

Healthy You

JANUARY | FEBRUARY 2012



Too Much
Energy?



A PASSION FOR BETTER MEDICINE.™

 Lehigh Valley
Health Network

Healthy **YOU**

JANUARY | FEBRUARY 2012



2



6



14

On the cover:
Feeling frantic like Dave Pryor of Macungie? Maybe it's that energy drink. Get the facts on page 12. *Photo by Olaf Starorypinski*

It's Not Old Age
Dick Rosell survives a heart problem1

Take Charge of Heart Disease
Tips, hints and support for you2

When a Child Falls
Here's your next best step4

When Is a Cough Serious?
What to do if it won't go away5

Take Action!
Steps to create a healthier you.....6

Is It a Concussion?
What to do if you suspect one8

Stand Guard Against Infection
Stay well after a hospital visit9

Hope Through Research
Fabiola Mejia enrolls in a clinical trial.....10

Is That 'Energy' Worth It?
Energy drinks are loaded with caffeine12

5 Tips for Dining Out
Help after weight-loss surgery.....13

Make Snacking Super
Send fat and calories to the sidelines14

AOE: Car Seat Safety Guidelines
What our experts say about the new rules16

Your Guide to a Healthy You
New and ongoing programs17

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.

It's Not Old Age

Dick Rosell survives a serious heart problem

"I blamed it on old age," says Dick Rosell (right). That's how he rationalized the shortness of breath and burning in his chest he experienced while bailing hay on his Lenhartsville farm.

Yet Rosell, 73, soon learned it wasn't age, but his heart. His symptoms were a sign of a complex and life-threatening heart condition. A narrowing of his heart's aortic valve, coupled with a narrowing of the large artery that supplies blood to his heart muscle, caused Rosell's symptoms. Because he's active and regularly competes at equestrian competitions, Rosell was at risk for sudden death.


During a four-hour surgery, Lehigh Valley Health Network cardiothoracic surgeon Raymond Singer, MD, replaced Rosell's diseased valve and bypassed his narrowing artery. "Had he not undergone the surgery,

Take Charge of Heart

Heart disease claims more than 600,000 lives nationally each year, and it takes many forms. Yet there is good news. All types of heart disease—whether it's blocked arteries (coronary artery disease), an irregular heartbeat (atrial fibrillation) or a weakened heart muscle (heart failure)—can be managed by taking healthy steps.

Starting this month, *Healthy You* magazine will give you tools to help you manage heart disease. On the next page you'll find a new section called "Take Charge." It's filled with real-life stories and news updates about heart disease.





he likely would've either died or developed severe heart failure within the next two years," Singer says. "The scary thing is that the symptoms can be subtle, even when the patient has a life-threatening condition."

Only weeks later, Rosell began lifting weights and exercising on a treadmill and stationary bike at the health network's cardiac rehabilitation facility. Ten weeks later, he competed in an equestrian competition in Georgia. "I compete in 30-40 events each year," Rosell says. "I won't let this slow me down."

Next Step: Visit lvhn.org/healthyyou or call 610-402-CARE to learn more about heart surgery.

Disease

You can get tips from local people, expertise from Lehigh Valley Health Network's caregivers, and connect with others who are going through the same experiences as you.

Over the next few months, *Healthy You* will introduce similar "Take Charge" sections with tools you can use to manage other health conditions like diabetes. It's one of the many ways we're striving to create an even healthier Lehigh Valley. Please join us and take charge of your health.

Mark Wendling, MD
Medical editor, *Healthy You*



Take Charge of Heart Disease

Tips, hints and support to help you manage your health

Learn to Manage Heart Failure



Donna Watt's cough was so terrible she couldn't lie down without hacking uncontrollably. It wasn't the flu that caused fluid buildup in her lungs. It was heart failure. Her heart wasn't strong enough to pump enough blood to meet her body's needs. Because there is no cure for heart failure, Watt had to learn to manage the disease, which in addition to coughing causes fatigue, shortness of breath and swelling of the legs and feet. "It's hard to change your lifestyle, but I have a lot to live for," says the 60-year-old grandmother from New Tripoli.

Staying active—By walking her Chihuahua, Eva, daily, Donna Watt of New Tripoli helps manage her heart failure.



Donna Watt's Top Tips:



Avoid salt.
It causes your body to retain fluid.

Weigh yourself daily.
Weight gain of 3 or more pounds is a warning sign and a reason to call your doctor.



See your doctor regularly.

Routine tests help ensure your heart is working to its potential.

Take medication as prescribed.

Controlling blood pressure and preventing fluid buildup helps your heart function the best it can.



Different Ways to Control Irregular Heartbeat

If you have atrial fibrillation (an irregular heartbeat), you likely take warfarin (Coumadin) to lower your risk for developing blood clots and strokes. It used to be the only medication available. But now you have options thanks to a new drug called dabigatran (Pradaxa). “It’s an alternative for people who have their warfarin dose changed more than 50 percent of the time,” says Lehigh Valley Health Network cardiologist Bruce Feldman, MD. Each medication has pros and cons. Talk with your doctor to learn which is best for you.

Pros of dabigatran

- **Regular blood tests not needed**—It affects the materials in the blood that bind together to form clots.
- **No dietary restrictions**—People on warfarin should avoid foods high in vitamin K, like leafy green vegetables.
- **It starts working the same day**—It takes three to five days for warfarin to take effect.
- **Slightly lower risk for bleeding and stroke**—And when you stop taking it, your bleeding risk goes away in a day or less.

Cons of dabigatran

- **Must be taken twice daily**—Warfarin is taken only once a day.
- **A missed dose can be serious**—In 12-24 hours, you’re no longer protected.
- **Upset stomach**—About 10 percent of people experience enough discomfort to stop taking it.
- **It’s more expensive**—The higher cost of new drugs covers the cost of research needed to develop them.
- **It’s new**—More is learned about the effectiveness of new medications as time passes.

Stay active.

Exercise strengthens your heart and helps it beat more efficiently.

Get support.

Talking about your struggles and learning new ways to manage heart failure helps you live life to the fullest.

Get the Support You Need

It’s possible to live happily with heart failure. You can learn how by attending Lehigh Valley Health Network’s free Heart Failure Support Group meetings. “They’re educational and therapeutic for people with heart failure and their family members,” says heart failure nurse practitioner Donna Petrucci, CRNP, who leads the bimonthly meetings.

What you’ll learn at the support group:

- **Ways to prepare healthy, tasty meals**—Dietitians and chefs share recipes for low-sodium, high-flavor, heart-healthy meals that are easy to prepare.
- **How to weigh yourself properly**—When you step on a scale and how you document and track your weight are crucial to your health.
- **The benefits of device therapy**—Physicians and nurses explain how a pacemaker and/or implantable defibrillator can help your heart.
- **How to control stress**—Experts provide tips on ways to stay calm, deal with emotions and live in the moment.
- **The importance of peer support**—Sharing your challenges and successes with others provides hope and motivation.

TAKE CHARGE NOW

Call 610-402-CARE and . . .

- Sign up for the Heart Failure Support Group
- Tune in to a Heart Help for Women webinar (Feb. 2, 8-9 p.m.) focused on helping women take care of their hearts—so they can take care of others. See page 17 for more.

Visit the internet and . . .

- Learn more about heart disease at lvhn.org/heart
- Talk to us online on facebook (facebook.com/lvhealthnetwork) or twitter (twitter.com/lvhn)

When a Child Falls

Here's your next best step

Your child falls off her bicycle. She's bruised and limping, but says she'll be OK. Should you take her to the hospital now or wait to see how she's feeling tomorrow?

To answer the question, find out more about the fall, says Lehigh Valley Health Network pediatrician Amil Qureshi, MD. "If it was serious—like down a flight of stairs—always go to the nearest emergency room," he says. "If it was minor, look for warning signs of a serious injury."

Here's what could happen when a child falls, and what you should look for to determine if a trip to a place like the health network's Children's ER is necessary.

Concussion—Young children commonly hit their head because they're not strong enough to break their fall, and their heads are large in proportion to their bodies. A trip to the ER is recommended for children of all ages who show signs of a serious head injury: bad headache, confusion, vomiting, dizziness or loss of consciousness.

Fracture—A broken bone can be serious when it occurs on a growth plate, the area of a bone where growth occurs. Untreated, it may cause a bone to grow crooked or abnormally short. If your child can't bear weight or move the affected area, go to the ER. Otherwise, rest, ice, elevate and wrap the area with a bandage. If there's no improvement, see a doctor.

Sprain—A sprain is damage to the ligaments that hold bones together. "Sprains are uncommon in children," says health network pediatric emergency physician Christy Salvaggio, MD. "Girls younger than 13 and boys younger than 15 are more likely to fracture a growth plate than sprain a ligament."

Dislocation—A dislocation is the separation of two bones where they meet at a joint. A common partial dislocation in children is nursemaid's elbow, the dislocation of the forearm bone from the elbow joint. It often occurs when a child is held by the hands and playfully swung in a circle or yanked quickly. Children with nursemaid's elbow will refuse to move their arm. If you suspect it, go to an ER right away.

Neck injury—If a child can't move his arms or legs, he may have a spinal cord injury. If this occurs, call 9-1-1 immediately and don't move the child. It may cause additional damage.

Next Step: Learn about Lehigh Valley Health Network's Children's ER. Visit lvhn.org/healthyyou or call 610-402-CARE.





‘Mommy, it hurts’—
That’s what your child may say after a fall, demonstrated here by Gabby (left) and her mom, Kim Gormas of Emmaus.

When Is a Cough Serious? If it won’t go away, call your doctor

It’s cold-weather season, and nobody gets away without an occasional cough. But when is it more than just a hard-to-shake cold?

“That occasional cough is normal and helpful,” says family medicine physician Mark Wendling, MD, with Lehigh Valley Health Network. “It helps clear foreign substances and secretions from your lungs and prevents infection.”

If it lasts only a few days or weeks, it’s common and could be caused by allergies, a cold or other lung infection, or croup (in children). To ease that cough:

Use cough drops or hard candies. They may ease a dry cough and soothe an irritated throat. Never give these to a child under age 3 because they can cause choking.

Use a vaporizer or take a hot, steamy shower to moisten the air.

Drink fluids to thin the mucus in your throat. Warm liquids like broth or tea can have a soothing effect.

Take an expectorant (cough syrup) that can help make mucus easier to cough up. Do not give expectorants to children.

If a cough lasts longer than a few weeks, there may be an underlying problem or more serious infection. “Watch for symptoms like wheezing, shortness of breath or fever over 100.5, particularly lasting more than 48 hours,” Wendling says. That could signal a more serious lung infection, lung condition such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or lung cancer.

What can you do? If you have wheezing or shortness of breath—or if your cough gets worse when you lie down—call your doctor. She will do a physical exam and may ask for diagnostic testing (such as a chest X-ray, CT scan or an endoscopy to examine nasal passages, bronchial tubes or the esophagus) to determine the cause of your cough. That will help diagnose what’s causing it, and help you and your doctor determine the best treatment.

Next Step: *Time to take a sick day? Get the answer at lvhn.org/healthyou or call 610-402-CARE.*

Floss for Your Heart

Your mouth is full of bacteria. **{That's why you should brush and floss twice a day, and see your dentist**

regularly for a cleaning.} It gives you more than a brilliant smile and healthy gums; it also helps you prevent heart disease. "Bacteria in your mouth could enter your bloodstream and cause an infection in your heart (endocarditis)," says Lehigh Valley Health Network cardiologist Nauman Islam, MD. The infection may damage your heart valves and cause irreversible heart damage. If you have an artificial heart valve or a heart condition, like congenital heart disease, tell your doctor when you're going for a dental cleaning so he can prescribe an antibiotic to prevent infection.



Win This Water Bottle

What's one step you can do to prevent infection? (Hint: you can find the answer on page 9.) **{Call 610-402-CARE with the correct answer between now and Jan. 6, and you'll be**

entered in a drawing.} The top 10 names drawn will receive this Children's ER water bottle. Use it on walks around the community or at the gym.





Cold? Walk That Dog Anyway!

Man's best friend is also a great workout partner. "Walk your dog for 15 minutes and you'll burn between 100-200 calories, depending upon your pace," says John Graham, director of Healthy You Programs. You'll also build cardiovascular health and strengthen bones and muscles—yours and your furry friend's. Partnering with your pup will also help you stick to a schedule. **{To maximize fitness benefits, aim for two or three walks daily.}** Plunging temperatures? Don't be intimidated. There's plenty of light-weight, ultra-warm clothing options to keep you—and Winston of Emmaus (pictured above)—toasty all winter long. Happy trails!

!

15-minute walk burns

**100-
200**
calories



Dine Out and Be Healthy

"Food is our fuel, and healthy selections should be just as tasty as options that aren't as nutritious," says Sid Stecher, owner of Allentown's Pistachio Bar and Grill. To help his customers choose wisely, Stecher worked with Lehigh Valley Health Network dietitians to create healthy, flavorful menu items. **{Choose low-carb, low-calorie options.}** They are perfect for people who are watching their calorie or carbohydrate intake, as well as those who have type 2 diabetes. All meals are made to order using fresh ingredients, and patrons can adapt dishes so they best meet their taste and diet needs.

Is It a Concussion?

What to do if you suspect one

You're walking to your mailbox on an icy January day.

Before you realize what's happening, you've slipped on the ice and hit your head on the driveway. You feel dizzy. Could you have a concussion?

Possibly. "A concussion is any change in brain functioning caused by a direct hit to the head," says pediatrician Michael Schwartz, MD, with Lehigh Valley Health Network. "It also can be caused by a direct hit to a part of the body that results in an indirect hit to the head."

Concussions can happen for a variety of reasons. "The majority are caused by sports-related injuries or accidental falls," says health network family medicine physician Roland Newman II, DO.

Athletes can suffer concussions while playing impact sports like football, baseball and soccer. A new state law, introduced by State Sen. Pat Browne, goes into effect July 1 and offers

Ouch!—It's what you might feel if you fall, as demonstrated by Tamar Hall of Easton.



Symptoms of a concussion include:

- Headache
- Dizziness
- Poor balance
- Confusion
- Amnesia about what occurred before or after injury
- Listlessness
- Irritability

protection for student athletes who suffer concussions while participating in sports. It requires coaches to remove students from games if they show signs of concussion and to keep the athlete out of games until he or she is cleared in writing by a health care professional.

Beyond athletics, concussions can be caused by falls, playground injuries and bicycle accidents.

How do you know when a blow to the head is serious? Despite popular myths, concussions don't have to result in a loss of consciousness, and most aren't life-threatening. You also may not have visible signs like cuts, scrapes or bruises on your head or face. Children and adults generally experience the same symptoms for concussions (see box on opposite page), but they may be more pronounced in older adults.

Seek medical attention if you think you or a loved one has a concussion.

An athlete with a suspected concussion should not return to play that day and should be evaluated by a health care professional. Your doctor will diagnose a concussion based on your symptoms and your performance on tests that determine brain function. "He will check things like your strength, balance, coordination and reflexes," Newman says.

The primary treatment for a concussion is rest. You should be monitored at home by a loved one for 24-48 hours after your injury. "You need to be observed overnight for vomiting or a worsening headache," Schwartz says. "Call your doctor if symptoms are worse." Ask your doctor what medications you can safely take while you're recovering, when you can resume driving and when you can return to work. Also contact your doctor if your symptoms return with physical exertion.

Next Step: *Learn how to keep young athletes safe. Visit lvhn.org/healthyou or call 610-402-CARE.*

Stand Guard Against Infection

Stay well after a hospital visit

"Infection Prevention Is Everyone's Business." It's a slogan that underscores Lehigh Valley Health Network's commitment to preventing infections through education and continuous process improvement. It's a total team effort—and if you're admitted to the hospital, that team includes you.

"We take our obligation to prevent infections very seriously," says health network infectious diseases physician Luther Rhodes, MD. "That's why we give our patients and families the information and resources they need to stay safe and healthy."

If you're admitted to a health network hospital, you'll receive infection prevention tips—such as proper hand-washing techniques—and an instructional video. Once you return home, you should continue to focus on prevention. Here's how.

Get your rest

Regardless of the reason you were in the hospital, your body will need time to recover and get its immune system back to full strength. Rest as much as possible and take a break from strenuous activities such as yard work or fitness routines.

Watch for signs

Your primary care doctor's office will contact you one or two days after you return home to make sure your recovery is progressing well. In the meantime, familiarize yourself with the signs of infection and take steps to minimize your chances of getting one (see below). Keep an eye out for any change in your condition, and call your physician immediately if you suspect you may have an infection.

No symptom is too small to report. "Don't be shy about calling, and don't wait for your symptoms to get worse," says health network family medicine physician Monika Mahajan, MD. "Let us know what you're experiencing so we can help." Your physician will guide you through any next steps, whether it's receiving home treatment or seeking medical attention.



Next Step: *Watch a video showing how Lehigh Valley Health Network colleagues protect patient safety. Visit lvhn.org/healthyou.*

Infection Signs

After returning home from the hospital, call your physician if you notice:

Fever—make sure you have a reliable thermometer at home

Chills—watch for uncontrollable, "teeth-chattering" chills

Redness or tenderness around an incision, catheter or IV needle site

To help prevent infection, you should:

Wash your hands frequently. Use hand sanitizer if you can't get to a sink.

Keep incisions and wounds clean by following post-hospital instructions.

Wipe down phones, TV remotes, keyboards, etc., after using.

Avoid large crowds and anyone you suspect may be sick.

Hope Through Research

A clinical trial provides options for Fabiola Mejia

Three years ago, Fabiola Mejia felt a lump in her right breast. A biopsy confirmed her worst fear—the most advanced kind of breast cancer (stage IV). Mejia elected to have surgery, radiation therapy and chemotherapy at Lehigh Valley Health Network. “I was cancer-free after treatment,” says Mejia.

Last April, Mejia’s cancer returned. Her hematologist-oncologist, Suresh Nair, MD, determined that Mejia would be a good candidate to participate in a breast cancer clinical trial at the health network. “For patients like Mejia with advanced cancer, often the best treatment options are as part of a clinical trial,” Nair says.

Cancer clinical trials are conducted to help medicine learn more about cancer treatments, prevention, detection, diagnosis and quality of life. Trial participants have access to the latest interventions, and their participation may benefit them and people who will need cancer care in the future. You may choose not to participate. Or if you choose to participate, you may stop participating at any time during the trial.

“Before a patient starts a trial, a doctor will sit down with her and review all potential outcomes and options,” Nair says. “Every patient is unique, yet in many situations the trial offers that patient better options.”

Mejia, 42, of Allentown, fit the specific criteria for a breast cancer clinical trial that is testing the effectiveness of a combination of chemotherapy and a medication called insulin growth factor receptor inhibitor. Still she faced one other potential barrier—she speaks only Spanish.

To bridge that gap, Nair connected her with Yasmin Candelo, RN, a bilingual cancer clinical research coordinator with the health network. “I discussed the clinical trial with Fabiola, answered her questions and connected her with any resources she and her family needed,” Candelo says.

Mejia chose to enroll in the trial and is grateful to have Candelo with her at each appointment. “She helps with the language barrier,” Mejia says. “She has an understanding of what I’m going through.”

Enrolled in the clinical trial since May, Mejia feels better and is optimistic about her future. As the mother of five children, she hopes her cancer goes into remission again. “I won’t go anywhere else for treatment,” Mejia says. “I’m receiving the best care here.”



Next Step: Watch a video where Suresh Nair, MD, discusses cancer research. Visit lvhn.org/healthyyou or call 610-402-CARE.

About Cancer Research

The clinical trial Fabiola Mejia chose is made possible thanks to the health network’s selection into the National Cancer Institute Community Cancer Centers Program (NCCCP). As one of only 30 sites nationwide in this program, the health network brings the latest clinical trials from NCCCP comprehensive cancer research facilities here to the Lehigh Valley so people don’t have to travel far from home.

The health network also partners with the H. Lee Moffitt Comprehensive Cancer Center and Research Institute in Tampa, Fla., expanding the potential for patients in the Lehigh Valley to enroll in clinical trials.



Working together to fight cancer—Support from cancer clinical research coordinator Yasmin Candelo, RN (left), provides hope and guidance to Fabiola Mejia of Allentown.





Is That 'Energy' Worth It?

Energy drinks are loaded with caffeine

You were up late the past few nights. This morning was complete chaos. Coffee kept you going. But now it's 3 p.m., and your boss is rambling about...something. You simply cannot (yawn)...stay (yawn)...awake—and you're tempted to buy an energy drink from the vending machine.

You might want to think twice. The most popular energy drinks contain more caffeine than coffee—about 160-200 milligrams as opposed to the 80-135 milligrams (mg) in an 8-ounce cup of brewed java.

That may not sound like a big difference, yet it matters for two reasons:

- **The way caffeine works with other ingredients**—Guarana and yerba mate, two ingredients commonly found in energy drinks, are potent forms of caffeine. "Other common ingredients like taurine, ginseng, ginkgo biloba, inositol and carnitine can enhance the effects of caffeine," says family medicine physician Victorino Sandoval Jr., MD, of Lehigh Valley Health Network.
- **The "chug factor"**—Coffee is sipped, which means it enters your bloodstream more slowly. Cold energy drinks are packaged shot-style, with just a couple ounces of liquid, which encourages you to drink quickly and leads to a major caffeine high.

If you've already hit the vending machine, don't panic. Chances are the occasional energy drink will bring you no harm. Yet you can tell if you've had too much caffeine (whether from energy drinks, coffee or tea). Symptoms include tremors, restlessness, nausea, vomiting, rapid heart rate, agitation and lack of appetite.

What's the right amount? "People on average can improve alertness and their ability to concentrate with 30-200 mg of caffeine each day," Sandoval says. Larger amounts of caffeine over the long term can increase your risk for osteoporosis (bone-thinning), and in rare instances can trigger irregular heart rhythms that can lead to serious health risks.

If you're ready to kick the caffeine habit and you routinely consume more than 250 mg daily, you may experience a few withdrawal symptoms, such as nervousness, anxiety, tremors, insomnia or heart palpitations. These will lessen the longer you steer clear of caffeine.

And if you still need that energy boost? "A good night's sleep and early-morning cardiovascular exercise are the natural approach to improve alertness," Sandoval says. One more tip: drink water or sports drinks that don't contain caffeine.

Next Step: Read our expert's take on teens and energy drinks at lvhn.org/healthyyou or call 610-402-CARE.



Help if you've had weight-loss surgery

Deciding what you want to order can be overwhelming when everything on the restaurant menu looks delicious. If you've had weight-loss surgery, the decision is even harder. "You still can enjoy eating out," says weight-loss physician (bariatrician) Hapreet Singh, MD, of Lehigh Valley Health Network. "You need to be prepared to make smart choices."

Weight-loss surgery limits the amount of food you can eat, whether through surgically rerouting part of your stomach or by using bands and sleeves that reduce the amount of food your stomach can hold. This means you'll feel full faster, and you'll need to watch the amount of fat and liquid you consume so you get all your nutrients without upsetting your stomach. All of that makes dining out tricky, but not impossible. Here are five tips:

1 Do your research

Check restaurant menus online (if available) before you leave home. If calories and fat content aren't listed, ask your server for the information. Still not finding something suitable? Explain your situation and ask if you can order from the children's menu.

2 Choose wisely

This goes for restaurant and food choice. "For restaurants, it's a mistake to go to an all-you-can-eat buffet and think you won't be tempted," Singh says. For food choice, order a smaller portion, split something with someone in your party or have your server box up half your meal to take home before she even brings it out for you.

3 Watch words

Lehigh Valley Health Network registered dietitian Kate Boardman suggests ordering selections labeled poached, grilled, boiled, baked and steamed; and avoiding selections with words like au gratin, hollandaise, smothered, crispy, alfredo, creamy and pan-fried.

4 Don't drink the water (or anything else)

You'll need to separate your drinks and meals by 30 minutes after you have weight-loss surgery. "Avoid carbonated drinks, which may gradually increase the size of your stomach and prevent you from losing the amount of weight you want," Boardman says.

5 Go the distance

"It's easy to follow the rules when you first have weight-loss surgery," Singh says. After two or three years, when people have fewer problems consuming larger amounts of food without feeling sick, they risk going back to old habits. "At that point, maintenance—not losing weight—is the goal, and every food choice counts," Singh says.

Next Step: Get three more helpful dining-out tips. Visit lvhn.org/healthyyou or call 610-402-CARE.

MAKE SNACKING SUPER

These healthy snacks send fat and calories to the sidelines

Football fan or not, chances are you'll watch this year's Super Bowl—and chow down the entire game. This unofficial national holiday, known as “Super Sunday,” is second only to Thanksgiving when it comes to food consumption. If you're hosting a party, you can score big points with a healthy menu that's still fun and delicious, says dietitian Kathleen Hanuschak of Lehigh Valley Health Network.

“Game day is all about snacking—which typically means lots of fat and calories in a short amount of time,” says Hanuschak, a diehard Dallas Cowboys fan. “All it takes to change the score is a little pre-game planning.” Read her tips on the next page.



Bench the chips—Instead of high-fat potato chips, serve alternatives like lite popcorn, baked crisps and crackers, or unsalted nuts. Or make your own mix using dried fruit, sunflower and pumpkin seeds, pretzels and whole-grain cereals.

Dump the dip—Hummus, salsa, guacamole and plain yogurt are all great alternatives to sour cream-based dips. Serve with pita bread squares or veggie wedges instead of chips.

Run a reverse—Instead of using beef in your chili, choose extra-lean turkey or chicken to accompany all those healthy beans and tomatoes. Or use high-protein, low-fat soy crumbles, a favorite of Lehigh Valley Health Network family medicine physician Bindi Patel, MD. The avid Philadelphia Eagles fan says her guests never notice the difference. “I even use it on nachos,” she says.

Make the cut—If you have alcohol at your party, stop serving it at halftime to ensure guests have a safe ride home. “It also cuts down on extra calories that come with beer and wine,” Patel says.

End zone—Top off your menu with a batch of low-fat brownies or colorful fruit kebabs, served with low-fat yogurt.

Next Step: Get more healthy game day recipes. Visit lvhn.org/healthyyou or call 610-402-CARE.

Meatball Sliders

These healthy mini-burgers are easy to make and fun to eat. Double or triple the recipe for large crowds.

- 1-1/2 cups whole-wheat bread crumbs
- 1/2 cup milk
- 1 large egg
- 3 cloves finely minced garlic
- 1 cup grated Parmesan cheese
- 1/4 cup each minced fresh basil and flat-leaf parsley
- 1/4 teaspoon black pepper (or more to taste)
- 1/4 teaspoon salt
- 1 pound fat-free ground turkey or extra-lean ground beef
- 1 tablespoon olive oil
- 4 cups tomato sauce (homemade or store-bought, low-sodium)
- 8 small whole-wheat rolls or buns (2-inch diameter)

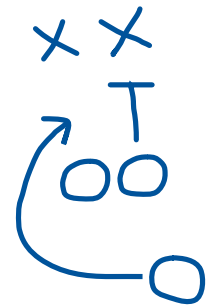
Directions:

Place the bread crumbs and milk in a medium-size bowl. Stir and let sit at room temperature for 10 minutes. Add the egg, garlic, Parmesan and spices, and stir again. Add the ground meat and use your hands to combine the mixture. Don't over-mix.

Preheat oven to 350 degrees. Lightly oil the bottom of a baking pan or heavy ovenproof skillet, and set aside. To make the meatballs, fill a 1/3-cup dry measuring cup to the brim, remove and shape into a ball. Place meatballs on the pan, making sure they don't touch.

Bake for 35 minutes. Pour the marinara sauce over the meatballs. Continue baking for another 45 minutes. Remove the pan and let the meatballs cool for 5-10 minutes. To serve, place one meatball on the bottom half of a roll and top with a dollop of sauce. Cover with the top of the roll. Serves 8.

Nutrition Facts: Per slider: 281 calories; 9 g fat (3 g saturated); 24 g protein; 56 mg cholesterol; 27 g carbohydrates; 2 g fiber; 567 mg sodium



Car Seat Safety Guidelines

About our experts— Nicole Sully, DO, is a family medicine physician. William McQuilken is a trauma prevention coordinator. Both are with Lehigh Valley Health Network.



Properly secured—Nine-year-old Abigail of Allentown shows the proper way for a child to ride in a booster seat.

Q: Why are there new car seat safety guidelines?

A: The American Academy of Pediatrics and the National Highway Traffic Safety Administration released new guidelines earlier this year regarding children in car seats. These regulations may not be what you're used to, but they truly make it safe for your child to ride in a car.

Q: What are these new regulations?

A: They vary based on the age and/or weight of your child:

- Always secure children under 1 year in a rear-facing car seat.
- Secure children in a rear-facing car seat until 2 years of age or until the maximum weight or height allowed by the car seat manufacturer.
- When children outgrow the rear-facing car seat, secure them in a forward-facing child safety seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer.
- Once children outgrow the forward-facing child safety seat, secure them in a belt-positioning booster seat until the vehicle lap and shoulder belt fits properly, typically at 4 feet, 9 inches in height and between 8-12 years of age.
- When children outgrow their belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt. It fits properly when the lap belt lays low and snug across the hips/upper thighs, and the shoulder belt fits across the center of the chest and shoulder.
- All children under age 13 should ride properly restrained in the back seat.

Q: My son doesn't use a booster seat now. How am I going to tell him he needs one?

A: Children are excellent negotiators, and they may not be happy with the new safety guidelines. Yet it's up to you as a parent to set the right example. Your child's safety comes first, and it's important to stand your ground in the interest of his or her well-being.

Q: Are there other precautions I should take as a parent?

A: Setting a good, safe example for your children also means modeling good driving behaviors. Parents need to set the example of buckling up. Do not use a cell phone or text while driving. Such behavior raises the risk for accidents and sends a negative message to your children.

Next Step: *Lehigh Valley Health Network offers free car seat safety checks (see page 19). You must register in advance by calling 610-402-CARE.*

YOUR GUIDE TO A **Healthy** You

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

Care of the Speaking Voice

Learn the do's and don'ts of good vocal care such as safe vocal projection, easy voice production and proper breathing and control. **FREE**

- Jan. 17; 2-3 p.m.
At LVH—Muhlenberg

Training for Women

Women should train differently than men. Learn to work with your body to enhance performance and reduce injuries. For anyone who enjoys regular workouts. **FREE**

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

Young Hearts Beating Stronger, Lasting Longer

Tune in to a Heart Help for Women webinar to learn how women can take care of their hearts first so they can help those they love take care of theirs. To register, call 610-402-CARE. **FREE**

- Feb. 2; 8-9 p.m.

Kids' Safety Day

Learn about the region's only Children's ER. Discover the many services and specialists available to keep your children healthy. **FREE**

- Feb. 25; snow date Feb. 26;
10 a.m.-1 p.m.
At LVH—Cedar Crest

Around Our Community

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

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.

- Jan. 21, Trexler Nature Preserve; 10 a.m.
 - Feb. 18, Sand Island Park; 10 a.m.
- For details, go to www.getoutlehighvalley.org or call 610-402-CARE.

LifeTrails®

Enjoy the outdoors while staying in shape. Older adults are invited to participate in LifeTrails club for free.

For details, visit lvhn.org/lvhn/ProgramsandEvents/programs

Ongoing Programs

Be Safe in a Car

Mark J. Young Medical Challenge

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

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

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

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

'I was losing hope.'



For years, Mischell Satunas' heart problems were so complex, doctors told her to go to out-of-state hospitals. After two prior heart valve surgeries, the 49-year-old Bethlehem resident struggled. "Every day I felt exhausted and short of breath," she says. Then in September 2011, she went into heart failure, and a risky surgery was the only option. Satunas told her cardiologist, Bruce Feldman, DO, "I need a surgeon you would send your mother to."

Feldman recommended cardiothoracic surgeon Raymond Singer, MD. "He sat with me and my family for more than an hour and explained everything in great detail," Satunas says. During the procedure, Singer replaced one valve, repaired another and performed a procedure to stop her abnormal heartbeat. "He came to my room every day to check on me, and called after I left the hospital to make sure I was OK," she says.

Three weeks after her third heart surgery, Satunas felt confident she would be riding her bike again. To celebrate, she made a T-shirt that displays three hearts and reads, "I'm alive because of Dr. Raymond Singer and his team!"

Lehigh Valley Health Network:

- Leads Pennsylvania with the best heart surgery results
- Performs more open-heart procedures than anyone in the area
- Uses minimally invasive techniques to repair heart valves
- Provides fast-track appointments with cardiac surgeons for patients seeking a second opinion

To learn more, call 610-402-CARE.

'The difference is at the door.'



That's how Charlotte Buckenmyer, RN, director of emergency services (shown here with emergency medicine physician John Wheary, DO), describes the care patients receive in Lehigh Valley Hospital–Muhlenberg's newly expanded emergency department.

Patients experiencing medical emergencies such as a heart attack or stroke receive the same high-quality care as before. Patients with less severe medical conditions, such as a cough or a broken bone, now receive care in the emergency department's rapid assessment unit. There, a care team that includes a physician, nurse and registrar work together to rapidly assess your problem and determine a diagnosis and treatment plan. You spend less time in the waiting room, receive care faster and return home sooner.

Lehigh Valley Hospital–Muhlenberg's Emergency Department also offers:

- The MI alert program for heart attacks and Primary Stroke Center certification for more coordinated care to prevent serious complications
- A separate children's waiting area to keep children entertained and distracted
- A Zen garden near the entrance that provides a calming, relaxing presence during stressful times

Protecting Your Health

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

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

• Jan. 18

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

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

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 Jan. 10, Jan. 12
At Human Performance Center

Dr. Salerno's College of Knowledge—Education series on a variety of topics. **FREE**

Dangers of Flu and Respiratory Infections in Older Adults—
Feb. 8

Hazards of Hospitalization—
March 14

APPRISE Medicare Counseling—By appointment.

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

Raising a Family

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

Raising a Family—Our flyer gives details for all programs listed below. Get your copy at 610-402-CARE or lvhn.org/healthyyou.

Pregnancy and Childbirth

- Expectant Parent Tour
- My Baby and Me Sibling Tour
- Pregnancy 101
- Pregnancy Massage
- Preparing for Childbirth One-Day, 4-week Evening Series, Weekend, On the Internet, Refresher, Preparing for Childbirth, Teens Only

Caring for Baby

- Baby Care
- Babysitting
 - Safe Sitter—Jan. 28
 - CPR for Safe Sitter Student—Jan. 28
- Breastfeeding Baby
- CPR—Family and Friends
- 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 March 1

Parenting Workshops—Focus on hot parenting topics.

Power Struggles: Getting Your Kids to Listen—Jan. 4

Becoming Mom and Dad—Jan. 24, March 12

Surviving the Preteen/Teen Years—Feb. 7

Surviving the Toddler Years—Feb. 20

Parenting as a Team—March 6

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

- Jan. 19, Feb. 1, Feb. 22, March 5

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.

- Starting Feb. 27, March 1

Weight-Loss Surgery

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

- Jan. 31, Feb. 9, Feb. 28, March 8

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

- Jan. 4, Feb. 1, March 7

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

Lifestyle Management—Jan. 17

Nutrition/Exercise—Feb. 21

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 Feb. 27

Part 2 starting March 26

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

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
- Bollywood
- 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



Caring for Mind and Body

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

Corrective and Protective

Skin Care—Focuses on skin problems of aging and solutions for your skin type. Products, ingredients reviewed. **FREE**

• Feb. 21

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 Jan. 17

Part 2 starting Feb. 14

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**

• Jan. 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 Jan. 16

• Sessions starting Jan. 30

• Retreat March 10

Screenings

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

HIV **FREE**

Anonymous and confidential.

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

At LVH—17th, AIDS Activities Office

Lung Cancer

Vascular Disease

Stroke
Abdominal Aneurysm
Peripheral Arterial Disease

Coping With Illness

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

Crohn's Disease and Ulcerative Colitis Support Group

—From the Crohn's and Colitis Foundation of America.

• Meets second Sun. of month
At LVH—Muhlenberg

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

FREE

• Jan. 25, Feb. 7, Feb. 22, March 6

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**

• Jan. 17, Feb. 1, Feb. 21, March 7

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**

• Jan. 16, Feb. 20

At LVH—Cedar Crest

With the American Cancer Society

Lymphedema Support Group **FREE**

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

• Meets second Mon. of month

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
Call 610-402-CARE (2273) or
e-mail 402CARE@lvhn.org

Publishers

Charles G. Lewis,
senior vice president,
external affairs

Susan Hoffman, vice president,
marketing and public affairs

Editorial Manager

Kyle Hardner

Medical Editor

Mark Wendling, MD

Staff Writers

Matthew Burns, Lauren
Fetterman, Amy Hines, Amy
Koch, Rick Martuscelli, Gerard
Migliore

Creative Manager

Teressa Colbaugh

Art Director

Jeanne Stock

Web Editor

Kathryn Armstrong

Web Producer

Erin Parish

Photo Editor & Photographer

Olaf Starorypinski

Distribution & Production

MAGAZINE COORDINATOR

Alane Mercer

PRODUCTION ASSISTANTS

Barbara Field, Kathrynne Fones,
Cory Frederick

Contributing Advisors

CANCER CARE Gregory Harper, MD, Nedly Mack, RN,
Ann Fatzinger

CHILDREN'S HEALTH Debra Bubba, Chrystal Ritter,
Deanna Shisslak, John Van Brakle, MD

COMMUNITY HEALTH/EDUCATION Melissa Cope,
John Graham

COMMUNITY RELATIONS Fran Derhammer, RN,
Melissa Fitzgerald

HEART HEALTH/STROKE John Castaldo, MD, Anne Marie
Crown, Claranne Mathiesen, RN, Joyce Najarian, RN,

Robert Stevens, Gary Szydlowski, MD

PRIMARY CARE Ann Fatzinger, Emily Greene

NUTRITION SERVICES Kimberly Procaccino, Sodexo

SENIORS' HEALTH (VITALITY PLUS) Mary Ferrell,
Catherine Glew, MD, Cara Scheetz

WOMEN'S HEALTH Chrystal Ritter, Michael Sheinberg, MD

402CARE Susan Bernhard, Rachelle Keiffer, Darla
Moyer, RN, Tracy Riccio, RN, Tina Ruhf, RN

Special thanks for participating in a photograph:

Page 6 (Jenna Miller of Northampton)

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.

If you have received an extra copy of this publication, please share it with a colleague or friend. If the mailing information is incorrect, please notify us by calling 610-402-CARE (2273) or toll-free 888-584-2273.

Visit Lehigh Valley Health Network's website at lvhn.org

TDD General Information 610-402-1995

© Lehigh Valley Health Network, 2011.

All rights reserved.

Follow us on:





‘A Home Away From Home’

Kimberly Thompson, house supervisor, and staff are the smiling faces ready to greet you inside the Hackerman-Patz House, a new family lodging facility at Lehigh Valley Hospital–Cedar Crest. This “home away from home” offers convenient and affordable accommodations to families and patients receiving care at any Lehigh Valley Health Network facility. Amenities such as a laundry room, kitchenette, children’s playroom and free Wi-Fi help make a stressful time a little easier. “We see ourselves as an extension of the health network’s caring and compassionate mission,” Thompson says.

Since guests all face similar circumstances, they quickly discover they are not alone. Common areas, such as the bright and spacious Great Room, provide the ideal location for mingling and supporting each other. A library, patio and wooded walking path behind the house offer opportunities for quiet reflection. “Our goal is to help you relax and focus on healing,” Thompson says.

The Hackerman-Patz House:

- Features 20 private, smoke-free rooms, including eight ADA rooms
 - Is a member of the National Association of Hospital Hospitality Houses (NHHH), a nationwide network of nonprofit, family lodging facilities
 - Can be reached for questions or reservations, 24/7, by calling 610-402-CARE
-

Lehigh Valley Health Network
PO Box 689
Allentown PA 18105-1556

Non-Profit Org.
U S Postage
PAID
Lehigh Valley, PA
Permit # 1922



After reading, please recycle this magazine.



Lehigh Valley Health Network is committed to conserving resources by using the latest in energy-efficient printing.

LEHIGH VALLEY HEALTH NETWORK

A monster called cancer just became less scary.



Today a door opened, a light went on, and a monster called cancer became less scary. That's because Lehigh Valley Health Network has what you need to take on that monster. We are one of only 30 National Cancer Institute-selected community cancer centers in the nation—and the only one in our region. You will have access to:



- Nationally recognized specialists
- Latest diagnostic technology
- Advanced radiation therapy
- Treatments that target the genes causing your cancer
- The latest robotic surgery
- The area's only comprehensive pediatric oncology program
- A support team that will guide you every step of the way

Go to lvhn.org/cancer or call 610-402-CARE.

A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org