

12-29-2017

LVHN Weekly-Pocono

Lehigh Valley Health Network



LVH-Pocono's Top Baby Names

Each year at this time, national outlets publish lists of the most popular baby names of the year. According to babycenter.com, the top girls' names in 2017 were: Sophia, Olivia, Emma, Ava, Isabella, Mia, Aria, Riley, Zoe and Amelia. The most popular boys' names this year are: Jackson, Liam, Noah, Aiden, Lucas, Caden, Grayson, Mason, Elijah and Logan.

Of the more than 1,000 babies born so far at LVH-Pocono in 2017, many of the names follow these national trends, though there are some interesting local differences.

TOP BOYS' NAMES AT LVH-POCONO SO FAR

1. Mason, Michael (tie)
2. Noah
3. Ethan, Gabriel (tie)
4. Josiah, Joseph, Grayson (tie)
5. Chase, Christopher, Logan, Bentley, Daniel, Owen, Kayden, Jace, Lucas, Xavier, Colton, Jeremiah, Aiden, Brandon, Jacob (tie)

TOP GIRLS' NAMES AT LVH-POCONO SO FAR

1. Mia
2. Layla, Charlotte (tie)
3. McKenna, Olivia, Amelia, Gianna, Savannah, Ava, Emma (tie)
4. Eliana, Isabella, Skylar, Delilah, Victoria (tie)

Gingerbread House Winners

Congratulations to the winners of our annual Gingerbread House Decorating Contest:

Care Coordination and The Family Birth and Newborn Center. Both departments will enjoy a pizza and beverage party for their tasty confections. Thank you to all who participated in the contest.



Celebrating the Season

Thank you to Metz for the delicious holiday meal and to our colleagues for sharing in the spirit of the season with one another.



Where is it at
LVH-Pocono?

▼ Last week's answer



Ask the Doctor: Mentally Preparing to Get Healthier in 2018

This week's featured caregiver in *The Pocono Record's Ask the Doctor* column is *Musa Tangoren, MD*, a board-certified anesthesiologist associated with *LVH-Pocono*.



Q. What are the top 10 things I can do to prepare myself to get healthy and lose weight in the new year?

A. Whether you want to lose weight, maintain your weight or improve your physical activity, it all begins with your mindset to achieve your goal. Here are some tips to help you plan and mentally prepare yourself:

- 1.** Success is setting a goal and achieving it. First, we must admit the problem before we can hope to really change it. Raise your hand, look yourself in the mirror and announce, "I need to become healthier," or "I am at an unhealthy weight and I need to do something about it."
- 2.** Now is the time to get started. You are changing with every tick of the second hand. Make that change a positive one. Stand up and put one foot in front of the other. You've just changed by moving forward – take it one step at a time. Don't allow yourself to believe you are just meant to be a certain way because of your genes. No one really knows how much genetics plays a part in our body morphology or lifestyle, so don't give in to admitting that you are just your genes.
- 3.** Determine your motivation for success. The goal is the finish line; motivation is the thought process that gets you there. "I am motivated to be healthier, so I will exercise and eat well. My goal is to be 10 pounds lighter in six months."

- 4.** Embark on whole life healthy change and not just change to lose a particular amount of weight in a set amount of time. Establish a plan and understand that the plan will change as you find what does and doesn't work. Know that your timeline and goal may change as you progress. Be prepared to forgive yourself to continue on. Understand that you are changing daily habits, and that this change is not quick nor easy.
- 5.** Determine the roadblocks to your success (time commitments, schedule, work) and how you will deal with their impact on your success.
- 6.** Identify at least one ally (people do better with positive support) and keep a journal to track your progress.
- 7.** Begin to practice visualization. Close your eyes and imagine yourself walking in your healthier body. All the most successful people practice this tactic.
- 8.** Know that your body was built for daily physical activity. Begin to explore options for increased physical activity. Move every day.
- 9.** Acknowledge that you will not "diet" for better health. Rather, you will make healthier food choices. It's important to begin to change your relationship with food and you can do this by learning about proper nutrition. You may enjoy food but it is a fuel for sustenance.
- 10.** Finally, the most important thing is belief in oneself. You already know you can change and do change. Now determine how much you can change for the better.

Not sure where to start on your healthy journey? Join Dr. Tangoren for an informational session on Jan. 2 about the Healthy Lifestyle Challenge – a free program to benefit the community. You'll learn about nutritional information to help you stay on track with your weight-loss goals from expert physicians and dietitians. Call **888-402-LVHN** to register for the Healthy Lifestyle Challenge, which begins on Jan. 9.