

Healthy You

MAY | JUNE 2011

Amazing Grace

Successful birth after surgery

Also inside:

Try a 'Smart Snack'

Get That Mammogram

Prevent Lyme Disease



A PASSION FOR BETTER MEDICINE.™

 **Lehigh Valley
Health Network**

Healthy **You**

MAY | JUNE 2011



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On the cover:

Following major gynecologic surgery, Maria Bleil of Allentown was able to give birth to Grace. Read their story on page 15. *Photo by Olaf Starorypinski*

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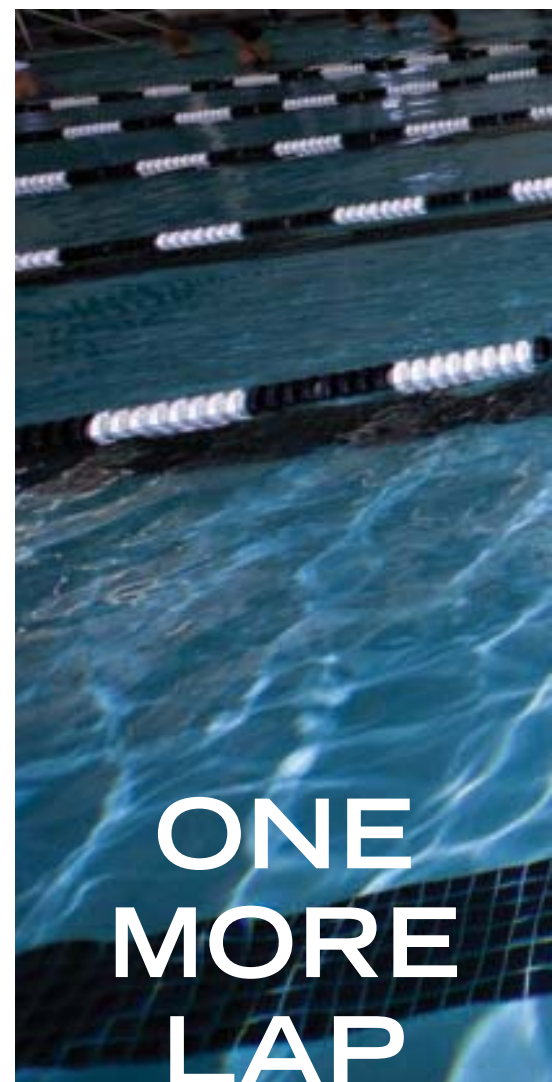
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Bob Locke overcomes heart

When Bob Locke retired, he went straight to the pool. Yet instead of floating on a raft with an icy drink, the Fogelsville man set three goals: return to competitive swimming (like he did in college), qualify for the National Senior Games and avoid the cardiovascular disease that plagued his family.

For three years, he swam, lifted weights, walked on a treadmill and practiced Pilates. On the outside, the 61-year-old athlete projected perfect health. On the inside, he was a walking time bomb. "One evening after an emotional day, I just felt different," Locke says. "I was tired, had trouble breathing and felt tightness in my chest."

After an abnormal electrocardiogram (ECG) the next day, Locke received a cardiac catheterization at Lehigh Valley Hospital-Cedar Crest. The findings: five blocked arteries. He needed quintuple heart bypass surgery.



disease and cancer to go for gold



Re-energized—Practicing at Rodale Aquatic Center helps Bob Locke prepare for June's National Senior Games.

What caused a health-conscious man to have severe heart disease? High levels of lipoprotein(a), abbreviated as Lp(a), a fat-carrying molecule in the blood. “Lp(a) is a modified version of the “bad” cholesterol (LDL). It makes whatever LDL you have more likely to cause the atherosclerotic plaques that cause heart attacks and strokes,” says Andrew Sumner, M.D., Locke’s Lehigh Valley Health Network cardiologist who specializes in moderating heart disease risk factors. “Lp(a) interferes with the body’s ability to break up blood clots. It also binds to cells in your arteries, leading to plaque buildup.”

Locke didn’t learn he had elevated Lp(a) until after he recovered from surgery. That’s because it takes a special blood test to check it. Your doctor will order the test if you have a family history of Lp(a), have cardiovascular disease at an early age or have cardiovascular disease that can’t be explained by high cholesterol or unhealthy habits, like smoking.

Because Locke was in good physical shape before his surgery, he quickly returned to the pool. Then, another setback. An abnormal prostate-specific antigen (PSA) test revealed prostate cancer. For treatment, Locke chose brachytherapy. Health network radiation oncologist Charles Andrews, M.D., implanted radioactive seeds near the cancer cells to destroy them.

Through it all, Locke remained positive and active. Today, he continues to train four days a week and follow his doctors’ advice. By eating healthy and taking cholesterol medication, he controls all of his lipid levels. By getting regular PSA tests, he ensures his cancer remains in remission. By remaining determined, he achieves his goals.

Last summer, Locke finished first in his age group in the Pennsylvania Senior Games’ 50-yard freestyle. His time of 28:87 qualified him for June’s National Senior Games in Houston. As for his third goal, Sumner says, “Mr. Locke is in phenomenal shape. He’s a great example of someone who maintains his health through medication, exercise and a healthy diet.”

Locke, now 64, says, “I’m lucky to be alive.” Perhaps some of that luck will be with him when he races in Houston, because it seems the harder he works, the luckier he gets.

Next Step: Get more heart care information at 610-402-CARE or lvhn.org/healthyyou.



Try a 'Smart Snack'

**Protein and fiber offer an
energy boost that lasts**

It's 2:30 p.m., and your stomach is growling.

The vending machine beckons, but you see only chips, cookies and candy bars. You want a healthy snack to tame your hunger and boost your energy. What to do?

"Ignore those chips and sugary snacks," says dietitian Tara Miltenberger of Lehigh Valley Health Network. "They are simple carbs, and while they give you a quick energy boost, they also make you crash soon afterward."

In their place, try a grab-and-go snack of your own making. "Pair a lean protein with a fiber-rich carbohydrate," Miltenberger says. "It will prevent blood sugar spikes and help you feel fuller longer."

STEP 1 PLAN AHEAD

Here's a four-step guide to smart snacking:

"The biggest mistake many people make is not planning snacks in advance," says health network family medicine physician Anna Keane, D.O. "That leaves you with limited healthy choices when hunger hits."

Avoid this pitfall by making healthy snacks ahead of time so you're stocked with good-for-you mini-meals when you need a quick pick-me-up. (Note: If you have diabetes or other medical conditions or take certain medications, please check with your doctor or dietitian about what type of snacks you should eat.)

STEP 2 MIND THOSE PORTIONS

"We often underestimate how much food we're really eating," Keane says. So make sure you stick to the portion sizes on page 3. They're just enough to give you that lasting energy boost you need.



STEP 3 MIX AND MATCH

Choose one item from each column:

Lean proteins and heart-healthy fats

- Fat-free or low-fat Greek yogurt (4-6 ounces)
- Fat-free or low-fat cottage cheese (4-6 ounces)
- Fat-free or low-fat string cheese (one stick)
- Hummus (1/4 cup)
- Edamame (1/2 cup)
- Hard-boiled egg (1) or hard-boiled egg whites (2)
- Nuts (10 peanuts, 6 almonds, 6 cashews or 4 walnut halves)
- Peanut butter and other nut butters (2 teaspoons)

Fiber-rich carbs

- Fruit (one piece of fresh fruit or 2 tablespoons dried fruit)
- Vegetables (1 cup raw or 1/2 cup cooked)
- Whole-grain crackers (1 serving)
- Dry whole-grain cereal (1 cup)
- Air-popped popcorn (3 cups popped)

STEP 4 COMBINE



Here are 10 great mini-meal combinations to get you started:

- 6 ounces Greek yogurt with 1 tablespoon honey and 1/4 cup granola
- 1 low-fat string cheese stick with 1 serving whole-grain crackers
- 1/2 cup cottage cheese with 1 cup fresh fruit (strawberries, blueberries, pineapple, etc.)
- Turkey sandwich made with a multigrain English muffin or whole-grain sandwich thin with 3 ounces turkey with mustard, lettuce and tomato
- 1 medium banana with 1 tablespoon peanut butter
- Protein shake made with 1 cup fat-free milk and 1 scoop whey protein powder; blend with ice
- Homemade smoothie (1 cup) made with Greek yogurt, frozen fruit and a small amount of fat-free milk
- 1/4 cup hummus with one 4-inch whole-wheat pita and chopped vegetables (carrots, celery, peppers, etc.)
- Energy bar with at least 3 grams of fiber, 8 grams of protein and less than 3 grams of fat per 100 calories
- Grilled chicken salad made with 3 ounces grilled chicken, 2 cups romaine lettuce or spinach and 1/4 cup reduced-fat cheese

Next Step: Try some mini-meal and healthy apple recipes. Get them at 610-402-CARE or visit lvhn.org/healthyyou.

Do I Still Need a Yearly Mammogram?

If you're age 40 or older, the answer is yes

Q: Do I really need a mammogram every year?

A: Yes, regular mammograms remain of utmost importance. Mammography plays a critical role in diagnosing breast cancer. In the past, we wouldn't learn that a woman had breast cancer until she came in with a lump. Today through mammography, radiologists most often detect breast cancer much earlier, often before a lump can be felt by a patient and before the cancer has spread to the lymph nodes.

Some women chose to stop annual mammograms due to U.S. Preventive Services Task Force recommendations. Those have since been refuted by most major breast cancer organizations. The accepted guideline remains that women should begin yearly mammograms starting at age 40 or earlier if you're at high risk.

Q: Is there more of a concern for women in the Lehigh Valley?

A: Over the past two years, the Lehigh Valley region has seen a decline in the number of women getting yearly mammograms. Our region is now almost 15 percent below the national

average. That's a shame, because when breast cancer is found early through mammography, your risk for dying from the disease is reduced by at least 25-30 percent.

Q: Do I need a mammogram if I'm otherwise in good health?

A: Even if you don't have risk factors, don't have a lump and no family history, you should still get screened annually. About three-quarters of the women in whom we find breast cancer have no risk factors—screening is important for everyone.

Q: I've heard that a mammogram hurts. Does it?

A: Because a mammogram is a fast procedure, discomfort is minimal for most women. During a mammogram at the health network's Breast Health Services, each breast is compressed by



About our expert—
Lori Alfonse, D.O., is a surgical oncologist with special fellowship training in breast surgery.



low-dose X-ray equipment. If you know your breasts are sensitive, tell the technician so she can compress the tissue more gradually. You also can schedule your mammogram for the week after your period, when breast tissue is least tender, and take a pain reliever before the appointment to ensure the test is comfortable.

Q: Should I be concerned about radiation exposure?

A: A mammogram produces a very tiny amount of radiation exposure, about the same amount you would get from your natural surroundings (called “background radiation”) in an average three-month period.

Q: I don’t have insurance. How can I get a mammogram?

A: Lehigh Valley Health Network is the only National Cancer Institute-selected Community Cancer Centers Program in the Lehigh Valley. As part of that, we are committed to providing cancer screenings, including mammograms, to community members who would not otherwise have access to such important tests. We also have financial counselors to help you find ways to pay your medical bills.

Next Step: Call 610-402-CARE to schedule a mammogram.

Show of hands—Breast cancer supporters showed solidarity at last October’s Women’s 5K Classic in Allentown.



Genetics and the Future

New technology, new hope

It’s a hot topic on every television police drama, yet the world of genetics and DNA extends far beyond a police laboratory. In medicine, advances in testing and technology allow doctors to identify hundreds of thousands of genes from one DNA sample. Those genes are then matched to thousands of other samples, all in an effort to identify and stop genes that cause cancerous tumor growth.

“The sophistication of gene testing today has allowed researchers to find groups of mutated genes,” says hematologist oncologist Suresh Nair, M.D., of Lehigh Valley Health Network. “Now drug companies are producing medications that target these genes and essentially turn them off.”

Another new and fascinating field is that of personalized medicine. “It recognizes that two patients may have the same type of cancer, but each patient has different tumor genes that cause the cancer to grow,” Nair says. So instead of a one-size-fits-all approach, treatments are being developed tailored to each patient.

Some of the biggest advances in personalized medicine involve treatment for melanoma, the deadliest form of skin cancer. When researchers several years ago identified a melanoma gene that allows the tumor to reproduce, a new medication was developed that attacked the gene, stopped tumor growth and kept healthy tissue intact. The medication works, but those tumors found new ways to reproduce. “Now researchers are developing new drugs to turn off both genes,” Nair says.

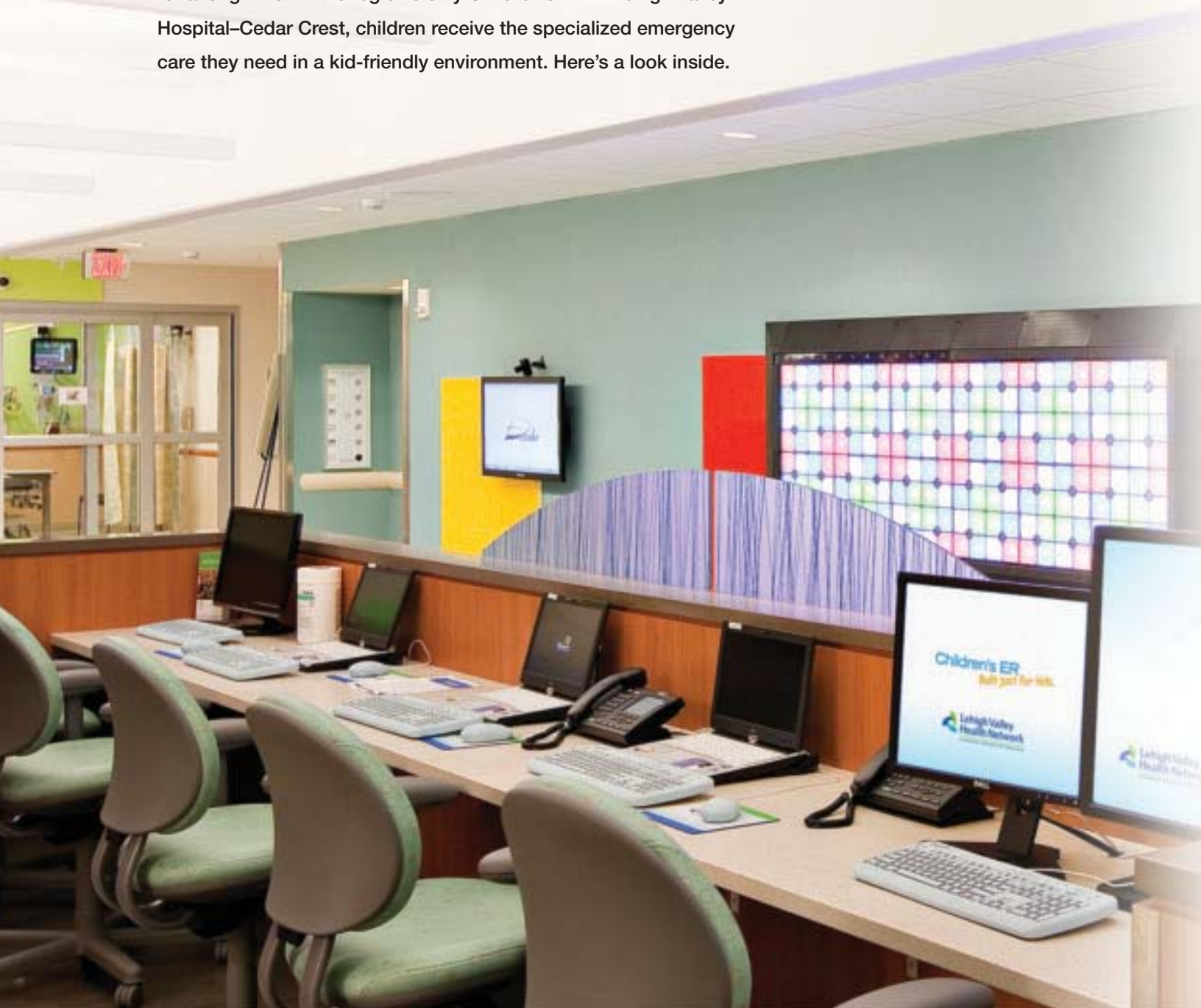
While research makes great leaps, more is needed to identify and treat cancer-causing mutated genes. To that end, Lehigh Valley Health Network is partnering with Moffitt Cancer Center in Tampa, Fla., to give people in our community access to clinical trials for leading-edge cancer medications. The health network also is the area’s only National Cancer Institute-selected Cancer Center.

As clinical research in genes increases, there is hope for the future. “In another five years, there may be countless new ways to fight the cancer battle and ultimately get a cure,” Nair says.

Next Step: Learn more about genetic testing for cancer. Call 610-402-CARE or visit lvhn.org/healthyyou.

Step Inside the Children's ER

Children are not little adults. They have unique medical needs. And while no one enjoys a visit to the emergency room (ER), the anxiety and stress children experience there may stay with them for a long time. At the region's only Children's ER in Lehigh Valley Hospital–Cedar Crest, children receive the specialized emergency care they need in a kid-friendly environment. Here's a look inside.



Peek inside the region's first ER built just for kids



Comfort—That's what child-life specialist Lisa Kelly (left) provides children like 3-year-old Georgia of Allentown. Kelly helps children cope with the fear associated with a hospital visit.



"Cool"—Nicole, 5, of Macungie (left) and Taylor, 6, of Zionsville, play with one of the interactive video displays, which are located in the waiting room and treatment area.

Caring—Mike Perrucci and his wife, Christine, of Bethlehem, are parents of two young children who have received outpatient care at Lehigh Valley Health Network. They support the Children's ER. "Our community's children deserve this level of care," Mike Perrucci says.



Ask Our Expert

What Is a Pediatric Emergency Physician?

A: A pediatric emergency physician specializes in caring for children and teens who need immediate medical help. We received special education to care for children with a wide range of problems, some of which may be serious or life-threatening.

Q: What education does a pediatric emergency physician receive?

A: Pediatric emergency physicians attend medical school for at least four years. We then participate in a pediatric residency for at least three years. That's when we treat children who need specialized care for problems with their heart, lungs, nervous system or digestive system, for example. We then have at least two years of fellowship training.

That's when we work in the ER and learn about things like trauma and dental care, poison control, anesthesia, plastic surgery and more. This education prepares us for any patient who comes through the ER doors.

Q: How is caring for a child different than caring for an adult?

A: There are many differences. For example, the dose of medication children need varies depending on their weight. There also are variables you have to consider when a child needs to be sedated. However, the greatest difference is the attention children and their families need. We remove the "fear factor" by taking the time to talk to children and their parents about what will happen next. We also know how to distract children during a procedure. I once saw a child fall asleep while she was receiving stitches because the staff did such a good job calming her down.

Next Step: [Learn more about the Children's ER at childrensER.com.](http://childrensER.com)



About our expert—Pediatric emergency physician Amy Dunn, D.O., cares for 8-year-old Dylan of Zionsville.

Communicating in the Hospital

Tools are being developed to help you understand your care

What's my doctor's name? Why am I taking this medication? What tests am I having? Can I get out of bed?

During a hospitalization, whether you're a patient or a patient's loved one, you have many questions. No matter how organized you are, it's difficult to remember all the answers, or to be at your loved one's side 24/7. That's why hospitals are developing convenient ways to help patients and families understand their care.

At Lehigh Valley Health Network, a Patient-Centered Experience (PCE) team partners with community members to enhance the health care experience for patients and family members. Here are two pilot projects taking place at the health network to improve communication in its hospitals.

Meetings at the bedside

When a nurse finishes her shift, she meets with the nurse starting his shift to discuss the condition and needs of each patient. These meetings traditionally take place at a nurses' station. As part of the pilot, they're now taking place at the bedside with the patient and family in the room on 19 hospital units. "It gives nurses another opportunity to check on their patients, and gives patients and families an opportunity to ask questions," says health network nurse Maryanne Fye, R.N. "Patients and families feel more involved in their care and appreciate knowing exactly what's happening."

Providing a ROADMAP

When you're lost and want to find your way, you read a roadmap. If you're in the hospital and have questions about your care, you read your ROADMAP. The health network's ROADMAP (Review of All Daily Medical Actions and Plans) is an easy-to-read fact sheet given to each patient daily containing information about his or her care. "Patients and families can refer to their ROADMAP anytime to get answers to their questions," says Kristina Holleran, R.N., a nurse on the unit where the pilot is taking place. "It's kept at the bedside in a folder to ensure confidentiality." Here's what is on the ROADMAP:

Name of your doctor

Caregivers you will see

Your allergies

What you're permitted to eat

Today's tests and procedures

Yesterday's tests to ask your doctor about

What you need to do and learn

Information about your discharge

Information about your medications

Space for handwritten questions

Next Step: Learn more about the health network's Patient-Centered Experience team. Call 610-402-CARE or visit lvhn.org/healthyyou.



Physician, Founder, Pioneer

Reflecting upon Larry Levitt, M.D.'s extraordinary career

Larry Levitt, M.D., was 27 and just starting as a U.S. Public Health Service officer when he addressed a crowd of hostile student council members. It was 1967, and 500 students at the University of South Florida (USF) had fallen ill with abdominal pain, nausea and vomiting.

Was it food poisoning? Student council thought so, but Levitt knew the real cause was a virus. "Thus began an experience that shaped my life as a doctor," he says. It also started a career that traveled from Tampa to Allentown, Pa., and back again.

While in Tampa in 1968, Levitt received a visit from Leonard Parker Pool, the founder and chief executive officer of Air Products and Chemicals, Inc. "I had first met him when I cared for his wife, Dorothy, as a first-year resident at Memorial-Sloan Kettering," Levitt says. Pool began talking to Levitt about his dream of creating a superior regional hospital in Allentown so people didn't have to travel outside the area for care.

In 1974, when Pool opened what today is Lehigh Valley Hospital–Cedar Crest, Levitt served as the hospital's first neurologist and founded the neurology division. Today he is a senior consultant with Lehigh Valley Health Network.



Over the past 35 years, he also served as a trustee of the Dorothy Rider Pool Health Care Trust, a role from which he retired in April. Started with a \$15 million endowment following Leonard Pool's death in 1975, the Pool Trust has distributed more than \$90 million in projects to enhance wellness throughout the Lehigh Valley. Such projects include the fluoridation of Allentown's water supply, a Lehigh Valley-wide smoke-free campaign, Pennsylvania's first hospice program, and support of the health network's medical education, clinical research, continuing education, the Burn Center and Mattioli Trauma Center.

Today, Levitt is the co-author with neurologist John Castaldo, M.D., of *Uncommon Wisdom: True Tales of What Our Lives as Doctors Have Taught Us About Love, Faith and Healing* (Rodale Press 2010). He also continues to promote disease prevention and health promotion. He sees a unique opportunity in the health network's new educational relationship with USF, a partnership that will educate medical students and give them the tools to lead the future of medicine.

"With proper resources, including the combined efforts of Lehigh Valley Health Network, USF, the Pool Trust, all other regional health care organizations, corporations, schools and community institutions, I believe the Lehigh Valley could become America's healthiest community," Levitt says.

Levitt will soon return to USF—the site of that first public health experience more than 40 years ago—to address the school's medical students. That trip will complete the circle in a remarkable career that continues to enhance the Lehigh Valley's overall health.

Next Step: Read the essay "From Tampa to Tampa" by Larry Levitt, M.D., at lvhn.org/healthyyou or call 610-402-CARE.

Founding father—Neurologist Larry Levitt, M.D., was the first physician recruited for Lehigh Valley Health Network by founder Leonard Parker Pool (upper right).

10 Ways

Physical Therapy Can Help

Avoid surgery, eliminate pain and more

You have chronic back pain. You think medication will help, but your doctor recommends physical therapy. What is it, and can it really help you?

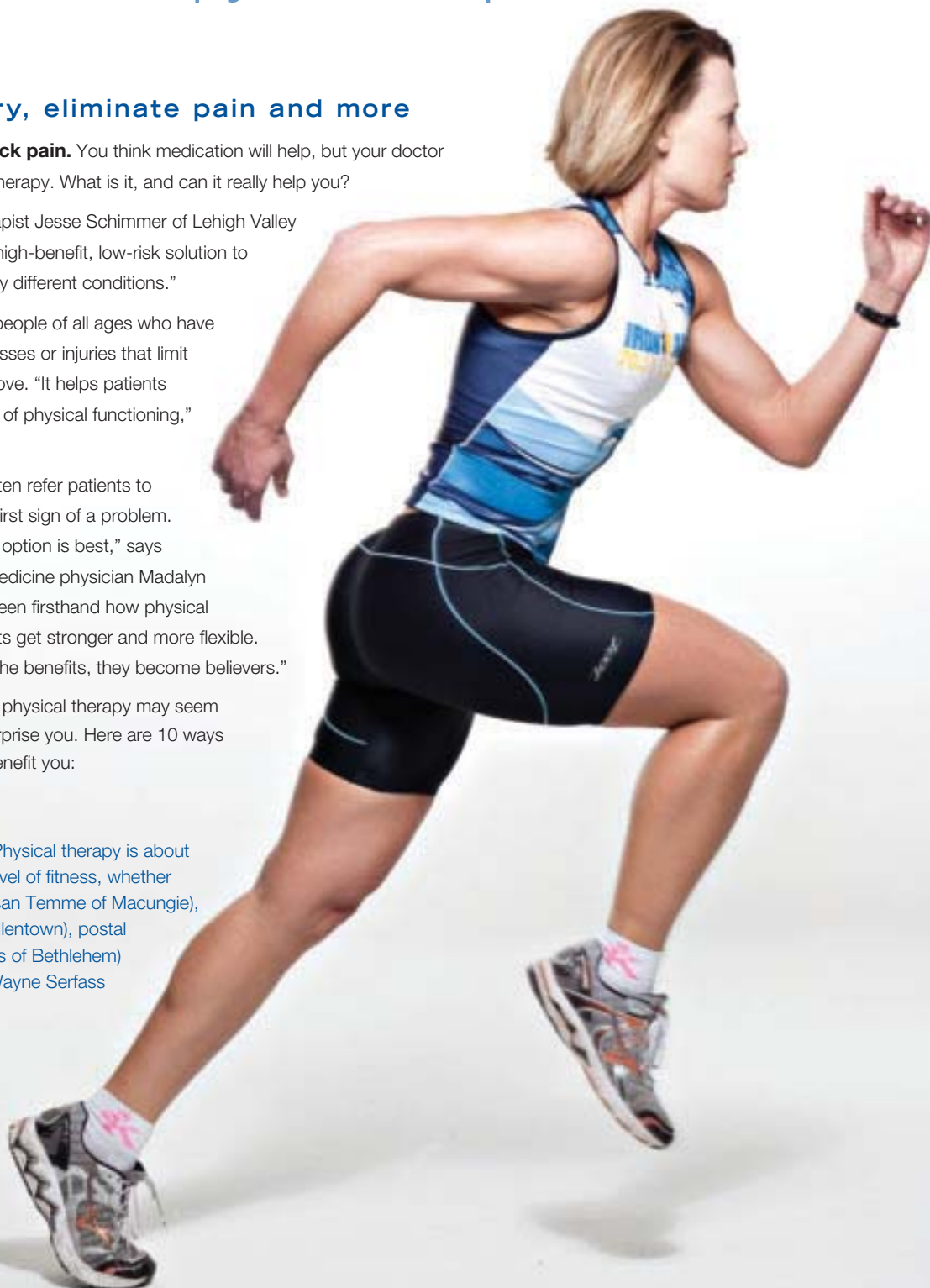
Yes, says physical therapist Jesse Schimmer of Lehigh Valley Health Network. "It's a high-benefit, low-risk solution to diagnose and treat many different conditions."

Physical therapy helps people of all ages who have medical conditions, illnesses or injuries that limit their regular ability to move. "It helps patients return to their prior level of physical functioning," Schimmer says.

Primary care doctors often refer patients to physical therapy at the first sign of a problem. "The most conservative option is best," says health network family medicine physician Madalyn Schaeffgen, M.D. "I've seen firsthand how physical therapy can help patients get stronger and more flexible. And once patients see the benefits, they become believers."

While some reasons for physical therapy may seem obvious, others may surprise you. Here are 10 ways physical therapy may benefit you:

Healthy and active—Physical therapy is about maintaining your daily level of fitness, whether you're a runner (like Susan Temme of Macungie), student (like Jaiyah of Allentown), postal worker (like Roger Evans of Bethlehem) or avid fisherman (like Wayne Serfass of Northampton).



1 Reduce or eliminate pain— “Hands-on therapy or treatments such as ultrasound and electrical stimulation can help relieve pain and restore muscle and joint function to reduce low back pain,” Schimmer says. Such therapies also can prevent pain from returning.

2 Avoid surgery— If physical therapy helps you eliminate pain or heal from an injury, surgery may not be needed. And even if surgery is required, you may benefit from pre-surgery physical therapy. “It will allow you to recover from surgery faster because you’re stronger prior to it,” Schaeffgen says.

3 Improve your mobility— If you’re having trouble standing, walking or moving—no matter your age—physical therapy can help. Stretching and strengthening exercises help restore your ability to move. “If needed, we also help fit people for devices like wheelchairs, walkers and canes,” Schimmer says.

4 Recover from a stroke— It’s common to lose some degree of function and movement after stroke. Physical therapy helps strengthen weakened parts of the body and improve gait and balance.

5 Recover from or prevent a sports injury— Physical therapists understand how different sports can increase your risk for specific types of injuries (such as stress fractures for distance runners). They can design appropriate recovery or prevention exercise programs for you.

6 Improve your balance and prevent falls— When you begin physical therapy, you will get screened for fall risk. If you’re at high risk for falls, therapists will provide exercises that mimic real-life situations. Therapists also help you with exercises to improve coordination.

7 Manage diabetes and vascular conditions— As part of an overall diabetes management plan, exercise can help effectively control blood sugar. “We can create an individual plan with the right mix of aerobic and strengthening exercises,” Schimmer says.

8 Manage age-related issues— As you age, you may develop arthritis or osteoporosis or need a joint replacement. “Physical therapy can effectively keep older patients more mobile and fit them with the appropriate walking device if needed,” Schaeffgen says.

9 Manage heart and lung disease— While most patients will complete cardiac rehabilitation after a heart attack or procedure, you also may receive physical therapy if your daily functioning is affected.

10 Help your child manage a medical condition, injury or movement problem— Physical therapy can help children with everything from improving fine motor skills to caring for neurological issues such as cerebral palsy to recovering from surgery.

Next Step: Many physical therapists at Lehigh Valley Health Network are certified in specific areas, including helping people receiving cancer treatment or battling with pelvic pain. To learn more about physical therapy, call 610-402-CARE or visit lvhn.org/healthyyou.



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I Have Health Insurance. Now What?

Follow these four great steps

If you're starting a new job or have new health insurance, congratulations. Keep that benefit booklet and ID card handy.

"Health insurance does more than protect you in case of emergency or illness," says health quality coordinator Ann Gallagher of Valley Preferred, a preferred provider organization that links health insurance companies to the local medical community. "You can use it for better health and wellness."

Here are some tips to help put your insurance to good use.

1. Understand your coverage

Whether you're newly insured or have a new carrier, take time to review the details of your plan.

Ask the questions:

What services are covered?

What are the co-pay and deductible amounts?

Do any services require pre-approval? If so, what steps must you take?

What preventive and/or wellness services are available?

"Don't hesitate to call your carrier's customer service department if you need help answering these questions," Gallagher says. You also should become familiar with your plan's "in-network" providers, which include the participating doctors, hospitals, pharmacies, diagnostic centers and outpatient health centers.

2. Find a physician for you

To help prevent and treat medical problems, primary care physicians oversee and coordinate all aspects of your health care. That's why it's important to find one that fits your specific needs, including any preferences for language, gender, experience level or communication style.

"Look for someone you feel comfortable talking to about your health and life," says internist Michael Goldner, D.O., of Lehigh Valley Health Network. "The better we know you, the more we can work together as health partners."

3. Schedule a well visit

Once you select a primary care physician, schedule a well visit. Your physician can address any underlying conditions or risk factors that may impact your health. You'll also get to "test drive" the relationship. Bring any current medication bottles or containers, and a list of past surgeries or other significant health issues. Researching your family's medical history is also helpful.

"If I know your father has heart disease or your grandmother had osteoporosis, I can order tests and suggest preventive steps such as nutritional counseling or an exercise plan," Goldner says.

4. Wellness resources

If you have a chronic condition like asthma or diabetes, most insurance plans offer a health coach who can provide education and connect you to helpful resources. Most plans also cover preventive services such as annual immunizations and screenings for blood pressure and cholesterol. "Getting insurance is just a first step," Gallagher says. "It's up to you to learn how it can help you stay healthy."

Next Step: Need a primary care physician? Call 610-402-CARE or visit lvhn.org/healthyyou.



LYME DISEASE: Myth vs. Fact

Arm yourself with the truth

You've just returned from a hike when you notice a tick attached to the back of your knee.

Do you now have Lyme disease? If so, what kind of care do you need?

"Lyme disease can be cured," says infectious diseases specialist Marcelo Gareca, M.D., with Lehigh Valley Health Network. "The sooner you go to the doctor, the better you will be."

Many myths abound about Lyme disease, and it's important to know the facts.

MYTH: All ticks carry Lyme disease bacteria.

FACT: "Only deer ticks carry Lyme disease, and not all deer ticks have it," says health network family medicine physician John Peters, D.O.

MYTH: If you find a deer tick attached to your skin, you will get Lyme disease.

FACT: Not necessarily. "The tick has to be attached to your skin for at least 36 hours," Peters says. If a deer tick has been on your body for less than 24 hours, remove it and monitor your symptoms. If you're able, bring the tick to your doctor so it can be tested.

MYTH: The bull's-eye rash is the only symptom you will have.

FACT: You also may have fatigue, fever, headache, achiness and joint pain. "If you feel like you have the flu, especially in the summer, you may have Lyme disease," Gareca says.

MYTH: All tick bites should be treated preventatively with antibiotics.

FACT: You don't want to take antibiotics for an infection you may not have. However, if you have the bull's-eye rash, your doctor may start you on antibiotics before receiving a positive Lyme disease diagnosis.

MYTH: Lyme disease is hard to diagnose.

FACT: Lyme disease is diagnosed with two blood tests. The ELISA test is performed first. If the result is positive or indeterminate, your doctor will perform the western blot test to confirm a positive diagnosis.

MYTH: Lyme disease can be recurrent.

FACT: "There is no scientific evidence to support this," Gareca says.

MYTH: A Lyme disease clinic provides the best care.

FACT: Your primary care doctor or an infectious diseases specialist can provide appropriate care.

MYTH: You can't prevent Lyme disease.

FACT: You can. "Check yourself, your family and pets for ticks after being outside," Peters says. "Wear long pants tucked into socks, long-sleeved shirts and light-colored clothing so you can see ticks on you." Spray tick repellent on your clothing before going outside.

Next Step: *Learn how Lyme disease affects children. Read an Ask Our Expert column at lvhn.org/healthyyou or call 610-402-CARE.*

Who's at Risk for Heart Disease?

The answer may surprise you

Shortly after the holidays, Kathy Strough felt some pain in her chest and down one arm. Yet the 53-year-old Pottsville woman wasn't alarmed. After all, she's slender and has normal blood pressure and cholesterol. Then one January morning she felt agonizing chest pain after smoking a cigarette. "I wanted to see if the pain would go away," Strough says.

After an hour, Strough's son, Josh, called 9-1-1. During the ambulance ride, Strough's pain intensified. "It felt like my heart was being wrung out," she says. She was rushed to a helicopter, which flew her to Lehigh Valley Hospital-Cedar Crest. A major artery was blocked at 99 percent, and doctors inserted a stent to increase blood flow and save her life.

Strough had just one risk factor for heart disease—smoking—yet women who smoke are six times more likely to develop heart disease than women who don't. Not all risk factors are equal, says cardiologist Amy Ahnert, M.D., of Lehigh Valley Health Network.

Some risk factors for heart disease, such as smoking, high cholesterol, high blood pressure or family history, are well-known. Others may surprise you. "Having preeclampsia or gestational diabetes during pregnancy will increase a woman's risk for heart disease later in life," Ahnert says. "Inflammatory conditions like lupus or rheumatoid arthritis also increase risk."

Here's another potential surprise—heart disease can strike at any age, and 80 percent of heart events in women can be prevented. "That's why women should be screened for heart disease and its risk factors as early as possible," Ahnert says. "It's never too early to adopt a heart-healthy diet and exercise routine."

It's also never too late to stop smoking, something Strough has learned. "I wish I had quit a long time ago," she says. She now takes several medications daily. "Everything I've read about heart attacks says I shouldn't be here today," Strough says. "I'm grateful."

Next Step: Attend "Heart to Heart for Women of All Ages" on May 17 at Lehigh Valley Hospital-Cedar Crest. Female physicians will discuss what women need to know about their hearts at each stage of life. Get more information on page 17 or call 610-402-CARE.

Risk Factors for Heart Disease

High cholesterol

High blood pressure

Smoking

Lack of exercise

Obesity

Diabetes

Family history



On cue—After surviving a heart attack, Kathy Strough is back to her favorite hobby—billiards.



Pregnancy After Surgery

It's a reality for Maria Bleil

Maria and Ray Bleil always wanted to start a family. After four years of marriage, the timing seemed right. But when Maria wasn't pregnant after a year of trying, she sought answers from her obstetrician/gynecologist. She received an answer she didn't expect—a baseball-sized mass had formed on her left ovary. "Thankfully it wasn't cancerous," says the 35-year-old Allentown woman. "But I wanted to be sure it could be removed without jeopardizing my chance for a healthy pregnancy."

After researching their options, the Bleils chose gynecologic surgeon Martin Martino, M.D., who recommended using Da Vinci robotic surgery. "Removing a tumor the size of Maria's through traditional surgery would likely lead to adhesions and scar tissues, which could ultimately mean infertility," Martino says. "The Da Vinci robot gives surgeons the precision to perform such a delicate surgery and keep fertility in tact."

For Maria Bleil, the robotic surgery in October 2009 successfully removed an ovary and the tumor. "I was back to work in four weeks and had very little pain," she says. More importantly, last May she got the news she couldn't wait to share with Ray: she was pregnant.

On Feb. 9, after a normal pregnancy, she gave birth to the couple's first child, Grace. "She's healthy and I'm healthy," Maria Bleil says. "We couldn't be more thrilled."

Next Step: [Learn more about Da Vinci robotic surgery at smallerscar.com.](http://smallerscar.com)

Benefits of Robotic Surgery

Smaller scar—Instead of a long incision, your surgeon makes incisions that are just 1 to 2 centimeters—less than an inch.

Less pain—The tiny incisions cause less trauma to your body. That means less blood loss, less pain after surgery and less risk for infection.

Faster recovery—Exact precision during surgery, as well as tiny incisions, mean the disturbance to your body is as minimal as possible, leading to a quicker recovery.

Spared fertility—The robot makes it easier for your doctor to remove fibroids and cancerous lesions while leaving your uterus in place.

Keeping Kids Fit

Fun and varied activities encourage healthy exercise habits

If your child's idea of exercise is waving a video game controller, it may cause more harm than you realize. Poor exercise habits can lead to early obesity and related health issues, including high blood pressure, type 2 diabetes and high cholesterol. To help your child stay healthy, urge him off the couch, says pediatrician Anthony Dimick, M.D., of Lehigh Valley Health Network.

"All children, even toddlers, need at least a half-hour of daily physical activity to build strength and increase heart and lung capacity,"

Dimick says. "Exercise also can help children sleep better, make wise food choices and perform well in school." If your child isn't motivated, here's how to make exercise more appealing.

Mix it up

Put your child in charge. Introduce a variety of opportunities and allow him to choose his favorites. Rather than concentrating on one sport—which may lead to boredom and potential overuse injuries—alternate different activities on different days. "The more variety your child has, the more likely she'll keep exercising," Dimick says.

Focus on fun

Organized sports are popular, but not every child enjoys them. Even those who do can benefit from an occasional break. That's why noncompetitive fitness programs such as Funtastic Fit Kidz are designed to appeal to all children. Offered by Lehigh Valley Health Network's Healthy You Fitness Center, the program is all about fun. "Our kids enjoy



Get active? It's what children like (clockwise from lower left) Jenna, Ally, Samantha and Kirsten do at Funtastic Fit Kidz.

themselves so much, they forget they're exercising," says exercise physiologist Wayne Stephens, the program's coordinator.

Teams are randomly selected—so no one gets picked last—for a variety of challenging activities that incorporate hula hoops, bean bags, parachutes, balls, balloons, scooters and agility ladders. A balance beam and inflatable tumbling mat also are part of the fun. Each session includes an "active learning" component on themes such as nutrition, anatomy and team-building. The activities reinforce the themes and build confidence.

During the "stand-up challenge," for example, two children sit back-to-back on the floor and try to stand up without using their hands. Working—and laughing—together, the children strengthen their muscles, social skills and problem-solving ability all at the same time. "These lessons apply to all areas of a child's life and help develop life-long healthy habits," Stephens says.

Watch for clues

How do you know if a physical activity is right for your child? "Watch closely for clues," Stephens says. Does she pay attention to her instructor? Is she smiling while she plays? Does she talk about it at dinner or with friends? "If the answer is consistently yes, you're on the right track."

Next Step: Learn about more fitness programs on page 18. Does your child need a doctor? Call 610-402-CARE or visit lvhn.org/healthyyou.



Ready to take charge of your health?

We offer programs for all ages and needs. Some have a fee; others (marked as **FREE**) are no-cost. Call to register at 610-402-CARE or get details at lvhn.org. **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

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

The Aging Foot

From a physical therapist, learn tips for preventing foot pain. Free on-site shoe assessments. **FREE**

- June 21; 2-3 p.m.
At LVH-Cedar Crest

11th Annual Cancer Survivor Celebration

Call 610-402-CARE for details.

Breast Cancer Survivor Celebration Dinner

Lillie Shockney presents "Finding Humor When You Least Expect It."

- May 20; 6-9 p.m.
At LVH-Cedar Crest

Heart to Heart for Women of All Ages

Learn from female physicians what women need to know about their

hearts at all stages of their lives. **FREE**

- May 17; 6:30-8 p.m.
At LVH-Cedar Crest

Home Safety and Fall Prevention

To help you safely manage your home environment, learn safety tips to make your home fall-proof. **FREE**

- May 17; 2-3 p.m.
At LVH-Cedar Crest

Skin Screenings

Make an appointment for a **FREE** skin cancer screening.

- May 17
At LVH-Muhlenberg
- May 18
At LVH-Cedar Crest

Stroke Awareness

FREE stroke and blood pressure screenings. Health Network Labs will assess glucose and cholesterol levels.

- May 17; 9 a.m.-noon
At LVH-Cedar Crest (walk-ins welcome)
- May 19; 9 a.m.-noon
At Good Shepherd Rehabilitation (registration required)
- May 24; 10 a.m.-2 p.m.
At LVH-Muhlenberg (walk-ins welcome)

Stroke Recovery

Stroke center experts discuss risk factor modification and benefits of rehab. Registration required. **FREE**

- May 17; 1-2 p.m.
At LVH-Cedar Crest
- May 19; 1-2 p.m.
At Good Shepherd Rehabilitation

Lehigh Valley Health Network Marathon for Via

Summer is a great time to train for a marathon. Or consider a half-marathon, start a relay team, walk a 5K or volunteer for a good cause that provides services for those with disabilities.

- Sept. 11
Marathon and relay, 7 a.m. start
At LVH-Cedar Crest
Half-marathon, 7:45 a.m. start
At Main and Market Sts., Bethlehem
5K walk, 8 a.m. start
At Center Square, Easton



A PASSION FOR BETTER MEDICINE SM

'There's nothing like it in our region.'

Edgardo Maldonado, M.D., knows the struggles faced by his Centro de Salud LatinoAmericano patients at Lehigh Valley Hospital-17th Street. Many have three or more chronic diseases, such as diabetes, high blood pressure or asthma. The majority are non-English speaking, elderly or both, and have low health literacy (difficulty understanding basic health information).

"That means you're less aware of how to prevent illness and don't know the difference between healthy and unhealthy behaviors," Maldonado says. "You feel like you're on your own, and you don't understand how to take care of yourself."

That's why Lehigh Valley Health Network opened the Community Health and Wellness Center at Lehigh Valley Hospital-17th Street. "It's a place for people to learn how to take care of themselves and manage their chronic conditions," Maldonado says. "It also provides help for people at risk for developing chronic illness."

The Community Health and Wellness Center includes:

- Group and individual multilingual programs to promote health literacy
- Coaching in self-management of chronic disease
- Education and support for caregivers
- Promotion of healthy lifestyles and health risk reduction through community-based programs

AROUND OUR COMMUNITY

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

10th Annual Women's 5K

Get fit by running or walking 3.1 miles.

- June 11; 8 a.m. registration, 9 a.m. start
At Hanover Twp. Community Center

IronPigs Health Fair

Attend an IronPigs game and learn more about your health from Lehigh Valley Health Network professionals. Prizes and giveaways. **FREE** with game ticket.

- June 9; 6-8 p.m.
At Coca-Cola Park

Pocono Raceway Kids' Day

On race day, involve your children in activities focusing on injury prevention—including burn prevention, helmet safety and car seat safety—and learn about our Children's ER.

- June 11; 9 a.m.-1 p.m.
At Pocono Raceway

Ongoing Programs

Be Safe in a Car

Mark J. Young Medical Challenge

Learn how to be a good driver. **FREE** with Center admission

STAYING FIT

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

Age-Proof Workout—Cardio and resistance toning combined with mind/body exercise.

- Starting June 23

Aqua-New—Water exercise for posture, balance, strength and confidence.

- Starting May 17, May 19

Art of Belly Dance—Designed for women who want to go beyond the basics.

- Starting June 3

Ballroom Dancing—Learn classic dances such as fox trot, waltz and swing.

- Starting May 19

Belly Dance Basics—Easy-to-learn dance moves promote muscle tone and positive body image—with flirty fun.

- Starting May 18

Bollywood Dance—Learn combinations of Indian dance steps and hand-and-arm movements.

- Starting May 18, June 3

- Mon.-Sat., 9:30 a.m.-5 p.m.
Sun., noon-5 p.m.

At Da Vinci Science Center, Allentown

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

- Third Mondays; 2-4 p.m.
At LVH-17th
- First Wednesdays; 6-8 p.m.
At LVH-Muhlenberg

Guardianship Support Agency—Work for a local nonprofit with guardianship services.

Health Insurance for Small Businesses (2-50)—Educational sessions, including information on consumer-driven health plans, available at your office or Valley Preferred. **FREE**

Would a Support Group Help?—Dozens of different groups provide comfort and support. **FREE**

CARING FOR MIND AND BODY

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

Corrective and Protective Skin Care—Skin problems of aging and solutions for your skin type. Products and ingredients reviewed. **FREE**

- May 24

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

Discover Relaxation Within—Ease stress through relaxation techniques.

Part 1 starting May 18

Part 2 starting June 15

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.

FREE Introductory Session May 25

- Sessions starting June 15
- Retreat—July 23

UV Facial Skin Analysis—Skin care professionals use a skin scope to identify sun damage, dehydration, skin type and pigmentation. **FREE**

- June 7

Yoga—Build flexibility, strength, reduce stress and rebalance.

Energizing—Stimulating flow of poses

- Starting May 17, June 9

Relaxing—Gentle flow of poses

- Starting May 16, July 7

Very Gentle—Poses adaptable to chair and/or mat

- Starting May 17

Yoga Basics

- Starting May 19

Yogalatte—Add Pilates to yoga for core-body conditioning.

- Starting May 10, May 17, May 18

Boot Camp—Be prepared to sweat with challenging strength training and cardio. For the seasoned exerciser.

- Starting May 19, June 6, July 2

Cardio Cross-Training—High-intensity mix of cardio and strength training.

- Starting June 6

Cardio Strength Class—A combination full-body workout incorporating cardio, resistance training and flexibility exercises.

- Starting May 16, May 17

Cardio Kickbox—High-powered routine strengthens mind/body.

- Starting May 16

Chisel—Challenge muscles with weight workout targeting multiple muscle groups for sculpting and shaping.

- Starting June 11

Core 'n' More—5:30 a.m. strength class of low-resistance, high-repetition weight training.

- Starting June 21

Funtastic Fit Kidz—Fun programs for children 6-12 to promote healthy lifestyles through physical activity.

- Starting May 14, May 24, May 26

Interval Express—Alternate short bursts of intense cardio with active recovery.

- Starting June 29, June 30

Kettlebells—Total body workout uses kettlebells for high-intensity cardio, speed and agility training.

- Starting July 2

Kickbox Training Camp—Combines basic muscle strengthening with fine-tuning of punch-and-kick skills.

- Starting May 18

Line Dancing—Learn line dances set to popular and country music.

- Starting May 17, May 20

PUMP—Muscle strength/endurance workout using progressive resistance.

- Starting May 18

Staying Strong—Strength class combines low-impact cardio with resistance; improves endurance.

- Starting May 17, June 22

Zumba—Join this Latin dance-influenced aerobics class.

- Starting May 11, May 18, May 19, June 6, June 15, July 2

Zumba Kidz—Zumba for kids ages 4-13. Safe and effective workout includes hip-hop, salsa, reggaeton and more.

- Starting May 17

RAISING A FAMILY

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

Parenting Series—Five-week course based on the “Redirecting Children’s Behavior” philosophy to become a more effective, calmer parent.

June special—\$200/couple

Parenting Workshops—

Focus on hot parenting topics.

New Parents’ Workshop—May 11

What to Do When Your Kids Drive You Crazy—May 24

Dads’ Guide to Great Parenting—June 2

Safe Ride—Car Seat

Safety—Certified technicians show how to correctly install car seats and secure children. **FREE**

Pregnancy Loss Support Group

Developed to provide support to families grieving the loss of a baby during pregnancy, at birth or shortly after birth. Registration required. **FREE**

• Third Saturday of the month
At LVH—Cedar Crest

Raising a Family—Our flyer gives details for all programs listed below. Get your copy at 610-402-CARE or lvhn.org/healthyyou.

Pregnancy and Childbirth

- Becoming Parents
- Expectant Parent Tour
- My Baby and Me Sibling Tour
- Pregnancy 101
- Pregnancy Massage
- Preparing for Childbirth One-Day, Series, Weekend On the Internet, Refresher

Caring for Baby

- Baby Care
- Babysitting Safe Sitter—June 4, June 23, June 29, July 11 CPR for Safe Sitter Student
- Breastfeeding Breastfeeding Baby Monday Morning Moms
- CPR—Family and Friends
- Depression After Delivery—Postpartum Support

COPING WITH ILLNESS

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

Parkinson’s and Multiple

Sclerosis Get Up and Go—Group exercise games, lectures and more to enhance movement outcomes.

- Tue., noon-1 p.m.
At LVH—Cedar Crest
- Mon., 11:30 a.m.-12:30 p.m.
At LVH—Muhlenberg

Joint Replacement Prep—What to expect for knee or hip replacement. **FREE**

- May 25, June 7, June 22, July 5

Preoperative Spine Class—Information to help you prepare for your hospital experience and post-hospital recovery. **FREE**

- May 19, June 1, June 16, July 6

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

For Cancer Patients

Adolescent Support Group **FREE**

Lehigh Valley Chapter of the National Ovarian Cancer Coalition **FREE**

Look Good...Feel Better

Makeover to mask the effects of cancer treatment and boost self-confidence. **FREE**

- May 23
At LVH—Muhlenberg
With the American Cancer Society

Lymphedema Support Group **FREE**

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

- Meets second Monday of the month

Preparing for Breast Cancer Surgery **FREE**

- Meets first and third Tuesdays of month

For Epilepsy Patients

Monthly Support Group **FREE**

- Meets second Thursday of the month

For Huntington’s Patients

Support Group **FREE**

For MS Patients

Dinner and Discussion **FREE**

For Stroke Patients

Aphasia Group

Communication Skills Group

Cognitive Linguistic Skills Support Group

Stroke Support Group **FREE**

A P A S S I O N F O R B E T T E R M E D I C I N E SM



‘I love helping people find the right doctor.’

Many people go to the emergency department because they don’t have a primary care doctor. Enter Ashley Donchez, a 402-CARE operator inside Lehigh Valley Hospital—Cedar Crest’s emergency department. She’s there daily, 1:30-5:30 p.m., to help you find a primary care doctor if you need one.

If you tell the registrar you’d like help finding a doctor, Donchez will talk with you and even make your first appointment at your request.

Another new feature of 402-CARE: live chat on lvhn.org. You can click to it from our home page (underneath “Find a Doctor”). It’s open 9 a.m.-4:30 p.m. weekdays and allows you to chat with a representative online to get the information you need.

Staffed by nurses and other professionals, 610-402-CARE can help you:

- Make an appointment
- Arrange to get a second opinion
- Understand your personal health concerns
- Register for seminars, screenings and classes you read about in *Healthy You*

PROTECTING YOUR HEALTH

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

Cessation, What Works? —

How to succeed in beating tobacco addiction. **FREE**

- Starting June 8

Clear the Air—Prepare to quit tobacco. Get tools to take action, stay motivated.

- Starting June 1

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



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
Cedar Crest & I-78, P.O. Box 689
Allentown, PA 18105-1556
Call 610-402-CARE (2273) or
e-mail 402CARE@lvhn.org

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Susan Hoffman, vice president,
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Follow us on:



MANAGING YOUR WEIGHT

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

Weight-Loss Surgery

Surgery Information Night—What to expect. **FREE**

- May 25, June 9, June 22, July 14

Monthly Support Group—Support and information on weight-loss surgery. **FREE**

- June 1, July 6

Bariatric P.O.S.T.—Post-operative surgical teaching.

- May 17, June 21

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.

Part 2 starting May 26

L.E.A.R.N. to Lose Weight—Lifestyle, Exercise, Attitude, Relationships, Nutrition. Includes grocery tour, follow-up.

LIVING WITH DIABETES

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

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

AGING WELL

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

College of Knowledge—

Discussions on a variety of topics. **FREE**

Alzheimer's Disease and Other Memory Disorders—May 25

Depression in the Elderly—June 8

Medication Use and Polypharmacy in the Elderly—July 13

Exercise for Life—Low-impact/low-intensity class utilizes chair for muscle conditioning.

- Starting the first of each month

APPRISE Medicare

Counseling—By appointment.

- Tuesdays, 10 a.m.-noon
- Fridays, 1-3 p.m.

SCREENINGS

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

HIV **FREE**

Anonymous and confidential.

- Tue., 1:30-3 p.m. and Thu., 10-11:30 a.m.

At LVH—17th, AIDS Activities Office

Lung Cancer

Vascular Disease

Stroke

Abdominal Aneurysm

Peripheral Arterial Disease

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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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Visit Lehigh Valley Health Network's website at lvhn.org

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‘Call 9-1-1’

That’s what John Falvello told his wife, Sue, last Columbus Day. He was preparing to go swimming when he felt dizzy. “My chair was spinning and wouldn’t stop,” says the 73-year-old Hazleton man. He worried it was a stroke; his mother and two of his children had previously died from strokes.

Within minutes of the 9-1-1 call, emergency medicine technician P.J. Matweecha (left) and paramedic Gene Culp from American Patient Transport Systems arrived, and recognized Falvello as their former gym teacher. They initiated a stroke alert and rushed him to Hazleton General Hospital. There, doctors consulted with Lehigh Valley Health Network stroke neurologist Christian Schumacher, M.D., and administered the clot-busting drug tPA. Falvello then was flown to Lehigh Valley Hospital–Cedar Crest and received additional emergency treatment from interventional radiologist Darryn Shaff, M.D.

Falvello awoke seven days later in the hospital and initially suffered from blindness, loss of language comprehension and right-side paralyzation. With care from health network neuroscience and rehabilitation professionals, he regained his eyesight, language and motor strength. “Now I’m exercising every day,” he says.

Lehigh Valley Health Network:

- Is home to certified stroke centers at Lehigh Valley Hospital–Cedar Crest and Lehigh Valley Hospital–Muhlenberg and partners with regional hospitals to provide advanced stroke care
 - Treats stroke patients with the clot-buster tPA at any time of day or night and offers advanced endovascular stroke treatments
 - Has a rapid response stroke team with access to neuroscience specialists
 - Get the warning signs of stroke. Call 610-402-CARE or visit lvhn.org/healthyyou
-

Lehigh Valley Health Network
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L E H I G H V A L L E Y H O S P I T A L - C E D A R C R E S T

The only Children's ER in the region.



Built just for kids.

Our new Children's ER is built to help kids, and their parents, feel better when emergency care is required.

The entire environment, from the color on the walls to the games in the dedicated waiting room, is designed with kids in mind. And the care is not only kid-friendly, but team-oriented, with doctors, nurses, and other health professionals, including a child-life specialist who calms and comforts children—and their parents.

The new Children's ER is located at Lehigh Valley Hospital–Cedar Crest, the only hospital in the area with a pediatric intensive care unit and the region's highest level of trauma care for children. So no matter how minor or major the emergency, rest assured, your child will be in the right place. One built just for them.

The new Children's ER

*Located at Lehigh Valley Hospital–Cedar Crest
Cedar Crest & I-78 - Allentown, PA*

Follow signs to emergency entrance

- Open 7 days a week 11 a.m. - 11 p.m.
- Visit childrensER.com for more information

For a life-threatening emergency, always call 9-1-1.



A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org