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CAST YOUR VOTE

CHOOSE OUR NEXT 'SUPERHERO'

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SINAT CHARGE 18 Free?

A PASSION FOR BETTER MEDICINE



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Is That Gluten-Free? The yummy pizza and salad on our cover are gluten-free. Get recipes and learn more about it.

(Photo by Olaf Starorypinski)

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VISIT LVHN.ORG/HEALTHYYOU OR CALL 610-402-CARE FOR MORE INFORMATION **ABOUT ANY STORY YOU READ** IN HEALTHY YOU MAGAZINE.

Welcome to the New Healthy You Magazine

When we recently surveyed our readers, you told us that you rely on Healthy You magazine for health information and that you read every issue. We're thankful for your support – and our passion for better medicine makes us strive to be an even better partner on your quest to live healthy.

That's why we've taken your feedback and revamped our magazine. Inside you'll find:

- ▶ Our "get started" section is more visual. It includes health tips and information on what's new at Lehigh Valley Health Network. (See page 4.)
- ▶ Our "take charge" sections are grouped together (pages 6-11). That's where you'll find tips to help you manage heart disease, diabetes and cancer.
- ▶ Our "calendar" section is revamped to help you find new (and free) classes faster. (See pages 21-23.)
- ▶ Meet the doctors. The physicians featured in each story are now pictured, so you can match the face with the name.
- ▶ Call and click. Each story has a "Next Step" that you can use to get more information at 610-402-CARE or by visiting the new lvhn.org.

SHARE YOUR THOUGHTS ON OUR NEW LOOK.

- ▶ Post on our wall at facebook.com/lyhealthnetwork.
- ▶ Tweet on our page at twitter.com/lvhn.
- ► Call us at 610-402-CARE.







(CHOOSE OUR NEXT 'SUPERHERO'

Every kid wants to grow up to be something. So we recently took to social media (Facebook, Twitter and YouTube) and asked community members to show us what their child aspires to become. They sent us videos - and now you can choose which child will be in a future ad for Children's Hospital at Lehigh Valley Hospital.

Cast your vote at lvhn.org/facebook starting in mid-November.



Walk Right Up

If you need to see a doctor right away - and you live in Lehigh, Northampton or Berks counties - you now have more options.

Primary care practices at the health centers at Bethlehem Township and Moselem Springs - and the brand-new Health Center at Macungie - all offer walk-in care. It's perfect for treatment of minor or common illnesses such as:

- ► Sprains/strains
- Seasonal allergies
- ► Ear infections

- ► Cuts
- ▶ Flu symptoms
- ► Poison ivy/rashes
- ▶ Bronchitis

WALK-IN CARE HOURS

- ▶ Bethlehem Township and Moselem Springs: 9 a.m.-8 p.m. Monday through Friday; 10 a.m.-3 p.m. weekends and holidays
- ► Macungie: Walk-in care hours weekends and holidays only, 9 a.m.-3 p.m. Other services available during regular business hours Monday through Friday.



Skip the crackers in your soup at lunch and save 50 calories.





Meet Our 'Miracle Marathoner'

Remember Kevin Becker?

Last year Healthy You magazine profiled his miraculous recovery from lifethreatening head injuries suffered in a fall. Now the athletic 22-year-old East Stroudsburg University student (left) is reaching new heights.

In September, he competed in the half-marathon portion of the Lehigh Valley Health Network Marathon for Via. And not only did he finish - he placed 12th overall at a time of 1 hour, 29 minutes and 29 seconds. Even better, after the race he met up with one of his doctors, physiatrist Wayne Dubov, MD (right), with Lehigh Valley Health Network, who also competed in the half-marathon and finished in the top 40, seven minutes behind Becker. "It was a great day, and catching up with Dr. Dubov afterward was a great moment," says Kevin's mom, Jeanmarie Becker.

LITTLE SUPERHEROES **WERE BORN AT LEHIGH VALLEY HEALTH NETWORK** IN AUGUST.

Take Control of Cancer

It's what Jacqueline Sellers of Bath did six years ago after a diagnosis of stage 3 breast cancer. The enthusiastic 61-year-old got the facts, remained positive and made a complete recovery. Now she's doing things she always wanted to do, including spending more time with her sister and encouraging other women with breast cancer. Her three quick tips:

KNOW YOUR OWN BODY "I did breast self-exams and felt the lump first, then went for my mammogram."

GET THE FACTS "I asked lots of questions and wasn't afraid to tell my doctors, 'help me to understand more.' I also shared how I felt physically and emotionally, straight from the heart."

LAUGH OUT LOUD "I love my hair and had to lose it. But I didn't get down. I decided bald was beautiful. I laughed about it with friends and took pride in



Tech Talk



MAMMOGRAMS IN 3-D

Tomosynthesis, a new technology at Lehigh Valley Hospital-Muhlenberg, can help women detect breast cancer earlier. It's especially beneficial for women with dense breast tissue. Tomosynthesis takes very thin cross-section images, allowing for earlier detection of very subtle cancers. This technology is an example of how the health network's partnership with the National Cancer Institute's Community Cancer Centers Program (NCCCP) helps bring advanced screening tools to our community.



DA VINCI SURGICAL ROBOT AT LEHIGH VALLEY **HOSPITAL-MUHLENBERG**

The da Vinci® Si HD surgical system gives surgeons the ability to perform complex and delicate procedures. Scarring is minimal, and many patients have less pain after surgery and return to work within a few weeks. There are two robots at Lehigh Valley Hospital-Cedar Crest, and now there's one at Lehigh Valley Hospital-Muhlenberg. They are used to care for conditions like uterine fibroids, cervical cancer, bladder cancer and esophageal cancer. "These robots help our surgeons care for patients with cancer and non-cancer-related conditions," says gynecologic surgeon Martin Martino, MD. Talk with your doctor to see if you are a candidate.

► LEARN MORE

at Ivhn.org/surgeries or call 610-402-CARE.

Take Charge HEART DISEASE

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

COLE MITCHELL'S JOURNEY WITH HYPERTROPHIC CARDIOMYOPATHY

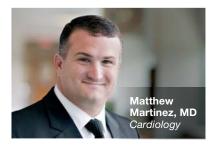
THE DIAGNOSIS

A soccer player since second grade, Cole Mitchell felt and acted like a healthy 12-year-old boy. That's why he and his mom, Tina, were shocked when his pediatrician heard a heart murmur. A subsequent echocardiogram determined Cole has hypertrophic cardiomyopathy (HCM), a genetic disease that causes heart muscle to become abnormally thick. This can impair blood flow or lead to a potentially deadly irregular heart rhythm.

"HCM affects one in 500 people, and many of them have a normal quality and length of life," says Matthew Martinez, MD, a Lehigh Valley Health Network cardiologist who specializes in HCM. "It can be dangerous in young people, especially during athletic competition. It may cause nearly half of all sudden cardiac deaths at this age."

THE EDUCATION

"I was concerned and wanted to learn everything I could about HCM," Cole says. That was espe-



cially true when Cole turned 15. Because his heart muscle was getting thicker, his doctor recommended he receive an implantable cardioverter defibrillator (ICD). Surgically implanted in the shoulder area, an ICD delivers an electrical shock to your heart when your heart rate becomes dangerously fast. Cole's initial reaction: "Whoa! No one is putting a box and wires inside me, especially because I don't have any symptoms."

THE CHANGE OF HEART

It wasn't the weeks of research or the constant pressure from his mom and caregivers, but a phone conversation with a 14-year-old girl that prompted Cole to get an ICD. Cole had met Becca Salberg, the daughter of HCM Association founder Lisa Salberg, at a conference and learned she received an ICD for HCM at age 10. "Here was this girl who was living with HCM telling me that I had to get it done," Cole says. "I conceded."

THE PAYOFF

Six months after receiving an ICD, Cole was jolted awake from a deep sleep. He didn't recall having a nightmare. Could the ICD have shocked his heart? A phone call from his doctor confirmed that it had. He knew it fired because a device in the Mitchells' home sends information from Cole's ICD to the

hospital so his heart rhythm can be monitored. The ICD saved his life. "Thank God he agreed to get one," Tina says.

THE GRATITUDE

Now age 17, Cole is taking his doctor's advice and living life. He learned to drive a car and during his junior year in high school, became a certified emergency medical technician (EMT). Over the summer, he worked as an EMT at a Boy Scout camp, administering first aid to campers. Because HCM prevents him from playing competitive sports, he hopes to use his EMT training to get involved in sports medicine. "Teenagers feel indestructible," Cole says. "I want them to know that if they're diagnosed with HCM, it's not the end of the world. You can live with this."

Take Charge Now

SEE AN HCM EXPERT OR A SPORTS CARDIOLOGIST to learn about the health network's Sports Cardiology Program.

LEARN MORE ABOUT SPECIALIZED HEART CARE. Visit **lvhn.org/heart** or call **610-402-CARE.**



Take Charge CANCER

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

BRING CHEER TO OTHERS

IT'S HOW BRUCE SMITH CELEBRATES LUNG CANCER SURVIVAL

The mascots are coming, from the Lafayette Leopard to child-friendly characters from area staples like Just Born's Peep, Red Robin's Red and the Chick-fil-A cow. Members of the Moravian College women's basketball team and cable radio personality Happy Jack will be there too.

At the center of it all will be Bruce Smith, 63, of Easton. Each December he celebrates his own survival of lung cancer by gathering this group of goodwill ambassadors and visiting cancer patients inside Lehigh Valley Hospital–Muhlenberg. "We talk to patients, wish them season's greetings and offer encouragement," he says. "We want them to know they shouldn't give up."

Five years ago, Smith found encouragement during his own cancer journey. He first caught a case of pneumonia, and an X-ray revealed a mass in the upper lobe of his left lung. It was stage 3 lung cancer. "My doctors hit my cancer hard," he says — with seven weeks of overlapping chemotherapy and radiation treatment.

After a month's rest, he was scheduled for surgery. But during week four of treatment, doctors learned his tumor was gone. "I couldn't believe it," he says.

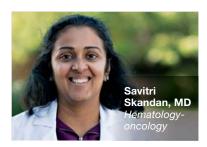
"It was remarkable," says health network hematologist-oncologist Savitri Skandan, MD, Smith's cancer doctor. "I've seen this happen with small-cell carcinoma of the lungs but only one other time with stage 3 non-small-cell lung carcinoma in 14 years of caring for lung cancer patients."

The fight changed Smith's life in ways both good and bad. He did retire from his career in sales. "Not being able to do things the way I used to has been very humbling," he says.

Yet Smith found new ways to focus his energies. As an active volunteer firefighter for 33 years with the East End Fire Co. No. 1 of Catasauqua, he used to dress up as Santa Claus and tour local neighborhoods. Now he organizes his goodwill holiday tour of the Lehigh Valley Hospital—Muhlenberg cancer center. Along the way, he spreads a powerful message.

"Attitude plays a major role in battling cancer," he says. "Part of my goal is to help others build the courage, character and commitment it takes to fight."

It's a lesson Smith learned from personal experience. "When I see people in the infusion room getting IVs and medicine, I remember when I was there," he says. "And look where I am now."



WHAT IS NCCCP?

LEHIGH VALLEY HEALTH NETWORK'S CANCER

CENTER partners with the National Cancer Institute's Community Cancer Centers Program (NCCCP) to deliver superior quality and coordinated cancer care, bring the nation's newest treatments to our patients through clinical trials and decrease barriers to care in our community.

Take Charge Now

EAT MOR CH

LEARN YOUR LUNG CANCER RISK. If you are a long-time smoker, have a strong family history of lung cancer or have been exposed to asbestos, ask your doctor if you're a candidate for a CT scan lung cancer screening. Call 610-402-CARE.

LEARN MORE ABOUT CANCER. Visit lvhn.org/cancer.

WATCH PBS 39

Tue., Nov. 13 at 8 p.m. "Tempo InDepth" will feature cancer specialists from Lehigh Valley Health Network.



5 TIPS FOR DEFEATING CANCER

- **1 KEEP FIGHTING.** I made up my mind and I would not have thought I had it in me to fight the fight until the fight was over, not knowing what the outcome would be.
- **Q GET PERSPECTIVE.** I thought about where I started growing up, going to college, serving in the armed forces, having two daughters and two grandchildren and now dealing with this and asked, 'Where do I want to go from here?'
- **3 SET GOALS.** When you fight, you have dreams, and from dreams come goals. My goal was to survive at least five years to see my granddaughter graduate from high school. (She's now a senior and will graduate in 2013.) My new goal is to live to see my grandson attain the rank of Eagle Scout in the forseeable future.
- **NEVER LOSE HOPE.** Try to deal with adversity in a positive way, and don't quit no matter how difficult it becomes. Never lose hope, because hope dies last.

3 SEEK SUPPORT BEYOND

YOURSELF. I had great support from my family and fiancée, friends, my pastor and congregation, the chaplain at the hospital, my employer, employees and customers, and all my doctors and staff along with my family practitioner. I'm a strong believer in God, which played a major role in my battle. And counselors at the health network were a great help in dealing with issues cancer patients face.

Take Charge DIABETES

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

GET PUMPED UP

INSULIN PUMPS MEAN FREEDOM FROM TYPE 1 AND TYPE 2 DIABETES

For a 3-year-old girl, a Tinkerbell insulin pump is stylish. For a teenage girl, it's all about having a remote-control pump. For a grown man, a pump that looks like a pager works best.

"Fact is, insulin pumps are now designed for all ages and lifestyles," says pediatric endocrinologist Laurissa Kashmer, MD, with Lehigh Valley Health Network. "When they were introduced in the 1980s, they were the size of a backpack. Now there are some pumps you even can swim with."

HOW PUMPS WORK

Pumps were most common for people with type 1 (juvenile) diabetes, but now they're used to help people with type 2 diabetes as well. They deliver precise doses of rapid-acting insulin through a flexible plastic tube called a cannula. The cannula is inserted just under the skin into subcutaneous tissue



and taped in place. Once you learn how, you'll do this by yourself.

Pumps are then programmed to deliver different doses of insulin at different times of the day, which simulates the way the pancreas delivers insulin naturally. This leads to better control of your diabetes, which means fewer complications such as vision problems, heart disease or kidney failure.

"You will work closely with your endocrinologist and other caregivers to determine your exact dosing," says Kashmer's colleague, diabetes educator Kathleen Brown, RN. "The real advantage is that a pump can calculate and compensate for the foods you eat and your activity level, so it's much more precise than injections." This is particularly beneficial for young athletes, people who lead active lifestyles, and for those who work swing- or nightshift and have off-peak eating and sleeping schedules.

Because the pump uses fastacting insulin, you may need to check your blood sugar more often. Still, the pump's benefits make this a small sacrifice. "The convenience of not having to give yourself insulin shots four times a day is huge," Kashmer says. "The pump allows you to control your diabetes 24/7 without letting it run your life."

ARE PUMPS RIGHT FOR YOU?

It's really all about preference. "Children and teens - who love gadgets and adapt easily to technology usually do well with pumps and use them within a few months once they learn more about how diabetes works," Kashmer says. That's why about 60-70 percent of children with type 1 diabetes cared for by Lehigh Valley Health Network use a pump.

Older adults and people who fear new technology may have a steeper learning curve. Also, some insurance companies still do not cover pumps or pump supplies for type 2 diabetes, which is more common in adults. However, insurance coverage is getting better. About 50 percent of adults with diabetes who receive care at Lehigh Valley Health Network choose to have a pump.

LEARNING TO USE PUMPS

Whether you're a parent who must learn to operate your toddler's pump, a teen who needs to operate your own pump, or a grandma who's not going to let technology intimidate you, finding support is important. "Your doctor or nurse educator works with you very closely until you are comfortable doing it on your own," Kashmer says.

"Once you get the hang of it," Brown says, "you will feel free."



Your Guide to the New LVHN.org

USE IT TO HELP YOU THROUGH YOUR LIFE



Next Step

TELL US WHAT YOU THINK ABOUT THE NEW LVHN.ORG. Call 610-402-CARE or visit Ivhn.org and click "Give Website Feedback" at the bottom of the page.



If you're like two-thirds of Americans, you use the Internet regularly to find health information. That's why Lehigh Valley Health Network launched the new Ivhn.org. It's far different than your standard health care website. It's a resource for everyone in our community designed to help you through your life, no matter where you are in your journey. Use it to:

Find a Doctor

FIND THE RIGHT DOCTOR.

This green button allows you to view many doctor profiles so you can compare and peruse. These profiles help you evaluate expertise and find a doctor with whom you can build a trusting relationship. You can find a doctor who meets your personal needs (location, specialty, gender, office hours and languages spoken).

Symptom Checker

CHECK YOUR SYMPTOMS.

If you're not feeling well, use the Symptom Checker tool to find what's ailing you, and learn if it really can "wait until morning."



Get tips for how to prepare for your appointment and your conversation with your doctor. Learn about the health classes, support groups and programs available for you. Find out how rehabilitation services, nutrition services and tobacco treatment can help you. And visit our wellness section for articles, recipes, health quizzes and assessment tools you can use. (It's also where you'll find the latest Healthy You magazine.)

GET LEHIGH VALLEY HEALTH NEWS.

It's local, pertinent news for you. You'll find health alerts about "what's going around," our see on local and national health reports, details

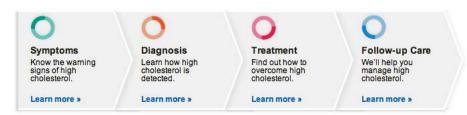
experts' take on local and national health reports, details about community events, patient success stories and more. Spark discussion by sharing your comments.

FIND YOUR WAY.

We've improved this section at your request.

Want to know where you can get a diagnostic

test or when your local doctor's office is open? It's all here, along with detailed maps and directions for all health network locations and services.



EXPLORE YOUR MEDICAL JOURNEY.

Whether you think you are suffering from a condition that needs medical attention, you've recently been diagnosed, or you're undergoing treatment, knowledge can ease your anxiety and help you prepare for what's ahead. The "conditions and treatments" section walks you through your health journey – symptoms, diagnosis, treatment and follow-up care. Learn about the health professionals you'll meet on your way and discover leading-edge treatments and resources for you.

YOU'LL ALSO FIND:

Animations ▶ showing you various procedures and treatments

Information ► for hospital patients and visitors

CarePages ➤ to inform loved ones about your progress in the hospital

Bill pay ▶ online

Shop ► for health products

Follow us ▶ on social media

Family Doctor or Pediatrician?

BOTH TYPES OF DOCTORS CAN CARE FOR YOUR CHILD

With the birth of a baby comes an important decision: Who should care for your child's health? Many parents choose pediatricians – physicians who specialize in the care of infants, children, teens and young adults up to age 21. For teenagers with issues relating to transition to adulthood, an adolescent medicine specialist can be helpful too, says pediatrician Amil Qureshi, DO, with Lehigh Valley Health Network.

Yet there's also another option – a family medicine physician. Use the following chart to help make the best decision for your family:

Next Step

LEARN MORE ABOUT CHOOSING THE RIGHT PRIMARY CARE DOCTOR.

Visit Ivhn.org/primary-care or call 610-402-CARE.



FAMILY PHYSICIANS:

- Have completed four years of medical school and three years of education in caring for people of all ages, including children, and are board-certified in family medicine.
- 2 Provide a convenient onestop shop for yearly physicals as well as those trying times when everyone in your house has strep throat or the flu, says health network family medicine physician Natalie Rice, MD.
- **3** Can continue to care for your son or daughter into adulthood.



PEDIATRICIANS:

- Have completed four years of medical school and three years of specialty education in caring for children, teens and adolescents and are board-certified in pediatrics.
- ② Employ staff members who specialize in caring for children. They follow American Academy of Pediatrics guidelines and provide specialized care, such as developmental assessment, lactation support and prenatal classes that may not be offered by family physicians.
- Have expertise in providing care for children with developmental problems and chronic medical conditions.





Facts Men Should **Know About BPH**



THE WALNUT-SIZED PROSTATE GLAND CAN CAUSE OVERSIZED TROUBLE

It happens with age. By 55, a quarter of men report signs of prostate enlargement, also known as BPH or benign prostatic hyperplasia. By age 75, half of men have symptoms. Because the prostate – the male gland that produces fluid in semen - surrounds the tube that carries urine from the bladder to the penis, growth can put a squeeze on urine flow. Here are five facts to know about BPH:

SYMPTOMS RULE.

"BPH generally is considered harmless unless you're bothered by urinary symptoms," says family medicine doctor Henry Liu, MD, with Lehigh Valley Health Network. These include an urgent or frequent need to void, slow flow, difficulty starting, dribbling or not being able to completely empty the bladder. "Not every enlarged prostate causes symptoms," says health network

urologist Clifford Georges, MD. "Which part of the prostate enlarges has more to do with causing a urinary obstruction than size alone, and every man is different."

Extreme BPH may block urine flow completely, potentially causing pain and bladder damage that

O SOME CASES ARE SERIOUS.

demands treatment. Other treatmentworthy complications include urinary tract infection, bladder stones or kidney obstruction.

QUALITY OF LIFE DRIVES MOST CARE.

The majority of men need treatment only when urination problems disrupt normal life. "A key issue is often sleep loss from waking up at night to use the bathroom because patients are unable to completely empty their bladders," Georges says.

SIMPLE MEASURES 4 CAN HELP.

"Cutting fluid intake three hours before bedtime and avoiding natural diuretics such as caffeine can help relieve mild symptoms," Liu says.

A RANGE OF TREATMENTS ARE AVAILABLE.

Medications that shrink the prostate or relax urinary muscles resolve many cases. If drugs fail, doctors can use a number of techniques to surgically remove part or all of the prostate or open more space for the urethra. Procedures range from minimally invasive laser surgery to TURP (transurethral resection of the prostate) - a gold-standard traditional procedure. "With newer procedures that use electrodes or lasers that provide similar results to TURP, patients often go home the same day," Georges says.





Next Step

LEARN MORE ABOUT PROSTATE HEALTH. Visit lvhn.org/mens-health or call 610-402-CARE.



Carlos Bowen

of Whitehall regains mobility through a virtual world.

Video Games Meet Rehab

NEW TYPE OF THERAPY

IS EFFECTIVE AND FUN

For the past few months, Carlos Bowen and Bob Sweeney have spent part of their Monday mornings guarding sheep, stomping on mice and catching grapes falling from the sky. The better they do these tasks, the better they should be able to walk.

That's the goal of their playing the 15 computer games in the OmniVR virtual rehabilitation system, a new therapy innovation offered at Lehigh Valley Health Network. "These games challenge me," says Bowen, 52, of Whitehall, who suffered a stroke in 2002 and has been working to regain mobility in his left leg and arm.

Bowen spends 30 minutes watching a 42-inch TV screen and playing games designed to make him move and react to achieve his goal – holding off a wolf from a flock of sheep, chasing mice and moles out of a garden, and swallowing up descending food to name a few. He has to move his limbs side to side or up and down in order

to do so, and a 3-D motion-detecting camera mounted on the TV mirrors those movements. Each game has multiple skill levels relative to the patient's progress.

"I've been doing rehab a long time, and this is completely different from anything I've done," Bowen says. That's the idea.

"In traditional rehab exercises, patients concentrate on their movements to achieve their goals," says health network physical therapist Nate Diffenbaugh. "Here they concentrate on the games and don't think about their movements, like real life."

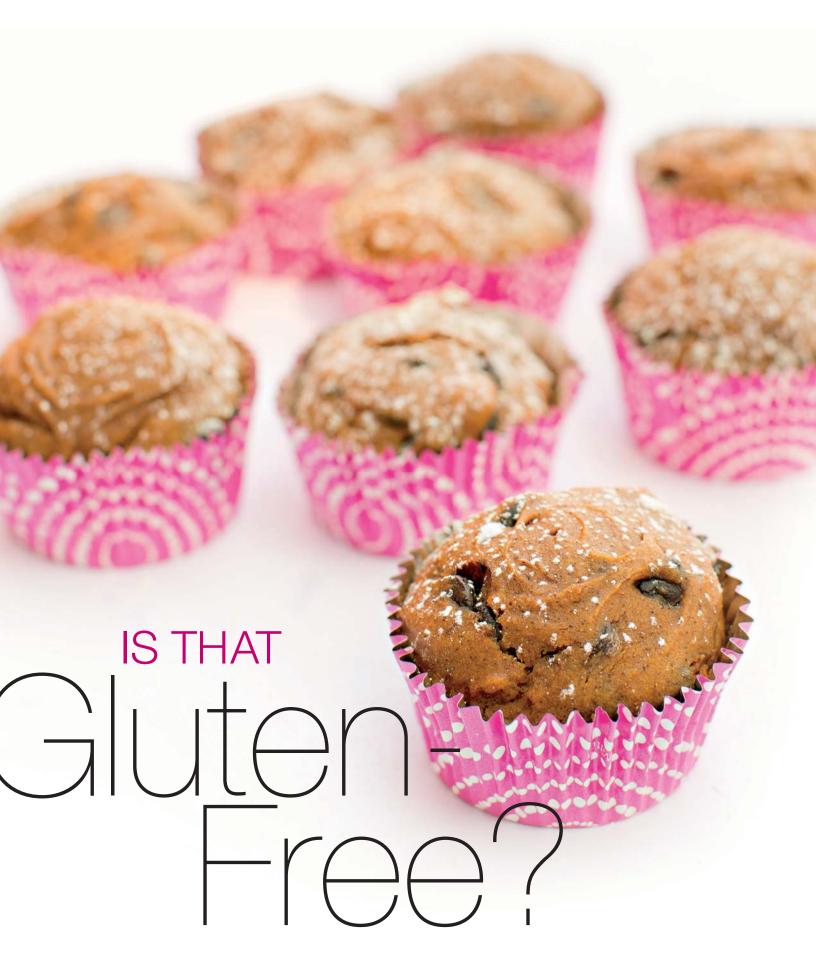
"The first time, the wolf ate all my sheep," says Sweeney, 80, of Fogelsville, who has balance issues since suffering two strokes in 2008. "There's a game where you're walking through a town, and the first time I got run over by two cars and a baby carriage. But after awhile I got better."

And in this case, better game playing leads to better health.



Next Step

REHABILITATION IS IMPORTANT
FOLLOW-UP CARE for many health
conditions. Learn more at Ivhn.org/
rehabilitation or call 610-402-CARE.



Next Step

FOR MORE DELICIOUS GLUTEN-FREE RECIPES, visit lvhn.org/recipes or call 610-402-CARE.



USE THIS GUIDE AND
TEST YOUR SMARTS

You probably know a friend who has gone gluten-free, or you've seen the growing number of gluten-free foods on grocery store shelves. Many restaurants now feature gluten-free options, and now there's even gluten-free beer.

BUT WHAT EXACTLY IS GLUTEN, AND SHOULD YOU STOP EATING IT?

"Gluten is a protein found in barley, rye and wheat," says dietitian Christina Christianson with Lehigh Valley Health Network. In some genetically sensitive people with a condition called celiac disease, the consumption of this protein can trigger an autoimmune reaction that damages villi, tiny finger-like projections in the small intestine that help absorb food into the bloodstream. People with celiac disease do not absorb certain nutrients, and this triggers a host of problems, including weight loss, skin rashes, headaches, lethargy and upset stomach.

Other people, such as Christianson, are allergic to wheat and can suffer any number of serious reactions – ranging from hives to swelling of the throat to vomiting – when they consume it. Others have trouble digesting gluten and experience temporary gassiness and abdominal pain.

All three issues can be solved by going gluten-free, a quest that's easier than ever these days, says family physician Carol Hunter, MD, with Lehigh Valley Health Network. "There are so many more gluten-free foods available than there used to be," says Hunter, who was diagnosed with celiac disease in 1997. "Now you can go into any regular grocery store and find an entire gluten-free section complete with all sorts of frozen and prepared meals."

Food manufacturers now sell gluten-free versions of pasta, pancake mix, pizza dough and crackers. Usually they swap rice, sorghum, quinoa or another gluten-free grain for the wheat. Other times they mix in nuts, seeds or legumes.

Still, going gluten-free can be tricky, as the protein tends to lurk in some surprising places, Hunter says.

USE THESE TIPS:

Eat foods in their most natural form. The fewer processed foods you consume, the lower your risk for accidentally consuming hidden wheat or gluten, Christianson says.

Read every single label. Gluten and wheat are used as

thickening agents, extenders and binders in many products that you would never suspect, including toothpaste, sauces, candy, soups, commercially prepared meatballs, seasoning mixes, gravies, salad dressings and even the outer coating of various pills and supplements. Look for the following words on the label: wheat, rye, barley, spelt, malt, maltodextrin, triticum vulgare (wheat gluten oil), modified food starch (which may or may not contain wheat) and natural flavoring (which sometimes contains wheat or barley). Also don't be fooled by corn or rice chips and cereal, as some of these contain gluten too, Christianson says.

Call ahead when eating out. Tell the wait staff you follow a gluten-free diet and ask them to alert you to foods that might contain it. For instance, some restaurants mix pancake batter into their egg dishes to make them fluffier, Christianson says.

Can you guess which of the following foods contain hidden gluten and which do not? The answers may surprise you.

CONTAIN HIDDEN GLUTEN

- ▶ Egg substitute: Some contain maltodextrin as a thickener.
- ▶ Meatless products: These often contain wheat in the breading.
- ▶ Soy sauce: Many are made from a combination of wheat and soy.
- ► Commercially prepared soup: Even in pasta-free soups, wheat sometimes is used as a thickener.
- ► Frozen breakfast options: Gluten might be used to thicken eggs or in the gravy.
- ▶ Salad dressing: Maltodextrin is used as a thickener.
- ▶ Ice cream cups: They often ARE made from wheat flour.

SURPRISINGLY GLUTEN-FREE

- ▶ Pancake and bread mix: You have your pick of many brands, all of which use non-wheat flour as their base.
- ► Cookie and brownie mixes: These desserts use a blend of potato starch, sorghum flour, tapioca flour and corn flour.
- ▶ Pasta: These often ARE made from rice or quinoa flours. Some even contain beans.
- ▶ Chips and crackers: Made from nuts, seeds, flax and rice; many gluten-free brands taste better than the alternative.
- ▶ Pizza: Premade gluten-free crusts and entire gluten-free frozen pies are widely available.

Back for His Prom

JESSE BIXLER MAKES MIRACULOUS RECOVERY FROM BURNS

Baseball, high school and working on the family farm filled Jesse Bixler's days 15 months ago. The 17-year-old from Turbotville (Northumberland County) was preparing for his senior year at Warrior Run High School in his hometown until an unfortunate accident changed his life.

Jesse and his father, Todd, were removing an empty gas tank from a vehicle on their farm when the tank ignited. Father and son were flown directly to Lehigh Valley Hospital-Cedar Crest, and while Todd's burns were not as severe, Jesse faced daunting odds.

"He suffered third-degree burns over 80 percent of his body," says Lehigh Valley Health Network burn surgeon Sigrid Blome-Eberwein, MD. Burn surgeons performed surgery immediately. Then they put Jesse Bixler in a medically induced coma so he could rest comfortably. "He had only about a 20 percent chance of survival."

Yet survive is what Bixler did. Over a 50-day period, he underwent 11 surgeries to repair his burns. He spent much of that time medically sedated. In early November 2011 he was fully awake, and on Dec. 14 he began to move his legs and toes. By Christmas, he took his first steps since the accident.

And while Jesse's father also recovered, Jesse's mother, Cassie, offered constant support.

"Jesse worked very hard, and his family gave him the stability and strength to keep going further in his rehabilitation and recovery," Blome-Eberwein says. Last March, Bixler returned home, and by then he was well on his way to completing his senior year studies through online classes.

Yet his greatest triumph was yet to come. Last spring, clad in a camouflage tuxedo jacket, Bixler not only attended his high school prom, but was named prom king. "It was a great feeling," Bixler says. One week later, he graduated with his senior class at Warrior Run.

Bixler continues to take his recovery day by day. He's starting to work on his family's farm, and while his injuries won't allow him to play baseball again, he's found joy in other areas. "I've started hunting and fishing a lot, and I started golfing again, something I loved to do before but didn't have the time," he says.



Next Step

LEARN ABOUT THE REGIONAL **BURN CENTER** at Lehigh Valley Health Network. Visit Ivhn.org/burn or call 610-402-CARE.

Jesse Bixler of Turbotville had only about a 20 percent chance of survival. **20** LEHIGH VALLEY HEALTH NETWORK

Calendar classes and support groups

REGISTER BY CALLING 610-402-CARE OR VISIT US ONLINE AT LVHN.ORG/HEALTHYYOU.

Registration is required and must be received at least one week prior to class start. You'll get a refund if a class is canceled due to low enrollment.

What's New

women.

Healthy Mondays Find out how to guit smoking successfully. Learn how cigarettes poison your body and about a smoking prevention clinical trial. Also includes screenings and mammograms, and clinical breast exams for eligible

Nov. 19: 4-6 p.m. at LVH-17th, Community Health and Wellness Center

Around Our Community

Get Out! Lehigh Valley This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to

www.getoutlehighvalley.org or call 610-402-CARE.

Jordan Creek Parkway walk Dec. 15: 10 a.m.

Community Exchange Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors.

Third Mon. of month: 2-4 p.m. at LVH-17th First Wed. of month: 6-8 p.m. at LVH-Muhlenberg

Guardianship Support Agency

Work for a local nonprofit with guardianship services.



Would a Support Group Help?

Dozens of different groups provide comfort and support.

Screenings



Clinical Breast Exams and Pap Tests for

Uninsured Women

Appointment is necessary. Call 610-969-2800. Sponsored by the Community Health and Wellness Center in collaboration with the Allentown Health Bureau. Weekly 8:30 a.m.-4 p.m.



Rapid HIV Testing

Free, anonymous and confidential.

Mon.-Thu.: 9 a.m.-3 p.m. Fri. by appointment at LVH-17th

Lung Cancer

Appointments necessary. Call **610-402-CARE.**

Protecting Your Health



Cessation, What Works? How to succeed in

beating tobacco addiction. Nov. 14

Tobacco Treatment Program

12-month program of individual counseling and ongoing support.

Partnership for Tobacco-Free Northeast

Tobacco treatment services available for individuals and businesses

CPR

- Adult Heartsaver AED
- Heartsaver Adult First Aid
- Heartsaver CPR Pediatrics
- Heartsaver Pediatric First Aid

Living With Diabetes

Our team will work with you and your physician to design a program to fit your needs.

We provide education for:

- Pre-diabetes
- Type 1 and type 2 diabetes
- Gestational diabetes

We will help you learn more about:

- Healthy eating
- Being active
- Using a meter to test your blood sugar
- Medication
- · Reducing risks

We also offer:

- Insulin pump training
- Continuous glucose monitoring
- Support groups for adults and children

Insulin Pumpers

Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). Opportunity to discuss concerns and topics of interest.

Sweet Success Monthly support group for adults with type 2 diabetes.



Sugar-Free Kids

Monthly support group for children with type 1 diabetes.

Coping With Illness

Crohn's Disease and **Ulcerative Colitis Support Group**

From the Crohn's and Colitis Foundation of America. Meets second Sun, of month at LVH-Muhlenberg

Huntington's Support Group

Meets second Sat. of month at LVH-Cedar Crest



Joint Replacement Prep

What to expect for knee or hip replacement.

Nov. 28, Dec. 4, Dec. 13, Jan. 8, 2013



Kidney/Pancreas **Transplant Information**

Session

If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call 610-402-CARE.









Calendar classes and support groups

Parkinson's and Multiple Sclerosis Get Up and Go

Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes.

Mon. and Thu.: 10:30-11:30 a.m. at 1243 Cedar Crest Blvd. Mon. and Thu.: noon-1 p.m. at 1770 Bathgate, Bethlehem

Parkinson's Support Group

Meets fourth Tue. of month at LVH-Muhlenberg



Preoperative Spine Class

Information to help

you prepare for your hospital experience and post-hospital recovery.

Nov. 20, Dec. 6, Dec. 18, Jan. 2, 2013

Stroke Support Group

To help deal with life's challenges after a stroke, meet with health care professionals and others experiencing the same emotional and physical issues. Meets first Tue. of month at LVH-Cedar Crest

Transplant Support Group

Meets first Sun. of month at LVH-Cedar Crest

Bereavement Support Services Bereavement Care Workshop Grief Process Groups

Individual, Family and Couples Counselina Ladies Lunch Club

Spiritual-Based Adult Grief Support Group

Stepping Stones for Children

FOR CANCER PATIENTS

Adolescent Support Group

Lehigh Valley Chapter of the National Ovarian Cancer Coalition

Look Good...Feel Better

Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence.

Nov. 19 at LVH-Cedar Crest With the American Cancer Society

Frankly Speaking About Cancer-**New Discoveries**

Sponsored by the Cancer Support Community of the Greater Lehigh Valley. For details, call 610-402-CARE.

Lymphedema Support Group Jan. 8, 2013

Men Facing Cancer

Metastic Breast Cancer Support Group

Pregnancy 101

Expectant Parent Tour Sibling Tour - My Baby and Me

Preparing for Childbirth

Raising a Family

Welcome

4-week evening series Weekend One-Day: Fri.-Sat.; Sat.-Sun. On the Internet Refresher Teens Only

Preparing for Baby

Baby Care Breastfeeding Baby **Becoming New Parents Workshop**

Staying Safe

Babysitting - Safe Sitter CPR - Safe Sitter Student CPR - Family and Friends



Safe Ride-Car Seat Safety

Certified technicians show how to correctly install car seats and secure children.

After-Delivery Support

Monday Morning Moms Beyond Birth Postpartum Support

Understanding Emotions After Delivery

Parenting Series

Five-week course based on the "Redirecting Children's Behavior" philosophy to become a more effective, calmer parent.

Parenting Workshops

Raising Toddlers

Nov. 15

Meets second Mon. of month

Aging Well

APPRISE Medicare Counseling

By appointment. Tue.: 10 a.m.-noon Fri.: 1-3 p.m.

Caring for Mind and Body

Cosmetology Services

Skilled licensed professionals offer skin care and nail care services. Gift cards available.

Massage Therapy

Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support. Most insurances accepted.

UV Facial Skin Analysis

Our skin professionals

will use a skin scope to help identify sun damage, dehydration, oily or dry skin, and pigmentation.

Dec. 13

Weight Management **Services**

INDIVIDUAL

Nutrition Counseling

Assessment, body-fat analysis and goal-setting.

Nutrition Counseling/Metabolism Body Composition Test

Counseling plus personal metabolism test and interpretation.

Six-Month Supportive Weight Loss Program

Individualized expert-level care for nutrition, behavior and fitness.

GROUP

Eat Well for Life

Learn healthy food choices for weight management.

Register Now!

BY CALLING 610-402-CARE OR VISIT US ONLINE AT LVHN.ORG/HEALTHYYOU. **REGISTRATION IS REQUIRED AND MUST BE** RECEIVED AT LEAST ONE WEEK PRIOR TO CLASS START. YOU'LL GET A REFUND IF A CLASS IS CANCELED

DUE TO LOW ENROLLMENT.

Managing Your Weight

Drop 10 in 10

Group-based 10-week weight management program to help you lose 10 pounds (or 10 percent) of body weight through nutrition, exercise and behavior.



Weight-Loss Surgery Surgery Information Night

What to expect.

Nov. 27, Dec. 6, Dec. 18, Jan. 3, 2013



Monthly Support Group

Support and information

on weight-loss surgery. Jan. 2, 2013



Bariatric Medicine Information Night

Learn about bariatric medicine's specialized physical-monitored weight-loss programs to help you reach your weight-loss goals without surgery.

Jan. 17, 2013

Daily Steps to Less Stress

This lifestyle management program helps you manage everyday stress through practical relaxation techniques and stress management strategies.

Healthy You Program Package

The Total Group Fitness Package is a NEW way of offering you a variety of classes all under one package. This will allow you to take as many classes as you would like on a monthly basis. Call 610-402-CARE for more information. See a list of class locations and descriptions at Ivhn.org/healthyyou. Now offering classes at four different locations.

Includes these classes (\$36/month)

Age-Proof Workout Kettlebells **Boot Camp** Kickbox Jam Line Dancing Cardio Cross-Training Cardio-Strength Combo Relaxing Yoga Chisel Staying Strong

Core n More Tai Chi

Cycle Express and Power Very Gentle Yoga Cycling Yoga Basics Energizing Yoga Yogalatte Exercise for Life Zumba

Interval Express Zumba Toning

Offering a 5% Vitality Plus discount on package.

Agua-New

SESSION CLASSES

Water exercise for posture, balance, strength and confidence.

Starting Nov. 13

Funtastic Fit Kidz

Fun, game-based activities for children ages 6-12 to promote healthy lifestyles through physical activity.

Starting Nov. 13



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish Healthy You magazine - to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you. Send your comments to: Healthy You

Attn: Marketing & Public Affairs P.O. Box 689 Allentown, PA 18105-1556 Call 610-402-CARE (2273) or email 402CARE@lvhn.org

Publishers

Starting Nov. 21

Charles G. Lewis senior vice president, external affairs

Susan Hoffman vice president, marketing and public affairs

Editorial Manager Kyle Hardner

Medical Editor

Mark Wendling, MD Staff Writers

Matthew Burns, Amy Koch, Rick Martuscelli, Gerard Migliore

CONTRIBUTING WRITERS Alisa Bowman, Amy Hines, Rich Laliberte, Sidney Stevens

Creative Manager

Teressa Colbaugh

Designer & Web Producer

Erin Parrish Web Editor Alvssa Young

Photo Editor & **Photographer** Olaf Starorypinski

Distribution & Production

MAGAZINE COORDINATOR Alane Mercer

PRODUCTION ASSISTANT Kathryne Fones

Contributing Advisors

CANCER CARE Gregory Harper, MD, Neddy Mack, RN, Ann Fatzinger CHILDREN'S HEALTH Debra Bubba, Deanna Shisslak John Van Brakle, MD, Kim Velez

COMMUNITY HEALTH/EDUCATION Jennifer Adamski

COMMUNITY RELATIONS Fran Derhammer, RN, Melissa Fitzgerald HEART HEALTH/STROKE John Castaldo, MD, Anne Marie Crown, Wendy Kaiser, Claranne Mathiesen, RN, Joyce Najarian, RN, Gary Szydlowski, MD

PRIMARY CARE Emily Greene

Catherine Glew, MD, Cara Scheetz

NUTRITION SERVICES Kimberly Procaccing, Sodeyo SENIORS' HEALTH (VITALITY PLUS) Mary Ferrell.

WOMEN'S HEALTH Michael Sheinberg, MD, Kim Velez

402CARE Susan Bernhard, Darla Mover, RN, Tracy Riccio, RN

For information or a referral to any of the professionals featured in Healthy You, call 610-402-CARE or visit lvhn.org/healthyyou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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