

Healthy You

JULY | AUGUST 2012

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Learn about Children's Hospital
at Lehigh Valley Hospital



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 **Lehigh Valley
Health Network**

Healthy You

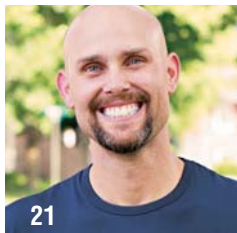
JULY | AUGUST 2012



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9



21

On the cover:

Children throughout the Lehigh Valley—such as (clockwise from upper left) TJ of Breinigsville, Ethan of Allentown, Wyatt of Macungie, Lula of Allentown and Sophia of Bethlehem—are what Children's Hospital at Lehigh Valley Hospital is all about. Learn more about it on page 12.
Photo by Olaf Starorypinski

How Surgery Helped Merry and Della

2 women; nearly 250 pounds lost 1

Get Started!

5 tips for safe grilling 2

Smart Foods

These 8 boost brainpower 4

Take Charge of Asthma

How Carlos Ortiz breathes easier 6

Relieving Fibroid Pain

Robotic surgery helps Kim Somori 8

What to Do About 'Momnesia'?

6 tips to remember 9

Take Charge of Diabetes

8 things about that food label 10

All About Children

It's the driving force of Children's Hospital 12

Born at 25 Weeks

The story of brave little Jaiden 13

Take Charge of Heart Disease

All about blood pressure 14

8 Tips for Safe Walking

Keep yourself fit...and safe 16

Your Guide to a Healthy You

New and ongoing programs 17

Read Healthy You Online

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.



How Surgery

2 women; nearly 250 pounds lost

Merry Casey of Emmaus (left) and Della Steward of Allentown work side-by-side every day, helping people to quit smoking. Then two years ago they bonded over their own personal health journey—losing weight thanks to gastric bypass surgery. On their journey they relied on their medical team and each other for support. Here are their stories:

The start

Merry: I never lost my "freshman 15" from college, then gained weight through two pregnancies.

Della: I'm a "food addict"; I always turned to food for comfort.

The turning point

Merry: My mother died of cardiac arrest and heart disease at too young an age; I knew it was time to get healthy.

Della: As I gained weight, I felt miserable, had no energy and had a bleak outlook.

Helped Merry and Della



Weight before surgery

Merry: 205 pounds

Della: 332 pounds

Medical complications before surgery

Merry: type 2 diabetes, sleep apnea, fatty liver disease, acid reflux, high blood pressure, high cholesterol, asthma

Della: type 2 diabetes, sleep apnea, fatty liver disease, high blood pressure

Money spent on medications before surgery

Merry: \$440/month

Della: \$300/month

Surgery date

Merry: April 2010

Della: January 2010

Surgeon

Merry: Peter Rovito, MD, with Lehigh Valley Health Network

Della: Daniel Harrison, DO, with Lehigh Valley Health Network

Total weight lost

Merry: 85 pounds

Della: 162 pounds

Medical complications after surgery

Merry: none

Della: none

Money spent on medications after surgery

Merry: \$0

Della: \$0

Supporting each other

Merry: Della gave me the knowledge to make a smart decision, and gave me the confidence to have the surgery. She inspires, encourages and supports me every day.

Della: Everyone wants to feel useful. Merry made me feel useful by allowing me to support her throughout her journey.

Supporting others

Merry: I volunteer with the health network's Weight Management Program. I want others to understand firsthand the benefits of this life-changing and lifesaving experience.

Della: I volunteer with the health network's Weight Management Program. My surgery is a gift, and I want to share it.

Next Step: *Learn more about weight-loss surgery and the Weight Management Program. Visit lvhn.org/healthyyou or call 610-402-CARE.*

{Get! Started}

Use these tips and start your personal journey to better health today.

How Many Calories Does That Burn?

You need to burn 3,500 calories to lose 1 pound of fat—and summer is the perfect time to get moving.

Match the popular summer activities below with the calories an average person burns during 30 minutes of moderate activity. *(We've done the work for you...just follow the lines.)*



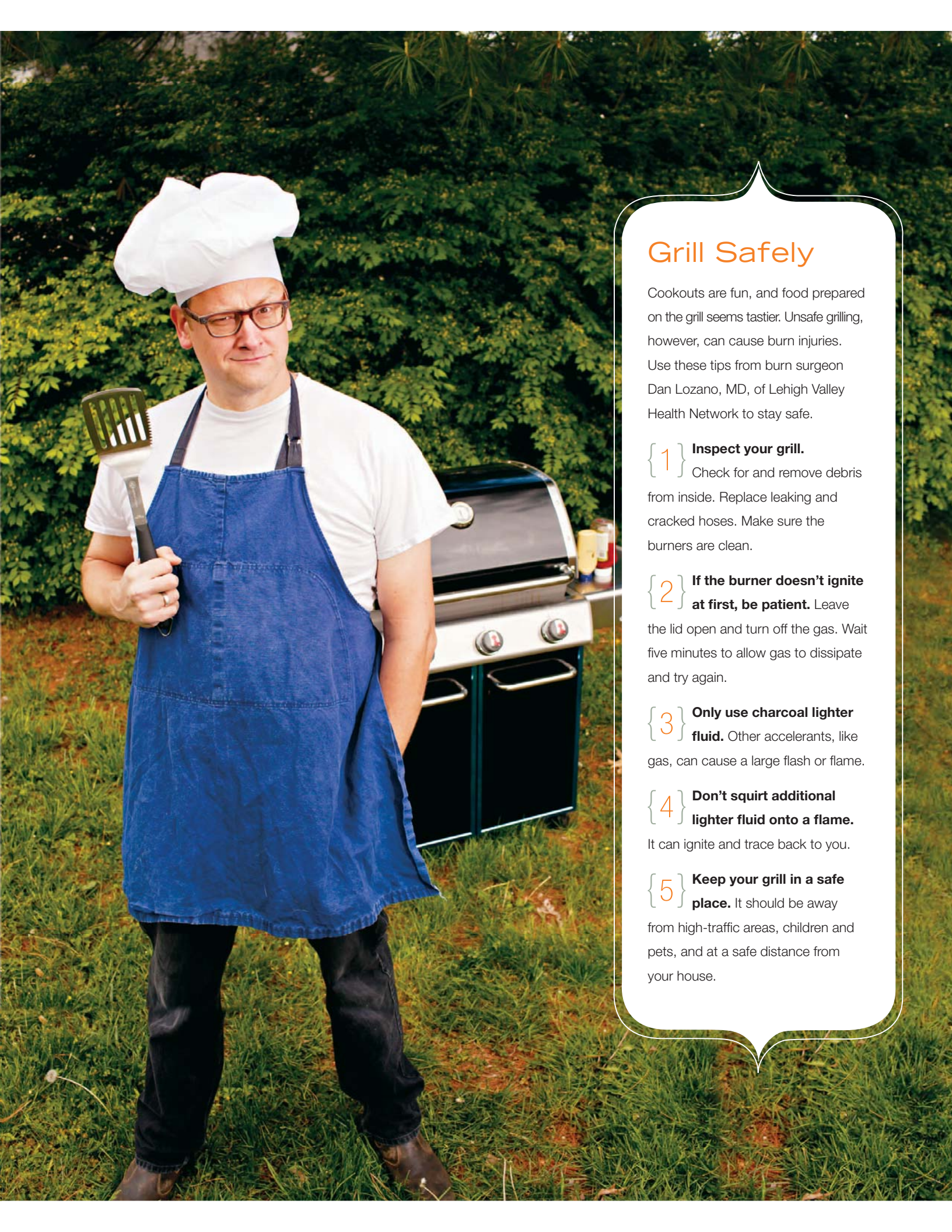
Take Our Free Test

How healthy is your heart? Find out for free.

Visit lvhn.org/healthyyou and take our online HeartAware risk assessment. It's 25 questions and gives you information about how to become heart healthy. If you're at risk for heart disease, you'll receive a voucher for a blood test. The results are sent to our HeartAware nurse, who discusses them with you. If you have an elevated risk, you can see your primary care doctor or get an appointment with a HeartAware primary care physician or cardiologist.

25
questions
that help
your heart





Grill Safely

Cookouts are fun, and food prepared on the grill seems tastier. Unsafe grilling, however, can cause burn injuries. Use these tips from burn surgeon Dan Lozano, MD, of Lehigh Valley Health Network to stay safe.

- { 1 } Inspect your grill.** Check for and remove debris from inside. Replace leaking and cracked hoses. Make sure the burners are clean.
- { 2 } If the burner doesn't ignite at first, be patient.** Leave the lid open and turn off the gas. Wait five minutes to allow gas to dissipate and try again.
- { 3 } Only use charcoal lighter fluid.** Other accelerants, like gas, can cause a large flash or flame.
- { 4 } Don't squirt additional lighter fluid onto a flame.** It can ignite and trace back to you.
- { 5 } Keep your grill in a safe place.** It should be away from high-traffic areas, children and pets, and at a safe distance from your house.





Smart Foods

Use them to boost your brainpower

You know it's smart to eat healthy foods. Yet you may not know some foods may keep you smart—by supporting healthy brain function or warding off problems that can erode mental power.

"Anything good for your body is generally good for your brain," says family medicine physician Mary Stock Keister, MD, with Lehigh Valley Health Network.

Some "smart foods" help reduce inflammation in your body. Inflammation can help you repair an injury, but chronic inflammation is linked to diseases that can negatively affect your brain. "Controlling inflammation is one way food can bolster brainpower," says health network registered dietitian Jenny Koscho. Here is how 8 "smart foods" can help:

Salmon: It's rich in omega-3 fatty acids, which have been shown to help reduce inflammation. Your body can't make its own omega-3s, so it's essential to get them from food. Some research has shown that omega-3s may improve depression, mood and memory.

Avocado: Healthy monounsaturated fats in avocado help reduce cholesterol, potentially improving circulation throughout your body (including your brain). But fat also packs calories, so limit your intake to no more than a quarter-cup per day.

Blueberries: Antioxidants in these vibrant little berries clean up molecular agents that can damage cells. While many colorful foods contain antioxidants, blueberries are an especially rich source.

Oatmeal: Whole grains like oatmeal help lower cholesterol in part due to their artery-cleansing fiber. "By reducing the risk for plaque buildup in arteries, oatmeal can help ensure healthy blood flow to the brain," Koscho says.

Walnuts: They're high in both mono-unsaturated fats and antioxidants, and are especially high in omega-3s.

Beans: High-fiber beans of all kinds convert relatively slowly to glucose, which provides energy to the brain. "The brain can't store glucose, so it needs a steady flow, and beans are an excellent source," Stock Keister says.

Olive oil: Because it's rich in mono-unsaturated fat, olive oil is a staple of the Mediterranean diet, which studies suggest promotes brain health.

Green tea: "Freshly brewed tea—not from powder—contains catechines, a type of antioxidant that promotes healthy blood flow to the brain," Koscho says. Caffeine can boost brainpower as well. "But too much can have the opposite effect," she says, "so limit yourself to two or three cups a day."

Next Step: Attend "*Eat Well for Life*" to learn more about a healthy lifestyle. Visit lvhn.org/healthyyou for more information or call 610-402-CARE to register.



Take Charge of Asthma

Tips, hints and support to help you manage your health

New Lease on Life

New procedure helps Carlos Ortiz manage severe asthma

Carlos Ortiz was always very active. The 65-year-old Allentown man (above) loved riding his motorcycle, running after his grandchildren, and playing football, softball and baseball. Although he was diagnosed with asthma when he was born, the condition had been manageable since age 7.

But five years ago, Ortiz's asthma resurfaced. "I went to many different doctors and tried different medications and treatments, but it kept getting worse," he says. "I couldn't even go to the gym anymore." He had such trouble breathing, he began using a walker and cane. Last October, he suffered an asthma attack so severe he was hospitalized for eight days.

That's when Ortiz turned to pulmonologist Robert Krukltis, MD, PhD, with Lehigh Valley Health Network.

"He went through everything with me step by step," Ortiz says. "I knew he was the right doctor for me. He changed my medications, and I felt better."

Then Ortiz suffered another asthma attack in January that left him hospitalized for nine days. So Krukltis recommended a new procedure—bronchial thermoplasty. Here's how it works:

- A long, flexible tube with a camera (called a bronchoscope) is inserted into the mouth and guided down the airway.
- Thermal energy (heat) is delivered through the bronchoscope to the airway wall. This reduces the excessive airway muscle that contributes to breathing problems in people with asthma.

- The procedure is performed three times, with each appointment scheduled at three-week intervals. Patients are sedated during the procedure.

Because Ortiz had severe, persistent asthma, and because medication changes didn't help his breathing, he was a perfect candidate for bronchial thermoplasty. He felt better immediately after the first treatment. "I was walking and biking two days later," he says.

Bronchial thermoplasty doesn't cure asthma, but it does improve the condition and create fewer emergencies. "Patients will still need to use their asthma medications, but should have fewer attacks and therefore will miss less work or school," Kruklytis says. "It gives people a sense of control over their asthma."

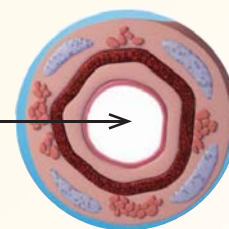
That's exactly how Ortiz feels. He can't wait to get back on his motorcycle and resume his gym routine. "I can't stop moving," he says.

What Is Asthma?

Wheezing. Coughing. Shortness of breath. Chest tightness. Millions of people with asthma regularly experience these feelings. Asthma, an inflammation of the airways in the lungs, is a chronic lung disease that affects people of all ages. Here's what it looks like:

- **If you don't have asthma,**

your airways are clear and lined with smooth muscle.

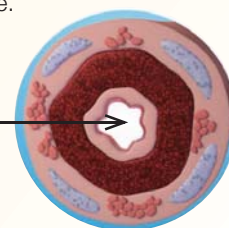


- **If you have asthma,** your airways are

lined with thicker, more reactive muscle.

- **When an asthma attack occurs,**

the thickened muscle constricts, making it difficult to breathe.



Allergies, cold air, tobacco smoke, viral infections or exercise can trigger asthma attacks. People with asthma often use long-term "maintenance" inhalers daily and short-term "rescue" inhalers as needed in case of attacks.

TAKE CHARGE NOW

- **Call 610-402-CARE** to find the right doctor who can help care for asthma and other medical needs.

A woman with dark hair pulled back, wearing a black one-piece swimsuit, is swimming in a pool. She is smiling and looking towards the camera. The water is a clear, light blue color, and there are some ripples and splashes around her. The background is a soft, out-of-focus view of the pool and some greenery.

Relieving Fibroid Pain

Robotic surgery helps Kim Somori

Kimberly Somori (above) went to do a good deed—donate blood—when she got some surprising news. The 50-year-old Hamburg woman was declined due to anemia, which meant her red blood cell count was less than normal.

It was one of many concerning symptoms. “I also had very heavy, painful periods,” she says. “And I was tired all the time.” After seeking medical help, Somori learned she had fibroids, noncancerous growths in the uterus.

Fibroids are common, and many women don’t even know they have them. “Approximately 20 to 25 percent of women have fibroids,” says obstetrician/gynecologist Patrick McIntyre, MD, with Lehigh Valley Health Network. Fibroids are most often identified in women in their 20s, 30s and 40s.

There is no known cause, but estrogen and progesterone tend to make fibroids grow larger, which is why they’re typically found in women in their reproductive years. Fibroids usually are less of a problem after menopause. “Fibroids grow in response to ovarian hormones,” McIntyre says. “They generally become inactive and may get smaller during menopause.”

Fibroids often don’t cause symptoms, and many women don’t need to remove them because they don’t cause pain. But for some women like Somori, fibroids cause symptoms such as heavy bleeding during their period and pelvic pain or pressure.

To control her symptoms, Somori first underwent endometrial ablation, a procedure that reduces or stops menstrual bleeding by attempting to destroy the lining of the uterus. She felt better at first, but her symptoms returned a year later. After she was referred to McIntyre, Somori began exploring another option—hysterectomy, the removal of the uterus.

To prepare for surgery, Somori took medication that improved her anemia and shrank her fibroids. “That allowed us to perform her hysterectomy with minimally invasive surgery,” McIntyre says.

McIntyre used the da Vinci® robotic surgical system, which allowed Somori to have her fibroids removed with less pain and a quicker recovery time. It also helped because Somori has type 1 diabetes. “The smaller incisions help because people with diabetes have a greater potential for poor wound healing,” McIntyre says.

Somori returned home from the hospital just one day after her hysterectomy last December. Today she’s living pain-free, working as a labor and delivery nurse at Lehigh Valley Health Network and enjoying life again. Her anemia disappeared, and she’s thankful she had the procedure. “I feel wonderful,” she says.

Next Step: *Learn more about robotic surgery. Visit lvhn.org/healthyyou or call 610-402-CARE.*

What to Do About ‘Momnesia’?

Ease forgetfulness during pregnancy

Do you leave your keys in the refrigerator?

Forget your husband's name? Struggle to remember the right way home from the store? If you're pregnant, it might be “momnesia” or pregnancy brain. It's something moms have talked about for years. (“Momnesia” was even selected as a “Word of the Year” by a British author in 2008.) But is it based in scientific fact?

Studies linking memory and pregnancy are limited, and their results are mixed. Some suggest brain-cell activity decreases during pregnancy, yet others suggest there are no such changes.

So what's the truth? “‘Momnesia’ is very real,” says obstetrician/gynecologist Alexandria George, DO, with Lehigh Valley Health Network. “While it's not a proven medical condition, it is a fact that multitasking comes with expecting and having a new baby. The more distractions you have, the greater the effect on your mind.”

Multitasking isn't the only reason “momnesia” happens. “Pregnant women often experience a lack of sleep or increased stress while they're expecting,” George says.



So what can you do if you're expecting now and want to keep your memory sharp? Follow these tips:

- **Get more sleep.** Adults should get seven-to-eight hours of sleep a night, but pregnant women often need more, especially during their first trimester.
- **Eat a well-balanced diet.** A variety of nutritious foods keeps you and baby healthy.
- **Take your vitamins.** Pregnant women should take prenatal vitamins to ensure both mom and baby get the nutrients they need.
- **Delegate.** Ask friends, neighbors or family to help with cleaning, shopping and everyday tasks.
- **Drink plenty of fluids.** Dehydration can cause decreased memory and confusion.
- **Get moving.** Exercise is essential to decrease tiredness and make you feel mentally healthier.

Next Step: Expecting a baby? Attend our classes. Learn more on page 18, at lvhn.org/healthyyou or call 610-402-CARE.

Take Charge of Diabetes

Tips, hints and support to help you manage your health

8 Things to Read on a Food Label

Use them to build a healthful diet

What's black and white, about 3 inches tall (or shorter!) and filled with health information?

A food label. You'll find it on virtually every box in your grocery store, and it's the ultimate must-read.

"Knowing how to understand a food label is crucial to your health and wellness," says registered dietitian Karen Conner of Lehigh Valley Health Network. "This is especially true if you're managing diabetes."

Check the
serving size

Flatten
the fat

Curb the
cholesterol

Sideline
the sodium

Count those
calories

Calculate
the carbs

Pick lean
proteins

And yet
there's more

Nutrition Facts			
Serving Size 1 Apple (125 g)			
Amount Per Serving			
Calories	65	Calories from Fat	2
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat			
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrate	17g		6%
Dietary Fiber	3g		12%
Sugars	13g		
Protein	0g		
Vitamin A	1%	Vitamin C	10%
Calcium	1%	Iron	1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Here are 8 things to know about that label:

When shopping. . . look for the white, rectangular food label either on the back or side of the package. And ignore touts like “Reduced fat!” on the front of the box. These can be misleading. For example, the words “sugar-free” may mean that the manufacturer didn’t add sugar but it still may contain some natural sugars—so it’s not truly sugar-free.

1 Check the serving size—It’s the first line under the nutrition facts. Most often one serving does *not* mean the entire package—especially for snack foods like chips or bottled drinks. The information listed below the serving size is all based on a single serving.

2 Count those calories—It’s the next thing to check after the serving size, says health network endocrinologist Gretchen Perilli, MD. “While the amount of calories a person needs varies based on age and lifestyle, tracking calories is a must if you’re trying to maintain your weight or shed some pounds,” Perilli says. “Write down your intake, or use a free app on your smart phone to track them.”

3 Flatten the fat—Total fat is listed underneath the calories, and it also may include other types of fat. The general rule is that healthier foods will have no more than 3 grams of fat for every 100 calories.

4 Curb the cholesterol—Cholesterol doesn’t affect diabetes, but it can affect diabetes-related conditions like heart disease. Your doctor will know your target range for daily cholesterol.

5 Sideline the sodium—If you have diabetes, you are at increased risk for heart disease, so you need to watch your sodium intake. A good choice: foods with less than 350 milligrams per serving.

6 Calculate the carbs—This is especially important if you have diabetes. The most important number is listed under “Total Carbohydrates” (other numbers below it may include dietary fiber, sugars, other carbohydrates and sugar alcohols). The total number of carbs you need

a day depends on many factors, so it’s best to work with a registered dietitian to help get the right amount and reach your health goals. “Carbs are your body’s preferred energy source,” Conner says. “But you need to eat them in moderation so your blood sugar doesn’t get too high or too low.”

7 Pick lean proteins—Foods high in protein can trick your brain into feeling full faster, but it is important to choose leaner proteins such as seafood, chicken, turkey, egg whites or egg substitutes, low-fat or fat-free dairy as well as vegetarian proteins such as beans and lentils.

8 And yet there's more—The bottom of a food label also will tell you the content of important vitamins and will give a list of recommended daily values.



TAKE CHARGE NOW

- **Call 610-402-CARE** and sign up for the “Drop 10 in 10” weight management class, where you’ll learn to read food labels and receive other tips.
- **Visit lvhn.org/healthyyou** and learn more about caring for diabetes, or join the conversation on Facebook (facebook.com/lvhealthnetwork) or Twitter (twitter.com/lvhn).

All About Children

Introducing Children's Hospital at Lehigh Valley Hospital

In response to your requests, Lehigh Valley Health Network recently introduced Children's Hospital at Lehigh Valley Hospital. While it's not a new building, its name includes the children's services the health network has provided for years. Here are 5 things you should know about the area's first children's hospital:

1. The idea dates back decades. Through the years, many parents of sick and injured children asked the health network to provide more specialized services close to home. The health network also worked to complete a "children's care checklist" made by the late Forrest Moyer, MD, the Lehigh Valley's father of pediatrics. With the opening of the region's only Children's ER and the establishment of the area's first pediatric residency program, the final checkmarks were made. Inspired by our community's needs and the completion of Moyer's list, Children's Hospital at Lehigh Valley Hospital was introduced.

2. It's recognized nationally. The Children's Hospital Association (CHA) is an international organization of 240 not-for-profit hospitals that recognizes children's hospitals in the United States. The health network has been a proud CHA member for the past six years.

3. It takes a team. Children's Hospital at Lehigh Valley Hospital features services designed especially for children, including:

- Region's only pediatric intensive care unit
- Pediatric physicians in 28 specialties
- Highest level neonatal intensive care unit
- Pediatric trauma center
- Regional Burn Center verified to care for children
- Child-life specialists who help children relax and adjust while hospitalized
- 71 affiliated general pediatricians

Other pediatric services within the health network include:

- Pediatric ambulatory surgery center
- Outpatient infusion area
- Pediatric sleep center
- Children's Clinic for families who need it most

4. It's close to home. Currently, between 3,200 and 3,500 children leave the Lehigh Valley for care very year. With Children's Hospital at Lehigh Valley Hospital, more children from our community can get the specialized care they need closer to home.

5. It brings peace of mind. "No parent wants to think about a situation in which his or her child will need specialized health care," says Ron Swinfard, MD, the health network's president and chief executive officer, "but should something happen, parents can take comfort in knowing we're by their side."

Next Step: Learn more about Children's Hospital at Lehigh Valley Hospital. Call 610-402-CARE or visit lvhn.org/healthyyou.



a service of Lehigh Valley Hospital



Born at 25 Weeks

The miracle of Baby Jaiden

Amanda Joray, 22, was 20 weeks pregnant and excited to learn whether she was carrying a boy or a girl. She and her husband, John, 24, made the trip to Lehigh Valley Hospital–Cedar Crest from Dingman’s Ferry, Pike County, for the ultrasound. The joy of learning they were having a boy, Jaiden, was quickly overshadowed by the news that the baby had stopped growing. What’s more, Amanda’s placenta wasn’t providing enough nutrition or oxygen for Jaiden to start growing again.

Lehigh Valley Health Network’s high-risk pregnancy (maternal fetal medicine) team waited a few weeks to see if the situation would improve. By week 25, however, Amanda’s blood pressure was rising, and Jaiden’s heart rate was dropping. Drastic action had to be taken. Jaiden received steroids to strengthen his lungs, and the decision was made to immediately induce delivery, nearly four months early.

Jaiden was one of the smallest babies ever born at the health network. “He was only 14.3 ounces,” says health network neonatologist Lorraine Dickey, MD. “He was so small, we had to use the tiniest tubes we have in the neonatal intensive care unit (NICU) to help him breathe and give him food. Our best estimates gave him a 10 percent chance of survival.”

Yet survive is what Jaiden did. With 24/7 care from the NICU team, Jaiden started to grow. “He needed blood transfusions because he couldn’t make red blood cells on his own,” Dickey says. “He needed more rounds of steroids to strengthen his lungs and around-the-clock care.”

What helped Jaiden most, Dickey says, was his ability to avoid infections. In babies so small, infections are common. Jaiden had no infections, which allowed him to spend more energy growing and less energy fighting germs.

After more than 100 days in the NICU, Jaiden went home for the first time weighing 5 pounds, 10 ounces. Although challenges remain, Dickey is optimistic Jaiden will continue to grow and strengthen.

“We made the trip from Dingman’s Ferry because we wanted the best,” Amanda Joray says. “When Jaiden was born, he was smaller than a can of soda. The fact that he’s home now is a miracle, and we owe it all to the NICU team.”

Next Step: *Learn more about the specialized care provided at Lehigh Valley Hospital. Visit lvhn.org/healthyyou or call 610-402-CARE.*



Take Charge of Heart Disease

Tips, hints and support to help you manage your health

What Is Blood Pressure?

When your heart beats, it creates pressure that pushes blood through your arteries and veins. This “blood pressure” is represented by two numbers in a reading.

The top number (systolic) represents the pressure in your arteries when your heart pumps blood out of the heart to the rest of the body.

The bottom number (diastolic) represents the pressure in your arteries when your heart is filling with blood.

“You need to know both numbers,” says Lehigh Valley Health Network cardiologist Andrew Sumner, MD, especially because there are few warning signs for high blood pressure (hypertension). “An elevation in either number increases your risk for not only heart disease, but also kidney and peripheral artery disease, and stroke.”

Why is it bad when my blood is pumped with too much force?

Healthy arteries stretch when the heart pumps blood through them. The more forcefully the blood pumps, the more the arteries stretch. If the force is too high, the arteries stretch too much. Over time, this can cause:

Weakened blood vessels, which may cause them to bulge, tear or burst.

Damage to the blood vessel lining, which may contribute to the buildup of cholesterol and plaque. These plaques can cause a heart attack, stroke, and tissue or organ damage.

What is a healthy blood pressure?

A healthy blood pressure is less than 120/80. “If your blood pressure is between 120/80 and 140/90 (known as pre-hypertension), talk to your doctor about ways to lower it with diet and exercise,” Sumner says. “If



your blood pressure is more than 140/90, healthy lifestyle choices also will be an important first step. In addition, your doctor can prescribe medication to bring down your numbers.”

Can my blood pressure be too low?

As long as you do not experience symptoms, low blood pressure is not a problem. However, if you experience dizziness, fainting, lack of concentration, nausea, cold and pale skin, fatigue or rapid, shallow breathing, see your doctor.

How do I control my blood pressure?

If you’ve been diagnosed with high blood pressure—or are concerned because your numbers are borderline high—keep in mind that there is no cure for hypertension. The good news is that you can control the condition if you make permanent lifestyle changes. Here’s how.

Limit salt in your diet. Instead, eat foods high in potassium, calcium and magnesium that help lower blood

pressure. Following the DASH eating plan makes it easy (see “Take Charge Now” box).

Stay active. Get 30 minutes of aerobic exercise each day. Schedule your workouts and treat them like an important appointment.

Manage stress. It triggers unhealthy behaviors, like smoking or eating “comfort” foods. Identify what’s causing your stress and learn to deal with it or limit the cause.

Avoid tobacco smoke. Your blood pressure increases for many minutes after every cigarette you smoke. Secondhand smoke also takes its toll.

Take medication as prescribed. Your doctor may prescribe more than one type of medication to keep your blood pressure at a healthy level.

Skip the alcohol. Men should limit alcohol to two or fewer drinks a day; women one or less.

Know Your Numbers

Category	Top Number (<i>Systolic</i>)		Bottom Number (<i>Diastolic</i>)
Normal	less than 120	and	less than 80
Pre-hypertension	120-139	or	80-89
High blood pressure (Hypertension)	140 or higher	or	90 or higher

(Persons with diabetes or kidney disease should be treated to a blood pressure less than 130/80 mm hg.)

TAKE CHARGE NOW

- **Follow the DASH eating plan.** Learn more at lvhn.org/healthyyou or call 610-402-CARE.
- **Start working out.** Sign up for our Healthy You Program Packages. See more on page 20 or call 610-402-CARE.
- **Listen to your heart.** Take the free HeartAware risk assessment at lvhn.org/healthyyou.



8 Tips for Safe Walking

Use them for any type of outdoor exercise



Walking outdoors—it's a great source of exercise. But our region's roads are more crowded than ever—and those quiet “back roads” are fewer and farther between. What do to? Try these seven tips for safe walking (or running), courtesy of Lehigh Valley Health Network experts Amy Miller, DO, a family medicine physician, and Jesse Schimmer, a doctorally educated physical therapist.

1 Start with a checkup—If you're age 40 or older and you're new to regular walking or running, call your doctor and get a physical. “She can help you understand how much you can safely do at the start, and how to increase it going forward,” Miller says.

2 Size up those shoes—A pair of well-fitting sneakers is your best piece of walking or running equipment. “They can help prevent injury or blisters,” Schimmer says. Specialty running stores sometimes have a wider variety of selections.

3 Plan ahead—Map out your route ahead of time, take your cell phone on your walk and carry ID at all times in case you need it. Also, tell a friend or family member where you're going.

4 Know the road—Do you walk on the left or right side of the road? “Always go against the flow of traffic,” Schimmer says. That way, if you see a car, you can react to it. Avoid roads without sidewalks if possible (especially at night).

5 Don't take the earbuds—While music may provide a pleasant distraction, you need all your senses to be alert while walking. Listen for cars on the road, for a cyclist who might be in your blind spot, or for anyone who might also be running or sharing the road.

6 Buddy-up—Walking or running with a buddy provides a level of safety and also helps you manage the pace at which you exercise. “If you can talk while you're running or walking, you're exercising at a safe pace,” Schimmer says.

7 Be seen—If walking or running after dark, wear bright, reflective clothing. (You can find a reflective vest or jacket at a local sporting goods store.) A blinking light or headlamp can make you more visible.

8 Stay hydrated—Always carry water with you.

Next Step: Want to walk in the Lehigh Valley Health Network Marathon for Via? Visit lvhn.org/healthyyou or call 610-402-CARE.

YOUR GUIDE TO A Healthy YOU

Take charge of your health—Sign up for these individual classes and support groups to learn more about staying well. **See page 20 for Healthy You Programs.** 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.

Aging and the Brain

Learn about natural age-related changes to the brain and common disease-related processes. **FREE**

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

Annual Parkinson's Symposium

For patients and caregivers, learn all the latest information.

- Sept. 15; 8:30 a.m.-2:15 p.m.
At LVH—Cedar Crest

Screenings

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

Clinical Breast Exams and Pap Tests—**FREE** for uninsured women

- Weekly 8:30 a.m.-4 p.m. Appointment is necessary. Call 610-969-2800.

Sponsored by the Community Health and Wellness Center in collaboration with the Allentown Health Bureau

Rapid HIV Testing **FREE**

Free, anonymous and confidential.

- Mon.-Thu.; 9 a.m.-3 p.m.
- Fri. by appointment
At LVH—17th

Lung Cancer

Appointments necessary.
Call 610-402-CARE.

Protecting Your Health

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

Cessation, What Works?—

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

- Sept. 11

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



'I was put at ease'

The first thing William Pitten felt after being diagnosed with aggressive bladder cancer was fear. "I didn't know what to think at first," says the 53-year-old Walnutport man. "But then my doctor put my mind at ease."

Pitten is talking about urologic oncologist Angelo Baccala, MD, with Lehigh Valley Health Network. He and his team chose a new approach to care for Pitten's cancer. They used the da Vinci Si™ Surgical System to perform a cystoprostatectomy—a small-scar surgery that involves using the robot to remove both the bladder and the prostate and create a small urine reservoir from a segment of a bowel located just under the abdominal wall. Using the robot reduced scarring and the risk for infection and provided for an earlier return to normal activities.

One day after the procedure—which was the first robot-assisted cystoprostatectomy in the region—Pitten was walking. Within a few weeks, he returned to work. Now he's enjoying time with his 5-year-old granddaughter, Mallory, going for long walks and fishing.

At our Cancer Center:

- A team of specialists will review your case and offer the best treatment recommendation.
- You can be confident in the quality of your care. Our cancer center is selected as a site for the National Cancer Institute's Community Cancer Centers Program (NCCCP).
- You'll have access to the latest advances in technology, such as robotic surgery, and you'll benefit from our active involvement in clinical research.

Around Our Community

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

First Strides®

This 12-week workshop for women of all ages helps you begin a walking/running program. The goal: participating in a 5K event.

- Starting July 23; 6:15 p.m.
At Stroudsburg
- Starting July 24; 6:15 p.m.
At Brodheadsville
- Starting July 24; 6:15 p.m.
- Starting July 25; 6:15 p.m.
At Lehigh Parkway
- Starting July 26; 6 p.m.
At Hanover Twp. Community Center
- Starting July 31; 5:30 p.m.
- Starting Aug. 1; 9:15 a.m.
At Bethlehem Twp. Community Center

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.

Lehigh River Bike and Boat

- July 21; 10 a.m.

Trexler Nature Preserve Hike

- July 26; 6 p.m.

Glenn Onoko Hike

- Aug. 22; 6 p.m.

Peace Valley Hike

- Aug. 30; 6 p.m.

Pool Wildlife Sanctuary Hike

- Sept. 6; 6 p.m.

For details and new dates, go to www.getoutlehighvalley.org or call 610-402-CARE.

LVHN 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, volunteer or sponsor your favorite team or runner by donating to a good cause that provides services for those with disabilities.

- Sat., Sept. 8
Via Family Fun Walk;
8 a.m. check-in and activities;
9 a.m. start
at ArtsQuest Center at SteelStacks

- Sun., Sept. 9

Marathon, Boston qualifier, finish festival; 7 a.m. start at LVH—Cedar Crest

Relay marathon, team cups awarded;

7 a.m. start at LVH—Cedar Crest

Half-marathon; 7:15 a.m. NEW start

at ArtsQuest Center at SteelStacks

Community Events

Emmaus Community Day

- July 21; noon-5 p.m.
At Emmaus Community Park

Kutztown Community Day

- Aug. 5; 1-5 p.m.
At Kutztown Park

51st Annual Lehigh Valley Hospital—

Muhlenberg Summer Festival

- Aug. 15-17; 5-10:30 p.m.
- Aug. 18; noon-10:30 p.m.
At LVH—Muhlenberg

Ongoing Programs

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

- First 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**

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.

Welcome

- Pregnancy 101
- Expectant Parent Tour
- Sibling Tour—My Baby and Me

Preparing for Childbirth

- 4-week evening series
- Weekend—One-Day; Fri.-Sat.; Sat.-Sun.
- On the Internet
- Refresher
- Teens Only

Preparing for Baby

- Baby Care
- Breastfeeding Baby
- Becoming New Parents Workshop
Sept. 12

Staying Safe

- Babysitting—Safe Sitter
- CPR—Safe Sitter Student
- CPR—Family and Friends

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

After-Delivery Support

- Monday Morning Moms—Beyond Birth
- Postpartum Support—Understanding Emotions After Delivery

Parenting

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

- Resume in September

Workshops—

- Resume in September

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

Insulin Pumpers—

Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). Opportunity to discuss concerns and topics of interest. **FREE**

- Aug. 6

Sweet Success—Monthly support group for adults with type 2 diabetes. **FREE**

Technology and Diabetes—July 19

Q & A With the Doctor—Aug. 16

Sugar-Free Kids—Monthly support group for children with type 1 diabetes. **FREE**

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**

- July 25, Aug. 7, Aug. 22, Sept. 4

Kidney/Pancreas Transplant Information Session—

If you would like more information about kidney and pancreas transplants, attend one of our free information sessions.

For details, call 610-402-CARE.

Parkinson's and Multiple Sclerosis Get Up and Go—

Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes.

- Mon. and Thu.; 10:30-11:30 a.m.
At 1243 Cedar Crest Blvd.
- Mon. and Thu.; noon-1 p.m.
At 1770 Bathgate, Bethlehem

Parkinson's Support Group—

- Meets fourth Tue. of month
At LVH—Muhlenberg

Preoperative Spine Class—

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

- July 17, Aug. 1, Aug. 21, Sept. 5

Stroke Support Group—To help deal with life's challenges after a stroke, meet with health care professionals and others experiencing the same emotional and physical issues.

- Meets first Tue. of month; 6-7 p.m.
At LVH—Cedar Crest

Aging Well

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

Dr. Salerno's College of Knowledge—

Geriatric education series on a variety of topics. **FREE**

Malnutrition, Eating and Feeding Issues in Older Adults—Aug. 8

Transplant Support Group

- Meets first Sun. of month
At LVH—Cedar Crest

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

- July 16, Aug. 20; 6 p.m.
At LVH—Cedar Crest
With the American Cancer Society

Lymphedema Support Group **FREE**

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

- Meets second Mon. of month



'We're back on the road again'

John Keck was shoveling snow last December when he blacked out. "I woke up in the middle of my yard and didn't know how I got there," says Keck, 77, of Lehighton.

After a brain scan at Gnaden Huetten Memorial Hospital, Keck was rushed to Lehigh Valley Hospital—Cedar Crest, where tests confirmed he had a large brain tumor. Neurosurgeon Stephen Campbell, MD, removed the tumor. Keck then received Gamma Knife® Perfexion™ radiosurgery.

Not actually a knife, Perfexion delivers extremely focused radiation beams to precise targets in the brain. It is an option to prevent local tumors spreading without whole-brain radiation. This may avoid the need to irradiate the entire brain over a traditional three-week period. After Keck's treatment, a follow-up MRI months later showed no evidence of new tumors.

"Now I can get on with my life," says Keck, who enjoys seeing the sights and driving cross-country in his Jeep with his wife of 57 years, Ruth.

Gamma Knife Perfexion:

- Is the radiosurgery "gold standard" for treating conditions of the brain and spine—and Lehigh Valley Health Network is the first in the area to offer it.
- Uses a radiation source optimized to only hit selected targets without damaging surrounding tissue, so the risk for complications is low and side effects are rare and mild.
- Reaches areas of the brain never before possible, so it offers treatment—and hope—to more patients.
- Provides outpatient, no-incision surgery.

Caring for Mind and Body

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

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 July 17

Part 2 starting Aug. 14

Healthy Hands and Nails—Your hands and nails deserve some TLC. Learn how in this moisturizing and strengthening education program. **FREE**

• Sept. 11

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.

• Sept. 10, Sept. 13

Weight-Loss Surgery

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

• July 31, Aug. 9, Aug. 28, Sept. 13

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

• July 18, Aug. 1

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.

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 Aug. 6; Oct. 8

Part 2 starting Sept. 10

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 for more information. See a list of class schedules at lvhn.org/healthyyou.

Cardio-Strength Package (\$32/month)

Includes these classes:

- Boot Camp
- Cardio Cross-Training
- Cardio Kickbox
- Cardio-Strength Combo
- Chisel
- Cycle Express and Power Cycling
- Interval Express
- Kettlebells

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
- Line Dancing
- Zumba

Offering a 5% Vitality Plus discount on all packages.



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

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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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Follow us on:





‘Don’t stop until you get answers’

Greg Trexler of Emmaus says he “knew something wasn’t right” when he felt consistent abdominal pain two years ago. A CT scan and colonoscopy led to the diagnosis—stage 3 colon cancer.


Colorectal surgeon John Park, MD, with Lehigh Valley Health Network, performed surgery to remove 18 inches of Trexler’s colon. Chemotherapy followed. All of which left Trexler, a 42-year-old teacher at Macungie’s Shoemaker Elementary School and an avid runner, feeling exhausted. “I wanted to run through all of it, but I couldn’t,” he says. “Some days I could barely walk.”

With his treatment now complete, Trexler isn’t just back to teaching and running—he’s racing in marathons. He recently completed the Big Sur Marathon in April, and he’s sharing his story to help others. “I tell my friends they should talk to their doctor about anything that seems unusual or wrong with their bodies,” he says. “Don’t stop until you get answers.”

At Lehigh Valley Health Network’s Cancer Center:

- A team of specialists will review your case and offer the best treatment recommendation. This approach is the most effective in successfully treating colon cancer.
 - You can be confident in the quality of your care. Our cancer center has Network Cancer Program accreditation, the highest available from the American College of Surgeons’ Commission on Cancer. It is also a partner of the National Cancer Institute’s Community Cancer Centers Program (NCCCP).
 - You’ll have access to the latest advances in technology, and you’ll benefit from our active involvement in research to find new treatments.
-

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 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 Children's ER

*Located at Lehigh Valley Hospital—Cedar Crest
Cedar Crest and I-78, Allentown, Pa.*

Follow signs to emergency entrance

- Open 7 days a week 8 a.m.-1 a.m.
- Visit lvhn.org/childrenshospital for more information

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



A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org