

Healthy You

MARCH | APRIL 2012



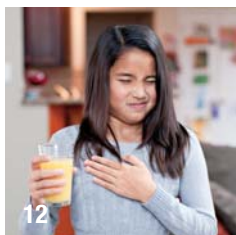
 **Take
Charge!**
Start on page 8

A PASSION FOR BETTER MEDICINE.SM

 **Lehigh Valley
Health Network**

Healthy **YOU**

MARCH | APRIL 2012



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On the cover:

Follow the lead of Emmaus' Susan Eugster and take charge of your health.

Attend our Take Charge Open House on April 14.

See more on page 17.

Photo by Olaf Starorypinski

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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.



Your 3-Step ‘Wellness Tune-Up’

Boost your mind and body

You have a great car. Yet you know if you don’t regularly check the oil, rotate the tires or change the spark plugs, it won’t last as long as it should. The same is true about our bodies and minds—the more we maintain our wellness, the better we’ll feel overall.

“Health and wellness actually have two different meanings,” says Carol Michaels, a master certified health education specialist with Lehigh Valley Health Network. “Health is the absence of disease. Wellness is the conscious decision to make healthy choices.”

The good news—you can do your own routine maintenance on your body. It’s easy, and it keeps both your body and mind feeling young. Follow these three steps:



Pay attention to your “check engine light”—That means knowing yourself well enough to know when something isn’t quite right with your body. For example, you know how you feel mentally on a daily basis. If you’re typically calm, you should be concerned if you suddenly feel anxious.

It’s also important to know your numbers, such as blood pressure and cholesterol. Regular screenings can tell you if those numbers change and if you need to take extra steps to get those numbers back in sync.



Find a good “mechanic”—In other words, find the right doctor for you and develop a good relationship. “A primary care doctor like a family physician or internist is a trusted resource who knows you,” Michaels says. “Turn to your doctor when something is ‘off’ with your health.” Prepare for your visits by writing down questions you’d like to ask your doctor, and stay up-to-date with your checkups.

One thing not to do— withhold important information—such as the number of alcoholic drinks you might have per week. Your doctor won’t judge; he or she needs that information to give you the best care. “Your doctor can’t read minds,” Michaels says. “You need to be honest.” If you tend to get anxious at appointments, have a loved one accompany you to take notes and advocate on your behalf.



Keep your “tires balanced”—In other words, balance what are known as the “dimensions of wellness”—physical, emotional, spiritual, social, environmental and intellectual.

“No one has all the dimensions in perfect balance at any one time,” Michaels says. “But when something isn’t in balance, wellness is about feeling empowered to seek help and having the coping skills to deal with challenges.” To help keep your life in better balance, find activities that feed more than one dimension—for example, a walking club like First Strides® (see page 18) can help fuel your physical and social dimensions.

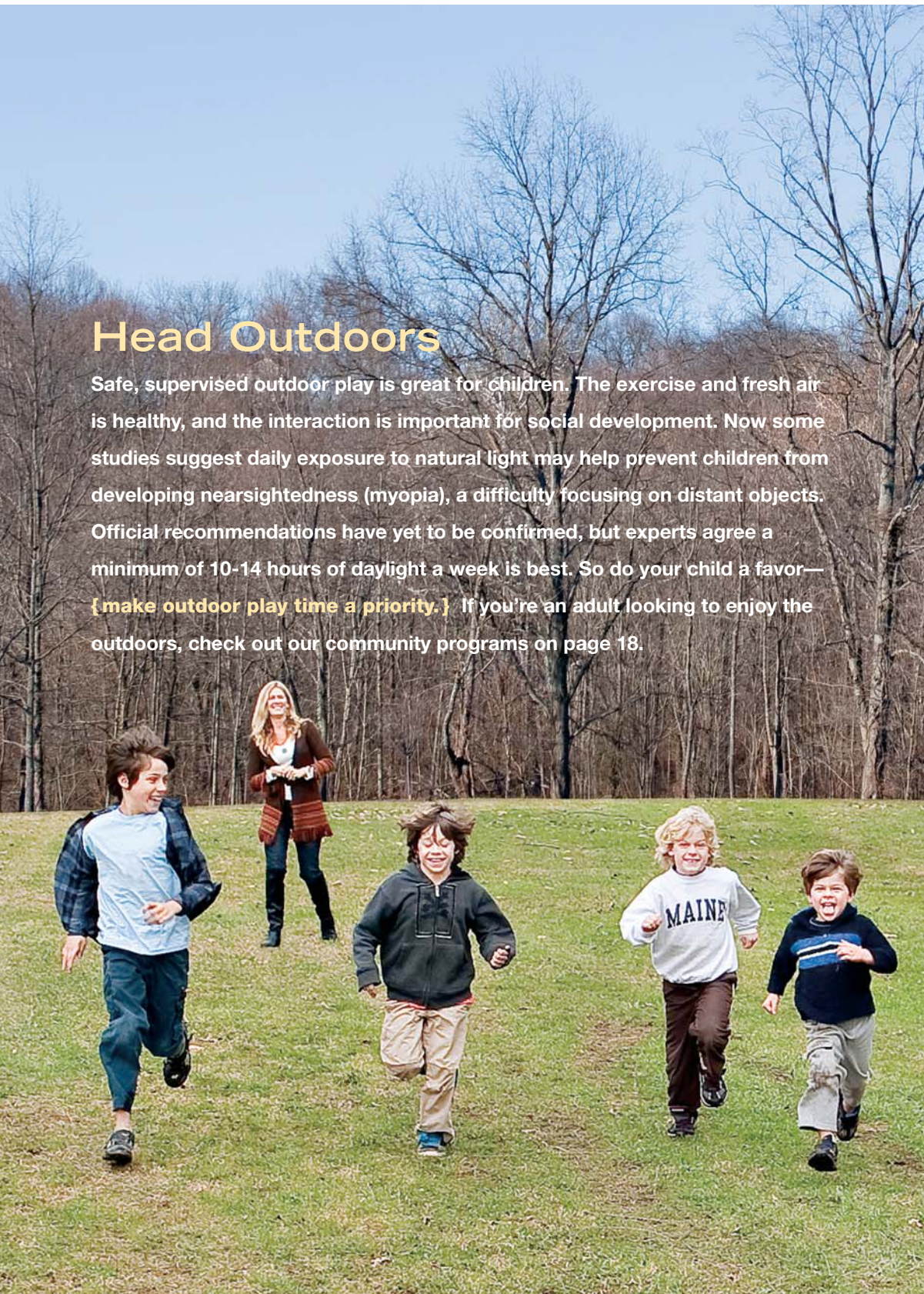
Next Step: Learn about the mind-body connection to wellness at this year’s Mini Medical School. See page 18, visit lvhn.org/healthyyou or call 610-402-CARE.



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

Head Outdoors

Safe, supervised outdoor play is great for children. The exercise and fresh air is healthy, and the interaction is important for social development. Now some studies suggest daily exposure to natural light may help prevent children from developing nearsightedness (myopia), a difficulty focusing on distant objects. Official recommendations have yet to be confirmed, but experts agree a minimum of 10-14 hours of daylight a week is best. So do your child a favor—**{make outdoor play time a priority.}** If you're an adult looking to enjoy the outdoors, check out our community programs on page 18.



Take the pledge.

Distracted driving takes a significant toll on lives, and it doesn't just affect young people. Six thousand Americans die each year in car crashes caused by distracted driving—and cell phone use is by far the greatest distraction. That's why Lehigh Valley Health Network started its Stop Texting public awareness campaign in fall 2010—to spread the message that distracted driving is deadly. Now organizations from throughout our region are joining the cause. You can too. Make our community safer. **{Visit mcall.com/stoptexting and pledge to stop texting today.}**

Try a Pie

What's better than a delicious pie after a shared meal with family or friends? The good news—in moderation, pies can be healthy. **{Try this coconut cream pie from Lehigh Valley Health Network dietitian Michelle Martucci.}** It has 75 percent less saturated fat than the typical recipe—and it's just as tasty.



Coconut Cream Pie

Crust

- 2 1/2 cups Cheerios® cereal
- 3 tablespoons sugar
- 1/4 cup no trans-fat 68% vegetable oil spread stick, melted

Filling and Topping

- 3/4 cup fat-free (skim) milk
- 1/2 cup canned light coconut milk (not cream of coconut)
- 1 teaspoon vanilla
- 1 box (4-serving size) vanilla instant pudding and pie filling mix
- 1/2 cup coconut
- 2 cups frozen (thawed) fat-free whipped topping
- Toasted coconut, if desired

Heat oven to 350°F. Place cereal in food-storage plastic bag; crush finely with rolling pin or meat mallet to make 1 cup (or crush in food processor). In medium bowl, mix crushed cereal and sugar with fork. Stir in melted vegetable oil spread until well mixed. Press in bottom and up sides of 9-inch glass pie plate. Bake 10 minutes. Cool completely, about 30 minutes. In large bowl, mix milk, coconut milk and vanilla. With wire whisk, beat in pudding mix until well blended and slightly thickened. Stir in 1/2 cup coconut. Gently stir in 1/2 cup of the whipped topping. Spoon and spread pudding mixture evenly into crust. Refrigerate at least 4 hours or until set. Just before serving, top with remaining 1 1/2 cups whipped topping. Sprinkle with toasted coconut.

Battle the 'Monster'

Did you know an estimated 12 million people in the United States have some form of cancer? Yet cancer doesn't have to be scary. You can arm yourself with the knowledge you need to battle cancer. **{Visit lvhn.org/cancer.}** There you can meet Lehigh Valley Health Network's cancer specialists and get statistics showing how the health network's

care in breast, lung, colorectal, prostate, lymphoma, skin, leukemia and brain cancers stack up. You'll also learn how the health network makes cancer less scary by linking you to the latest diagnostic technology, most advanced therapies, access to research, use of medicines that target genes that cause cancer, robotic surgery and a support team that guides you every step of the way. Get free cancer screenings at Healthy Mondays. See more on page 17.



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12
million
Americans have cancer

A New Leader

William Hecht is new chairman of
Lehigh Valley Health Network's Board of Trustees



Lessons in leadership—

William Hecht is applying the lessons he's learned as the retired chairman and chief executive officer of PPL Corporation to his new role as chair of Lehigh Valley Health Network's Board of Trustees.

William Hecht says one definition of "leadership" is the ability to help people accomplish things they wouldn't have been able to do on their own. It's a skill he learned as chairman and chief executive officer (CEO) of PPL Corporation, a position he held for nearly 14 years until his retirement in 2006. Now Hecht is using his leadership skills as the new chairman of Lehigh Valley Health Network's Board of Trustees.

A member of the board since 1996, Hecht succeeds J.B. Reilly, who resigned both as chairman and a trustee on Dec. 31, 2011, to focus on an Allentown development project. "J.B. was a great asset to the health network," Hecht says. "He instinctively knew how to tap the skills and expertise of each trustee. That's the role of a chairman—to create an environment in which each trustee can contribute."

During his tenure as chairman and CEO, PPL grew from 1 million customers in Pennsylvania to more than 5 million customers on three continents. Hecht also learned to recognize leadership qualities in other people and organizations, and found strong leadership at the health network. It's what attracted him to the board. "Lehigh Valley Health Network's leadership is stronger today than ever before," he says.

Hecht believes leadership will be increasingly important during the health care reform era. He says the health network is prepared to face reform's challenges because of its commitment to manage costs and enhance quality. "We're going to see increasingly sophisticated methods of measuring quality so data is more accurate and available sooner," Hecht says. "Organizations like Lehigh Valley Health Network that produce the best outcomes are the ones that will grow, prosper and make the biggest contributions to society."

With quality leaders in place, Hecht is confident the health network will remain strong. "Lehigh Valley Health Network is one of the gems, not only of our Lehigh Valley, but increasingly, of the region," he says. "It is a privilege to be a part of overseeing such a mission-driven, charitable organization."

About the Board of Trustees

Lehigh Valley Health Network's Board of Trustees provides oversight of management, approves the health network's yearly budget, and selects and evaluates its chief executive officer. It includes community leaders with experience and expert knowledge in areas such as higher education, business, technology, finance, human resources, medical science and government affairs. All trustees volunteer their time to serve on the board.

Next Step: Meet all of the health network's trustees. Visit lvhn.org/healthyyou.

Let the Good Times Roll

William Rombin is traveling again after defeating cancer



William Rombin and Janet Fortune (left) never share a cross word. “We just have a good time together,” Rombin says of his “significant other.” They first met in 1944, remained friends through the years, widowed and then reconnected 10 years ago.

Fortune’s support helped Rombin survive the toughest battle of his life. It began last year when the 88-year-old Walnutport man had difficulty swallowing. Doctors first thought it was indigestion, but the pain remained. “I know when I feel right and when I don’t,” Rombin says.

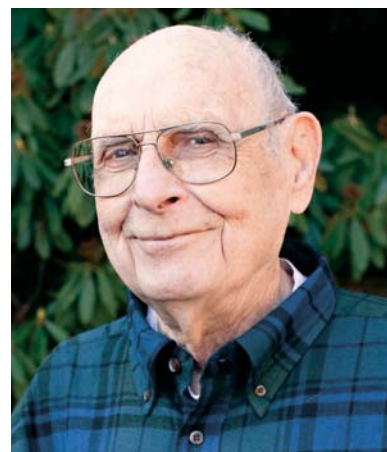
So he turned to gastroenterologist Charles Brooks, MD, with Lehigh Valley Health Network. Brooks performed a biopsy and delivered another diagnosis—esophageal cancer. Rombin didn’t let it get him down. “I lead a very active life,” he says. “I’ve been many things in this world, but dead wasn’t going to be one of them.”

To fight cancer, Rombin received chemotherapy under the care of health network hematologist-oncologist Eliot Friedman, MD, and radiation therapy from health network radiation oncologist Charles Andrews, MD.

To completely remove his tumor, health network surgeons Michael Szwerc, MD, and Daniel Harrison, DO, performed small scar surgery using the da Vinci® robotic surgical system. It allows surgeons to perform complex and delicate surgery with unmatched precision. Patients have less pain, go home sooner and recover faster than with traditional surgery.

Rombin’s physicians had no doubt he was a perfect candidate for robotic surgery. “Bill is extremely active and robust for his age,” Szwerc says. “He acts and lives life as if he were 20 years younger. We were comfortable offering trimodality therapy (chemotherapy, radiation therapy and surgery) for his tumor, especially since he was a candidate for a minimally invasive surgical procedure.”

Rombin recovered quickly and feels better. “I have nothing but respect for the health network and my doctors,” he says. Best of all, he’s back traveling with Fortune and laughing every day. “I have a lot of living left to do,” he says.



How NCCCP Enhances Cancer Care

Lehigh Valley Health Network’s Cancer Center is one of only 30 sites nationwide (and the only one in the region) that’s part of the National Cancer Institute Community Cancer Centers Program (NCCCP). This program enhances the cancer care offered at Lehigh Valley Health Network. Here’s how:

- It gives you access to more clinical trials.
- It encourages your doctors and caregivers to work as a team.
- It helps you navigate your cancer care.
- It makes it easier for you to get the care you need.
- It enables us to reach our underserved community more effectively.

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



'Tummy Time' Tips

Start from birth to help your baby develop

A good start—Supervised 'tummy time' can be helpful for babies like 2-month-old Emma of Allentown.

Your precious newborn has arrived home from the hospital. To keep her safe, you make sure she stays on her back—both day and night. Your intentions may be good, but you're actually increasing her risk for developing certain medical conditions, says pediatrician Debra Carter, MD, of Lehigh Valley Health Network. "We often have to remind parents, especially new ones, that babies need time on their bellies in order to reach developmental milestones on time," Carter says.

The confusion stems from the recommendation that babies should sleep on their backs to prevent sudden infant death syndrome (SIDS). It's the right thing to do, as SIDS-related deaths have dropped dramatically. But many parents, frightened by the warnings, mistakenly keep babies off their bellies altogether. That's why Carter and her colleagues are seeing more cases of "flat head" syndrome (plagiocephaly) and torticollis, a tightening of the neck muscles that causes the head to tilt to one side or not rotate fully.

To help prevent these conditions, make tummy time a priority, starting from birth. "It's perfectly safe as long as baby is awake and observed at all times," Carter says. Health network pediatric physical therapist Sarah Smith offers the following tips.

Diaper duty—Turn baby onto her belly after every diaper change. "It's an easy reminder," Smith says. Start with 30 seconds and work up to a minute or two. Place a rolled up towel under her chest to provide support and make it easier for her to lift her head, which strengthens neck and shoulder muscles.

Follow the leader—Place baby on her belly and talk or sing to her. Following your voice encourages her to lift her head. A mirror also works well, as babies love to follow their own reflection.

Downward facing tot—Lay baby face down across your lap while sitting. Lift your front leg higher to make raising her head easier, then gradually decrease the incline as your baby's head control improves. Also try the face-down position on your chest while lying back, or in your arms while standing or walking. Periodically switch positions so she's encouraged to not only lift her head, but also to turn it in both directions.

Next Step: Attend "Back to Sleep, Tummy to Play" or participate in the March of Dimes March for Babies. Learn more on pages 17 and 18.



Take Charge of Diabetes

Tips, hints and support to help you manage your health



Revved Up to Manage Diabetes

A motorcycle trip to Indiana in 2005 brought Karen Marcks (left) some bad news—she learned she had type 2 diabetes. A combination of prescription medication, diet and exercise helps the 62-year-old Allentown grandmother manage her condition. “Right now I’m focused on carbohydrates and serving size,” she says.

Classes arranged through her family doctor, Hugo Twaddle, MD, with Lehigh Valley Health Network, helped her learn the plate method (see opposite page), so she enjoys a diabetes-friendly diet. Plus she exercises for 30-45 minutes a day on an elliptical machine—and she runs around after her 18-month-old grandson. “I appreciate the help of my doctors,” she says. “I want to be healthy, enjoy long motorcycle rides for years to come, and watch my grandson grow up.”

What’s Your A1C?

Your doctor just ordered you to get an A1C test. If that sounds like something from a James Bond movie to you, you’re partially right.

This test, which diagnoses diabetes, allows your doctor to do surveillance on your average blood sugar level for the last two to three months. It paints a much more accurate picture than a single fasting glucose (blood sugar) test. “The A1C is a simple blood test for patients,” says Lehigh Valley Health Network endocrinologist Gretchen Perilli, MD. “It doesn’t require fasting, and some physician offices can do the test with just a tiny finger stick.”

The higher your A1C level, the poorer your blood sugar control. A normal A1C level for someone who doesn’t have diabetes is 6 percent or under. If your result is in the 5.7-6.4 range, you are considered prediabetic, which means you’re at a higher risk for developing diabetes. If it’s 6.5 percent or higher, you will likely be diagnosed with diabetes.

How do you know if you should be tested? “Annual testing should begin at age 45 or earlier if you’re at high risk” Perilli says. “The goal is to catch it before it causes any damage, such as vision loss and kidney damage.”

Put This on Your Plate

Whether or not you have diabetes, this visual aid helps you design a healthy plate. “It’s easy to follow and helps you control your intake of carbohydrates (simple sugars and starches),” says Lehigh Valley Health Network dietitian and certified diabetes educator Janae Weikel.

Here’s how it works:

- **One-half of your plate** should include vegetables (fresh, frozen, low-sodium canned or raw)
- **One-quarter** should contain meat (think lean meats like roasted chicken, baked fish, etc.)
- **One-quarter** should be whole grains and whole food sources (brown rice, potatoes, whole-grain bread, etc.)

Other helpful tips beyond your plate:

- **Drink only** calorie-free beverages (water, coffee, tea).
- **Go easy on added fats** like butter and sour cream to spare calories.
- **Slow down** to savor flavor and stop eating once you’re full.



You should be tested before you’re 45 if you:

- are African-American, Latino or Native American
- have a family history of diabetes
- have metabolic syndrome or gestational diabetes
- gave birth to a baby that weighed 9-plus pounds
- are inactive

If you’ve already been diagnosed with diabetes, your doctor may use A1C testing to see how you are responding to treatment and lifestyle changes. “Your results will guide how we’ll move forward with medications and insulin,” Perilli says.

TAKE CHARGE NOW

- **Visit lvhn.org.** Learn more about diabetes or talk to us online on Facebook (facebook.com/lvhealthnetwork) or Twitter (twitter.com/lvhn).
- **Call 610-402-CARE.** Sign up for the Drop 10 in 10 weight management program or for “living with diabetes” classes. Learn more on page 19.
- **Attend the Take Charge Open House, April 14, 10 a.m.-2 p.m. at 1243 S. Cedar Crest Blvd., Allentown.** Learn more about diabetes from the Helwig Health and Diabetes Center. Turn to page 17 for more.

Does That Pill *Really* Help You Sleep?

It depends on why you are sleepless

It's 3:30 a.m. You're wide awake and frustrated—again. Your mind is racing and you just can't sleep. Is this normal? "Everyone has periods of stress that affect sleep," says Lehigh Valley Health Network sleep specialist and pulmonologist Richard Strobel, MD. "You should grow concerned when that lack of sleep becomes chronic."

If your sleeplessness lasts for two weeks or less, it's likely temporary.

Prescription or over-the-counter sleeping pills (brand names like Unisom, Benadryl or Tylenol PM, or natural medications like melatonin) can help you through this rough patch.

See your primary care doctor if your quality-of-life is being affected. "He or she can help prescribe the right prescription sleep aid if needed," Strobel says. "If you use an over-the-counter medication, read the label. You should avoid them if you have lung, kidney or neuromuscular conditions, and you should always understand the side effects of any medication you're taking."

If your sleeplessness lasts more than two weeks, it's chronic. Stay away from medication and instead look at your overall sleep hygiene.

Tips to consider:

- Only use your bed for sleeping and sex
- Avoid watching the clock.
- If you can't fall asleep within 15 minutes, get up and do something quiet until you feel sleepy.
- Don't take naps.
- Get up at the same time every day.
- Go to sleep only when you're sleepy.
- Don't go to bed either hungry or overly full.
- Keep your bedroom a comfortable temperature.
- Don't exercise before bedtime.
- Stay away from caffeine, nicotine and alcohol before bed.

"The bottom line—avoid being awake in bed," Strobel says.

If you have tried all of these things and dreamland stills eludes you, a sleep study might help. It can determine whether a physical cause (like sleep apnea, the inability to breathe at times during sleep) is causing the insomnia, or if it's a behavioral issue. A professional therapist can help with any behavioral issues that cause insomnia.

Getting that good night's sleep helps your overall health by keeping you more alert and keeping your immune and cardiovascular systems strong. Seven hours sleep a night is ideal for adults, but anywhere between six to eight hours will keep you well-rested.

Next Step: Learn more about Lehigh Valley Health Network's sleep center for adults and children and read patient success stories. Call 610-402-CARE or visit lvhn.org/healthyyou.



Up all night?—If you're spending the night staring at the ceiling—as Heather Sorady of Macungie demonstrates here—try the sleep tips in our story.

Acid Reflux in Children

What to do if your child has it



For a few weeks in a row, your child has complained of pain in her chest after eating. You've noticed it seems to be worse after she eats certain foods or lies down after a meal. Could she have gastroesophageal reflux disease (GERD)?

It's possible. GERD is the upward flow of stomach contents and acid into the esophagus and sometimes into the mouth. It's caused by any condition that relaxes the muscular valve between the stomach and esophagus.

Commonly seen in adults, GERD also can occur in infants and older children. Infants often develop GERD because they have an immature digestive system. Obesity, overeating, certain medications, and certain foods and beverages can make the condition worse in older children.

So how do you know if your child has GERD? Although most infants occasionally spit up throughout the day, infants with GERD will become irritable or cry afterward. "The acid coming back up is painful," says pediatrician Moshe Markowitz, MD, with Lehigh Valley Health Network. Infants also may overfeed in an attempt to neutralize the acid in their stomachs.

Older children may point to their chest or verbalize the pain they feel. "Children often say they feel burning in their chest," says health network pediatric gastroenterologist Ayman Abdel-Wahab, MD. "They also may vomit or have difficulty swallowing."

Your doctor often will diagnose GERD based on your child's medical history and physical exam. If needed, your doctor may perform a pH probe test to measure the level of acid in your child's esophagus, or an endoscopy to look inside the esophagus.

If your child is diagnosed with GERD, there is help. "We try conservative care first," Abdel-Wahab says. For infants, this may include elevating the head of your baby's crib and holding your baby upright for 30 minutes after feeding. "You also can try switching to a formula that's easier to digest," Markowitz says.

If these steps don't relieve your baby's symptoms, your doctor may recommend medication to neutralize or decrease stomach acid. The good news—many infants outgrow GERD by the time they are 1 year old and their digestive system matures.

For older children, conservative care may involve losing excess weight, not eating late at night, staying upright for at least two hours after meals and avoiding foods and beverages that worsen symptoms. If needed, your doctor may prescribe medications such as proton-pump inhibitors that decrease or block acid production.

Next Step: *Learn what your child's tummy ache could be telling you. Visit lvhn.org/healthyyou or call 610-402-CARE.*



Get Driven to Lose Weight

Medical weight loss helped Robert Bates

As miles passed under his wheels, truck driver Robert Bates (above) looked forward to his regular stops along his route. Among them were the delis where fellow drivers would stop for a break, conversation and meal. His favorite stop came along his route home from Pittsburgh. It was a restaurant that served kielbasa, cheeseburgers, hot dogs, fries and other unhealthy foods. “I couldn’t wait to get there,” says the 69-year-old White-hall man.

Eating whatever and whenever he wanted proved to be dangerous. Bates weighed 312 pounds, and had chest pain, diabetes and circulation problems. When his doctors told him to lose weight, he dropped to 274 but couldn’t lose another pound no matter what he tried. “I was set in my ways and didn’t think it was possible,” Bates says.

That’s when his cardiologist suggested he see Harpreet Singh, MD, a weight-loss physician (bariatrician) at Lehigh Valley Health Network. Under the care of her medical weight-loss program—which included a complete history, diet and exercise plan, and constant monitoring of his overall health—Bates began to lose more weight... without surgery. Ten months later, he was 65 pounds lighter, diabetes-free and taking significantly less medication.

The medical weight-loss program and his determination to succeed were the keys to success. “I made up my mind I was going to do this,” Bates says. Now instead of looking forward to eating at a restaurant, he looks forward to exercising at the gym. “I never thought I would enjoy working out, but I do,” he says. “I feel like I’m 40 again.”

Next Step: *Learn more about managing your weight. See page 19, visit lvhn.org/healthyyou or call 610-402-CARE.*

Is medical weight loss for you?

“If you’re at least 18 years old, have repeatedly tried to lose weight by dieting but have failed and are committed to lifestyle changes and regular follow-up care, the answer is yes,” Singh says.

Here are the benefits to medical weight loss:

It’s safe. You can safely lose 2-3 pounds per week under a bariatrician’s supervision. Because weight loss may cause healthy changes to your blood pressure, and heart and respiratory rates, your bariatrician can track these changes and adjust your medication as needed.

It’s designed just for you. Your bariatrician will review your medical history and current eating habits, provide a physical exam and work closely with your other doctors to ensure healthy weight loss.

It’s educational. You’ll learn good eating habits and ways to avoid the repeated weight-loss failures you may have experienced in the past.

It keeps you motivated. Regular visits with your bariatrician keep you on track and inspired to reach your goals.

It helps you succeed long-term. You’ll get the support you need to keep the weight off.



Take Charge of Heart Disease

Tips, hints and support to help you manage your health



Listen to Your Heart

Take the free HeartAware risk assessment

His goal: a healthy heart—That's why Mike Long of Upper Perkiomen stays active and healthy by coaching his daughters' soccer team.

Mike Long's father died of heart disease at age 51. "I just turned 40, so that number is very close," Long says. To find out if he too was at risk, Long took the HeartAware risk assessment. Available at lvhn.org, HeartAware asks you 25 questions and calculates your risk for heart disease in a few minutes. "HeartAware empowers people to take control of their heart health," says Lehigh Valley Health Network cardiologist Andrew Sumner, MD.

HeartAware found Long to be at risk and suggested he see a physician. Because he was new to the area and didn't have a doctor, HeartAware helped him find family medicine doctor

Richard Baylor, MD. After an exam and blood test, Baylor determined Long could reduce his heart disease risk with diet and exercise.

"Prevention is the key to heart health," Baylor says. "You don't hit the car in front of you and then get your brakes checked. You get them checked to prevent an accident. That's what HeartAware does for your heart."

Long took charge by eating heart-healthy foods, walking regularly and "doing the little things," like taking the stairs at work. Ten pounds lighter, he feels better than ever. "You only have one heart," Long says. "You must take care of it."

Do You Need a Stress Test?

A stress test tells your doctor how your heart works under physical exertion. While the test is beneficial, not everyone needs one. "It's not your age, but your heart disease risk factors that determine if you need one or not," says family medicine doctor David Glueck, MD, with Lehigh Valley Health Network. His colleague, cardiologist David Goldner, MD, agrees. "A stress test is unnecessary for people at low risk," he says. "A stress test is most beneficial for people at moderate risk who are experiencing heart disease symptoms."

Talk to your doctor about a stress test if you:

- **Have heart disease risk factors or symptoms.** Read the lists below.
- **Had previous heart problems.** A stress test determines if you have the right medication, or if there is a problem with a previous stent or bypass.
- **Are starting an exercise program.** A stress test determines how much exercise is safe for you.

Heart disease risk factors:

High blood pressure
High cholesterol
Family history of heart disease
Overweight
Diabetes
Smoking
Stress
Inactivity

Heart disease symptoms:

Chest discomfort
Shortness of breath
Dizziness
Fatigue
Irregular heartbeat
Nausea
Sweating

Tips to Quit Smoking



Only 24 hours after you quit smoking, your risk for heart attack begins to drop. One year after you quit, your risk is cut in half. "Quitting smoking is one of the most important things you can do for your heart," says Alice Dalla Palu, executive director of Tobacco-Free Northeast PA.

Use these tips to quit:

- **Change your routines** to avoid things that trigger cravings.
- **Keep your mouth busy** with gum, candy, toothpicks or straws.
- **Eat crunchy, healthy snacks** (apples or carrots) to avoid weight gain and reduce cravings.
- **Ask for support** from your family and friends.
- **Post a sign** with your reason for quitting.

TAKE CHARGE NOW

- **Visit lvhn.org.** Take the HeartAware risk assessment and learn about care for heart disease.
- **Call 610-402-CARE.** Register for "quit smoking" programs and classes (see page 17), and find a doctor.
- **Attend the Take Charge Open House, April 14, 10 a.m.-2 p.m. at 1243 S. Cedar Crest Blvd., Allentown.** Get your cholesterol checked, get quit-smoking help and more. Turn to page 17 for more.

Back to School

That's where Kevin Becker is after a miraculous recovery

In the early morning hours of Aug. 26, 2011, Damian and Jeanmarie Becker of Lynbrook, N.Y., received the phone call all parents dread: their exuberant, athletic 21-year-old son was in a coma. After falling outside his East Stroudsburg University off-campus house, Kevin was stabilized at nearby Pocono Medical Center and then rushed to Lehigh Valley Hospital–Cedar Crest's trauma-neuro intensive care unit (TNICU).

Kevin underwent surgery to relieve pressure around his brain, but he remained in grave condition. "Approximately 40 percent of patients with Kevin's level of injuries do not survive. Of those who do survive, many have some sort of disability," says Lehigh Valley Health Network trauma surgeon Robert Barraco, MD, who coordinated Kevin's initial care in the TNICU.

Extended family members—Damian has 11 siblings—came from all over the country to lend support. They also played a key role in Kevin's recovery. "Right from the start they understood—and supported—what we were doing," Barraco says. The family found a haven in the Hackerman-Patz House, a lodging facility on the hospital's campus. "We desperately needed a place to convene and help each other relieve the intense stress," Damian says. "This house was the answer to our prayers."

More answers soon followed. After nine days, Kevin awoke from his coma and gradually began regaining brain function. Just 10 days later, he was discharged. He continued to receive therapy back home, but amazingly, follow-up tests in November showed no visible evidence of a brain injury.

"Kevin's recovery has been nothing short of miraculous," Damian says. "It's a credit to his strong will, the power of prayer, and the expert, compassionate care he received."

Kevin returned to East Stroudsburg in January to continue pursuing a degree in sports management. The lacrosse player says the skill and tenacity of the TNICU team helped make it possible. "They were awesome—the best teammates I could ask for," he says.

To demonstrate their appreciation, the Becker family made a generous donation to the health network. They also presented the TNICU with proclamations from Nassau County and the Village of Lynbrook, commending the team for its "loving and vigilant efforts." "This hospital will forever be a member of our family," Damian says.

Next Step: Learn about the Hackerman-Patz Family Lodging Center. Visit lvhn.org/healthyyou or call 610-402-CARE.



Lots of love—Kevin Becker (black shirt) and his extended family—who came by the dozens to lend support—felt welcomed and at home every step of the way. "They loved all of us like we love each other," says Kevin's dad, Damian Becker (to Kevin's right).

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

What's New

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

Back to Sleep, Tummy to Play

Learn how to encourage safe development of motor skills with tummy position play time. **FREE**

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

Healthy Bones

Series of events to promote care for your bones. **FREE** screenings.

- Osteoporosis Health Fair**
- April 16; 9 a.m.-2 p.m.
At LVH—17th Street
- June 11; 9 a.m.-2 p.m.
At LVH—Muhlenberg

Osteoporosis Community Event

- May 8; 5-8 p.m.
At LVH—Cedar Crest

Healthy Mondays

Health education (materials in English and Spanish) along with free screenings for cancer and other health conditions. **FREE**

- March 12; 3:30-6:30 p.m.—
Special focus: HIV
- April 16; 3:30-6:30 p.m.—
Special focus: HPV/cervical cancer
At LVH—17th Street, Community
Health and Wellness Center

Protecting Your Health

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

Cessation, What Works?—

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

- March 29

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

Aging Well

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

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

- Starting March 22
At Human Performance Center

Dr. Salerno's College of

Knowledge—Education series on a variety of topics. **FREE**

Hazards of Hospitalization for Older Adults—March 14

Early Alzheimer's Signs and Symptoms—April 11

APPRISE Medicare

Counseling—By appointment.

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



Attend the Take Charge Open House.

It's springtime – the perfect time for you to get (and stay) healthy. Want help? Attend the free Take Charge Open House on April 14 to get the information—and motivation—you need for a healthier you.

You will find:

- Raffles, prizes and giveaways
- Group fitness class demonstrations including some of today's most popular fitness trends such as Zumba, yoga and cycling
- Funtastic Fit Kidz demonstrations
- Car seat safety checks (by appointment only)
- Health and fitness screenings
- Diabetes education
- Weight management and nutrition information
- Quit smoking information
- Massage demonstrations
- Adult and pediatric physical therapy, occupational therapy, speech therapy and audiology information
- Heart and lung rehabilitation information
- Parenting education information
- Blood pressure screenings
- Osteoporosis information and heel scans
- Fun activities for children
- Healthy snacks

Take Charge Open House

- April 14; 10 a.m.-2 p.m. **FREE**
At 1243 S. Cedar Crest Blvd., lower level
(across from Lehigh Valley Hospital—Cedar Crest)

Registration is preferred, so call 610-402-CARE and take charge of your health.



'I walked in the marathon one year later'

On Sept. 10, 2010, 75-year-old Chuck Phillips of Fogelsville had open-heart surgery. Two blocked arteries were bypassed, and a diseased valve was replaced. Exactly one year later, Phillips walked 3.1 miles with his family in the Lehigh Valley Health Network Marathon for Via. "I would never have tried to walk that far one year earlier," says Phillips, at center with (l-r) wife Deanna, daughters Shelley Berlin and Tammy Cihyliik, son-in-law Steve Cihyliik and faithful dog Butch.

Why was his recovery so successful? "Chuck participated in his care and viewed it as an opportunity to change his life," says his heart and lung surgeon, Raymond Singer, MD, of Lehigh Valley Health Network. Phillips worked to meet his rehabilitation goals in the hospital.

When he left the hospital, he followed his doctors' orders and took advantage of the health network's cardiac rehabilitation program, where he exercised and gained confidence under the supervision of specialists. With continued exercise and a healthy diet, Phillips is 50 pounds lighter and living an active life with his family. "Everyone marvels at my recovery," he says.

Walk, run or volunteer in the 2012 Lehigh Valley Health Network Marathon for Via. Call 610-402-CARE, visit lvhn.org/healthyyou or see more at right.

Lehigh Valley Health Network:

- Leads Pennsylvania in heart surgery quality
- Performs more than 1,000 heart surgeries each year
- Surgeons have a collective 90-plus years of experience

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 or running program. The goal: participating in a 5K.

Starting March 19; 6:15 p.m.

At Stroudsburg

Starting March 20; 6:15 p.m.

At Broadheadsville

Starting March 20; 6 p.m.

At Hanover Twp. Community Center

Starting March 20, 5:30 p.m.

Starting March 21; 9:15 a.m.

At Bethlehem Twp. Community Center

Starting March 22; 6:15 p.m.

*(new start time)
At Sand Island, Bethlehem*

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.

• **March 31; 10 a.m.**

At Pool Wildlife Sanctuary

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

LVHN Marathon for Via

Late spring 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.

• **Sept. 8**

5K walk; 9 a.m. start

At ArtsQuest Center at SteelStacks

• **Sept. 9**

Marathon and relay; 7 a.m. start

At LVH-Cedar Crest

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

In Bethlehem

Lehigh 2012 March for Babies

Join this 3.5-mile walk supporting research and community programs aimed at giving every baby a healthy start in life.

• **April 22; registration 9 a.m.; walk 10 a.m.**

At Dorney Park

Register online at

www.marchforbabies.org

Mini Medical School

The Mind/Body Connection: Your Health Is in Your Hands

How are your everyday choices impacting your well-being? Take an in-depth look at what is happening inside your body and mind. **FREE**

• **April 5, 12, 19, 26; 6:30-8:30 p.m.**

At LVH-Cedar Crest

Cancer Lecture

Presenter: Dario C. Altieri, MD, director of The Wister Institute Cancer Center. **FREE**

• **May 15; noon-1 p.m.**

At LVH-Cedar Crest

**Registration necessary. Call
610-402-CARE.**

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

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.

- Starting May 9

Workshops

Focus on hot parenting topics.

Secrets to a Stress-Free Morning—March 28

What to Do When Your Kids Drive You Crazy—April 11

RCB Refresher—Free for past participants—April 18

Raising Boys—April 24

Celebrating Motherhood—May 8

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 **NEW**
- 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

Youth Fitness Package (\$36/month)

Fun and fitness games for ages 6-12

- Funtastic Fit Kidz

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

Managing Your Weight

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

Drop 10 in 10

Group-based 10-week weight management program to help you lose 10 pounds (or 10 percent) of body weight through nutrition, exercise and behavior.

Weight-Loss Surgery

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

- March 27, April 10, April 24, May 3

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

- April 4, May 2

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 April 23

Part 2 starting May 21

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

Sweet Success—

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

- March 15, April 19, May 17

NEW 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. **FREE**

- April 2

Caring for Mind and Body

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

Anti-Aging Mineral Makeup Seminar—Learn how advanced mineral makeup and antioxidants can nurture your skin. **FREE**

• March 20

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 March 27

Part 2 starting April 24

Healthy Hands and Nails—Your hands and nails deserve some TLC. We will help you find solutions to problem nails in our four-step education program. **FREE**

• April 24

Massage Therapy—Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction—Internationally recognized program uses meditation and group support. Most insurances accepted.

• Free information night March 27

• Sessions starting April 17

• Retreat June 2

Screenings

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

HIV FREE

Anonymous and confidential.

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

At LVH—17th, AIDS Activities Office

Lung Cancer

Skin Cancer Screenings FREE

Appointments necessary. Call 610-402-CARE.

• May 15

At LVH—Muhlenberg

• May 16

At LVH—Cedar Crest

Stroke FREE

• May 2

At LVH—17th

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**

• March 28, April 3, April 25, May 1

Parkinson's and Multiple Sclerosis Get Up and Go—

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

• Tue., 10:30-11:30 a.m.; noon-1 p.m.

At LVH—Cedar Crest

• Mon., 11:30 a.m.-12:30 p.m.

At LVH—Muhlenberg

Preoperative Spine Class—

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

• March 20, April 4, April 17, May 2, May 15

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**

• April 16

At LVH—Muhlenberg

With the American Cancer Society

Lymphedema Support Group **FREE**

• April 3

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

• Meets second Mon. of month

Preparing for Breast Cancer Surgery FREE

• Meets first and third Tue. of month

For Epilepsy Patients

Monthly Support Group **FREE**

• Meets second Thu. of the month

For Huntington's Patients

Support Group **FREE**

For MS Patients

Dinner and Discussion **FREE**

For Stroke Patients

Aphasia Group

Communication Skills Group

Cognitive Linguistic Skills Support Group

Stroke Support Group **FREE**



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

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

Healthy You

Attn: Marketing & Public Affairs
P.O. Box 689
Allentown, PA 18105-1556
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e-mail 402CARE@lvhn.org

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Special thanks for participating in a photograph:

Page 2 (Shel Dougherty of Allentown with Nicholas, Logan, Luke and Asher of Allentown)
Page 12 (Grace of Allentown)

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

TDD General Information 610-402-1995

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Follow us on:





‘Call 9-1-1 and chew two aspirin.’

That’s Brian Moffo’s advice to people with heart attack symptoms. The 48-year-old Nazareth man acted fast and did all the right things when he felt “crushing pain” in his chest after he sneezed. Within minutes, EMS crews arrived at his house, performed an EKG and diagnosed a heart attack. On the way to Lehigh Valley Hospital–Muhlenberg, they shocked his heart several times to keep it beating.

In the hospital’s cardiac catheterization lab, cardiologist John Mannisi, MD, found his main heart artery to be totally blocked, opened it with a tiny balloon (angioplasty) and inserted a stent to keep it open. Only 29 minutes had passed from the time he entered the hospital until his life was saved.

Moffo (above, at left with [l-r] his wife, Lori, and EMS professionals Dolf Montanye, Jason Bate and Jamie Simons) has more advice for people with heart attack symptoms. “Don’t drive yourself to the hospital,” he says. “That could be the difference between life and death.”

Lehigh Valley Health Network:

- Consistently ranks in the top 1 percent in the nation for heart attack survival
 - Performs more than 11,000 heart-related catheterizations annually
 - Is cited as a “high performer” in cardiology and heart surgery by *U.S. News & World Report*
-

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