chi instructors

Reflexology Workout *NEW*

These hand and foot massage workouts will improve your potential for better health. Reflexology is a simple and noninvasive method for helping the body attain a metabolic balance. Learn and practice three workouts—energy, stress control and rejuvenation.

$15
- Thursday, Nov. 2; 6:45-8 p.m.
- Class meets at MUH, Banko Center, Room 4.
- Scott E. Pellington, certified massage therapist

Massage Therapy

Partner Massage - The Joy of Touch *NEW*

Giving and receiving a massage is a wonderful way for couples and friends to express love and caring for each other. This workshop will improve how you relate with one another. Bring a pillow and blanket.

$35 per couple
- Saturday, Oct. 7; 1-3 p.m.
- Class meets at TX.
- Scott Pellington and Mary Vireb, certified massage therapists

Seated Chair Massage

Using a portable massage chair, our therapists will massage the head, neck, shoulders back and arms.

$20 per 15 minutes
- Sessions held at TX.

Foot Massage

A systematic massage of the feet concentrating on the reflex points to balance energy and reduce stress. Stretching, range-of-motion, compression and Swedish massage are used.

$35 per half-hour
- Sessions held at TX, MUH-Atria, CC-Jaindl Pavilion and 2166.

Aroma Massage

A light massage of the back using aromatic oils, moist heat and Swedish massage. The four types of oils used will promote relaxation, stress relief, invigoration or meditation.

$35 per half-hour
- Sessions held at TX.

Individual Massage Therapy

Massage therapy improves circulation, relaxes the muscles and soothes the body and mind. It’s a great way to nurture yourself.

$35 per half-hour session
$50 per one-hour session
$70 per 90-minute session
- Sessions held at TX, MUH-Atria, CC-Jaindl Pavilion and 2166.
- All massages provided by certified massage therapists.

MASSAGE MADNESS

September
Back to school special - save $5 on a 60-minute massage.

October
Fall is back! Rest your feet and save $5 off any foot massage.

November
Beat the holiday stress - save $5 off a 90-minute massage.
For more information, call 610-492-CARE. Does not apply to gift certificates.

Healthy You Classes
Osteoporosis Lecture Series **NEW**

**Therapeutic Exercises for Osteoporosis**
Discover safe and helpful ways to move when you're dealing with osteoporosis.
Free
- • Thursday, Sept. 7; 7-8 p.m.
  Class meets at CC, Room 1.
  Jamie Giannidis, physical therapist

**Nutritional Needs in Osteoporosis**
Prevention and treatment options for all ages—learn more about what you can do to improve your chances for a healthier life.
Free
- • Thursday, Oct. 5; 7-8 p.m.
  Class meets at 17, Auditorium.
  Carol Greenlee, M.D., endocrinologist
  Jane Zierler, registered dietitian

**Treating Osteoporotic Compression Fractures**
Learn about the physiology of osteoporotic compression fractures, how to manage them and new treatment therapies.
Free
- • Tuesday, Oct. 17; 1-2:15 p.m.
  Class meets at TX.
  Robert Wertz, M.D.

Women's Fitness: Walking/Running **NEW**
Join this informative workshop to determine what is the right activity for you—how to build up safely, stretching, injury prevention, the importance of water and proper nutrition, and proper-fitting shoes. Includes a Q & A session and door prizes.
Free
- • Tuesday, Sept. 19; 7-9 p.m.
  Class meets at CC, Auditorium.
  Sarah Stevens, M.D.
  Mitchell Cooper, M.D.
  Brian Boyle, physical therapist
  Chris Schmidt, certified podiatrist,
  running shoe store owner

**Beating Incontinence** **NEW**
One in three women deals with incontinence or lack of bladder control. Learn ways to help regain control and improve your quality of life.
$5, includes lunch
- • Thursday, Oct. 19; noon-1 p.m.
  Class meets at TX.
  Kathleen D. Post and Debra A. Richartz,
  certified registered nurse practitioners

**The Heart of a Woman’s Health** **NEW**
The number-one killer of women is heart disease and it can strike at any age. You can take charge of your health with lifestyle changes to reduce your risk. Discussions include risk profile, warning signs—recognizing and responding—what you can do to make a difference.
Free
- • Thursday, Oct. 19; 7-8 p.m.
  Class meets at CC, Auditorium.
  D. Lynn Morris, M.D., cardiologist
**Men’s Health**

**Impotence—New Medical Options**

Impotence affects 10 to 20 million men in the United States. Learn about the causes and treatment options available for impotence.

- $5, includes lunch
  - Thursday, Nov. 9, noon-1 p.m.

Class meets at TX.

Kathleen D. Post and Debra A. Bielzaty, certified registered nurse practitioners

**Snoring or Sleep Apnea?**

Learn the difference between snoring and sleep apnea, a potentially life-threatening disease. Discussion will include causes, surgical and non-surgical treatment options, and a demonstration of new equipment by Health Spectrum Medical Products.

Free
  - Thursday, Sept. 21; 7-9 p.m.

Class meets at CC, Auditorium.

John P. Guldston, M.D., and Richard J. Strobel, M.D., certified sleep specialists

**Childbirth and Newborn Care**

**Maternity Tours**

Expectant parents/family members can tour the Center for Mother and Baby Care at Lehigh Valley Hospital, Cedar Crest & I-78. Adult and sibling tours are available.

For dates, times and locations, call 610-402-CARE.

**Prepared Childbirth (Lamaze) Series**

Information about relaxation and Lamaze breathing techniques, stages of labor, medications, Cesarean birth, feeding options and caring for your newborn.

- $90

For further information, call 610-402-CARE.

**Breastfeeding Classes**

Get off to a good start by understanding breastfeeding and how it benefits your baby.

- $20

For further information, call 610-402-CARE.

**Pregnancy: Options and Choices**

**Nurse-Midwives and Your Pregnancy**

Midwives offer skilled and loving care for new and growing families. Here, they describe how they work and answer questions such as how to reduce your risk of Cesarean section, how to avoid an episiotomy, and more.

Free
  - Wednesday, Oct. 18; 7-8 p.m.

Class meets at CC, Classroom 2.

Cindy Dodamore, Laurice Donning, Kerri Hoyt, Tina London, Carole Manspeaker, certified nurse-midwives

**Healthy You Classes**
Health and Safety

Introduction to Herbal Remedies **NEW**

Have you considered incorporating herbs and related products into your health care routine? Learn about their therapeutic effects and precautions when mixing them with conventional medications. Participants receive a copy of *Tyler’s Honest Herbal: A Safe and Sane Guide to the Use of Herbs and Related Remedies*.

- **$25** includes workshop materials
  - Monday, Oct. 16; 7-8 p.m.
  - Class meets at TX.
  - Christopher Moore, registered pharmacist

Disease Prevention and Care

Understanding Irritable Bowel Syndrome **NEW**

As many as 20 percent of American adults are affected by IBS. Women are three times more likely than men to suffer from it. The more you learn about IBS, the easier it is to discuss with your doctor and better manage the pain and other symptoms.

- **Free**
  - Tuesday, Sept. 26; 6:30-8:30 p.m.
  - Class meets at CC, Rooms 1 and 2.
  - Tuesday, Nov. 7; 6:30-8:30 p.m.
  - Class meets at MUH, Banko Center, Rooms 1 and 2.
  - Charles M. Brooks, M.D.

Focus on Eye Health **NEW**

November is “Diabetic Eye Disease Month!” Retinopathy is the most serious eye problem threatening those with diabetes. Gain a clearer perspective of how advances in treatment and prevention offer hope for avoiding serious eye damage.

- **$5**
  - Wednesday, Nov. 8; 7-8 p.m.
  - Class meets at TX.
  - Carol Greenlee, M.D., ophthalmologist
  - Glen Oliver, M.D., ophthalmologist

Putting the Squeeze on High Blood Pressure

Basic lifestyle changes can significantly lower your risk for high blood pressure. Gain motivation and tips to make the changes that could save your life.

- **$5**
  - Thursday, Oct. 12; 9-10 a.m.
  - Wednesday, Nov. 15; 7-8 p.m.
  - Class meets at TX.

**NEW PROGRAMS**

- Weight loss program for those needing to lose more than 50 pounds.
- Living with congestive heart failure

For more information, call 610-402-CARE.
**Stroke** is a "brain attack," cutting off vital supplies of blood and oxygen to the brain cells that control everything we do. A stroke occurs when an artery ruptures or is blocked by fatty deposits or blood clots.

**MS** is a progressive disease that destroys the sheaths surrounding nerves. Its cause is not yet known. Symptoms—including paralysis, muscle weakness, impaired vision and tremors—vary widely, and the disease sometimes stays in remission for years.

**Alzheimer's** is a cause of dementia in older people. It disrupts the way the brain works, affecting memory, thinking and language.

**Parkinson's** affects the brain's ability to control movement, causing tremors, muscle stiffness and loss of motor function. Medications mask some symptoms, and neurosurgery is also used to control tremors.

**Amyotrophic lateral sclerosis**, also known as Lou Gehrig's disease, attacks the nerve cells and pathways in the brain and spinal cord, resulting in progressive weakness and muscle atrophy. Its cause is still unknown, and incidence rises with age.

Background, this page: Brain tissue showing evidence of Alzheimer's disease (see page 11).
Leading edge care is critical.

Conditions of the brain, spinal cord and nerves, like those listed here, are among the world's most mysterious diseases. While we've learned much about conditions like stroke, researchers are still working furiously to find out more—and to solve the puzzles of Alzheimer's, Parkinson's and MS.

At teaching hospitals like Lehigh Valley Hospital, this kind of research is taking place every day—and it has a strong impact on patient care. As you'll read in this booklet, our physicians stay up-to-the-minute on the latest findings and treatments. Our patients can be confident they're receiving the very best medical science has to offer.

If you or someone you love is coping with a neurologic illness or injury, please choose Lehigh Valley Hospital and Health Network.

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**On the cover:** Anne Endres (see page 9) enjoys her daily walk with daughter Roxanne, 12, and poodle Lulu.
"I was talking football on the phone with my grandson, and suddenly I just couldn't get the words out."

When Oliver Moore hung up the phone that day in December 1999 and came in from the family room, his wife, Jean, took one look and called an ambulance. "His face was sagging," she says. "I could tell it was a stroke."

That prompt ambulance call was one of the best moves of Jean Moore's life. Because her husband reached the hospital in the critical first couple of hours of his stroke, he was eligible for treatment with a clot-dissolving drug that's made a big difference for many stroke victims.

"This drug, tissue plasminogen activator, or tPA, has been used for heart attacks for years," says neurologist James Redenbaugh, M.D., who with his partner, Lorraine Spikol, M.D., treated Moore. "Because the treatment window is far shorter for strokes and the potential for side effects more serious, tPA was just approved in 1996 for acute stroke treatment."

By dissolving the clot blocking an artery in the brain, tPA allows blood to flow back into shocked and starving brain tissues before they die. "Research has shown that over time, people who receive tPA have less neurological damage," Redenbaugh says.

The drug is not for everyone: people on blood thinners or with bleeding in the brain are not eligible. But the main reason more stroke victims can't benefit from tPA is that they don't get to the hospital fast enough. "The drug must be started within three hours of the beginning of symptoms," Redenbaugh says.

Oliver Moore was well within that window when he arrived in the Lehigh Valley Hospital emergency department, and a
LOVAR - A Fresh Look at Stroke Prevention

A groundbreaking new research study at Lehigh Valley Hospital aims to find out how well an aggressive program of behavior change measures up against standard therapy in preventing strokes and heart attacks. LOVAR (Lowering of Vascular Atherosclerotic Risk) is the first large-scale study to address this question nationally.

The men and women in LOVAR participate in a customized 12-week preventive medicine curriculum to help them modify their diet, exercise, reduce weight, stop tobacco use, and manage stress, depression and diabetes. To be eligible, you must be age 39 to 79 with demonstrated high risk of stroke or heart attack. For more information, call 610-402-CARE.

Other Stroke Prevention Activities

Working in cooperation with other community groups and agencies, Lehigh Valley Hospital and Health Network has a full range of stroke prevention programs including:

- Lectures and presentations
- Blood pressure screenings
- Smoking cessation classes
- Nutrition and fitness classes
- 402-CARE phone line staffed by registered nurses
- Healthy You magazine
- Health Library and Learning Center at Trexlertown
How Can YOU Prevent a Stroke?

There are several factors that raise your risk of stroke. Some of these you can’t control: for example, age (risk rises after age 55), gender (risk is higher in men), race (risk is higher in African-Americans), and medical history (risk is higher if you’ve had a prior stroke or have a family history of stroke). But you can change, treat or modify many stroke risk factors to maximize the odds for yourself and your family. Here’s how:

**Watch Your Blood Pressure**

High blood pressure (hypertension) is the most important risk factor for stroke. Get yours checked by a qualified health professional at least every two years. Optimal blood pressure is 120/80, but some variation is normal. If your blood pressure is abnormally high, take it seriously and follow your doctor’s treatment plan. Diet and exercise may resolve the problem; if not, there are many good medications.

**Avoid Excess Alcohol**

Excessive drinking (more than one drink daily for women, two for men) can raise blood pressure, contribute to obesity and heart disease, and lead to stroke.

**Stop Smoking**

The nicotine and carbon monoxide in cigarette smoke damage the cardiovascular system in many ways, including raising your risk of a stroke. Smoking is dangerous not only to smokers themselves but to family, friends and colleagues exposed to the smoke.

**Follow a Heart-Healthy Diet and Exercise Plan**

High cholesterol, physical inactivity and obesity affect your stroke risk indirectly by raising your risk of heart disease. Base your diet on low-fat, low-cholesterol foods including five servings daily of fruits and vegetables. Limit fat intake to less than 30 percent of total calories, and keep cholesterol intake below 300 milligrams a day and sodium below 3 grams (3,000 milligrams) a day. Exercise protects your heart by lowering cholesterol and blood pressure and
reducing the risk of obesity and diabetes. Aim for at least 30 minutes of aerobic activity at least three times a week. A brisk walk is fine.

For a detailed article on high blood pressure from Healthy You magazine, call 610-402-CARE.

Facts About Stroke

- Stroke is the third leading cause of death in America, and the leading cause of disability in adults.
- Lehigh Valley Hospital is in the top 12 hospitals nationally in number of Medicare patients admitted for stroke. In 1999, the hospital treated 796 stroke patients.
- Lehigh Valley Hospital is the only facility in the region granted membership in the Stroke Center Network, a program of the National Stroke Association.

A Leading Stroke Program

“The earlier the medical intervention for stroke, the better the odds of a strong recovery,” says neurologist John E. Castaldo, M.D., co-medical director of the Lehigh Valley Hospital Stroke Unit. Lehigh Valley Hospital has assembled a “rapid response” program geared for fast and accurate diagnosis, immediate treatment and all the care patients need as they recover. Highlights include:

- A skilled and experienced medical team including neurologists, neurosurgeons and specially educated nurses.
- A dedicated inpatient Stroke Unit providing immediate access to special procedures.
- Emergency personnel in the Level I Trauma Center attuned to the needs of stroke patients, with a neurologist on call at all times.
- An excellent Stroke Rehabilitation Program available in Bethlehem at Good Shepherd Muhlenberg Rehabilitation Center. The team includes physical, occupational and speech therapists, physiatrists (physicians specializing in rehabilitation and physical medicine), social workers and others, with support services for patients and families.
"Even though I’ve had multiple sclerosis for 20 years, I lead a full, active life. I may have MS, but it doesn’t have me."

Donna Kunkle of Allentown was an athletic young mother when she first began having problems with staggering and a dragging right leg. “I had no idea what it was,” she says. It took two years of misdiagnoses elsewhere before a series of sharp-eyed Lehigh Valley Hospital physicians sent her to neurologist Peter Barbour, M.D.

To arrive at a diagnosis, Barbour used a myelogram (dye study) and spinal fluid analysis. That painful procedure isn’t always necessary today, thanks to MRI scanning. “MRI has been a major boon in diagnosing multiple sclerosis,” he says, “because it allows us to actually see the plaques, or abnormalities, in the brain which are characteristic of this disease, and to better follow its progress.”

At the time of Kunkle’s diagnosis, her only treatment option was steroid injections. (Today she takes a monthly oral dose.) The steroids “worked wonders,” she says, in relieving the leg pain she’d been suffering. Although there were side effects including weight gain, headache, upset stomach and poor sleep, she was able to remain active.

Eventually, Kunkle had to quit her job as an X-ray technician; she was having too
### A Unique Resource for People With MS

The Multiple Sclerosis Center of the Lehigh Valley offers a full range of services, including some which are leading-edge nationally. "We focus our energy on a combination of patient care, education, research and new program development," says neurologist Alexander Rae-Grant, M.D., director of the Center. "The progress of this disease is unpredictable, but we learn better every day how to minimize its effects and improve the lives of our patients and their families."

Highlights of the MS Center include:
- **Fitness Program** in cooperation with Allentown Sports Medicine and Human Performance Center, one of the few programs in the country dedicated to the unique physical conditions of people with MS.
- **Adult Day Hospital Program** providing daytime care for those with significant disabilities. It's the second program of its type in Pennsylvania.
- **Pain Program** geared specifically to the pain management needs of those with MS.
- **The MS Center** also provides diagnosis counseling and second opinions, psychological care, physical and occupational therapy, eye care, continence treatment and nutritional care.

For more information, call 610-402-CARE or visit the MS Center's web site: www.msc.lv.com.
volunteers have the disease, and we’ve become a support group of fantastic friends. We do a lot of joking and laughing.”

As a counselor, she helps newly diagnosed MS patients get the equipment, resources and personal support they need. “MS typically strikes people in their 30s,” she says. “At that stage you tend to be a young parent just getting going in your career, so there are a lot of issues to deal with.”

Difficult as it may be to cope with a diagnosis of MS, the prognosis is more and more positive today. “There have been dramatic advances in treatment in the last few years,” says Alexander Rae-Grant, M.D., Lehigh Valley Hospital chief of neurology. “Three new medications are literally altering the natural history of the disease, just as insulin altered diabetes. These new drugs reduce the number of attacks and may slow the progression of MS. And we’re studying many other medications in research trials.

Donna Kunkle has followed this news eagerly. She would have loved to be involved in some of the research studies, she says, but twice has just missed the age cut-off. But if she can’t contribute to the war on MS as a research volunteer, she’s certainly doing her part as a positive role model. “Donna is remarkable,” Barbour says, “in the degree of her activity, her energy and her willingness to help other people.”

**Community Partnerships**

Lehigh Valley Hospital and Health Network works closely with many other organizations and community groups to further the health of citizens of our region. One good example is the cooperation between the local chapter of the National Multiple Sclerosis Society and the hospital’s Multiple Sclerosis Center of the Lehigh Valley. While the MS Center takes the lead with clinical care and research, the MS Society provides funding and a national link. Both organizations do educational programs—and they share many dedicated staff members and volunteers, including Donna Kunkle.
When the doctor said he'd found a brain tumor,
I almost fell off my chair. I had a young
daughter, we'd just bought a house—
what was this going to do to my life?

When Anne Endres of Orefield called her family doctor back in December 1998, a brain tumor was the farthest thing from her mind. Endres, 48, had been bothered for years by numbness and tingling in her left hand, especially when she was tired and overworked in her job as a dental office manager. “One day the numbness went all the way from my toes to my cheek,” she says.

Endres was amazed when her physician, Mark Kender, M.D., diagnosed the problem as migraine. “I never get headaches,” she says, “but he told me numbness is another classic symptom.”

Just to be sure, Kender suggested a computerized tomography (CT) scan. When the scan detected a small growth, it didn’t sound particularly alarming. Endres’ real fear began when she got the results of her MRI from neurosurgeon Mark Lester, M.D.

Her tumor—a benign meningioma—was not a large one, and because of its location the chances for complete removal were good. But the words “brain tumor” were devastating to Anne Endres. “I have a half-sister 15 years older than I who had a brain tumor removed as a child,” Endres says. “Technology back in the 1940s was not what it is today, and she was left severely mentally and physically handicapped.”

Surgery was not Endres’ only option with meningioma, Lester says. “These tumors are fairly common and tend to be slow-growing. With the advent of MRI imaging, we’re discovering more of them. The question becomes, what do you do with such a finding?” In an older person, Lester says, the decision might be to watch and wait. But given Endres’ age, the likelihood was high the tumor would eventually grow large enough to be troublesome—and harder to remove.
As she prepared for her surgery, Endres was “extremely anxious.” “I got all the insurance policies into a big box for my husband and wrote, ‘Just In Case’ on top,” she says. “At the last moment I almost backed out. Dr. Lester sat down with me and allayed all my fears. I put my complete faith in him and his ability to do the job.”

Although no brain surgery is completely predictable, the procedure Endres required was a straightforward one, performed dozens of times a year at Lehigh Valley Hospital. “After making an incision in the scalp, we remove a piece of bone, open the covering of the brain and take out the tumor,” Lester says. “We then patch the brain covering with an artificial substance called a dural graft before replacing the bone and closing the scalp.”

“When I opened my eyes afterward and could see and move my hands and feet, it was such a relief!” says Endres. “I was really amazed at how good I felt.” She was in the hospital for a total of two days. Thanks in part to her longtime commitment to fitness, by the next weekend she was cooking dinner and in seven weeks she was back at work. Although she’ll need a followup MRI every two years, the long-term prognosis is excellent.

But while her life is “pretty much back to normal” now, it has a different flavor. “You have a whole new outlook after an experience like this,” Endres says. “I try to invest my time, not waste it—because you just never know.”

A Leading Program in Neurosurgery

While Anne Endres’ surgery was not unusually complex, the neurosurgery team at Lehigh Valley Hospital is capable of highly specialized treatment of benign and malignant brain and spinal tumors, other spinal conditions, brain aneurysms, and head and spine injuries. This team of surgeons and other specialists is the most comprehensive in the region. The neurosurgical program has provided continuous care for more than 25 years. Highlights of the program:

**Stereotactic radiosurgery**, a computerized technique that uses precisely targeted radiation beams from a linear accelerator to treat brain tumors and other conditions. Lehigh Valley Hospital’s program began in 1993 and remains the only such program in the region.

**Image-guided neurosurgery**, a new approach in which neurosurgeons use computerized tomography (CT) scanning or MRI imaging during an actual operation to precisely target tumors and other problems in the brain and spine. This greatly enhances the accuracy and safety of operations for brain tumors and complex spinal disorders.

**Spinal reconstructive surgery**, a highly specialized type of procedure critical in the treatment of spinal cancers.

**Neuroradiology and an experienced angiography team**, whose work is vital in the treatment of aneurysms and vascular brain lesions.

**Neuroscience nurses** whose skill and experience make them regional and national leaders.
I zeroed in on neurosciences very early in medical school. **Something about the brain absolutely fascinated me.**

**Daniel Brown, M.D., spends his days pursuing his fascination with how the human mind works.** He is Lehigh Valley Hospital's full-time neuropathologist, a specialist who evaluates tissue specimens to help in the diagnosis of brain and nervous system disorders.

"Pathologists work behind the scenes," he says. "When you need a biopsy, we're the ones who provide your doctor with the results."

Thanks to Brown's presence on-site, there's very little turnaround time for biopsy results at Lehigh Valley Hospital. "The neurosurgeons can even send a small piece of tissue for a rapid preliminary diagnosis during a surgical procedure," he says.

But this kind of diagnostic work is only the short-term aspect of Brown's career. His real passion is research—specifically, the effort to solve two of medicine's greatest unsolved mysteries, Alzheimer's disease and Parkinson's disease. Brown and a few others around the world have detected an intriguing link between the two.

"There is a group of patients with a type of dementia very similar to classic Alzheimer's, but with subtle differences," Brown says. "For example, they have more visual hallucinations and more fluctuations in mental impairment. They also have a movement disorder similar, but not identical, to Parkinson's."

When researchers like Brown studied the brains of these patients after they had died, they found the abnormal protein deposits, called plaques, typical of Alzheimer's, and also the abnormal inclusions, called Lewy bodies, associated with Parkinson's. "These conditions were paired up more frequently than you'd expect just by chance," Brown says. "It led to a debate about what we were seeing. Was it an overlap of Alzheimer's and Parkinson's, a single new disease or a spectrum of diseases?"

Brown is interested in studying the
effect of Lewy bodies on mental impairment, continuing a line of research on the correlation between abnormal brain deposits and the loss of connections (synapses) between brain cells that can give rise to dementia. "The more we can learn from autopsy studies, the better we'll understand how these brain changes manifest themselves in the patients we're caring for," he says.

It takes months, sometimes years, to launch a research program, and Brown—who just arrived at Lehigh Valley Hospital in mid-1999—is still laying the groundwork for his investigational studies. One challenge is funding. The other problem for all neuroscientists is acquiring an adequate "brain bank." (Americans hear often about the need to donate a kidney or other organ when a loved one dies, but the critical importance of brain donation is much less well known.)

Meanwhile, Brown is serving as assistant professor of pathology at Lehigh Valley Hospital's academic partner, Penn State Hershey Medical Center, and doing his vital job in the Lehigh Valley Hospital pathology lab. He's doing his part to help improve the care of every patient who comes here.

"When you come to an institution like this one, with academic and research ties, there are tremendous benefits to the patient," he says. "Physicians are at the leading edge: they are generally abreast of the latest treatments and research, and continuously reading the literature to try to improve the quality of care. This kind of attitude is part of our job at Lehigh Valley Hospital."

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**Neuroscience Research at Lehigh Valley Hospital**

Researchers here are involved in groundbreaking studies of nearly all aspects of neurology. Here is a sampling of current and recent projects:

**Stroke** – Use of folic acid in stroke prevention; treatments for acute stroke that will improve recovery and quality of life; value of medical management versus surgery for blocked arteries in the neck.

**Epilepsy** – Usefulness of various medications in controlling seizures.

**Parkinson's disease** – Therapies to improve quality of life.

**Alzheimer's and other types of dementia** – Methods of improving memory loss due to stroke and other circulatory problems; use of medications in improving memory loss from Alzheimer's.

**Pain** – Studies of drugs to treat chronic pain of various types including low back pain and diabetic neuropathy.

**Headache** – Study of the oral version of a new injectable drug for migraine.
For people with...

- Alzheimer's disease
- Amyotrophic lateral sclerosis (ALS)
- Brain tumors
- Epilepsy and other seizure disorders
- Headaches
- Imbalance problems
- Multiple sclerosis
- Neuromuscular diseases
- Parkinson's disease
- Sleep disorders
- Spinal cord injuries or complex disorders
- Stroke

Clinical Services

- Coordinated rapid response team
- Level I Trauma Center
- Comprehensive diagnostic services
- Board-certified physician specialists
- Experienced neurosurgical team
- Neurosurgical cerebrovascular specialist
- Neurosurgical spine specialists
- Neuropathology lab specialist
- Intensive care certified nurses
- Respiratory care
- Pain management program

Background, this page: Brain tissue showing evidence of Alzheimer's disease (see page 11).

Support Services

- Rehabilitation therapy (occupational, physical and speech)
- Lehigh Valley Balance and Vestibular Program
- Movement disorders program with Affinity
- Family caregiver program
- Home care and hospice
- Support groups for patients and families

Research

- Participation in local, national and international studies
- Affiliated with Penn State University College of Medicine

Community Education and Prevention

- LOVAR and other preventive research studies
- Blood pressure screenings
- Stroke risk assessments
- Smoking cessation classes
- Weight control programs
- Nutrition education
- MS Center of the Lehigh Valley
- Lectures and presentations
- Annual Parkinson's Family Symposium
- Lehigh Valley Neuromuscular Center
- Emergency Medicine Institute
- Lehigh Valley Headache Center
Fewer than 5 percent of all stroke victims make it to the hospital in time to be helped. “If you have chest pains, you call 911 right away,” says John E. Castaldo, M.D., director of neuroscience research, Lehigh Valley Hospital. “But the symptoms of stroke are more subtle, and many people take a ‘wait-and-see’ attitude that can be deadly.”

If someone you love experiences any of these symptoms, call 911 immediately. Tell the emergency crew you think it’s a stroke so they can take you to a properly equipped hospital and notify the staff to prepare for your arrival.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion or lack of understanding
- Trouble speaking, slurring of speech or difficulty swallowing
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause
Seniors' Horizons is a community service of Vitality Plus, a program of Lehigh Valley Hospital and Health Network, AARP, RSVP, and the Lehigh County and Northampton County Area Agencies on Aging.

The Lehigh Valley's information and entertainment fair for people age 50 and over

Free Admission

Thursday, Sept. 28; 10 a.m. - 8 p.m.
Friday, Sept. 29; 10 a.m. - 4 p.m.

Agricultural Hall • 17th & Chew Streets • Allentown

Highlights include:

- Seniors' Horizons Volunteer Awards
- More than 100 exhibits with information on products, housing options, support groups and more
- Entertainment featuring King Henry and The Showmen and The Al Meixner Trio
- Exercise
- Free wellness screenings
- Refreshments

1-888-584-7587 • www.lvhhn.org/seniorshorizons

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