

Healthy You

SEPTEMBER | OCTOBER 2011

Treat Yourself

Enjoy fall fruits and veggies

Also inside:

Stand for Your Health

Prevent Kidney Stones

Take Action!

A PASSION FOR BETTER MEDICINE.™

 Lehigh Valley
Health Network

Healthy **YOU**

SEPTEMBER | OCTOBER 2011



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On the cover: Pears and apples made our list of great fall fruits and vegetables. What else made the Top 10? See page 10.
Photo by Olaf Starorypinski

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It's just like holding the actual magazine, only better! You can flip through the pages and click on the links to get more information. Visit lvhn.org/healthyyou to try it.



Home all day? Retired? Starting a long shift at work? Your first impulse might be to open that refrigerator door and eat. But be careful you're not eating out of boredom.

"If you always need a pile of food by you—even if it's healthy snacks like blueberries, carrots or low-sugar cereal—you're headed for trouble," says bariatrician (weight-loss physician) Harpreet Singh, M.D., of Lehigh Valley Health Network.

Psychology plays a major role in weight gain. Some people eat to escape stress, depression, grief and anxiety. That same psychology applies to people who eat to escape boredom. If you're home all day, you might make plans to dine out at restaurants or turn



At a crossroads—Choosing the right snack from your fridge can be difficult, as Glen Hill of Coopersburg demonstrates. Even more important is deciding why you're snacking in the first place.

Step Away From the Fridge

Don't let boredom create bad eating habits

a grocery-store errand into a virtual fun-filled (and calorie-filled) trip. But people at work are susceptible too. "Office workers are notorious for grazing on food all day long," Singh says.

Out of sight, out of mind

If you've fallen into the eating-while-bored pattern—and find yourself wincing when you stand on the scale—there's a way to break out. Try another bit of psychology—out of sight, out of mind. "I ask all my patients to clean out their cabinets, freezer and fridge and remove all unhealthy food," Singh says. At the office, it's wise to remove all food from your desk drawers.

Eating at a table (and not in front of a computer or television) can

help too; so can removing the stimulus that leads to overeating and weight gain. For example, if you're going through a divorce, you might want to avoid watching a romantic comedy (and self-medicating your sadness with a half-gallon of ice cream). In an office, steer clear of a common area where colleagues collect an endless supply of cookies, cakes and bagels—especially before a marathon meeting.

Physical activity also helps break up the routine. If you're home all day, walk to the mailbox. If you're retired, meet your grandchildren for a play date at the park. If you're desk-bound at work, walk to your colleague's desk instead of sending an e-mail or using the phone. "Simple changes can lead to big results," Singh says.

 **Next Step:** Learn more about the role protein plays in weight loss—and view a video with one person's success story. Visit lvhn.org/healthyyou or call 610-402-CARE.

WELCOME TO OUR NEW "TAKE ACTION!" SECTION. It's filled with news, tips and steps you can take to create a healthier you. Start your personal journey to better health today.



Take a Stand

That's what Skylar did. The 10-year-old elementary-school student from Topton created this poster to spread the message about quitting smoking. It's part of Tar Wars, a tobacco-free education program. "It's a way to encourage young people to be tobacco-free," says family medicine physician and program presenter Mary Fabian, M.D., with Lehigh Valley Health Network. Skylar's poster won the state contest from the Pennsylvania Academy of Family Physicians. "Skylar hopes other children will learn more about the harmful effects of smoking and will spread the word too," says her mom, Heather Miller.



Rise to the Challenge

Do you walk on the treadmill while watching TV, and then run during the commercials? It's a challenge from family medicine physician Melissa Taylor, D.O. Each Wednesday, a Lehigh Valley Health Network physician asks its Facebook "fans" to take an important step toward eating well and staying fit.



Become the health network's fan at [facebook.com/lvhealthnetwork](https://www.facebook.com/lvhealthnetwork) and take the challenge.



Win This Pedometer

How many steps does it take to walk one mile? If you're one of the first five callers to 610-402-CARE with the correct answer, you can win this pedometer. It will track your steps, get you moving and keep you healthy.

Enjoy Zumba

Looking for a fitness program that provides both a workout and entertainment? Try Zumba. Part of the Healthy You Specialty Fitness Package (\$32/month), Zumba combines dance moves and aerobic exercises in a fun and energetic way. Participants like Linda Richardson of Allentown (left) engage in a variety of entertaining dance moves—from hip-hop to salsa—to the tune of Latin music. To learn more, see page 19, visit lvhn.org/healthyyou or call 610-402-CARE.



**TRY
ZUMBA**

**Healthy You Specialty
Fitness Package**

Choose a Healthy Snack

If you're craving a snack and are visiting one of Lehigh Valley Health Network's hospitals (or working out at the Healthy You Fitness Center), think healthy. Each hospital now includes a 2bU vending machine filled with kosher, vegan, gluten-free, organic and locally sourced snacks and healthy drinks. Use the touch-screen panel to learn calorie count and nutritional information about each selection. "It's one way to help people in our community eat right," says health network dietitian Kim Procaccino.



**Each item in this
vending machine is**

250

**calories or less
per serving.**

One Man's Esophageal Cancer Story

New knowledge, treatments help John Kratzer

John Kratzer says he's one of the fortunate ones. His family encouraged him to see a doctor when he began to have trouble swallowing early last summer. He saw Lehigh Valley Health Network gastroenterologist Shashin Shah, M.D., who immediately recognized the potential cause of the problem. An endoscopy found a mass at the junction of Kratzer's esophagus and stomach. Biopsies confirmed the diagnosis—Kratzer had esophageal cancer, which occurs in your esophagus (the tube that connects your throat to your stomach).

"Thankfully it was caught early," says Kratzer, 50, of Allentown, who was evaluated by health network thoracic surgeon Michael Szwerc, M.D.

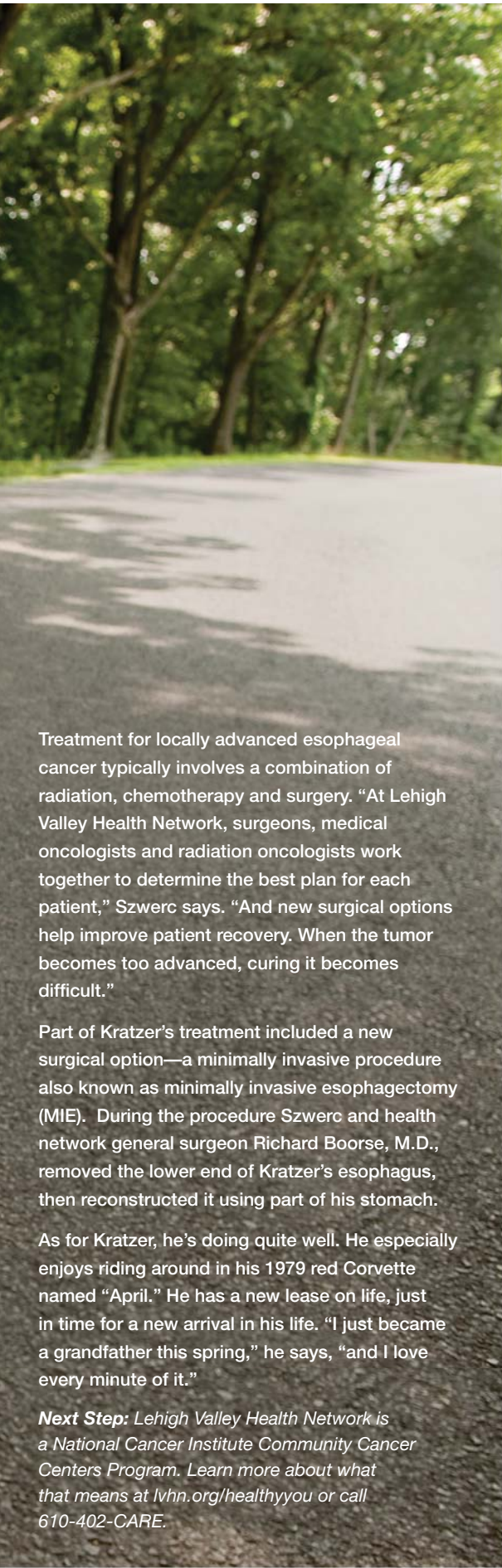
Szwerc identified Kratzer as a candidate for an advanced type of minimally invasive surgery. It combines laparoscopic and thoroscopic techniques to remove the tumor and reconstruct the esophagus through small incisions in the chest and abdomen.

A diagnosis like Kratzer's used to be rare. "I didn't even know esophageal cancer existed," he says. Today it's one of the fastest-growing types of cancer nationwide. Experts believe the increase is tied to a condition called Barrett's esophagus (although Kratzer did not have it). "Barrett's esophagus is a change in the lining of the esophagus due to long-term acid reflux (also called gastroesophageal reflux disease, or GERD)," says health network gastroenterologist Sean Lacey, M.D..

But there is good news. According to the American Cancer Society, the five-year survival rate for localized esophageal cancer is improving. A key to survival is early diagnosis. "If you have problems swallowing, you should let your doctor know immediately," Szwerc says.

Most diagnoses occur between ages 55 and 70, although Szwerc, Shah and Lacey say they unfortunately have cared for patients as young as 30. It's more commonly diagnosed in men but also affects women. Symptoms may include difficulty swallowing, frequent choking, pain or burning in your chest, indigestion, fatigue, weight loss or hoarseness.

Cruisin' again—John Kratzer enjoys life with the top down on his 1979 Chevrolet Corvette, which he calls "April."



Treatment for locally advanced esophageal cancer typically involves a combination of radiation, chemotherapy and surgery. “At Lehigh Valley Health Network, surgeons, medical oncologists and radiation oncologists work together to determine the best plan for each patient,” Szwerc says. “And new surgical options help improve patient recovery. When the tumor becomes too advanced, curing it becomes difficult.”

Part of Kratzer’s treatment included a new surgical option—a minimally invasive procedure also known as minimally invasive esophagectomy (MIE). During the procedure Szwerc and health network general surgeon Richard Boorse, M.D., removed the lower end of Kratzer’s esophagus, then reconstructed it using part of his stomach.

As for Kratzer, he’s doing quite well. He especially enjoys riding around in his 1979 red Corvette named “April.” He has a new lease on life, just in time for a new arrival in his life. “I just became a grandfather this spring,” he says, “and I love every minute of it.”

Next Step: *Lehigh Valley Health Network is a National Cancer Institute Community Cancer Centers Program. Learn more about what that means at lvhn.org/healthyyou or call 610-402-CARE.*

Ask Our Experts

Q: Why Do I Need a Flu Vaccine?

A: People often think they are safe from influenza (“the flu”) because they’ve never had it. But anyone can get the flu. If you are healthy enough, you can probably recover after a week or two, but if you’re very young or elderly, it can have much more serious health consequences and even result in death.

Getting a flu vaccine is one of the best things you can do for the health of you and/or your child. It can prevent serious illness. You need a new vaccine each year because the immunity wears off over time. Also, each year the vaccine is adjusted to attack new strains and variations of influenza, giving you an added layer of protection. For example, last year’s flu vaccines included protection against H1N1 (“swine flu”), which had appeared nationwide in 2009.

About our experts— Kristin Menconi-Drost, M.D., is a pediatrician/internist, and Jennifer Keller, D.O., is an internist. Both are with Lehigh Valley Health Network.

Q: Who is eligible for a flu shot?

A: Anyone over the age of 6 months should receive a flu vaccine. The only exceptions are people who are allergic to eggs, have a rare nervous-system condition called Guillain-Barre Syndrome, or have had a severe reaction to the flu shot in the past.

Q: Do children need a different vaccine?

A: Children receive the same flu vaccine as adults. If your child receives a vaccine every year, she needs only one dose. However, if she is 6 months to 9 years old and has never previously received a flu vaccine, the CDC recommends two doses. Getting your child properly vaccinated is important. A recent study showed that children are three times more likely to pass the flu to children of the same gender, and five times more likely to share the virus with classmates.

Q: Where can I get a flu vaccine?

A: Lehigh Valley Health Network will again offer free flu shots at Dorney Park and Coca-Cola Park in Allentown on Nov. 5-6. Your primary care doctor or your child’s pediatrician also offer flu vaccines, as do local health bureaus.

Next Step: *Get a free flu vaccine at Lehigh Valley Health Network’s upcoming community events. Learn more on page 18, visit lvhn.org/healthyyou or call 610-402-CARE.*



Ready, Set, STAND!

Rise up from your chair and reap healthy benefits

Are you sitting down? That's OK. Have you been sitting for hours without a break? That's not OK, especially if you do it every day. Recent studies indicate that even regular exercise may not be enough to counteract hours of sitting.

A study published in the *Journal of the American College of Cardiology* shows that people who devote more than four hours a day to screen-based activities (using a computer or watching TV) are more than twice as likely to have a major cardiac event. Another study tracked the lifestyles of 17,000 Canadian men and women over a dozen years. It found that people who sat for most of the day were 54 percent more likely to die from heart attacks.

The message is clear, says Lehigh Valley Health Network cardiologist Bruce Feldman, M.D. You need to get up and get moving to stay healthy.

"These observations validate longstanding observations by doctors—that a sedentary lifestyle is linked with being overweight, having diabetes or a reduced heart-and-lung function, and an increased risk for events such as a heart attack or death from heart disease," Feldman says.

So what can you do if you work in an office or go to school and sitting is required? Try hourly breaks for a brief walk or stretch. "As little as five minutes may make a difference," Feldman says. "Although research has not confirmed the benefits of these breaks, it's a reasonable strategy to stay healthy."

If you don't have enough time for such breaks, get creative. "Even simple activities can get your blood flowing, burn calories and increase lung capacity," says Darlene Garon, an exercise physiologist for the health network's cardiac rehabilitation program. You can:

- **Stand up** or do knee bends while talking on the phone
- **Rotate arm circles** while scrolling through data
- **Pump feet** or do toe raises during a long meeting
- **Walk** to a co-worker's desk, rather than call or e-mail

Feldman stresses these mini-breaks should be combined with mild-to-moderate daily aerobic activity to help reduce the risk for long-term heart problems. "Start with 5- to 10-minute walks and gradually build up," he says. "Keep it varied by adding other activities such as swimming, biking or canoeing."

Next Step: Sign up for a fitness class. Visit lvhn.org/healthyyou or call 610-402-CARE.

The Nurse Practitioner Is In

Learn how these health care professionals can help you

While studying at Bloomsburg University, Judith Brooks needed to visit the infirmary. When she received care from a certified registered nurse practitioner (C.R.N.P.), the experience changed her career path.

“I was pleasantly surprised that she could do everything that a doctor could do,” Brooks says. “She was very professional, and at the same time I felt more relaxed with her.”

Today, Brooks is one of nearly 150 C.R.N.P.s with Lehigh Valley Health Network. She works in an internal medicine office, “which allows me to care for patients at each stage of their adult lives,” Brooks says.

Nurse practitioners are independent licensed health care professionals who work as part of a team with physicians, not under the supervision of physicians. If you regularly see a physician but choose a nurse practitioner, he or she will update your doctor on your condition. Yet seeing a nurse practitioner means you don’t have to see a doctor. A nurse practitioner can diagnose, treat and even prescribe any medications you may need.

Nurse practitioners work in many settings, including primary care and specialty practices, hospitals, nursing homes, schools, urgent care clinics and public health departments. They also can open their own medical practices (in collaboration with a physician).

As a nurse practitioner in primary care, Brooks focuses on helping patients promote good health and prevent disease. She performs annual physical exams and checkups. “I also help care for patients with chronic conditions such as diabetes, high blood pressure or asthma,” Brooks says. “I take extra time to provide care and education, helping patients and families make healthier lifestyle choices.”

Nurse practitioners will take even more leading roles in the future of health care, especially in primary care, where a “patient-centered medical home” model provides a team approach to care. “It’s great to be part of an ever-growing profession,” Brooks says. She recently was selected to co-lead her practice, a position traditionally held only by physicians. That’s a great example of the increasing role nurse practitioners will play in the future.

Next Step: Find a primary care practice. Visit lvhn.org/healthyyou or call 610-402-CARE.

Sisters in prevention—Nurse practitioner Judith Brooks, C.R.N.P., takes time to know her patients and shares her experiences. When she told one of her patients she needed a mammogram, the patient and her sisters scheduled it for her. Now Brooks and (l-r) sisters Saundra Greathouse, Leslie Farmer, Dale Farmer (all of Allentown) and Daneen Hunsicker of Easton will be going for mammograms together.





Care for All Cultures

Virginia family receives culturally appropriate care

Sitting in a Virginia burn center, Jason and Lyndora Swartzentruber were concerned about their 3-year-old daughter, Janalou, and disappointed with the care she was receiving. The day before, Janalou had fallen into a pot of hot water. Second-degree burns covered her buttocks and leg.

Before arriving at the burn center, the Swartzentrubers, from Harrisonburg, Va., received help from members of their Mennonite community who knew how to treat burns. They had been applying a burn-and-wound (B&W) ointment made from natural ingredients, and wished to continue to do so. The hospital in Virginia, however, wouldn't allow it. "We were worried about how Janalou would come out of this," Lyndora says, "but we, as well as many others, were praying and trusted God to help us."

They searched for a burn center that would permit the use of B&W ointment, and found it at Lehigh Valley Health Network. "It's important to address patients' health care and cultural needs," says health network burn surgeon Daniel Lozano, M.D. "We felt the ointment could be used as long as it was done as part of comprehensive burn care and would not harm Janalou."

An air ambulance transported Janalou from Virginia to Lehigh Valley International Airport.

A team from the Mennonite community accompanied her. While they performed the dressing changes using their traditional methods, the burn center staff monitored Janlou's vital signs and pain, and treated other health problems associated with her burns. "They built a good relationship with us, and that built trust," Lyndora says. "We trusted in their care and knew they were there to help us."

Providing care based on a patient's cultural background is essential to his or her recovery. That's why at registration, Lehigh Valley Health Network patients are asked which category best describes their race and ethnicity. "That information helps us develop a better understanding of the diversity of patients we care for every day," says health network pediatrician Jarret Patton, M.D. "Then we can provide the best care to every patient in concert with his or her cultural, racial or ethnic background."

That was certainly the case for the Swartzentrubers. Five days after Janalou arrived in Allentown, she was well enough to go home. "Our family is very grateful to the Lord for healing Janalou and for opening the door at Lehigh Valley Health Network," Jason says.

Two months later, the Swartzentrubers returned to thank the staff for their sensitivity and compassion. "We actually felt their caring," Lyndora says. "It certainly was worth the trip."

Next Step: *Learn more about culturally appropriate health care. Visit lvhn.org/healthyyou or call 610-402-CARE.*



Long-distance reunion—Three-year-old Janalou Swartzentruber and her parents, Jason and Lyndora, traveled from Virginia to Allentown to thank (standing l-r) Angela Pistoria, Ashley Godla, R.N., Raymond Rivera and (front) Daniel Lozano, M.D., for giving Janalou burn care that met their cultural needs.

Prevent Kidney Stones

Ways to avoid the pain

You worry about sunburn on a warm fall day. But did you know you should worry about your kidneys too? That's because kidney stones can develop when it's hot, dry, and you don't get enough water.

Once you get a kidney stone, you'll feel it. "Pain begins in your lower back and can radiate to your abdomen," says urologist Angelo Baccala Jr., M.D., of Lehigh Valley Health Network. "The pain is intermittent, very intense and may include nausea and vomiting."

Here's what you need to know about preventing kidney stones:

What they are: Kidney stones are solid pieces of material found within urine that form within the kidney. There are four common types. The two most preventable (and most common) are those caused by a buildup of calcium or uric acid. Others can form from an infection (struvite stones) or from a genetic condition (cystine stones).

How to prevent them: While there is no definitive way to completely avoid kidney stones, there are important steps you can take to lower your risk dramatically for developing them.

Stay hydrated—"Increasing the amount of water you drink decreases the chance of a stone forming or causing a problem for you because it allows your body to produce more urine and flush out stones when they are small and before they build up and become a problem," Baccala says. While the amount of water you need per day varies by your age, body type and health condition, as a general rule you should drink enough so you don't feel thirsty and have light-colored urine.

Watch your diet—If you load up on foods that are high in protein, sodium and sugar, you're at greater risk for developing kidney stones, says health network family medicine physician Noel Brouse, D.O. "Because calcium stones are the most common, keeping your calcium intake in check also helps." For most that means avoiding calcium supplements. If you are at risk for osteoporosis and need supplements, talk with your doctor.

If you've already had a kidney stone and want to prevent reoccurrences, medication such as Allopurinol (which lowers uric acid content) and potassium citrate (which can dissolve and prevent small stones from forming) can help. There are other medicines that are also effective in breaking down calcium concentrations in urine, therefore decreasing your risk.

Next Step: *Get more information on kidney care. Visit lvhn.org/healthyyou or call 610-402-CARE.*



Top 10 Fall Fruits and Vegetables

Savor some of nature's best foods



If you've been eating fruits and vegetables all summer, don't stop. Plenty of delicious produce is in-season when the leaves change color. That's good news for your health.

"Fruits and vegetables give your body nutrients and vitamins important for heart, brain, muscle and eye health," says family medicine physician James Frommer, D.O., with Lehigh Valley Health Network.

How do you know which fruits and veggies are best for you? "Choose the ones with dark, deep colors," says health network dietitian Kathleen Hanuschak. "They contain many of the nutrients that are most beneficial to your health."

Get started with these 10 great selections on the next page.



FRUITS

Apples—They're nature's ultimate fast food. High in vitamin C and fiber, apples help lower bad cholesterol and reduce the potential for constipation.

Pumpkins—They're not just for decorating. Pumpkins have beta carotene, which is good for the eyes, and potassium, important for your body's cells, tissues and organs.

Kiwis—They're brown and fuzzy on the outside, but packed with nutrition on the inside. Kiwis contains antioxidants that help protect the eyes, heart and colon.

Pears—They're high in fiber, vitamin C and antioxidants. Also, pears are a perfect choice for children, because allergic reactions to pears are relatively uncommon.

Clementines—A cross between an orange and mandarin, clementines contain vitamin C, fiber and folate, which helps your body make new cells. That's why they're a perfect choice if you're pregnant and "eating for two."

VEGETABLES

Sweet potatoes—Replace white potatoes with these more flavorful and nutritious variety. They're packed with beta carotene, vitamin C and antioxidants that prevent cell damage.

Broccoli—It helps prevent cancer and heart disease. As if that's not enough, broccoli also is loaded with vitamins and minerals, including calcium to keep bones and teeth strong.

Green beans—These long veggies have a long list of benefits. Their vitamin K helps blood clot properly. Because iron in beans helps your blood carry oxygen to your organs, eating them also improves brain and muscle function.

Spinach—Its dark green color tells you spinach is loaded with goodness. Spinach has vitamin A, vitamin C, vitamin E, vitamin K, potassium, calcium and antioxidants. Phew!

Winter squash—Containing vitamins A and C, potassium and fiber, squash is a nutritional jackpot! Roast or steam it, or use it in soups.



Roasted Vegetables

1 small butternut squash, cubed

2 red bell peppers, seeded and diced

2 sweet potatoes, peeled and cubed

1 red onion, quartered

1 tablespoon chopped fresh thyme

2 tablespoons chopped fresh rosemary

¼ cup olive oil

2 tablespoons balsamic vinegar

Salt and freshly ground pepper

Directions:

Preheat oven to 475 degrees F.

In a large bowl, combine the squash, red bell peppers and sweet potatoes. Separate the red onion into pieces and add to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.

Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Next Step: Get recipes for delicious apple-and-pear crisps or pumpkin bread. Visit vhn.org/healthyyou or call 610-402-CARE.

Four of a Kind

Two Bucks County families connect through rare kidney swap



“Art imitates life,” goes the old saying. But as 21-year-old Elise Marcano of Perkasio watched her diabetic mother struggle to survive on kidney dialysis, she desperately hoped life would imitate art—or more specifically, a popular television show.

Compatibility tests had indicated Marcano wasn’t a match to donate a kidney to her mother. That’s when she recalled a 2008 episode of the medical drama “Grey’s Anatomy” about unrelated donors swapping kidneys after they didn’t match their intended recipients. “I thought, ‘If they can do it on TV, maybe I can do it too,’” Marcano says.

She asked the professionals at Lehigh Valley Health Network’s Transplant Center about the possibility of doing a “paired kidney exchange,” as the swaps are known. Though the center had yet to perform the procedure, living donor coordinator Sonja Handwerk, R.N., told Marcano she might be in luck. Just weeks earlier, Carleen Kulscar of Doylestown also had

A unique bond—Elise Marcano and Frank Kulschar are now connected in more than one way. Marcano is keeping tabs on Kulscar’s health—and her donated kidney—by drawing his follow-up blood work at Health Network Laboratories. Kulscar was impressed by her skill. “She did a great job,” he says. “It didn’t hurt a bit!”



asked about doing an exchange. Kulscar didn't match her husband, Frank, whose kidney transplant was failing after 37 years.

Could these complete strangers make a life-changing kidney swap? This time the compatibility tests said ... yes!

On May 4, 2011, a 30-person surgical team performed the simultaneous organ removal and transplants: Elise donated to Frank, while Carleen donated to Elizabeth. It took six hours, three operating rooms and a great deal of teamwork.

"Doing two live organ transplants with four patients is a major triumph," says health network transplant surgeon Michael Moritz, M.D. And it's a triumph that extends beyond the families involved. By taking two people off the national kidney transplant waiting list, the exchange freed up two kidneys for others facing an average wait time of 33 months.

"The 'domino effect' of these exchanges makes their value immense," Moritz says. Although fewer than 250 paired kidney exchanges have been performed nationwide over the past five years, Moritz believes they will become more common.

The two donors went home three days after surgery. The recipients followed two days later. All four are recovering well. "My life is much better off dialysis," says Elizabeth Marcano. "I'm the luckiest person in the world," is how Frank Kulscar describes life with his second transplant. And Elise Marcano is thrilled to see both her mother and Kulscar looking healthier and growing stronger. "I believe this was meant to be," she says. "Being able to help another family makes it extra special."

Next Step: Learn more about the transplant center. Visit lvhn.org/healthyyou or call 610-402-CARE.

New lease on life—Living with diabetes since age 7 and on dialysis for more than two years, Elizabeth Marcano (left) was overjoyed to receive a kidney from Carleen Kulscar. "My life is much better now," she says.



Helping Teens Overcome Cancer

How to handle
the difficult challenges



Overcoming cancer— When 17-year-old Jordynn kept coughing and felt pain in her side, her doctor first thought it might be pneumonia. But a CT scan revealed a large mass in her chest. She had Hodgkin's lymphoma, a cancer of the immune system. Soon she battled fatigue and endured four rounds of chemotherapy. "I knew I was going to freak out about losing my hair, so I shaved it off after the first round," the Easton girl says. To reduce her risk for infection, she was home schooled. "My handwriting got very sloppy, and I had trouble remembering what I read in textbooks." With the support of her family and her Lehigh Valley Health Network care team—including pediatric oncologists Anderson Collier, M.D., Lesley Simpson, M.D., and Phil Monteleone, M.D.—Jordynn is now a healthy senior at Easton Area High School and looking forward to her future.

Those tumultuous teenage years bring a roller coaster of concerns—from fitting in with friends to finding a date for the dance. So when a teenager faces a life challenge such as a diagnosis of cancer, she faces unique physical, emotional and mental challenges far different from adults. Here's a look at those challenges, and a to-do list for how to handle them from specialists at Lehigh Valley Health Network, a National Cancer Institute Community Cancer Centers Program:

Physical

Challenge 1: Because cancer compromises the body's immune system, your teen will need to limit exposure to possible infections. This might mean spending less time with friends or having to miss significant class time at school while undergoing treatment.

To do: "Try to find a compromise between what is physically safe and what is mentally healthy for her," says pediatric oncologist Anderson Collier, M.D., with Lehigh Valley Health Network.

Challenge 2: Teens like to be physically active. "But after a cancer diagnosis, your teen likely will not be able to continue sports due to the health risks involved and a lack of physical stamina," Collier says.

To do: Ask your teen's oncologist if she can exercise, and what type of exercise is safe.

Challenge 3: Most teens don't think about having children in the near future, but fertility becomes an issue when undergoing cancer treatment. (Infertility is a possible side effect of many therapies.)

To do: Speak to your teen's oncologist about any available fertility-sparing options.

Emotional

Challenge 1: Side effects of treatment, such as hair loss or changes in weight, can hurt a teen's self-esteem.

To do: Encourage your teen to experiment with wigs, scarves and hats if she's lost her hair. Find clothes that complement the changes to her body.

Challenge 2: Anger, sadness and fear are common emotions during cancer treatment. At the same time, teens are trying to understand themselves as individuals. "Teens want to be independent and struggle depending on their parents," Collier says.

To do: Counseling may help your teen process her feelings.

Mental

Challenge 1: Struggles in school, such as having trouble concentrating or reading notes, are common for teens with cancer. "Your teen may need more time to complete assignments or tests," Collier says.

To do: Work with her teachers and the school for tutoring or special accommodations as needed.

Challenge 2: Your teen may no longer have much in common with her peers yet will need people her age for support.

To do: Find a local support group or connect with other teens with cancer through social media or online support groups.

Next Step: Get a list of support resources for teens with cancer, and more information on the health network's children's care. Visit lvhn.org/healthyou or call 610-402-CARE.

Why Family Is Good Medicine

Their presence helps you heal in the hospital

There's a lot happening when you're in the hospital. You're receiving tests, medication and instructions about what you need to do to recover. It's information overload at the worst possible time—when you're sick. There is, however, something that can help you lower your anxiety, understand your care and prepare for your return home. Family.

At Lehigh Valley Health Network, patients' family members are encouraged to play an active role in their loved one's care. Families are welcome at any time (traditional visiting hours are no more), and stay informed through bedside meetings with nurses at shift changes. Plus, the new 20-room Hackerman-Patz House at Lehigh Valley Hospital—Cedar

Crest gives families from outside the area a comfortable, inexpensive place to stay near their loved one.

“A partnership between patients, families and health care providers benefits everyone and contributes to a patient's recovery,” says health network neonatologist Lorraine Dickey, M.D. Here are the advantages of having loved ones nearby when you're in the hospital.

Confidence—If you're sick or injured, you're likely tired or in pain, and in no condition to remember everything that's going on. When family members are with you, they'll see everything that's being done to ensure you're receiving the best care, giving you and them peace of mind. They'll also learn what you need to do to recover when you go home and help you do it once you're there.

Communication—“What did your doctor say today?” It's typically the first question family members ask patients when they arrive for a visit. When families are present, they hear from doctors and nurses firsthand and can get their questions answered directly.

Comfort—A familiar face at your bedside just makes you feel better. Because no one knows you better than your family, they can help your caregivers care for you. For example, they can inform a nurse if they sense something is wrong or tell your doctor if you are allergic to a certain food or medication.

Next Step: *Learn more about the convenience and comfort of the Hackerman-Patz House. Visit lvhn.org/healthyyou or call 610-402-CARE.*



Working together—When Marty Keppel of Allentown (center) needed care at Lehigh Valley Hospital—Cedar Crest, his family rallied around him. Clockwise from Keppel's right: niece Laura, sister Kathy, son Joe, grandsons Seth and Keith, daughter-in-law Shelly, mother Dolores and granddaughter Jessica.

Take charge of your health —Sign up for these individual classes and support groups to learn more about staying well. **See page 19 for Healthy You Program Packages.** 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.

Atrial Fibrillation

Learn more about this sometimes dangerous condition that affects more than 2 million people in the United States. A cardiologist and surgeon will present options available for its treatment and cure. **FREE**

- Oct. 4; 6:30-8 p.m.
At LVH—Muhlenberg

Balance as We Age

Good balance helps you stay independent and active. Determine if you might benefit from balance training to improve yours. **FREE**

- Sept. 20; 2-3 p.m.
At LVH—Cedar Crest

Community Research Education Week

Learn what research studies are, why we need them, safety, benefits and more. Registration required.

- Sept. 22; 1-3 p.m.; *light refreshments and dessert*
5:30-7:30 p.m.; *soup and sandwich dinner*
At LVH—Cedar Crest

FORCE Program

(Facing Our Risk of Cancer EMPOWERED)

If you have a family history of breast and/or ovarian cancer or have tested positive for a BRCA mutation, join us.

- Sept. 28; 6 p.m.
At LVH—Cedar Crest

Kinnon Survivor Workshop

For women who have finished first-line treatment for breast cancer, sessions focus on mind/body, nutrition, exercise and physical health. Continental breakfast and lunch included. **FREE**

- Nov. 4; 8 a.m.-1 p.m.
At LVH—Cedar Crest

Senior Fall Expo

Learn to live life to the fullest and participate in free screenings. Boxed lunch provided. **FREE**

- Sept. 19; 10 a.m.-2 p.m.
At LVH—Muhlenberg

Diabetes Education

These classes for adults dealing with diabetes will be telecast to the new Health Center at Moselem Springs. **FREE**

- Q & A With the Doctor—Sept. 15
- Holiday Meal Planning—Oct. 20

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

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

Convenient Care in Bethlehem Township

If you live near the Route 33 corridor of Northampton County, there's a health center you should know about. The Health Center at Bethlehem Township brings top-quality medical and wellness together for you under one roof. Plus, it connects you with Lehigh Valley Health Network. The Health Center at Bethlehem Township, conveniently located on Emrick Boulevard just off Route 33 at Freemansburg Avenue, offers:

- Family medicine physicians (with regular weekday hours and Saturday hours, 8:30 a.m.-noon)
- Appointments with specialists
- X-rays, ultrasounds, lab tests and other advanced screenings
- Physical therapy
- Occupational medicine
- Additional services to come

To learn more, visit lvhn.org/healthyyou or call 610-402-CARE.



AROUND OUR COMMUNITY

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

Drive-Thru Flu Vaccines

For adults and children 6 months and older. (Children must be accompanied by parent or guardian.) Non-perishable food donations accepted for area food banks and shelters. Please no pets in car. **FREE**

- Nov. 5; 9 a.m.-3 p.m.
At Dorney Park, Allentown
- Nov. 6; 9 a.m.-3 p.m.
At Coca-Cola Park, Allentown

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 the latest hikes and details, go to www.getoutlehighvalley.org or call 610-402-CARE.

LifeTrails®

Enjoy the outdoors while staying in shape. Older adults are invited to participate in LifeTrails club for free. Participants eligible for prizes and fun activities.

For details, visit lvhn.org/healthyyou.

Lehigh Valley Start! Heart Walk

For information, visit heart.org/lehighvalleywalk

- Sept. 18; 8:30 a.m. activities begin; 10 a.m. walk starts
At Easton Riverside Park

Women's 5K Classic

Health expo prior to next day's walk/run teaches prevention, treatment and support for female cancers.

- Expo Oct. 14; 3-7 p.m.
At Cedar Crest College
- 5K event Oct. 15; 9 a.m.
At Lehigh Parkway

Ongoing Programs

Be Safe in a Car

Mark J. Young Medical Challenge

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

- Mon.-Sat., 9:30 a.m.-5 p.m.
Sun., noon-5 p.m.
At Da Vinci Science Center

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

- Third Mon. of month; 2-4 p.m.
At LVH-17th
- Wed., of month; 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**

PROTECTING YOUR HEALTH

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

Cessation, What Works?—How to succeed in beating tobacco addiction. **FREE**

- Starting Sept. 28

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 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



A New Healthy You Center

The Healthy You Center—home to many of the classes offered through Healthy You Program Packages—recently underwent a change in scenery. It's now located on the ground floor at 1243 S. Cedar Crest Blvd. in the same facility as the Healthy You Fitness Center.

Learn more about Healthy You Program Packages on page 19. Visit lvhn.org/healthyyou or call 610-402-CARE to register. Benefits of the new location:

- A larger space for classes, allowing more people to sign up for packages
- New spin classes (part of the Cardio-Strength Package) with specially designed exercise bikes to keep you in shape
- Locker room services and amenities available
- More instructors and staff members to keep you on the road to wellness

RAISING A FAMILY

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

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
- CPR for Safe Sitter Student
- Breastfeeding Breastfeeding Baby
- Monday Morning Moms
- CPR—Family and Friends
- Depression After Delivery—Postpartum Support

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

- Starting Oct. 5

Parenting Workshops

Focus on hot parenting topics.

Hassle-free Homework—Sept. 14

Secrets to a Stress-free Morning—Sept. 19

Power Struggles and Getting Your Kids to Listen—Oct. 4

Surviving Toddler Years—Oct. 20

Safe Ride—Car Seat Safety

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

Healthy You Program Packages

Program packages are available on a monthly basis and allow you to take as many classes as you wish within your package for the same price. Call 610-402-CARE to register.

Cardio-Strength Package (\$32/month)

Includes these classes:

- Boot Camp
- Cardio Cross-Training
- Cardio-Strength Combo
- Chisel
- Interval Express
- Kettlebells
- Spin

Healthy Aging Fitness Package (\$36/month)

Includes these classes:

- Age-Proof Workout
- Exercise for Life
- Staying Strong (Lower Macungie Township only)

Mind-Body Fitness Package (\$40/month)

Includes these classes:

- Energizing Yoga
- Relaxing Yoga
- Very Gentle Yoga
- Yoga Basics
- Yogalatte

Specialty Fitness Package (\$32/month)

Includes these classes:

- Belly Dance
- Bollywood
- Line Dancing
- Zumba

Youth Fitness and Sports Performance Package (\$36/month)

Includes these classes:

- Funtastic Fit Kidz
- Funky Fit Kidz
- PAS (Power, Agility, Strength)

Offering a 5% Vitality Plus discount on all packages except the Youth Program



MANAGING YOUR WEIGHT

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

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.

- Starts Sept. 19

Weight-Loss Surgery

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

- Sept. 15, Sept. 27, Oct. 11, Oct. 25, Nov. 16

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

- Oct. 5, Nov. 2

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

- Sept. 20, Oct. 18, Nov. 15

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 1 starting Sept. 19

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

AGING WELL

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

Aqua New—A water exercise program designed to improve body awareness, fitness and confidence performing physical activity.

- Starting Sept. 13, Sept. 15
- At Human Performance Center

College of Knowledge—Discussions on a variety of topics. **FREE**

Elder Abuse—Sept. 28

Treatment of Alzheimer’s—Oct. 5

Preventive Care for Older Adults—Nov. 9

APPRISE Medicare Counseling—By appointment.

- Tue., 10 a.m.-noon
- Fri., 1-3 p.m.

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**

• Oct. 18

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 Sept. 27

Part 2 starting Oct. 25

Health of Touch (Partner Massage I)—Learn ergonomically correct massage techniques to help reduce the rigors of everyday stresses.

• Oct. 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.

• Sessions starting Sept. 28, Oct. 3

• Retreat Nov. 5

Reiki I—Learn what Reiki is and what it can do for you to channel physical healing energy.

• Oct. 8

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

COPING WITH ILLNESS

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

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

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

• Sept. 28, Oct. 4, Oct. 26, Nov. 1

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

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

• Sept. 15, Oct. 5, Oct. 20, Nov. 2

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

• Oct. 17
At LVH—Muhlenberg
With the American Cancer Society

Lymphedema Support Group **FREE**

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

• Meets second Mon. of month

Preparing for Breast Cancer Surgery **FREE**

• Meets first and third Tue. of month

For Epilepsy Patients
Monthly Support Group **FREE**

• Meets second Thu. 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 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:

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Attn: Marketing & Public Affairs
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Allentown, PA 18105-1556
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Special thanks for participating in a photograph:

Page 6 – Matthew Burns of Allentown
Page 18 – Kanani Montalto of Emmaus

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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‘I’m lucky to be alive.’

Jason Piccini, 32, survived cardiac arrest because the people around him followed the “chain of survival.”

Step one—Piccini’s wife, Julia, found him unconscious and knew he needed immediate care.

Step two—She called 9-1-1.

Step three—She started CPR.

Step four—Allentown firefighters and paramedics quickly began delivering advanced care, shocking Piccini’s heart back into rhythm four times to obtain a normal heart rhythm.

High-quality care continued at Lehigh Valley Hospital–Cedar Crest. Induced hypothermia lowered Piccini’s body temperature, preventing dangerous swelling of his oxygen-starved brain. Tests found no blockages near his heart. Before he went home, a defibrillator was implanted in his chest, which constantly monitors his heart and delivers an electrical shock if needed.

Piccini is feeling better. He takes medication to maintain a regular heart rhythm. The cause of his cardiac arrest has not been determined yet. He’s back to work full time as an Air Products and Chemicals engineer. Most of all, he’s glad to spend time with his wife and children, Jacob, 3, and Colleen, 1. “I am an EMT, so I know how amazing it is to be shocked four times and survive,” Piccini says. “Words can’t express how thankful I am.”

Lehigh Valley Health Network:

- Has a program that provides fast care for patients suffering cardiac arrest
 - Is one of six heart centers producing data about the use of induced hypothermia
 - Has a heart surgery program that leads Pennsylvania in quality
 - Partners with more than 140 local EMS squads
-

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LEHIGH VALLEY HEALTH NETWORK



U.S. News & World Report names two of our hospitals #1 and #2 in the region.

Scan this code to
learn more, watch a
video or find a doctor.



There are a lot of reasons to feel good about life in the Lehigh Valley. And quality health care is definitely one of them.

Lehigh Valley Hospital–Cedar Crest ranked #1 and Lehigh Valley Hospital–Muhlenberg ranked #2 in the Allentown–Bethlehem–Easton area by U.S. News & World Report in its 2011-12 Best Hospitals list. It's thanks to the passion of our employees and our patients' trust in us.

A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org