

MAY | JUNE 2013

Healthy YOU

Introducing
LVHN Fitness

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EAT
MORE
AND
LOSE
WEIGHT

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Melanie's Story

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley
Health Network

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Melanie Falcon's story
(Photo by Olaf Starorypinski)

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**FOR MORE INFORMATION
ABOUT ANY OF OUR STORIES,**
visit LVHN.org/healthyyou
or call 610-402-CARE.

**FOR MORE INFORMATION
ABOUT ANY OF THE DOCTORS
FEATURED IN THIS ISSUE**
(such as practice name, location or
hours), visit LVHN.org/find_a_doctor
or call 610-402-CARE.

We're Pregnant. Now What?

FOLLOW THESE DO'S AND DON'TS

Congratulations! You're pregnant! It's your happiest time as a couple. If you're like most people, you're thrilled to hear the news. Then you think about next steps... and quickly feel overwhelmed.

Here is some help – a few do's and don'ts from obstetrician/gynecologist Kristin Friel, MD, and family medicine doctor Holly Binnig, MD, with Lehigh Valley Health Network:



Do

► **Call your health care professional now.** Schedule your first prenatal (before birth) appointment within eight weeks of missing your period.

► **Ask questions.** Your doctor will give you answers, address any concerns, recommend important vitamins and nutrients for you and baby, and ultrasound your abdomen to determine your due date. Be sure to know your family's medical history, especially genetic conditions that could affect your baby.

► **Continue to exercise.** "Whatever exercise you did before pregnancy is still safe now," Friel says. "Listen to your body. As long as you can speak in full sentences and you are not uncomfortable while exercising, you and your baby are safe." Even abdominal exercises are OK when done in moderation. Be sure that you are drinking enough water.

► **Eat well.** Consume whole grains, fruits and vegetables, legumes and lean protein.

Don't

► **Eat for two.** "Your baby only needs roughly 250 daily calories," Binnig says. That's about the amount of calories in a bagel, three cubes of cheese or a candy bar. Also, avoid cold-water fish such as swordfish and tuna that contain high amounts of mercury, and steer clear of processed lunchmeat, alcohol and unpasteurized cheese. Limit your caffeine intake to two cups of coffee or fewer.

► **Stop prescription medicines cold turkey.** "Talk to your health care professional before making any changes," Friel says. While some prescription medications can harm a baby, it may be safer for you to taper your dose rather than to stop abruptly.

—Alisa Bowman

Holly Binnig, MD
Family medicine

Kristin Friel, MD
Obstetrics/gynecology

Next Step

GET MORE HEALTHY LIFESTYLE TIPS for mom and baby at LVHN.org/pregnancy. See page 22 for a list of "Raising a Family" classes, and call **610-402-CARE** to register.

4 TIPS FOR SAFE PICNICS

How can you keep your picnic lunch safe in the heat of spring and summer?

Try these tips from registered dietitian Kathleen Hanuschak with Lehigh Valley Health Network:



1

Keep perishables (lunchmeats, cheeses, salads, etc.) in a cooler.

Keep the cooler at 40 degrees or lower until serving. A thermometer can measure the temperature.



2

Use a separate cooler for beverages so you don't lose heat every time you open the lid.



3

Use ice or frozen gel packs to keep your coolers cold. And don't put the cooler in your car trunk; let it ride up front with the air conditioning on.



4

Know the "two-hour" rule.

Once you've served your food, perishables should not sit out for longer than two hours, or one hour if the outdoor temperature is above 90 degrees.



Enjoy a Game

Spring is a great time to catch a Lehigh Valley IronPigs baseball game. Lehigh Valley Health Network (LVHN) is a proud team sponsor, providing healthy events on these game days:

- ▶ **Kids Run the Bases** – Children can run the bases following all Sunday home games. Seven of the IronPigs' 11 Sunday games take place in May and June.
- ▶ **Education Game Day** – On May 9, thousands of local middle school students will combine baseball, learning and healthy behaviors at a ballgame.
- ▶ **Health Fair Night** – On June 11, an LVHN-sponsored health fair inside Coca-Cola Park will offer health screenings, activities and education.

Introducing LVHN FITNESS



Lehigh Valley Health Network's (LVHN) Healthy You Fitness Centers have a new name. They now are called LVHN Fitness. Inside each location (LVHN Fitness—Cedar Crest, LVHN Fitness—Muhlenberg and LVHN Fitness—Mack Boulevard) you'll find a dedicated, professional staff focused on getting you in the best shape of your life. Whether you're a weekend warrior or an elite athlete, a person recovering from a health challenge or someone managing a chronic health condition, LVHN Fitness can help.

SERVICES INCLUDE:

- ▶ Full array of cardiovascular, strength and functional equipment
- ▶ Group fitness classes
- ▶ Personal training
- ▶ Fitness assessments
- ▶ Massage therapy
- ▶ Sports performance

Membership has benefits – By joining LVHN Fitness, you can participate in group classes such as zumba, yoga and line dancing. See the whole list on page 23, visit LVHN.org/fitness or call **610-402-CARE** to join.

LVHN.org



READ OUR BLOG

What's the best way to keep up on the latest happenings at Lehigh Valley Health Network in between issues of Healthy You? Visit LVHN.org/news and read Lehigh Valley Health News. It's updated daily and features information on community events, classes and health topics. You'll also find our experts' take on local and national health reports, along with the kind of inspiring stories about local people you've come to expect.



GET HEALTHY TIPS BY EMAIL

To help you live well, we revamped our Healthy You email tip of the week. You'll get information on how to get a better night's sleep, keep track of important screenings, link to yummy (and healthy) recipes and more. You also will learn more about our health network's doctors and practices. Visit LVHN.org/healthyyou or call **610-402-CARE**.



WALK-IN CARE LOCATIONS

HEALTH CENTERS AT
BETHLEHEM TOWNSHIP
MACUNGIE
MOSELEM SPRINGS

CAREWORKS IN
ALLENTOWN
SCHNECKSVILLE

KEEP YOUR HOME SAFE DURING VACATIONS



Mail Pickup

For ultimate peace of mind, give your friend a key and have him bring in the mail and check on things inside.



Stop Tweeting

You don't want to announce to a crowd that no one is home.



Curtain Check

Keeping them closed may tip off criminals and prevent neighbors or police from seeing inside.



Perfect Timing

Use a timer, because one light kept on all week looks odd and isn't very "green."



Nowhere to Hide

A criminal will search the welcome mat, flowerpot and other hiding places if he suspects you're away.

Take Charge DIABETES

TIPS, HINTS AND SUPPORT TO HELP YOU
MANAGE YOUR HEALTH

4 TIPS IF YOU'RE NEWLY DIAGNOSED

TAKE CHARGE OF YOUR TYPE 2 DIABETES

So you've just learned you have type 2 diabetes. "That news can be overwhelming," says nurse practitioner Judith Brooks, CRNP, with Lehigh Valley Health Network. "It's not easy to accept that you now have to deal with a chronic illness for the rest of your life."

Yet once the shock fades, there are important steps to take if you get the news, say experts at the health network's Helwig Health and Diabetes Center. They are:

1 Be real, then focus – It's OK to feel scared and unsure at first. Then look toward the future. Making smart choices, especially with diet and exercise, can give you control over diabetes and allows you to enjoy the activities you love.

2 Learn about everything. Sure you should ask questions about your type 2 diabetes. You also should use this time to learn more about your own body. Recognize important warning signs, like knowing when you feel extra-tired or confused, and discover what to do when you feel that way.

3 Develop a "sick day" plan. It's part of being prepared. Work with your doctor or diabetes educator to learn about safe medications you can take if you get a condition like a head cold, and keep those medications handy. Also stock up on the right foods and learn other important steps to take when you're ill.

4 Ask for help. Don't be too proud. Invite loved ones to learn about your condition and be specific about how they can support you. Type 2 diabetes tends to run in families, so urge your relatives to get tested and live a healthier lifestyle.

—Gerard Migliore

Take Charge Now

TAKE A CLASS. See page 21 for a list of "Living With Diabetes" classes and support groups. Call **610-402-CARE** to register.

ARM YOURSELF WITH KNOWLEDGE. Helwig Health and Diabetes Center has certified diabetes educators who are specially educated nurses and dietitians focused on helping you learn how to manage your diabetes. For more information, visit LVHN.org/diabetes or call **610-402-CARE**.

What I Remember About My Diagnosis

SUE HECK'S STORY

THE DATE

Sept. 28, 2012

HOW IT WAS FOUND

She was expecting good news following routine blood work. Instead she learned she likely had type 2 diabetes. A follow-up test confirmed it.





HER BLOOD SUGAR

Her hemoglobin A1C (a key diabetes blood test) was 10.5, so high she was on the verge of needing daily insulin injections.

THE HOOK

Heck, 61, of Kutztown, didn't have any typical symptoms (such as increased thirst or urination). And she's aware of them – she's a registration specialist at the Helwig Health and Diabetes Center.

WHAT SHE DID NEXT

She hopped on a treadmill and began to change her life.

HER MOTIVATION

"My mind was made up," she says. "This was my wake-up call."

HER PLAN

Eat healthier, take long walks with her husband, Richard (above), and take Janumet, an oral medication prescribed by her caregiver, Judith Brooks, CRNP.

HER RESULT

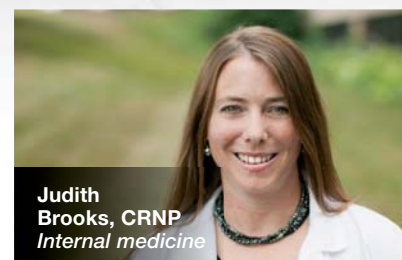
Her hemoglobin A1C is down to 5.8 (a normal range), she feels better than she has in years, and she's lost 20 pounds.

HER NEW PASSION

"Being a cheerleader for diabetes education," she says.

HER HEALTH CARE PROVIDER'S TAKE

"I'm so proud of Sue," Brooks says. "Instead of being devastated by her diagnosis, she embraced it and took the necessary steps to take care of herself."



Judith
Brooks, CRNP
Internal medicine

Take Charge **CANCER**

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

IN SICKNESS AND IN HEALTH

HOW TO HELP A LOVED ONE WITH CANCER

Rick Boulay, MD, stared at his computer screen in the middle of the night, overwhelmed by the prognosis he'd learned for his wife, Julie Bolton. Earlier that day Bolton was diagnosed with chronic myelogenous leukemia (CML). A gynecologic oncologist with Lehigh Valley Health Network, Boulay felt helpless and unsure of how much information he should share with her.

"As a cancer physician, you'd think I would know exactly what to say and do," he says. "But when my wife was diagnosed with cancer, I was no longer in the role of physician. I instantly became a caregiver. My whole world changed."

It's very common for caregivers – usually a spouse, sibling, child, family member or close friend – to be overwhelmed by a sense of helplessness after learning that a loved one has cancer. "Patients quickly develop a 'take charge' attitude, but caregivers often feel helpless, like they have no control over the situation," says Boulay's colleague, hematologist oncologist Katherine Harris, MD, PhD.



Katherine Harris, MD, PhD
Hematology
oncology

Fact is, caregivers play a key role during the cancer journey, starting at diagnosis. As a caregiver, you attend doctor visits, so you can hear exactly what's going on and ask questions. You monitor your loved one and seek medical attention if she's unable to do so. You act as the "seat of truth" during doctor visits.

"Some patients will tell you they are fine and their side effects are manageable," Harris says. "But then the caregiver will remind the patient she was literally writhing on the floor in pain the last two nights." That's Harris' clue to dig a little deeper, and have the patient speak for herself about what's really happening.

Outside the doctor's office, the best thing you can do as a caregiver is refrain from being overprotective, yet be supportive. "If the patient feels up to it, let her do the laundry or go grocery shopping," Harris says. "Maintaining a sense of normalcy is physically and emotionally important."

Boulay and Bolton know all about striking that balance. "I was very independent; we both had busy, productive lives, and suddenly everything was different," Bolton says. "We had to figure out how to care for our daughters, who were 10 and 14 at the time, and how to play different roles in our marriage and family."

Boulay had to focus on what his wife needed that he could provide; and what he needed from other sup-

port systems like friends, family and church members. "I learned a lot and gained strength from my own patients and their caregivers," he says. One of the key lessons he learned is you, as the caregiver, need to allow yourself to be cared for by others, so you can continue to care for the patient.

For Bolton, learning to rebalance life meant depending on others. "I learned that it is a gift to allow someone to help you," she says.

And of course, the couple had to manage all of this change while dealing with the uncertainty that cancer brings. They tearfully recall not knowing whether they would be able as a couple to watch their oldest daughter graduate from high school. The good news: advances in treatment for CML have improved outcomes. As a result, Boulay and Bolton were able to watch their daughter graduate as valedictorian four years later.

Today, they talk about how their relationship has changed yet strengthened, how their faith has grown, and how they help others via a website they created, journeythroughcancer.com.

"I knew the breadth of the cancer journey, but did not fully grasp the depth until it was my own wife," Boulay says. "Now I understand what it's like to be a caregiver. Neither role is easy, patient nor caregiver, so you should accept any support available to you. And you should know there is hope ahead."

– Amy Koch



Take Charge Now

CELEBRATE SURVIVAL

at our annual Cancer Survivor Celebration. See page 21.

LEARN MORE ABOUT CANCER SUPPORT SERVICES.

Visit LVHN.org/cancer.

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.

Rick Boulay, MD,
supports his wife, Julie Bolton,
through her cancer journey.

Take Charge HEART DISEASE

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

LISTEN TO YOUR BODY

MELANIE FALCON'S PERSEVERANCE MAY HAVE SAVED HER LIFE

As an anchor and reporter with WFMZ-TV 69 News, Melanie Falcon knows it sometimes takes persistence to reveal the truth when covering a story. That's why she refused to give up until doctors discovered what was causing her to experience recurring fevers, chills and fatigue over a five-week period.

During that time, she saw her family doctor and an infectious disease specialist, visited the ER and was admitted to the hospital. Numerous tests came back negative, but the fevers kept coming.

Through it all, Falcon, 26, of Bethlehem, continued to work and even reported through the wind and rain of Superstorm Sandy. Then new symptoms presented – headaches and confusion. “That’s when I started to get scared,” she says. “I know my body. Something wasn’t right.”

FINDING ANSWERS

Back in the hospital, an echocardiogram found a problem with her heart’s aortic valve. A normal heart valve has three flaps that open and close to keep blood flowing in one direction. Falcon was born with a valve that had only two flaps. Although her faulty valve wasn’t causing her symptoms, it led to another problem that was.

“People with an abnormal valve are at greater risk for developing an infection of the heart tissue, called

endocarditis,” says Lehigh Valley Health Network heart and lung surgeon Raymond Singer, MD. Falcon’s infection was very serious. She needed emergency surgery to replace her faulty valve and repair the infected area. “It was very scary, but also relieving,” Falcon says. “We finally figured out what was wrong, and there was a course of action.”

Singer partnered with heart and lung surgeon Ted Phillips, MD, in a health network operating room (OR). “Reconstructive surgery for an infected heart valve is very challenging,” Singer says. “Every stitch has to be perfect.”

The surgeons removed all of Falcon’s infected heart tissue and reconstructed this delicate area inside her heart with a biologic patch. This strengthens the tissues and prevents blood from contacting the damaged area, which helps to prevent another infection. Once the patch was completed, surgeons placed a new bovine (cow) valve into Falcon’s heart.

After nearly six hours, Singer, Phillips and the OR team successfully completed the complex surgery. Had they not operated when they did, Falcon may have had only hours to live because the infection was so severe.

COMING HOME

Six days after surgery, Falcon was well enough to continue her rehabilitation at home. A pump

connected to an intravenous (IV) port in her arm delivered antibiotic medication directly to her heart. As days went by, she walked longer, slept less and grew stronger.

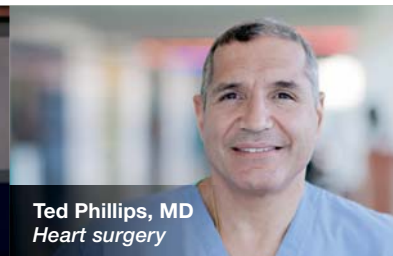
In eight to 12 years, Falcon will need another procedure to replace the bovine valve. That wouldn’t have been necessary had she chosen a mechanical replacement valve, which lasts forever but requires a patient to take blood-thinning medication. “If I were taking that medication, I wouldn’t be able to have children,” says Falcon, who is engaged to be married.

Innovations in heart valve surgery also factored into her decision. Lehigh Valley Health Network is already performing a procedure that replaces an aortic valve with a catheter inserted through a small incision in the groin or chest. Called transcatheter aortic valve replacement (TAVR), the procedure is for people who cannot undergo open-heart surgery. Ten years from now, similar procedures may be available to all people who need a valve replacement.

Eight weeks after surgery, Falcon was back in front of the news camera. It’s from this position that she hopes to educate our community about heart health.

Her first message: “Listen to your body,” she says. “See your doctor if you don’t feel right. Persevere if you can’t find an answer. If I hadn’t, my outcome would have been very different.”

—Rick Martuscelli



Ted Phillips, MD
Heart surgery



Raymond Singer, MD
Heart surgery



Melanie Falcon is back
on the WFMZ-TV 69 News set
after overcoming a
heart health challenge.

Take Charge Now

LEARN MORE about heart care
at LVHN.org/heart.

CALL 610-402-CARE to get a
second opinion about a complex
heart problem.

FIND THE RIGHT DOCTOR
Call **610-402-CARE** or visit
LVHN.org/find_a_doctor.



The Life of Riley

FOLLOW A PREMATURE BABY'S JOURNEY

Every day, Regina Wagner is a champion for premature babies, helping to arrange the annual March of Dimes' Walk for Babies. Last fall, she became the mother of a premature baby herself.

The final seven weeks of her pregnancy and the first few days following her son Riley's birth were tense. Now Riley is home with his mom and dad, Cullin Wagner, and thriving. Here's a look at Regina and Riley's journey.



Alexandria George, MD
Obstetrics/gynecology



Nachammai Chinnakaruppan, MD
Neonatology

WEEK 20

Regina Wagner gets news she doesn't want to hear. Riley's growth is restricted. He's two weeks behind the normal growth pattern and is at risk for being stillborn. "My bubble burst," she says. "I was devastated."

WEEK 27

Tests show a disruption in umbilical flow, meaning Riley isn't getting enough oxygen or nutrients. "There comes a time when babies reassure us by telling us they're doing well, and a time when the testing is no longer normal and they tell us they'd be better off outside," says obstetrician-gynecologist Alexandria George, DO, with Lehigh Valley Health Network. Riley is saying it's time. "I was put on immediate bed rest," Regina says. "I quickly went home for some clothing and a toothbrush."

OCT.
09,
2012

Riley's declining heart rate forces Regina to have an emergency C-section. Riley Wagner is born.

WEIGHT 1 LB 1/4 OZ

Riley's birth weight. He is transferred to Children's Hospital at Lehigh Valley Hospital's neonatal intensive care unit (NICU) and placed in an incubator. "It was the start of three months of NICU care," says health network neonatologist Nachammai Chinnakaruppan, MD. "He did very well at each step."

87 DAYS

Riley received continuous daily, weekly and monthly tests for potential brain, lung and intestinal issues. "At his birth I was so scared, I was convulsing," Regina says. "Yet I had faith in the NICU staff. They are so wonderful. When Riley heard my voice and opened his eyes, I knew it would be OK." His doctors watched for respiratory problems and to make sure Riley received proper nutrition. He begins bottle-feeding very early and soon he's acting like a regular baby.

JAN.
05,
2013

Riley comes home to Macungie for the first time. "I'll never forget how we felt that day," Regina says. "We haven't really slept since, and we couldn't be happier about it."

WEIGHT
6 1/2
LBS

Riley's weight on Feb. 4, 2013. "He'll catch up to full-term children in about one to two years," Chinnakaruppan says. "While we'll continue to watch for any potential problems, most of what Riley has done, he's accomplished by himself."

—Ted Williams

Riley Wagner
○ has a bright future ahead.

Next Step

LEARN MORE ABOUT HAVING A
PREMATURE BABY. Visit [LVHN.org/
prematurity](http://LVHN.org/prematurity) or call 610-402-CARE.





MedEvac flight professionals Mark Smith and William Trumbore helped Hector LaSalle have a safe flight to Lehigh Valley Hospital–Cedar Crest.



Next Step

LEARN MORE ABOUT STROKE CARE at Lehigh Valley Health Network. Visit LVHN.org/stroke or call **610-402-CARE**.

‘A Real Awakening’

HECTOR LASALLE BENEFITS FROM HIGH-LEVEL STROKE CARE

As Hector LaSalle picked up branches in his Mount Pocono yard following Superstorm Sandy, he had no idea a tempest was brewing inside his brain.

“All of a sudden, my hands felt numb, and I couldn’t speak,” says LaSalle, 62. “My right arm was like a piece of meat, no muscle control.” His face drooped, and his right leg was weak too. Alarmed family members brought him to Pocono Medical Center, where imaging revealed he’d suffered an intracranial hemorrhagic stroke.

Quickly, professionals at Pocono Medical Center loaded him into a MedEvac helicopter, which took him to Lehigh Valley Hospital–Cedar Crest. That hospital is certified by The Joint Commission as a Comprehensive Stroke Center, the nation’s highest designation for stroke care. “I remember the helicopter medic saying, ‘Stay with me, stay with me,’” LaSalle says. “He was like my savior.”

LaSalle’s stroke was caused by longstanding high blood pressure, the No. 1 risk factor for hemorrhagic stroke (bleeding in the brain from a burst blood vessel). “Thirty percent of patients with this condition die,” says LaSalle’s Lehigh Valley Health Network neurologist, H. Christian Schumacher, MD. “It’s very serious.”

Until the stroke hit, LaSalle had no idea he was at risk. Due to long daily commutes to his job as a New York City elevator mechanic, he hadn’t seen a doctor in years. “You can’t feel blood pressure, whether it’s controlled or not,” says health network clinical nurse specialist Erin Conahan, RN. “Hector’s was about 200/112, which is extremely high.”

LaSalle agreed to participate in a multisite clinical trial of an FDA-approved drug to control acute high blood pressure, funded by the National Institutes of Health. Conducting such studies is part of the mission for Comprehensive Stroke Centers like Lehigh Valley Hospital. In this trial, “Patients receive either the standard of care or a more aggressive dose,” Schumacher says. “Hector was randomized to receive the aggressive treatment and did very well, though he still has some symptoms.”

“Whatever it did, it helped,” LaSalle says. “I felt the effect right away.” He is still rehabilitating his right arm, leg and speech, but can walk and talk. He’s now retired – and keeps better track of his blood pressure. “Had I known it was so high, I would have taken more precautions,” he says. “Having a stroke was a real awakening.”

–Rich Laliberte

Questions About Shingles?

OUR EXPERTS OFFER ANSWERS

OUR EXPERTS: ANNA KEANE, DO, FAMILY MEDICINE
BRUCE NICHOLSON, MD, PAIN MANAGEMENT

Anna Keane, DO
Family medicine

Bruce
Nicholson, MD
Pain management

The TV commercials feature somber-faced people discussing the agony caused by shingles – and why you should get a vaccine. But what exactly is shingles?

It's a virus that affects 1 million people nationwide each year. "It can cause long-lasting, severe pain," says family medicine doctor Anna Keane, DO, with Lehigh Valley Health Network. "If the blisters are on your face, it also in rare cases can cause other serious complications, such as visual impairment or facial paralysis."

Q WHAT CAUSES SHINGLES?

A: After you've had chickenpox, the varicella-zoster virus lies inactive in your nerve tissue. Years later, that virus can reactivate as shingles.

Q WHAT ARE THE SYMPTOMS?

A: Shingles typically starts as intense burning or stabbing pain on one side of the body, neck or face. After 24-48 hours, blisters emerge over the painful area and can last 10-14 days. The discomfort is so intense because shingles impacts nerves that travel from the spinal cord to the skin. "Shingles pain can be more severe and distressing than even a broken bone," says health network pain management specialist Bruce Nicholson, MD.

Q IS IT CONTAGIOUS?

A: You can't get shingles from another person, but exposure to the blisters can transmit the varicella-zoster virus and cause chickenpox in a person who has never had it.

Q HOW IS IT TREATED?

A: Antiviral medication can reduce the severity and duration of shingles, and also lessen your chances for getting postherpetic neuralgia, a condition in which the pain continues for months or even years after the blisters clear. The medications are most effective if started within 72 hours, so act quickly. "Don't wait for blisters," Keane says. "If you are experiencing a burning, stabbing skin sensation on one side of your body for at least 24-48 hours, contact your doctor."

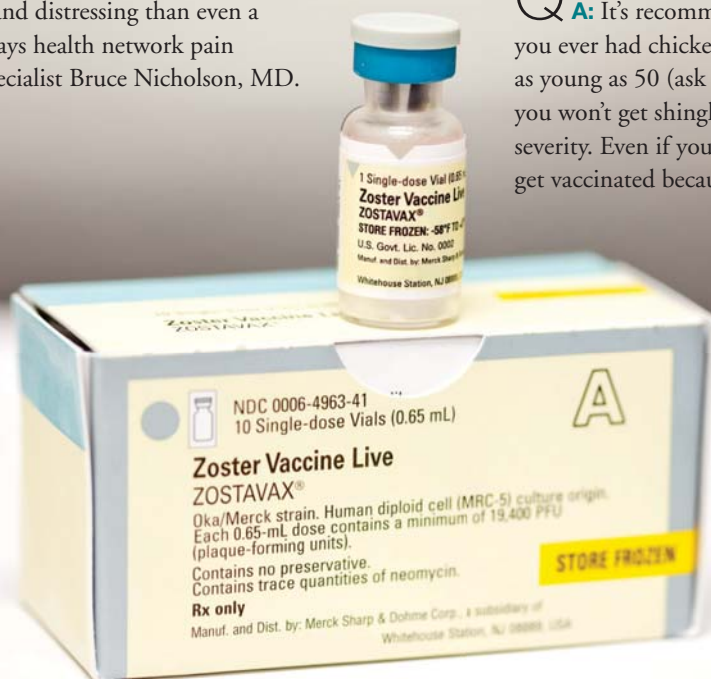
Q WHO'S AT RISK?

A: Half of all cases are in people over age 60. People with a weakened immune system (due to medications, cancer or other chronic illness) also are at risk.

Q SHOULD I GET A VACCINE?

A: It's recommended if you're 60 or older, whether or not you ever had chickenpox, and you may be a candidate if you're as young as 50 (ask your doctor). Zostavax doesn't guarantee you won't get shingles, but it will likely lessen its duration and severity. Even if you previously had shingles, you should still get vaccinated because the virus can strike again.

—Gerard Migliore



Next Step

LEARN MORE ABOUT SHINGLES
at LVHN.org/shingles or call
610-402-CARE.

OR
THIS



3oz
grilled
chicken

+



1/2 cup
Shredded
carrots

+

2 tbs. ↗
balsamic
vinaigrette



THIS ↗



Eat More and Lose Weight

IT'S POSSIBLE WITH
VOLUME-BASED EATING

You're trying to drop a few pounds. It's lunchtime, and you have a choice. You can eat a few bites of a burger or a hearty grilled chicken salad. You can choose the burger, but remember this – a few burger bites contain the same amount of calories as the salad. Which will you choose?

If you want to feel full, it's an easy decision. The salad gives you more bang for your buck because you can eat more. And if you make similar choices at all your meals, you'll eat fewer calories and still feel satisfied. What a concept. That's the basis of a volume-based eating plan.

"Weight loss is a calorie game," says dietitian Joan Troutman with Lehigh Valley Health Network. "To lose weight, you have to consume fewer calories than your body uses."

A volume-based plan allows you to eat more food and feel fuller, yet consume fewer calories.

How? The secret is to eat low-density foods, or foods that have fewer calories per bite. "These foods tend to contain a lot of water and fiber, which make you feel full," says health network family medicine doctor Joseph Habig II, MD. Examples of low-density foods are broccoli, leafy greens, melons, berries, grapefruit, whole grains and nonfat dairy products.

High-density foods – like pizza, cookies and butter – have less water and more calories and fat. A volume-based plan doesn't ban you from eating high-density foods. It teaches you to eat low-density foods more frequently and to keep high-density foods to a minimum. "When it comes to the number of calories you should eat per day, everyone is different," Troutman says. A registered dietitian can help you determine what is the right amount of calories for you. "That's why it's best to talk to your doctor before starting this or any eating plan," Habig says.

– Matthew Burns



Next Step

LEARN MORE ABOUT FOOD DIARIES. Visit this story at LVHN.org/healthyyou for a link to more information, or call 610-402-CARE.

AFTER YOU AND YOUR DOCTOR TALK, HERE ARE TIPS TO MAKE IT WORK FOR YOU:

Fill your plate with color.

The vibrant color of fruits and vegetables – like dark green spinach, orange carrots and red apples – tells you they are low-density foods. Drab-colored vegetables – like potatoes, corn and peas – are healthy, but have more calories per bite.

Seek satisfaction.

When you leave the table feeling satisfied, thoughts of food won't enter your mind (like they often do with diets that encourage leftovers). Eat until you are satisfied. Take 15-20 minutes to finish a meal.

Have a low-density snack.

A broth-based soup is a great choice. It's low in calories and fills your stomach so you're not as hungry at mealtime.

Watch what you drink.

Non-diet soda, juice and alcoholic beverages are loaded with calories and don't help you feel full. Instead, drink eight 8-ounce glasses of water a day for a zero-calorie, full feeling. Nonfat milk is a good choice too.

Cut calories creatively.

For example, skip the butter and have two slices of whole-grain bread. Or make pancakes with whole-wheat flour and top them with fruit instead of syrup.

Remember protein.

Lean cuts of meat, beans and nonfat dairy products are an important part of a balanced diet, but keep the portions small.

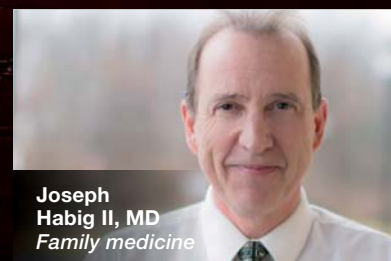
Keep a food journal.

Seeing what you eat on paper helps you feel accountable and teaches you to make wiser food choices.

Burn more calories with exercise.

When done in conjunction with volume-based eating, exercise will help you lose weight and keep it off.

—Rick Martuscelli



Joseph Habig II, MD
Family medicine

4 Signs Your Running Shoes Are Wrong

GET THE RIGHT ONES AND ENJOY YOUR RUN

You wouldn't play tennis with a badminton racket, so why run with that ratty pair of sneakers you've had since college? Here are four signs you need new sneakers now.

1 YOU RUN IN THE SAME SNEAKERS YOU WEAR TO CUT GRASS.

Don't run in any old pair of sneakers. Running shoes are designed to help your feet and body withstand the repetition of hitting the ground over and over again, says physical therapist Jesse Schimmer with Lehigh Valley Health Network. "It's worth it to buy a good pair," says his colleague, physical therapist Craig Souders. "It's the only item you need to spend money on, and you'll pay for it with an injury if you don't."

2 YOU BOUGHT THEM OFF THE CLEARANCE TABLE.

When people ask health network family medicine doctor Amy Miller, DO, about running shoes, she says you need to get a real feel for comfort. Just because a sneaker is labeled as a running shoe doesn't mean it's for you. "Go to a specialty running store, where you can lace up your sneakers and try them out on a treadmill or

take a lap around the block," she says. "You're not going to do that at a department store, so you won't know if they are comfortable." Plus, staff in specialty running stores can help pair sneaker choice with your foot type and running regimen.

3 YOU DON'T KNOW YOUR FOOT TYPE.

You should know if you're flat-footed or have a high arch, or how much your foot turns inward. A specialty store can help. If you're a new runner or if you're restarting after a long layoff, see your primary care doctor for a complete physical. He or she also may recommend a footwear assessment by a physical therapist who will evaluate your gait and the way your foot strikes the ground.

4 YOU EXPERIENCE PAIN OR INJURIES.

If you're wearing the wrong shoes, you risk plantar fasciitis, Achilles tendonitis, or knee, hip or back pain. "Don't think you can make your old shoes work for a little while," Miller says. "Running should be enjoyable, and if you get sore or injured, it won't be."

—Amy Koch

Attend a Runners Clinic

Meet like-minded people and get tips on footwear, training, nutrition and more. For more information (including dates and times), call 610-402-CARE.

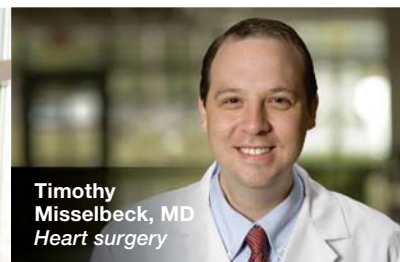


Amy Miller, DO
Family medicine

Next Step

LEARN MORE ABOUT THE
LEHIGH VALLEY HEALTH
NETWORK VIA MARATHON.

See page 21, visit LVHN.org/marathon or call 610-402-CARE.



**Timothy
Misselbeck, MD**
Heart surgery



**Sanjay
Mehta, MD**
Heart surgery



**Gary
Szydlowski, MD**
Heart surgery



**Deborah
Sundlof, DO**
Cardiology

A Love Story Continued

NEW HEART PUMP HELPS A LOCAL FAMILY CELEBRATE

Dolores Schumann and her husband of 53 years, Rich (above, with Katie Mullin, RN, at far right), have known each other since high school. Their love has grown over the years. And on Valentine's Day, they celebrated their relationship and Dolores' new lease on life.

That's because the 74-year-old mother and grandmother from Bethlehem had lifesaving heart surgery at Lehigh Valley Hospital–Cedar Crest nine days earlier. She was the first person in the region to receive a left ventricular assist device (LVAD).

"I lost a son to a heart condition when he was just 16," Schumann says. "I couldn't save him, but by having this surgery, I can save myself. That makes me happy."

Schumann was diagnosed in 2003 with heart failure caused by an abnormal heart muscle (inherited cardiomyopathy). Her cardiologists, Robert Biggs, DO, and Deborah Sundlof, DO, have guided her care for years. Sundlof says Schumann exhausted all other treatment options. "Without LVAD, she would not have been able to survive much longer," Sundlof says. Schumann's husband, three daughters (Dolores, Donna and Denise) and 11 grandchildren are glad she is alive and able to fully enjoy life without the extreme fatigue that heart failure brings.

Heart surgeons Timothy Misselbeck, MD, Sanjay Mehta, MD, and Gary Szydlowski, MD, with Lehigh Valley Health

Network, performed the four-hour LVAD surgical procedure on Schumann.

During this surgery, surgeons connect one end of a tube to the bottom of your pumping chamber (left ventricle) and the other end to your aorta. The pump, which sits in the middle, is placed beneath your skin, and the battery and controller are contained in a "vest" that you wear. After it is implanted, the device takes over the pumping action for a heart muscle that's too weak to distribute blood to your brain and other vital organs. The device isn't an artificial heart, nor does it replace your heart.

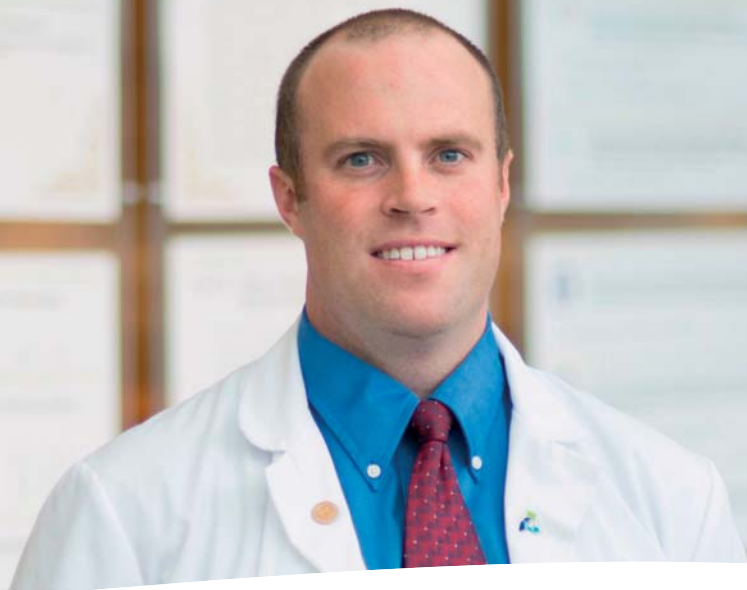
Schumann will have the pump for the rest of her life. She isn't a candidate for a heart transplant, but was an excellent candidate for LVAD because she has a supportive family, and aside from her heart, is in relatively good physical condition.

Now she and her husband look forward to getting out and doing things together again. "She won't get fatigued," Rich Schumann says. "And she'll probably want to go to the mall."

—Amy Koch

Next Step

WATCH THE SCHUMANNS' STORY and meet the doctors who cared for her at **LVHN.org/healthyyou**.



Drew Keister, MD
Family medicine

Next Step

**LEARN MORE ABOUT THE
SELECT PROGRAM.** Visit
LVHN.org/select or call
610-402-CARE.

The (Future) Doctor Is In

MEET CHRIS POTHERING, A MEDICAL
STUDENT RETURNING HOME

A basketball player at Allentown Central Catholic High School and Muhlenberg College, Chris Pothering lived for hoops. Yet when he took a break to receive care for a knee condition, Pothering's course changed.

"I had surgery from a local orthopedic surgeon," says Pothering of Thomas DiBenedetto, MD, with Lehigh Valley Health Network. "His work was so interesting to me that he let me shadow him."

So began Pothering's interest in becoming a doctor. The Allentown native earned a Bachelor of Science degree at Muhlenberg, and then a master's degree in anatomy at Penn State's College of Medicine in Hershey, Pa. Now age 28, he's completing second-year studies in SELECT, the health network's medical school partnership with University of South Florida's (USF) Morsani College of Medicine.

As part of the first class of medical students with SELECT (which stands for Scholarly Excellence. Leadership Experiences. Collaborative Training.), Pothering spent two years studying at USF in Tampa, Fla. In May, he and his 17 classmates will begin their final two years of study inside Lehigh Valley Health Network and will live in our community. "I haven't chosen a specialty yet," Pothering says, "but I know I want to practice in the Lehigh Valley."

Attracting the best and brightest medical students to practice inside our community is the foundation of SELECT, says health network family medicine doctor Drew Keister, MD. That's because health care leaders predict a potential shortage of 45,000 patient care physicians nationwide by 2020.

"Getting medical students practical experience in a teaching hospital like ours prior to their residency is an excellent learning opportunity, and a great way to showcase our community," says Keister, one of the health network doctors teaching SELECT students.

For Pothering, returning to the Lehigh Valley is a meaningful homecoming. "I've had great people who raised me, doctors who influenced me, and friends and family members who helped me," he says. "This is my chance to give back to them and the community."

—Ted Williams

Becoming a Doctor

In the United States, the typical educational path to becoming a doctor is:

4 years in college 

4 years in medical school 

Upon graduation, you receive an MD (medical doctor) or DO (doctor of osteopathic medicine)

3 years residency 

You are a doctor who practices under the supervision of more experienced doctors.

1+ year fellowship (optional) 

A higher level of education in a specific specialty

SELECT

Scholarly Excellence.
Leadership Experiences.
Collaborative Training.

Experiences for a lifetime. A network for life.™

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

Annual Cancer Survivor Celebration

For information, call **610-402-CARE**.

Camp Red Jacket

For children ages 6-12 with type 1 diabetes, three-day camp provides an atmosphere of fun, friendship and learning.
June 25, 26 and 27 at Camp Fowler, Orefield

Decreasing Falls in the Elderly

Falls in the elderly can be prevented. Learn about frequent causes of falls, tips to modify your home to make it safer and what you can do to promote safe mobility.
May 21: 2-3 p.m. at LVH-Cedar Crest

Fit to Be Mom

Carrying your baby, inside your body or in your arms, wreaks havoc on your posture and causes aches and pains. Learn how to fit fast, easy exercise into your schedule.
June 18: 2-3 p.m. at LVH-Cedar Crest

LVPG Diabetes and Endocrine

Osteoporosis health fair and heel screening also features how to keep your bones healthy and strong.
May 20: 9 a.m.-2 p.m. at LVH-Muhlenberg
June 10: 9 a.m.-2 p.m. at LVH-17th Street

Around Our Community

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

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

Jacobsburg Environmental Education Center Walk

May 11: 10 a.m.

South Mountain Preserve Walk

May 25: 10 a.m.

Bob Rodale Fitness Park Hike

June 8: 10 a.m.

Lehigh Parkway Hike

June 22: 6 p.m.

Guardianship Support Agency

Work for a local nonprofit with guardianship services.

Inner City Faith Collaborative 12th Annual Health Fair

Free health screenings and children's activities.

May 18: 11 a.m.-3 p.m. at Dubbs Memorial UCC, 5th and Allen Sts., Allentown

IronPigs Health Fair

Attend an IronPigs game and learn more about your health from Lehigh Valley Health Network professionals. This year, get the chance to try your skills on a robotic surgery simulator.

June 11: 6-8:30 p.m. at Coca-Cola Park

LVHN Via Marathon

Now is a great time to begin training for a marathon. Or consider a half-marathon, form a relay team, walk a 5K or volunteer your time to a good cause that provides services for those with disabilities.

Sept. 7: 5K run: 7:30 a.m.

Via Walk: 9 a.m.

Kids' Races: 10:30 a.m. at ArtsQuest Center at SteelStacks, Bethlehem

Sept. 8: Marathon and Relay: 7 a.m.

at LVH-Cedar Crest

Half-Marathon: 7:15 a.m. in

Bethlehem

Would a Support Group Help?

Dozens of different groups provide comfort and support.

Living With Diabetes

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

We provide education for:

- Prediabetes
- 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).

Everyday Fitness – May 16

Meal Planning – July 2

Sweet Success

Monthly support group for adults with type 2 diabetes.

Foot Care and Health – May 16

Exercise and Diabetes Management – June 20

Sugar-Free Kids

Monthly support group for children with type 1 diabetes.

Caring for Mind and Body

Massage Therapy

Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support.

Information Session – May 28

Sessions starting June 4

Retreat – July 13

Calendar CLASSES AND SUPPORT GROUPS

Protecting Your Health

Free! **Cessation, What Works?**
How to succeed in beating tobacco addiction.

June 12

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

Screenings

Free! **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.

Free! **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**.

Free! **Stroke Screening**
Walk-ins – no appointment necessary.
May 14: 10 a.m.-2 p.m. at LVH-17th Street
May 16: 10 a.m.-2 p.m. at LVH-Muhlenberg
May 21: 10 a.m.-2 p.m. at LVH-Cedar Crest

Coping With Illness

Bereavement Support Services

Bereavement Care Workshop
Grief Process Groups
Individual, Family and Couples Counseling
Ladies Lunch Club
Spiritual-Based Adult Grief Support Group
Stepping Stones for Children

Brain Warriors Stroke Support Group

Share emotional and physical issues to help deal with life after stroke.

Meets third Mon. of month: 11 a.m.-noon

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

Free! **Heart Failure Support Group**
Successful living with heart failure support group for patients and families.

Meets every two months

Huntington's Support Group

Meets second Sat. of month at LVH-Cedar Crest

Free! **Joint Replacement Prep**
What to expect for knee or hip replacement.
May 22, June 26: 1:30-3 p.m.
June 4, July 2: 9-10:30 a.m.

Free! 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**.

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

Free! **Preoperative Spine Class**
Information to help you prepare for hospital care and recovery.

Transplant Support Group

Meets first Sun. of month at LVH-Cedar Crest

Free! 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.
May 20: 6 p.m. at LVH-Muhlenberg
July 15: 6 p.m. at LVH-Cedar Crest

Lymphedema Support Group

Men Facing Cancer

Raising a Family

Welcome

Pregnancy 101
Expectant Parent Tour
Sibling Tour – My Baby and Me

Preparing for Childbirth 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

June 20; July 2

CPR – Safe Sitter Student

CPR – Family and Friends

After-Delivery Support

Monday Morning Moms
Beyond Birth

Free! **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

Effectively Handling Sibling Rivalry
May 16

Becoming New Parents Workshop
May 20

Free! **Safe Ride-Car Seat Safety**
Certified technicians show how to correctly install car seats and secure children.

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.

Metastatic Breast Cancer Support Group

Meets second Mon. of month

Aging Well

Aqua New

Water exercise for posture, balance, strength and confidence.

Dr. Salerno's Geriatric College of Knowledge

Caring for the Caregiver

June 12

Cascade of Dependency

July 10

APPRISE Medicare Counseling

For an appointment, call

610-402-CARE.

Tue.: 10 a.m.-1 p.m.; Thu.:

9 a.m.-noon

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.

Managing Your Weight



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.

Daily Steps to Less Stress

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

Starting May 21

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.



Monthly Support Group

Support and information on weight-loss surgery.



Weight-Loss Surgery Information Night

What to expect.

LVHN Fitness Group Classes

Being an LVHN Fitness member allows you to partake in a variety of classes. Call **610-402-CARE** for more information. See a list of class locations and descriptions at LVHN.org/fitness. Classes are offered at four locations.

Age-Proof Workout
Cardio Cross-Training
Cardio-Strength Combo
Chisel
Core n More
Cycle Express and Power Cycling
Energizing Yoga
Exercise for Life
Interval Express
Kettlebell Boot Camp
Kickbox Jam
Line Dancing
Relaxing Yoga
R.I.P.P.E.D.
Staying Strong
Tai Chi
Very Gentle Yoga
Yoga Basics
Yogalatte
Zumba
Zumba Toning



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

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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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Lehigh Valley Health Network

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A PASSION FOR BETTER MEDICINE



a passion for physical therapy.

THIS IS DAVID.

The pain from his accident never went away. He wasn't sleeping. He couldn't even play with his kids. And he wasn't sure whether physical therapy could help. So we listened to his concerns and then developed a personalized program that helped get him back to the life he once knew. Because we're not just treating pain, we're treating David.



A service of Lehigh Valley Hospital.

610-402-CARE LVHN.org