

Winter 1996

Womankind



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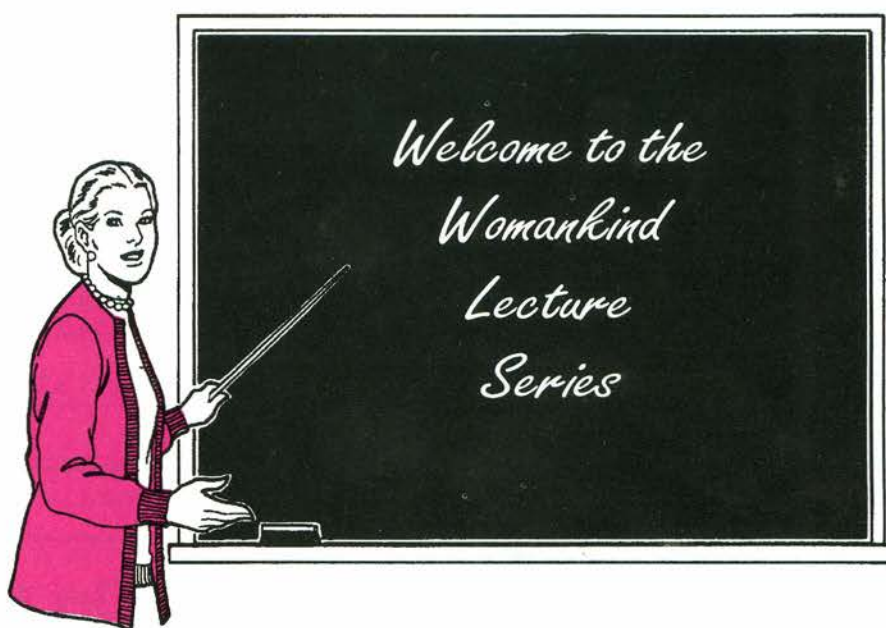
1996 Womankind Lecture Series Set

As you receive this newsletter, we hope that the worst winter weather is behind us. This has certainly been one winter that we won't forget. Even though it may still be cold and there may be some snow on the ground, there are many interesting lectures coming up in our *Womankind* lecture series. We hope that you will join us for these talks that are beneficial not only to women, but many of our lectures contain information of interest to men as well.

On March 7, Dr. Conrad J. Sarnecki, Jr., will speak about *Pre-Conception & Prenatal Do's & Don'ts & Everything In Between*. Dr. Sarnecki is an obstetrician and gynecologist affiliated with Hazleton Women's Center.

Tami Frable, a dietician here at HSJMC will team up with Jim Phillips, an Assistant Professor at Luzern County Community College. They will help you learn how to make delicious but healthy meals for the upcoming Easter Season when they appear on March 21. *Low-Fat Holiday Cooking* will be the title of their interesting discussion. This lecture will be held at the Fitness Center at 15th and Church Sts.

Stereotactic Breast Biopsy
(A New Technology for Patients



Requiring a Breast Biopsy) will be presented by Dr. Clark Gerhart on April 18. If you read about this procedure in our last newsletter we are sure you will be interested in finding out more about this type of biopsy. If you missed the article, attendance should be on top of your priority list.

May 16 is a date that both men and women should keep open, as Drs. Marita Lind and Kathy Leithold present *Understanding Your Two & Three Year Old*. Any parent or parent to be will find the information given in this lecture helpful. As anyone who has been

through this period of child rearing knows, this can be one of the most difficult and confusing times of parenthood.

All lectures will be held at the Hazleton-St. Joseph Medical Center (unless otherwise indicated) at 7 PM in the Board Room, on the second floor, and are open to the public (male or female). Refreshments will be served. **To register, call Theresa Andrasi at 717-459-4592.**

Watch future editions of *Womankind* for announcements about the lectures scheduled for the second half of 1996.

Timely Tips from Thomas

By Donna M. Thomas, R.N.

During the winter, the best defense against weight gain is a good offense. **No crash dieting**, it gobbles up vital muscle tissue, the best calorie burner you have. **Don't diet strictly**. Diets can teach fat cells to defend themselves. **Exercise comfortably**, 45 minutes, three times a week or more. **Eat sensibly**, dieting while exercising forces muscles to consume themselves for the energy they need.

Strange as it may sound, you must give your muscles the calories they need to burn fat. **Pay attention** to moods and feeling of fullness. **Eat slowly**, stop when you feel satisfied. Stop late night eating, fat cells do their best work after dark, calories at night are simply stored as fat when eaten in the evening, because they're not needed elsewhere. Did you know, up to 40% of the vitamins in fortified cereals quickly dissolve into the milk, so drink the leftover milk.

Stews are great for getting rid of win-



ter chills and can be low fat and filling. Here is a recipe for a delicious stew.

Mediterranean Beef Stew

3/4 lb. Beef Top Round Steak, cut into 3/4 inch strips.

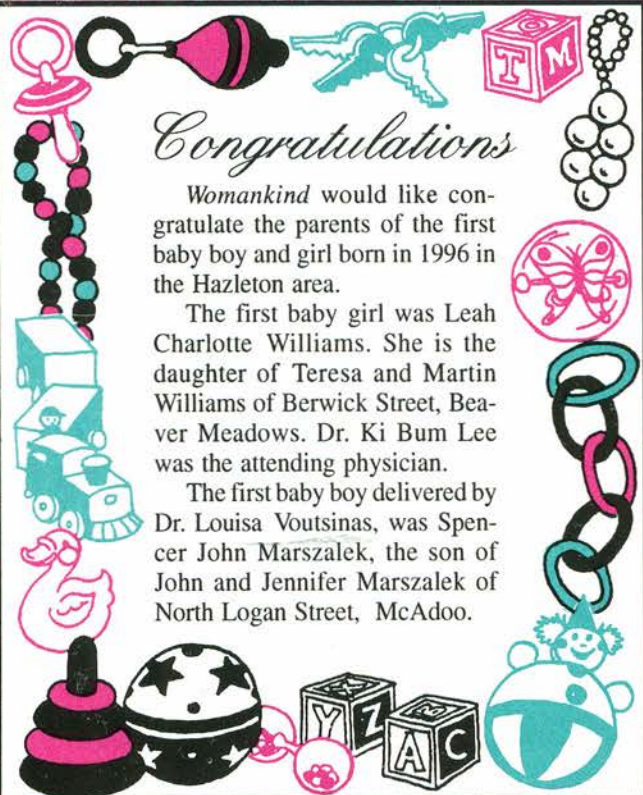
2 Cloves Garlic, minced.

1 1/2 Cups Reduced Fat Beef Broth.
1/2 Can (3 oz.) Tomato Paste
2 Tbsp. Red Wine Vinegar.
1 Tbsp. Light Brown Sugar.
1/2 Tsp. Ground Cinnamon.
1/4 Tsp. Ground Allspice.
1/8 Tsp. Black Pepper.
1 Bay Leaf
2 Potatoes, cubed.
2 Onions, cut into wedges.
8 Oz. Mushrooms, quartered.
1 Cup Green Pepper Strips.

Coat pan with non stick spray and warm over medium heat for 1 minute. Add beef and garlic. Saute until browned (5 minutes). Stir in broth, tomato paste, vinegar, sugar and spice. Add potatoes, onions and mushrooms. Bring to a boil. Reduce heat to low. Cover and simmer for 20 minutes. Stir in pepper. Cover and cook, stirring occasionally until potatoes are tender.

Serves 4.

Per serving: 264 calories, 5.19 grams of fat (17% of calories), 40 mg. cholesterol.



Congratulations

Womankind would like congratulate the parents of the first baby boy and girl born in 1996 in the Hazleton area.

The first baby girl was Leah Charlotte Williams. She is the daughter of Teresa and Martin Williams of Berwick Street, Beaver Meadows. Dr. Ki Bum Lee was the attending physician.

The first baby boy delivered by Dr. Louisa Voutsinas, was Spencer John Marszalek, the son of John and Jennifer Marszalek of North Logan Street, McAdoo.

On the Road Again!

Join us for another **Womankind** shopping trip to:

Rockvale Square – Lancaster
Saturday, June 22, 1996

Cost \$12.00 per person

For more details or to sign up call:

Theresa
Andrasi
at
459-4592



Chiropractic care and pregnancy

Dr. Charles T Kennedy
Chiropractor

Pregnancy is a natural condition and should be no more difficult than any other phase of life. There is no need to believe that backaches, headaches, leg pains, morning sickness, etc., are all normal inconveniences which you must bear during pregnancy. Chiropractic care throughout the pregnancy can alleviate much, if not all, of these aggravations so you can better enjoy this part of life.

Although obstetrics is a required course of study for all chiropractors, they do not deliver babies, so many expectant mothers may not consider turning to them for prenatal care. Yet, a chiropractor is thoroughly trained to understand the mechanical and physical aspects of what may be causing unnecessary pain or discomfort during pregnancy.

The extra weight that is carried during pregnancy may cause postural distortions that can cause stress and irritation to the spine. Chiropractors are trained to recognize and

correct these problems. This is accomplished through the use of gentle spinal adjustments which are very safe. These adjustments help to insure that the pelvic bones are properly aligned, which could result in a quicker, easier delivery and they also help provide freedom from irritation of nerves to help relieve the discomforts of pregnancy.

Chiropractors also advise women on proper exercises, postures, lifting techniques, and nutrition. They may also recommend vitamins or other supplements to help. This is an important safety issue for both the mother and unborn baby, since the risks of medications during pregnancy and labor are well documented.

Chiropractic care may also help with the discomforts that occur (low back, hip and leg problems) that sometimes occur following the stress and trauma of pregnancy and delivery.

Contact your local chiropractor today and find out if you can relieve the discomforts of pregnancy in a gentle, natural and safe way.

Work and breast feed? Yes you can!

By **MICHELE HEBAL**

A La Leche League Leader in the Greater Hazleton Area

An expectant mother who plans to return to the workforce after the birth of her baby may wonder how she could combine working and breastfeeding. La Leche League of Greater Hazleton offers the following suggestions to help make the breastfeeding relationship easier and more enjoyable for baby and the working Mom.

EXPRESSING BREAST MILK

Expressing breast milk serves many purposes for the working Mom. Expressing either manually or by breast pump provides breast milk for her baby in her absence and helps to keep up her milk supply. Expressing also prevents a mother's breasts from becoming overly full during working hours, which lessens the chance of Mom developing a plugged duct or breast infection.



STORING BREAST MILK

Breast milk for the healthy, full term baby can be stored in heavy plastic containers or in doubled disposable bottle bags. Glass is not recommended. Basic guidelines for storing breast

milk are: 1) At room temperature, 6 to 10 hours; 2) In the refrigerator, up to 5 days; 3) In the freezer compartment of the refrigerator, 2 weeks; 4) In a freezer with a separate door, 3 or 4 months; 5) In a deep freezer set at zero degrees, 6 months. Breast milk can be thawed or heated under warm running water or in a container of warm water and shaken gently. Breast milk should not be boiled, microwaved or refrozen and should be used up to 9 hours after thawing.

TIPS FOR THE SITTER

The baby's caregiver needs to know that Mom plans to leave her own milk for the baby and also needs to know how to handle breast milk. Mom should inform the sitter on how to store and heat breast milk and to be sure all equipment used to feed baby is kept clean. The sitter shouldn't feed baby immediately before Mom is expected home, since Mom will want to nurse baby immediately upon arrival home.

Breastfeeding and working can be combined successfully. If you would like information on this or other breastfeeding topics, contact La Leche League of Greater Hazleton. Your local Leaders are: Michele Hebal, 454-1683; Kimberly J. Slusser, 455-2152, and Kathleen Kennedy, 450-6462. LLL meets the third Monday of each month at 7:30 p.m. in the multipurpose room of the Hazleton-St. Joseph Medical Center.

La Leche League agrees with the breast-feeding information in this article only. All other information presented in *Womankind* is outside of LLL's scope of expertise.

Enroll Now For Womankind Program

If you haven't yet joined our program, now is the time to do so. Our program has many benefits for women age 18 and over.

To receive a membership form and more information on the program, simply fill out the coupon below and mail it to:

Hazleton-St. Joseph Medical Center
Attn: Theresa Andrasi
687 North Church St.
Hazleton, PA 18201.

Clip and Mail

Please send me more information and a membership form for the Womankind program.

Name: _____

Address: _____

Phone: _____

Bernard C. Rudegear

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Director of Medical Imaging
And Women's Care

Theresa Andrasi

Womankind Representative



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