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**LVHN Scholarly Works**

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LVHN Weekly-Pocono

Newsletters

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## LVHN Weekly-Pocono

Lehigh Valley Health Network

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## Wear Pink in October



**Thursday, Oct. 5, is LVH-Pocono Pink Out Day.** That's the day you can wear pink in honor or memory of a family member or friend with breast cancer. That's also the day you can help LVH-Pocono care for the women of our community.

When you wear pink, you also can make a suggested donation of \$5. The funds collected will be used to purchase a mobile mammography unit. This fully equipped vehicle will provide enhanced access to this important screening for the women of our community, many of whom are uninsured or underinsured. Many women with breast cancer have no symptoms. That is why breast cancer screening is so important.

If you forget to wear pink on Oct. 5, don't worry. You also can wear pink every Friday in October. Talk with your manager for more details about what you can wear and how to make your donation.

## Attend the Pink Light Walk

**Help raise breast cancer awareness** by participating in the Pink Light Walk on Thursday, Oct. 5. The walk begins at 6 p.m. at the Science & Technology Center on the East Stroudsburg University (ESU) campus. The walk ends at LVH-Pocono's Dale and Frances Hughes Cancer Center. Parking is available at the Green Street parking lot at ESU.

## Out and About

**LVH-Pocono colleagues** could be spotted throughout our community this week at local events. Their goal: Give people the information they need to live happy, healthy lives. Colleagues were out and about at:



- ▶ Chestnuthill Township Community Day
- ▶ St. John's Catholic Church Health and Wellness Fair
- ▶ BW Nice Red Shoe event
- ▶ TLC Health and Wellness Community Event
- ▶ YMCA Lunch and Learn



# Ask the Doctor: Morning Sickness

**An LVH–Pocono physician** is featured regularly in the *Pocono Record's Ask the Doctor* column. This week's featured physician is Daying Zhang, MD, who is board-certified by the American Board of Obstetrics & Gynecology.

**Q.** I am a big fan of the Royal Family, especially William and Kate. I feel terrible for her, though, that she's so sick with her third pregnancy. Is she or the baby in real danger?

**A.** Although the press has indicated that the Duchess of Cambridge has adjusted her appointment calendar, there's a very good chance she and the newest soon-to-be member of the Royal Family will be fine.

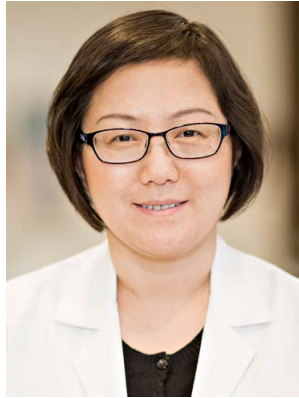
It has been reported that Kate Middleton is suffering from Hyperemesis Gravidarum, an extreme form of morning sickness. If she is, she will be experiencing intense bouts of vomiting, so much so that she may require hospitalization. Thus far, she fortunately seems to be able to weather this storm at home.

If her diagnosis is traditional morning sickness, she's in good company. About 50 percent of pregnant women experience routine nausea and vomiting. Roughly 25 percent will feel mild queasiness from time to time. And a lucky 25 percent go through no undue stomach issues at all.

Usually, these symptoms show up within the first five to six weeks, and many women feel better as the first trimester comes to a close. So if Kate isn't feeling better now, she probably will be very soon.

Why are mornings so tough on pregnant women? The answer is something of a mystery. Theories exist that it has been genetically wired into women as a protective measure. Rather than risk her eating something that could damage the developing child, nature continually empties a pregnant mother's stomach, at least early on.

More likely, the condition is related to human chorionic gonadotropin (hCG). This hormone, present in placental tissue,



surges in production at around week six of gestation. There is evidence that hCG levels can stimulate the area of the brain that triggers nausea. It can also sensitize women to certain smells and tastes that can also leave her woozy. Eventually, however, hCG levels plateau and moms-to-be start feeling better.

Kate should be glad she's not having twins; multiple pregnancies result in higher levels of hCG, doubling the feeling of illness.

Also, to alleviate worry, remember those 25 percent of women who have no morning sickness at all. The absence of symptoms does not mean

there is a problem with the pregnancy.

Some British journalists are theorizing that Kate's rough mornings of late make it likely that she's having a girl. There is some science to back that up; women who experience morning sickness tend to have girls, owing to the influence of estrogen.

For pregnant women looking to alleviate the symptoms of morning sickness, there are a few recommendations: Before rising, eat a few bites of dry food, maybe a cracker or two. For the rest of the day, make meals smaller and more frequent, perhaps every two hours or so.

Moms-to-be should monitor their bouts of morning sickness. If she wakes up feeling under the weather but can manage the nausea with some crackers or a ginger snap, she will generally be okay.

If the vomiting becomes uncontrollable and lasts more than a day or two, she may be experiencing Hyperemesis Gravidarum. If that's the case, a trip to the emergency room is recommended.

Morning sickness can get a pregnancy off to a rough start, but for most women, by the second trimester and beyond, it is mostly forgotten. As a fellow fan of the Royal Family, I'm sure you join me in wishing that outcome for Kate and her beautiful, growing family.

## Helping People Live Pain-free

**You don't have to live with pain.** That was the message from board-certified Orthopedic Surgeons Fred Barnes, MD, (above right) and Brian Powers, MD, during a free orthopedic event held recently at LVH–Pocono. The physicians explained the causes of and treatments for shoulder and wrist pain, a rotator cuff tear and carpal tunnel syndrome.



## POSITIVE PATIENT TESTIMONIAL

**This letter was recently sent by a patient to the Pocono Record.**

This past Aug. 15, I was admitted to Lehigh Valley Hospital—Pocono for aortic aneurysm repair. Dr. (Mark) Indzonka referred me to Dr. (Nche) Zama, who did the procedure. I'm not one to enjoy hospital stays, but I must say this procedure was made more than bearable by the wonderful staff of the cardiac care unit, the professional conduct and care of Dr. Zama and his team, and the continuous checkups by Dr. Indzonka. All involved were more than caring, courteous and could not do enough to help me. I have nothing but praise for all. It's great to know we have these professionals to turn to for medical care. Thank you to all of you.