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HealthyYou

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YOUNGER

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley
Health Network

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Physical therapy keeps Anna White on her toes.
(Photo by Olaf Starorypinski)

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or call 610-402-CARE.

**FOR MORE INFORMATION
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(such as practice name,
location or hours),**
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Can Chicken Soup Cure Your Cold?

NO – BUT IT CAN HELP YOU FEEL BETTER



Your grandmother says a warm bowl of home-made chicken soup will cure what ails you this cold and flu season. But is Grandma right?

"The short answer is no," says family medicine doctor Frank Sperrazza, MD, with Lehigh Valley Health Network. "That's because a cold is a virus, and there isn't a cure for a virus."

Yet there is a nugget of truth in Grandma's wisdom. "The nourishment you receive from soup can boost your immune system and allow your body to better fight the cold," Sperrazza says. The soothing heat of the soup also acts as an anti-inflammatory when white blood cells accumulate in your bronchial tubes. This helps to break up mucus, relieve congestion and keep you hydrated.

Whether or not you have a cold, soup can be good for you. "Many soups contain beans, grains and vegetables, and can add protein, vitamins, minerals and fiber to your diet," says health network registered dietitian Krysta Lobb. Be careful with canned soups, though. "Many can have too much fat or be very salty," Lobb says. "Look for low-sodium, low-fat, clear-broth soups."

You also can make your own healthy soup. Some tips:

- ▶ **Use fresh or frozen vegetables.** They have less sodium and preservatives than canned veggies.
- ▶ **Use a tablespoon of olive or canola oil** instead of butter when sautéing vegetables. If you need more moisture while the vegetables are browning, add a couple of tablespoons of water or broth.
- ▶ **Choose leaner cuts of meat** such as skinless chicken or turkey breast or pork tenderloin.
- ▶ **Chill the soup overnight** and skim the congealed fat off the top in the morning to remove excess fat.

Next Step

GET HEALTHY CHICKEN NOODLE AND LENTIL SOUP RECIPES. Call **610-402-CARE** or visit **LVHN.org/recipes**.



Frank Sperrazza, MD
Family medicine

Get Started

USE THESE TIPS AND START YOUR PERSONAL JOURNEY TO BETTER HEALTH TODAY

LAYER UP

Dressing in layers keeps you warm in frigid weather by insulating the body and protecting it from the elements, says Kate Mitchell, DO. Here's how to do it:

- **Base layer:** A breathable, wicking fabric like polypropylene next to the skin lets sweat evaporate.
- **Insulation:** Warm, breathable fleece adds insulation while letting moisture escape.

▲ **Gloves:** Also should repel wind and water.

◀◀ **Hat:** Covering your head prevents heat from escaping.

◀◀ **Outer shell:** Water- and wind-resistant material repels rain, snow and cold air. A jacket with a hood is ideal.

Socks: ►►►

A double layer insulates vulnerable toes.



Easy Health Tip

Replace your 12-inch plate with a 10-inch one. **You'll save up to 500 calories.**



Shovel Safely

You know to bend from the knees and not the waist.

But also keep in mind these lesser-known tips for healthy snow shoveling from Lehigh Valley Health Network family medicine doctor Kate Mitchell, DO:

- **Have coffee or tea after, not before.** "Caffeine constricts blood flow and oxygen to muscles, potentially increasing the risk for a heart attack while shoveling," Mitchell says.
- **Start with a small shovel.** A light initial load increases blood flow and warms muscles so they're less likely to tighten and spasm.
- **Drink water.** "Even in the cold, you're still sweating," Mitchell says. "Staying hydrated replaces lost fluid."



5 Tips for Workout Success

Trying to get the most from your workout? Here are five quick tips to help you make a lifestyle change that will improve your health and quality of life:



1 MAKE THE TIME

Exercising for 30 minutes a day, whether it's at a gym or in your living room, can help you lose weight.

2 DO IT OFTEN

Schedule those workouts four to five times a week

3 FOCUS

If you go to a gym or a class, use the time to exercise. You can socialize before or after.

4 TRY SOMETHING NEW

Is line dancing for you? How about kettlebells or zumba?

5 GET PERSONAL

A personal trainer may help you stay motivated and offer fresh options.

Next Step

JOIN THE HEALTHY YOU FITNESS CENTER and try a group class.

Visit LVHN.org/wellness_resources or call 610-402-CARE.

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**CURRENT CLINICAL TRIALS
ARE UNDER WAY AT
LEHIGH VALLEY HEALTH NETWORK.**

**LEARN MORE AT
LVHN.ORG/RESEARCH.**

Tech Talk

New!

BABYCAM IN THE NICU

Parents who have a premature infant receiving care at one of six incubators inside Children's Hospital at Lehigh Valley Hospital's neonatal intensive care unit (NICU) now can check on their baby at any time. A new program called BabyCam allows families to view a private, live video stream of their child on the Internet. If your child is receiving a bath or a test, a card will let you know. The BabyCam program is funded by the Dorothy Rider Pool Health Care Trust. BabyCam will be expanded to six additional cribs later this year.

New!

HEAD COOLING FOR NEWBORNS

Newborns at risk for neurological injuries because of low oxygen or a blood-flow injury now can receive leading-edge care close to home instead of having to travel to Philadelphia. The Children's Hospital at Lehigh Valley Hospital NICU now offers head cooling and whole-body cooling. This technology cools the brain or body and is used between the first six and 24 hours of birth. This may prevent or reduce the severity of neurological injuries. The technology is available in partnership with the Lauren's Hope Foundation, a charity benefitting brain-injured children.

Take Charge HEART DISEASE

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

DON'T IGNORE THE SIGNS

IT'S A LESSON AL LISHMAN HAS LEARNED

Indigestion and pressure in his neck and teeth awoke Al Lishman from a deep sleep.

A former emergency medical technician, Lishman knew his symptoms could be heart-related, yet he didn't call 9-1-1. "I would have felt like a fool if I went to the ER and nothing was wrong," says Lishman, 66, of Topton. "But it was scary."

When the fear finally got the best of him, he talked with heart care experts and had tests at Lehigh Valley Health Network. Lishman, who has high blood pressure and a family history of heart disease, received more disturbing news. His bad cholesterol (LDL) was normal, but his good cholesterol (HDL) – the molecules in the blood that prevent plaque buildup in arteries – was too low. "I was told I had a 25 percent chance of experiencing a heart-related health event within 10 years," he says. "At the time, I thought 1-in-4 was pretty good odds. I was in total denial."

That feeling began to change when Lishman met health network interventional cardiologist Nainesh Patel, MD. When Lishman told Patel why he didn't call 9-1-1, Patel said, "I would rather be diagnosed with indigestion than die of embarrassment." When Lishman asked to postpone a cardiac catheterization – a hospital procedure that would find the cause of his symptoms – until after his vacation, Patel said, "Let's do it tomorrow so you can go on vacation without worrying."

Lishman is glad he agreed. Arteries near his heart were found to

be partially blocked. He was diagnosed with nonobstructive coronary artery disease. "It's like stepping on a hose and impeding the flow of water," Patel says. "There is still blood traveling through the arteries, but not enough to give the heart the fuel it needs to pump effectively." That's why Lishman experienced symptoms, especially during exertion when his heart was working harder.

HOW LISHMAN TAKES CHARGE

Lishman took Patel's advice and made significant lifestyle changes. Use his tips to take charge of your heart health:

• Exercise when you can.

While you should exercise for 30 minutes daily, you don't have to do it all at once. Vigorous 10-minute walks three times a day are just as effective. At first, Lishman struggled walking one-half mile. Now he's walking two miles daily with his wife, Susan, and dog, Jazzie.

• Limit your portions.

When Lishman and Susan eat out, he asks for a take-home box to be delivered with his meal. Before he digs in, he

puts half of his food inside. Sometimes they share one entrée.

• **Eat healthy snacks.** Grab fruits and vegetables instead of high-fat junk food.

• **Don't live in denial.** Heart disease can happen to anyone. You can prevent it. See your doctor regularly and make healthy decisions to lower your risk for heart disease.

• **Don't self-diagnose.** Whenever you experience heart attack symptoms, call 9-1-1 immediately. The faster you get care, the better your chance for recovery or survival.

• **Listen to your partner.** Susan noticed his symptoms (sweating and shortness of breath during exertion) and encouraged him to see a doctor. "If I hadn't seen Dr. Patel, I might be in big trouble now," Lishman says. "I would have continued my unhealthy lifestyle."

Since Lishman changed the way he lives, he has lost 17 pounds and has more energy. "No solutions are easy," says the grandfather of seven. "There are a lot of temptations out there. It takes discipline, but it's worth it."

Heart Attack Symptoms

- ▶ Chest discomfort or pain that lasts more than a few minutes
- ▶ Discomfort or pain in one or both arms, the back, neck, jaw or stomach
- ▶ Shortness of breath with or without chest discomfort
- ▶ Cold sweats
- ▶ Nausea
- ▶ Lightheadedness

Take Charge Now

START WORKING OUT. Join the Healthy You Fitness Center. Call **610-402-CARE**.

LEARN ABOUT SPECIALIZED CARE FOR HEART DISEASE. Visit LVHN.org/heart or call **610-402-CARE**.

Al Lishman

splits his restaurant meals in two before he eats to better control portions.



Nainesh Patel, MD
Interventional cardiology



SHE DEFEATED CERVICAL CANCER

ROBOTIC SURGERY HELPS ANIKO MOLNAR

As a young girl growing up in her native Hungary, Aniko Molnar had two dreams – to someday move to the United States and to have a large family.

At age 25, she realized the first dream by moving to Pennsylvania. “I knew America was the perfect place to start – and raise – a family,” Molnar says. “So when my parents passed away it was time to begin anew.”

After acclimating to a new country, making new friends, finding a job and exploring eastern Pennsylvania, she settled down in Allentown. “It’s home,” she says.

Yet the second part of Molnar’s dream nearly got derailed. When she experienced some irregular bleeding, she visited the Center for Women’s Medicine at Lehigh Valley Hospital–17th Street. A Pap test brought troubling news – a cancerous tumor was growing at the end of her cervix. Traditional cancer treatment meant she would not likely be able to conceive.

“I was shocked and devastated,” Molnar says. “I have only one sister, and my dream was to have a large family. I couldn’t imagine a life without children.”

Thankfully, Molnar found a treatment option that offered hope. Gynecologic surgeon Martin Martino, MD, with Lehigh Valley Health Network, talked with her about performing cancer surgery with the da Vinci robotic system. Such surgery means smaller incisions, less blood loss, less pain after surgery, less risk for infection – and most importantly for Molnar, preserved fertility. “Performing this surgery with the robot gave us the chance to give Aniko the future she wanted,” Martino says.

Molnar went home several days after the procedure. “It was a great success,” she says. “I was back on my feet quickly, and it was a wonderful experience.”

Now age 29, Molnar is married and excited by the possibility of realizing her lifelong dream – a large family. “This surgery saved my life, my future and my hopes,” she says. “I will forever be grateful.”

Take Charge Now

**LEARN MORE ABOUT
CANCER at LVHN.org/cancer.**

**LEARN MORE ABOUT
ROBOTIC SURGERY at
LVHN.org/surgery.**

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



What Is NCCCP?

Lehigh Valley Health Network’s Cancer Center partners with the National Cancer Institute’s Community Cancer Centers Program (NCCCP) to deliver superior quality and coordinated cancer care, bring the nation’s newest treatments to our patients through clinical trials and decrease barriers to care in our community.

Aniko Molnar

is looking forward to
the possibility of starting a family.



Cheryl's New Year's Resolutions

LEARN HOW SHE'S CONTROLLING TYPE 2 DIABETES

When Cheryl Brensinger learned she had type 2 diabetes 18 months ago, she enrolled in classes at Lehigh Valley Health Network's Helwig Health and Diabetes Center. There she learned how to manage her condition through diet and exercise to avoid going on insulin.

Today Brensinger, 58, of Slatington, has lost 30 pounds, and her hemoglobin A1C (a blood test that reflects your average blood sugar) has dropped from 13.7 percent (well above average) to 5.3 percent (below average for people with diabetes). And while she's used an oral medication (metformin) to help control her diabetes, she doesn't need insulin.

Now she has a new outlook on life. "I'm proud of my accomplishments and new look," Brensinger says. "It's really changed my life." Here are her six New Year's resolutions for managing type 2 diabetes:

1. READ FOOD LABELS

RELIGIOUSLY. "I thought I only had to watch my sugar intake, but sugar is just one type of carbohydrate. All carbs should be eaten in moderation. Once I learned how to count carbs and watch serving sizes by reading food labels, things started falling in place. I limit myself to 25 carbs per serving (usually a half-cup) and try to stay at 200 carbs or less per day."

2. SHOP THE PERIMETER OF THE STORE.

"That's where you

find fresh produce and unprocessed foods that are low in carbs and rich in nutrients. I avoid the aisles with canned and packaged foods that are high in carbs, sodium and fats. I shop at farmers markets for local and fresh foods whenever possible, and I can or freeze produce for winter."

3. EAT SEVERAL SMALLER

MEALS A DAY. "To keep my blood sugar steady, I have five smaller meals instead of three large ones. I eat low-fat meats, including boneless white chicken, pork chops and lean beef. I can eat as many non-starchy veggies (no potatoes or rice) as I want. For snacks, I have fruit, sugar-free gelatin or a low-carb, puffed multigrain cake spread with homemade, sugar-free apple butter."

4. ENJOY AN OCCASIONAL

TREAT. "I avoid fried foods, but if I want French fries or cake I treat myself to one helping and walk away. You can cheat a little to satisfy cravings, but you have to count carbs. I keep a daily diary. If I'm going to a party or restaurant, I adjust things during the day to stay within my dietary schedule."

5. GET MOVING...EVERY DAY.

"I walk 1 1/2 miles most days, which also helps my heart problem that I learned about after I was diagnosed with diabetes. It's tough because I also use a cane due to an unrelated leg problem. If it's raining or too

cold, I'll do laps at work in a tunnel between two buildings. I also do an extra lap around the store when shopping."

6. PAY IT FORWARD. "Co-workers with diabetes often ask my advice about talking with their doctor and how to eat better. I like to help because I've seen what managing diabetes has done for me, and I know what it can do for somebody else."

WHY TAKING CHARGE IS

IMPORTANT. Medication can't always be avoided for type 2 diabetes. Even so, it's important for people to take charge of their health. Consistency in diet and exercise are key, says internal medicine doctor Larry Levin, MD, with Lehigh Valley Health Network. "Many people can manage type 2 diabetes through diet and exercise alone," he says. "And if medication can't be avoided, lifestyle changes still help to reduce the doses or number of medications needed."



Larry Levin, MD
Internal medicine



Take Charge Now

TAKE CLASSES See page 21 for Helwig Health and Diabetes Center offerings.

GET SUPPORT through the Sweet Success group for adults with type 2 diabetes. See page 21, **call 610-402-CARE or visit LVHN.org/diabetes.**

Cheryl Brensinger
finds fresh fruits and veggies
on the store's perimeter.

5 Steps to Prepare for Weight-Loss Surgery

FOLLOW THEM TO GET THE BEST RESULT

So you've tried multiple diets without long-term success and have finally decided weight-loss surgery is for you. It's a brave choice, yet making that decision is just the first step of your journey.

"Weight-loss surgery is a tool that needs to be used properly," says weight-loss surgeon Richard Boorse, MD, with Lehigh Valley Health Network. "Pre-surgery classes will help you learn more about yourself, teach you how to properly nourish your body and how to exercise."

Here are the steps you need to take three-to-six months prior to your surgery date:

1. ATTEND A FREE

INFORMATION NIGHT. You'll learn about the three types of weight-loss surgery available at Lehigh Valley Health Network (roux-en-y gastric bypass, adjustable gastric band and gastric sleeve). You'll also learn about what to expect before, during and after surgery.

2. CHECK WITH YOUR HEALTH INSURANCE PROVIDER.

Your carrier will let you know if your surgery will be covered. Different insurers have different rules; some require a three-month pre-surgery education program, while others require a six-month program. Also some insurers insist you have surgery at a hospital (such as Lehigh Valley Health Network) that's accredited by the American College of Surgeons.

3. ATTEND A FREE SUPPORT

GROUP. This is where you ask questions and talk directly with other patients who have been through the process. Sessions also cover special topics such as dining out after surgery. One or two support group meetings are required depending on your insurance carrier's requirement.

4. MEET WITH A BEHAVIORAL COUNSELOR, EXERCISE

PHYSIOLOGIST AND DIETITIAN. A behavioral counselor will help you recognize the reasons you eat – for example, do you eat because you are happy, sad, depressed? "Those same triggers will be there after surgery," says family medicine doctor Richard Baylor, MD, with Lehigh Valley Health Network, "so identifying them now is crucial." An exercise physiologist will let you know which exercises are safe for you prior to surgery. A dietitian will teach you how to eat prior to and after surgery. These individual sessions occur along with monthly medical checks and group sessions that are provided as part of the comprehensive pre-surgery education program.

5. QUIT SMOKING. "This is a must," Boorse says. "Quitting will improve your healing after surgery, reduce your risk for complications, and it shows your commitment to beginning a healthy lifestyle."

As you follow these five steps, you'll also need to see a primary care doctor to coordinate pre-surgery testing such as blood work, an EKG (electrocardiogram) to measure heart activity and possibly a sleep study if you have breathing difficulties. "We want to make sure you're as healthy as possible prior to surgery and to identify any factors that may put you at risk for complications," Baylor says. You'll also meet your surgeon, who will perform your final pre-authorization and get you ready to start your new life.

Do You Qualify for Weight-Loss Surgery?

A key measure is your body mass index (BMI), which is based on your height and weight. Most insurance companies require a BMI at one of these levels in order to approve coverage.

- ▶ 40 or more (approximately 100 pounds over normal weight)
 - ▶ 35 or more if you also have a serious health condition (such as diabetes, heart disease or high blood pressure) made worse by obesity
- You must be age 18 or older to have the surgery.

Next Step

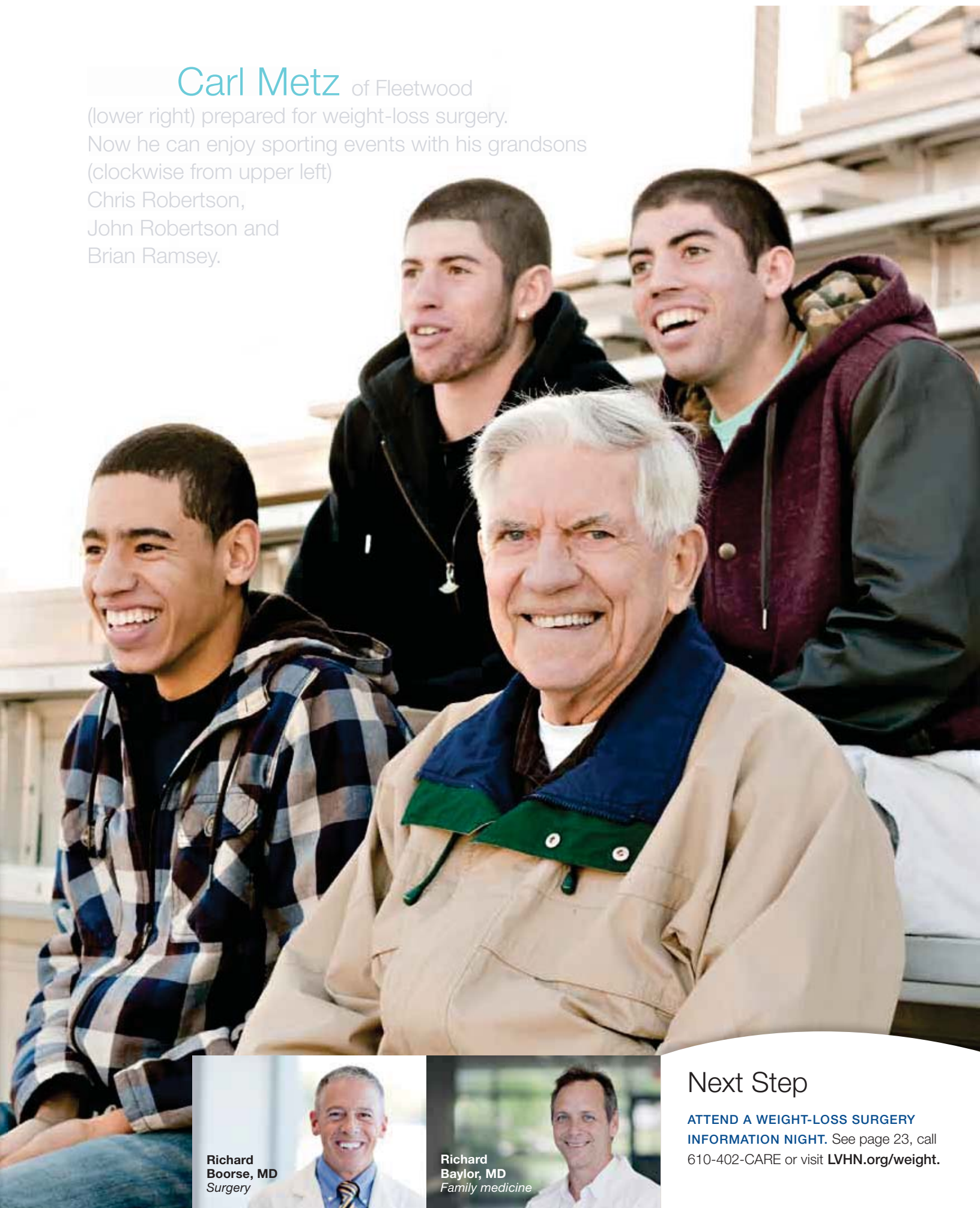
LEARN YOUR BMI AT LVHN.org/weight.

Carl Metz of Fleetwood

(lower right) prepared for weight-loss surgery.

Now he can enjoy sporting events with his grandsons (clockwise from upper left)

Chris Robertson,
John Robertson and
Brian Ramsey.



Richard Boorse, MD
Surgery

Richard Baylor, MD
Family medicine

Next Step

ATTEND A WEIGHT-LOSS SURGERY INFORMATION NIGHT. See page 23, call 610-402-CARE or visit LVHN.org/weight.



Leah Kramer

of Trexlerstown shows off an exfoliation mask.

Get the formula at LVHN.org/healthyyou.

Next Step

LEARN MORE ABOUT THE HEALTH NETWORK'S PLASTIC SURGERY and skin care services. Call **610-402-CARE** or visit LVHN.org/plastic-surgery.



Randolph Wojcik Jr., MD
Plastic surgery

You Can Feel Younger

TAKE THESE 3 STEPS IN THE NEW YEAR

We all want to feel and look younger.

But which products and treatments really help? "The right skin care routine depends on your goals, skin type and lifestyle," says plastic surgeon Randolph Wojcik Jr., MD, with Lehigh Valley Health Network.

Here are three steps you can take to create younger-looking skin in the New Year:

STEP 1: STOP AGING IN ITS TRACKS

Sunlight and nicotine products speed aging. So don't smoke. Also, stay out of the sun as much as possible, always wear sunscreen and reapply it often. If you wear makeup, consider a powder-based

sunscreen that goes on sheer and can be reapplied on top of your makeup. "Exercising, following a healthy diet and drinking six glasses of water daily will give your skin better tone and consistency too," Wojcik says.

STEP 2: BABY YOUR SKIN

"The right products will brighten and soften your skin," says health network esthetician Jennifer Anllo. "Choosing the wrong products for your skin type can cause redness, tear collagen and prevent you from looking younger."

Two products are key: an exfoliator to remove dead skin cells and a moisturizer to hydrate and bring plumpness to

the skin. A licensed medical esthetician can help you choose the right products for your skin type, but you also can make some of these at home.

STEP 3: ERASE SIGNS OF AGING

Various treatments available at a plastic surgeon's office can turn back the clock. Chemical peels and microdermabrasion tighten and lighten the skin. Injections soften and fill wrinkles, and surgery can lift and reshape the face. Choose an experienced surgeon and establish healthy lifestyle habits first. "Healthy skin heals faster than unhealthy skin," Wojcik says. "It also helps us to make someone look as natural as possible."



What Is Psoriatic Arthritis?

ASK OUR EXPERT ABOUT DIAGNOSIS AND TREATMENT

OUR EXPERT: MARIE O'BRIEN, DO, RHEUMATOLOGIST

Q WHAT IS PSORIATIC ARTHRITIS?

A: Psoriatic arthritis is a chronic inflammatory condition caused when an overactive immune system attacks healthy joints. Symptoms include pain, stiffness and swelling, often in the spine, fingers and toes. Pain and stiffness often occur in the morning and may be mild or severe, alternating between remission and flare-ups. Untreated, psoriatic arthritis can diminish physical function and eventually may affect the eyes as well as other organs.

Q WHO IS AT RISK?

A: The biggest risk factor is having psoriasis (a skin condition causing red patches covered by silvery scales). About 20 percent of psoriasis patients develop psoriatic arthritis. Having a family history of psoriasis or psoriatic arthritis also raises your risk, as does having a viral or bacterial infection if you're genetically predisposed. Psoriatic arthritis is most common between ages 30 and 50. One well-known sufferer – pro golfer Phil Mickelson – was 40 when he was diagnosed.

Q HOW DOES IT DIFFER FROM OTHER TYPES OF ARTHRITIS?

A: Psoriatic arthritis is similar in some ways to rheumatoid arthritis (RA), another autoimmune condition, and less like osteoarthritis (a wear-and-tear type of arthritis). However, there are differences. RA typically is diagnosed with blood tests that detect antibodies called rheumatoid factor and/or CCP. Psoriatic arthritis is diagnosed based on symptoms and using radiographic studies such as X-rays or MRI to spot inflammation. Psoriatic arthritis also can affect different joints compared to RA, including between vertebrae in the spine (spondylitis) and sacroiliac joints (sacroilitis), and may target only one side of the body. In addition, it can cause tendon and ligament pain (enthesitis), particularly at the back of the heels (Achilles tendinitis) or the soles of the feet (plantar fasciitis).

Q WHAT IS THE TREATMENT?

A: While psoriatic arthritis can't be prevented or cured, proper treatment can put it into remission. Nonsteroidal anti-inflammatory drugs (NSAIDs) help control pain and stiffness. Oral drugs, including methotrexate (Trexall), help minimize joint damage. Patients with severe psoriatic arthritis – including joint destruction or spine involvement – typically receive biologic treatments, such as adalimumab (Humira) or etanercept (Enbrel). Exercise (including swimming or walking) and heated-pool therapy also may improve symptoms.

Q WHAT'S THE PROGNOSIS?

A: Because psoriatic arthritis is a progressive disease, early treatment is key. Many patients have occasional relapses, but caught early, most go on to live fairly normal lives.



Next Step

LEARN MORE ABOUT PSORIASIS. Call **610-402-CARE** or visit **LVHN.org**.

HELP FOR DANCERS

PHYSICAL THERAPY CAN KEEP YOUR CHILD ON HER TOES

Months prior to starting her freshman year as a dance major at George Mason University, Anna White faced a crossroads. The 18-year-old had danced between five and eight hours a day for years, and now her body was rebelling.

"It felt as if there was a big bruise on my back," White says. "It hurt to jump or even to lie on it. My big toe also clicked and popped whenever I jumped."

As the pain grew worse, White worried it would sideline her dreams of dancing. So she turned to physical therapist Gayanne Grossman with Lehigh Valley Health Network. A former dancer and dance teacher, Grossman determined that one of White's legs was longer than the other. She helped White strengthen core muscles and showed her ways to move differently, allowing her to compensate for the leg length discrepancy without harming her body.

Within a week, White felt better. Now she's a dance major, dancing nearly four hours a day at college.

BENEFITS OF DANCE

Wildly popular among youngsters and teens, dance offers many pluses, says adolescent medicine specialist Valerie Lewis, MD, with Lehigh Valley Health Network. It builds fitness, keeps weight under control and boosts overall health. "It also can improve self-esteem and confidence, provide a sense of mastery and teach children and teens to be more responsible," Lewis says. Yet, as with any fitness pursuit, dance can lead to overuse injuries and complications.

Although the field of dance medicine is booming, Grossman is the only local dance-specific physical therapist. As a result, dancers come to her from area colleges, the Lehigh Valley Charter School for the Performing Arts and dance schools throughout the region. Grossman makes it her goal to do much more than heal the pain. She looks for ways to help dancers perfect their technique, allowing them to improve their balance, feel more fluid, jump and lift their legs higher than before.

"Pain tells them that they need to work on something," Grossman says. "It's my job to figure out what that something is."

Often that something is a compensation. Just a slight difference in body shape or size – a pelvis that flares out or a second toe bone that is slightly longer than the ideal – will make any number of movements much more difficult for a dancer and eventually may lead to injury if left unaddressed. For instance, if a dancer has a longer-than-usual second toe, it prevents her from properly getting up on relevé (a rise from a flat foot to the ball of the foot). "The dancer then compensates by rolling her foot out slightly, and as a result, can't balance on relevé well," Grossman says.

The answer, in this case, is a simple toe pad that Grossman inserts into the dancer's slipper. "I've had some dancers cry with relief because they've been struggling with this problem for 10 or 15 years, and the fix is so simple," she says. In other cases, Grossman suggests stretches or strengthening techniques to help better align the body.

TAKING A STAND

For Anna White, Grossman suggested an alternative way to stand that improved her dance technique and reduced the stress on her body. Grossman also taught White to pull up from her abdominals, inner thighs and deep rotating muscles in the hip as she moved. End result: White's pain went away, and she's now a better dancer too.

"I would always work so hard at the bar, sweating and trying to balance and always falling over," White says. "Now I'm more in control of my body. My alignment is there, and I can balance so much better. It has really improved my confidence."



Anna White

of Easton got back on her feet
by strengthening her
core muscles.



Next Steps

**LEARN HOW REHABILITATION
CAN HELP OTHER CONDITIONS.**

**Call 610-402-CARE or visit
LVHN.org/rehab.**

**SHOP FOR REHABILITATION
PRODUCTS AT
LVHNRehabStore.com.**



**Valerie
Lewis, MD**
*Adolescent
medicine*

Tips to Keep Kids Healthy

Keep Your Child Virus-Free

You love it when your child brings home projects from school. But you're not as thrilled when he brings home other things – like a virus. The Centers for Disease Control and Prevention estimate that children nationwide miss a combined 60 million school days annually. Viruses cannot be treated with antibiotics. The best treatment is rest at home, where your child's immune system will be able to fight the virus.

While you can't prevent your child from ever getting sick, you can follow these nine tips to keep her as healthy as possible:

1 GET YOUR CHILD TO WASH HIS HANDS AND USE GOOD GERM ETIQUETTE.

"Most viruses are spread when a person touches someone sick or something that a sick person has touched," says pediatric infectious disease specialist Tibisay Villalobos-Fry, MD, with Lehigh Valley Health Network. That's why your child should wash his hands before and after eating, after going to the bathroom and after sneezing or coughing. Tell him to rub his hands together for at least 20 seconds (as long as it takes to sing "Happy Birthday" twice) and to use soap (any kind will do). For older children, teach them to wash their hands every time they touch a tissue, sneeze or cough into their hand. (Tissues are more hygienic than cloth handkerchiefs.) Make sure they know to throw tissues into the garbage as soon as they are used. If soap and water aren't available, use a waterless, alcohol-based hand sanitizer.

2 WASH YOUR OWN HANDS.

If your child is sick, you need to stay well to care for her. And if you are sick, washing your hands prevents you from passing germs onto your child.

3 **DISINFECT.** By spraying frequently handled items like counters, doorknobs, sink handles, toys and remote controls with a disinfectant spray, you prevent the spread of germs.

4 **DON'T SHARE AT MEALS.** Germs can be found on drinking glasses and utensils, even at home.

5 **CLEAN THAT BATHROOM.** Regularly scrub the tubs and toilets. Also wash towels regularly. And if your child just recovered from illness, get him a new toothbrush.

6 **CHECK THOSE PLAY DATES.** Play is great, but make sure both your child and her friend are feeling well beforehand. Do not send children to school or day care if they have a fever; they are contagious to others.

7 **ENCOURAGE DIET AND EXERCISE.** When your child eats vegetables and fruits, his immune system gets a boost. Also make sure he gets enough rest and exercise.



Next Step

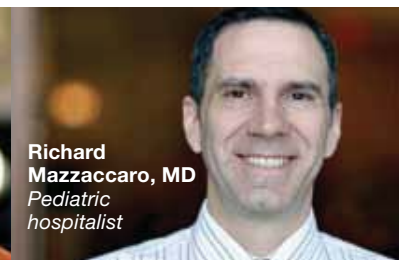
LEARN MORE ABOUT CHILDREN'S HOSPITAL at Lehigh Valley Hospital. Call **610-402-CARE** or visit **LVHN.org/children.**

8 **KEEP IMMUNIZATIONS UP TO DATE.** Everyone in the family should get an annual shot. Regular vaccinations at the appropriate time offer protection for your child. Make sure she goes to a pediatrician or family doctor regularly.

9 **KEEP YOUR NEWBORN AT HOME.** "Your baby should stay inside for the first six weeks of life because his immune system hasn't fully developed," Villalobos-Fry says. "That means it's difficult for him to fight off infection."



Michael Schwartz, MD
Pediatrics



Richard Mazzaccaro, MD
Pediatric hospitalist

Avoid Antibiotic Overuse

Sniffles, low-grade fever, sore throat: must mean your child needs an antibiotic, right? Maybe not.

“Most common illnesses of the ears, nose and throat are caused by viruses, not bacteria, so an antibiotic won’t make children better,” says pediatric hospitalist Richard Mazzaccaro, MD, PhD, with Lehigh Valley Health Network. What’s more, infectious bacteria become resistant to antibiotics over time, and using medications unnecessarily makes the problem worse.

HERE ARE SMART WAYS TO USE ANTIBIOTICS PROPERLY:

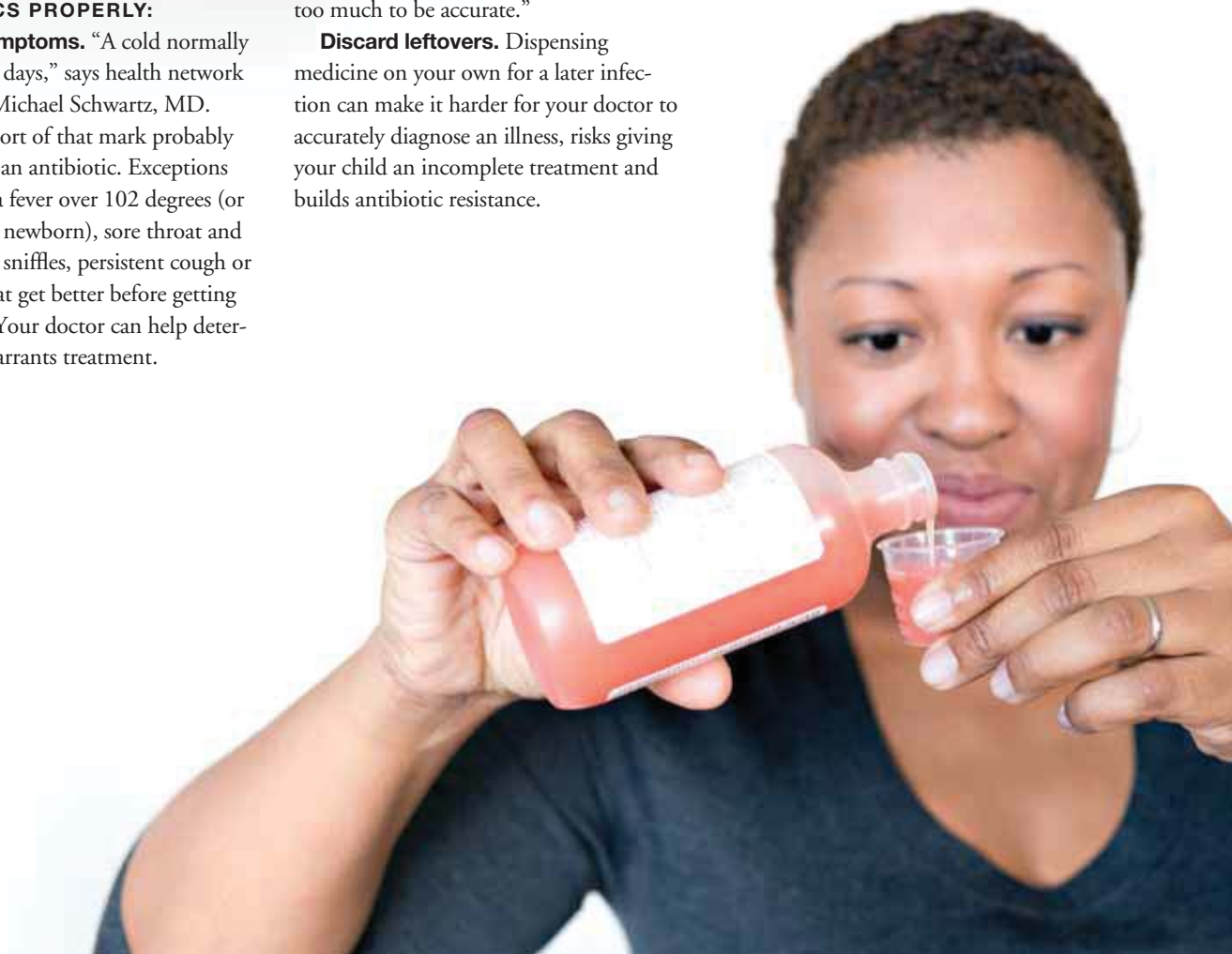
Watch symptoms. “A cold normally lasts 10 to 14 days,” says health network pediatrician Michael Schwartz, MD. Symptoms short of that mark probably don’t require an antibiotic. Exceptions may include a fever over 102 degrees (or any fever in a newborn), sore throat and fever without sniffles, persistent cough or symptoms that get better before getting worse again. Your doctor can help determine what warrants treatment.

Finish the prescription. “If an antibiotic is prescribed, it’s very important to take it as directed and finish the entire course of treatment even if your child feels better,” Mazzaccaro says. A partially treated infection could come back – led by the strongest surviving bacteria. “That contributes to the spread of resistance and can make medications less effective,” Schwartz says.

Measure properly. Use a dispenser or cup with metric dose markings. “We’ve stopped writing prescriptions that use nonstandard household measures like teaspoons,” Mazzaccaro says. “They vary too much to be accurate.”

Discard leftovers. Dispensing medicine on your own for a later infection can make it harder for your doctor to accurately diagnose an illness, risks giving your child an incomplete treatment and builds antibiotic resistance.

Never use another person’s prescription. First your 5-year-old got sick; now your 3-year-old has the same thing. Or does she? Don’t assume different children should take the same drug. They may have different problems. “Not all antibiotics are effective against all illnesses,” Mazzaccaro says. Just as important, weight helps determine dose, so age differences matter.



'I'm Happy to Be Here'

KIM SIDOR SURVIVES A SERIOUS STROKE

Kim Sidor of Allentown had one goal – to compete in the Marine Corps Marathon in Washington, D.C. But just three minutes into a planned hour-long elliptical workout in August 2011, Sidor felt like she was going to faint. “The room seemed like it was moving farther away,” says the 41-year-old mother of three and a self-proclaimed fitness fanatic.

She first thought her blood sugar was low, so Sidor and a friend grabbed a quick meal. But when that caused a headache and vomiting, Sidor knew something much more serious was wrong. She went to a local emergency room, where tests showed she had an aneurysm – a ballooning of an artery most often caused by a weakened blood vessel.

“Brain aneurysms are more common in females and often occur at a younger age, between 40 and 60 years old,” says neurointerventional radiologist Darryn Shaff, MD, with Lehigh Valley Health Network. “They often have no symptoms until they rupture.” In Sidor’s case, the aneurysm had ruptured, causing what is called a hemorrhagic stroke.

Once she received a diagnosis, Sidor had a choice for where she could receive care. She chose Lehigh Valley Hospital–Cedar Crest, recently named as Pennsylvania’s first Comprehensive Stroke Center by The Joint Commission.

Sidor arrived at the hospital by ambulance, and Shaff performed a procedure known as coiling. He threaded a

catheter from Sidor’s groin up into her brain. He then inserted tiny platinum coils into the aneurysm, which helped to repair it and prevent it from bleeding again.

Within two weeks, Sidor left the hospital and returned to daily activities. “Because Kim is young and physically fit, she recovered quickly,” Shaff says.

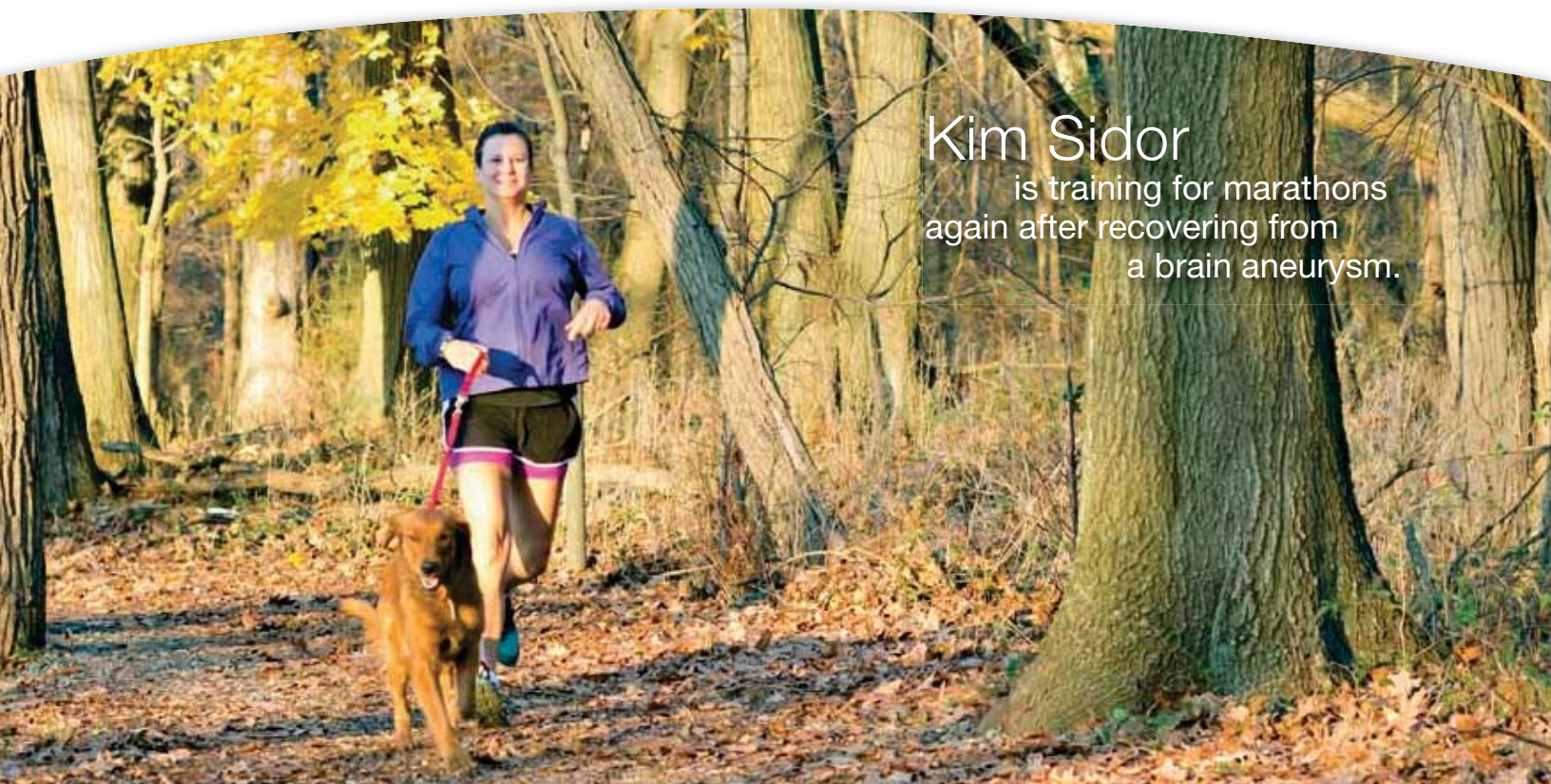
Not only did Sidor recover – she thrived. She began running again six months after her stroke. And while she missed the 2011 Marine Corps Marathon, she ran the 2012 event, and plans to run the marathon again this year. “I’m so happy to be here,” she says. “I’ll never be able to thank my caregivers enough.”



Darryn Shaff, MD
Neurointerventional radiology

Next Step

LEARN MORE ABOUT STROKE SYMPTOMS, diagnosis and treatment. Call **610-402-CARE** or Visit **LVHN.org/stroke**.



Kim Sidor
is training for marathons
again after recovering from
a brain aneurysm.

Calendar CLASSES AND SUPPORT GROUPS

REGISTER BY CALLING 610-402-CARE OR VISIT US ONLINE AT LVHN.ORG/HEALTHYYOU.

Registration is required and must be received at least one week prior to class start. You'll get a refund if a class is canceled due to low enrollment.

What's New

Diabetes Safe at School Workshop

For children with diabetes and their families, learn about resources, care and access, federal laws and diabetes management health plans to help negotiate accommodations at school. In conjunction with the ADA and Helwig Diabetes Center.

March 4: 6:30-8:15 p.m. at LVH-Cedar Crest

Around Our Community

 **Get Out! Lehigh Valley**
This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to www.getoutlehighvalley.org or call **610-402-CARE**.

Trexler Nature Preserve

Jan. 19: 10 a.m.

Hugh Moore Park

Feb. 16: 10 a.m.

Lock Ridge Iron Furnace Park

March 16: 10 a.m.

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

Third Mon. of month: 2-4 p.m. at LVH-17th

First Wed. of month: 6-8 p.m. at LVH-Muhlenberg

Guardianship Support Agency

Work for a local nonprofit with guardianship services.


Would a Support Group Help?

Dozens of different groups provide comfort and support.

Screenings


Clinical Breast Exams and Pap Tests for Uninsured Women

Appointment is necessary. Call **610-969-2800**. Sponsored by the Community Health and Wellness Center in collaboration with the Allentown Health Bureau.
Weekly 8:30 a.m.-4 p.m.

 **Rapid HIV Testing**
Free, anonymous and confidential.
Mon.-Thu.: 9 a.m.-3 p.m.
Fri. by appointment at LVH-17th

Lung Cancer
Appointments necessary. Call **610-402-CARE**.

Protecting Your Health

 **Cessation, What Works?**
How to succeed in beating tobacco addiction.
Feb. 13

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

Living With Diabetes

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 Pumps**
Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). Opportunity to discuss concerns and topics of interest.
March 12


 **Sweet Success**
Monthly support group for adults with type 2 diabetes.
Feb. 21


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

Coping With Illness

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

Huntington's Support Group
Meets second Sat. of month at LVH-Cedar Crest

 **Joint Replacement Prep**
What to expect for knee or hip replacement.
Jan. 23, Feb. 5, Feb. 27, March 5

 **Kidney/Pancreas Transplant Information Session**
If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call **610-402-CARE**.

Calendar

CLASSES AND SUPPORT GROUPS

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.

Jan. 15, Feb. 6, Feb. 19

Brain Warriors 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.

Jan. 21, Feb. 18

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

Lehigh Valley Chapter of the National Ovarian Cancer Coalition

Look Good...Feel Better

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

Jan. 28 at LVH-Muhlenberg

Feb. 25 at LVH-Cedar Crest

With the American Cancer Society

Lymphedema Support Group

Jan. 8

Men Facing Cancer

Metastatic Breast Cancer Support Group

Meets second Mon. of month

Caring for Mind and Body

Anti-Aging Mineral Makeup Seminar

Learn how advanced mineral makeup and antioxidants can nurture your skin.

March 12

Corrective and Protective Skin Care

Focuses on skin problems of aging and solutions for your skin type. Products and ingredients reviewed.

Feb. 19

Cosmetology Services

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

Healthy Hands and Nails

Your hands and nails deserve some TLC. Learn how in this moisturizing and strengthening education program.

Jan. 22

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 Jan. 29

Retreat March 9

Raising a Family

Welcome

Pregnancy 101

Expectant Parent Tour

Sibling Tour – My Baby and Me

Preparing for Childbirth

4-week evening series

Weekend

One-Day: Fri.-Sat.; Sat.-Sun.

On the Internet Refresher

Teens Only

Preparing for Baby

Baby Care

Breastfeeding Baby

Becoming New Parents Workshop

Staying Safe

Babysitting – Safe Sitter

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.

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.

Parenting Workshops

Raising Preteens/Teens

Feb. 5

Grandparenting NEW

Feb. 25

Secrets to Staying Patient and Calm

March 5

Aging Well

Dr. Salerno's Geriatric College of Knowledge

Fall and Balance Issues

Jan. 9

Cognitive and Behavioral Issues

Feb. 13

Health Care Planning

March 13

APPRISE Medicare Counseling

By appointment.

Tue.: 10 a.m.-noon

Fri.: 1-3 p.m.

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 Jan. 30

Part 2 starting Feb. 27

Managing Your Weight

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.

Starting Jan. 14



Weight-Loss Surgery Information Night

What to expect.

Jan. 29, Feb. 7, Feb. 19, March 5



Monthly Support Group

Support and information on weight-loss surgery.

Feb. 6, March 6



Bariatric Medicine Information Night

Learn about bariatric medicine's specialized physical-monitored weight-loss programs to help you reach your weight-loss goals without surgery.

Jan. 17, Feb. 18, March 17

Daily Steps to Less Stress

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

Starting Jan. 16

Healthy You Program Package

The Total Group Fitness Package is a NEW way of offering you a variety of classes all under one package. This will allow you to take as many classes as you would like on a monthly basis. Call **610-402-CARE** for more information. See a list of class locations and descriptions at LVHN.org/healthyyou. Now offering classes at four different locations.

Includes these classes (\$36/month)

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

Offering a 5% Vitality Plus discount on package.

SESSION CLASSES

Aqua-New

Water exercise for posture, balance, strength and confidence.

Starting Jan. 15



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish Healthy You magazine – to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you. Send your comments to: Healthy You

Attn: Marketing & Public Affairs

P.O. Box 689

Allentown, PA 18105-1556

Call 610-402-CARE (2273) or email 402CARE@LVHN.org

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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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Lehigh Valley Health Network

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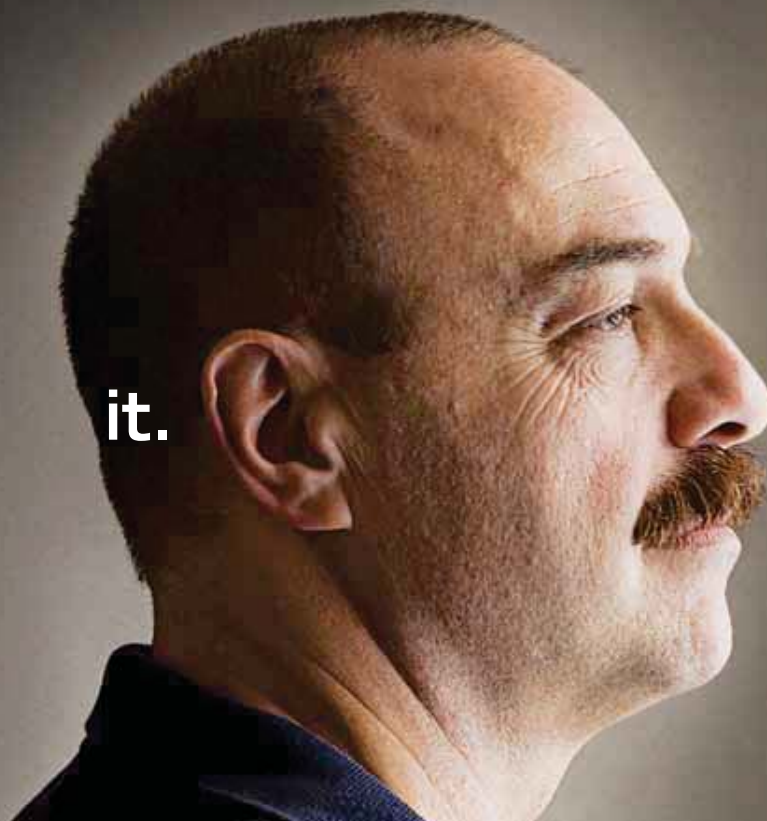


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A PASSION FOR BETTER MEDICINE

 **Lehigh Valley
Health Network**

I only have
one brain.
I can't
afford to
lose any of it.



Introducing Pennsylvania's first

Comprehensive Stroke Center

The faster you seek treatment for stroke, the better your chances for recovery. So don't take chances. Come to the hospital with the most advanced stroke-fighting tools and expertise in our region. Officially designated Pennsylvania's first and the nation's third Comprehensive Stroke Center by The Joint Commission

in collaboration with the American Heart Association/American Stroke Association, Lehigh Valley Hospital offers the highest level of stroke treatment available 24/7. Visit LVHN.org.



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Comprehensive Stroke Center

If you think you're experiencing a stroke, **CALL 9-1-1.**

 **Lehigh Valley
Health Network**
A PASSION FOR BETTER MEDICINE.™