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HealthyYOU

Eat Local

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley
Health Network

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Visit LVHN.org/healthyou on your tablet, smart-phone or computer and find these extras:

▼ Videos of doctors featured in this issue

▼ Additional strength training exercises

▼ A downloadable version of this issue

Pros and Cons About Sugar Substitutes

BOTTOM LINE – USE THEM IN MODERATION

They come in brightly colored packets with catchy names. They're sugar substitutes, and they're in every grocery store and restaurant. Are they a safer alternative to natural sugar? Here are the facts, along with some pros and cons:

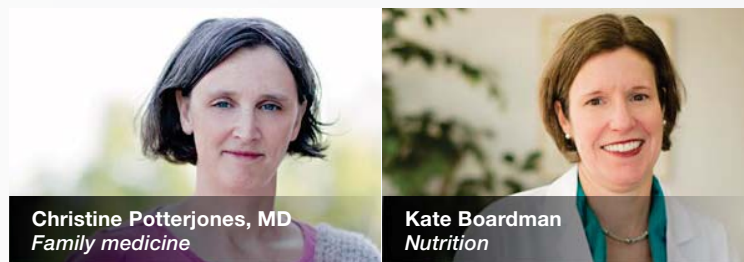
NON-NUTRITIVE SWEETENERS (CALORIE-FREE)

► **What they are:** Seven are approved by the Food and Drug Administration (FDA). They are acesulfame K (Sunett, Sweet One), aspartame (Equal, NutraSweet), monk fruit extract (Nectresse), neotame, saccharin (Sweet'N Low), stevia (Truvia, Pure Via) and sucralose (Splenda).

► **Where you'll find them:** They are widely used in foods and drinks labeled "diet" and "sugar free," including yogurt, protein bars and soft drinks.

► **The pros:** "Since they have no calories, they don't raise your blood sugar or add calories, which means they may be a good option if you have diabetes or are overweight," says Lehigh Valley Health Network (LVHN) registered dietitian Kate Boardman with Sodexo. Also, they are considered safe if consumed at or below the acceptable daily intake (ADI). "A person weighing 150 pounds would need to consume 3,400 milligrams (mg) of aspartame to exceed the ADI," Boardman says. A 12-ounce can of diet soda, by comparison, has only 200 mg of aspartame.

► **The cons:** The sugar in these products is replaced by chemicals. Some experts say these chemicals can raise disease risk, including cancer, and could cause neurological problems and raise cholesterol levels by inhibiting the liver's ability to process fats. "Also, studies



show no-calorie sweeteners may increase your cravings for other sweets," says LVHN family medicine doctor Christine Potterjones, MD, with Sullivan Trail Primary Care.

NUTRITIVE SWEETENERS (CONTAIN CALORIES)

► **What they are:** They include items like honey, raw sugar and agave nectar.

► **Where they are found:** They are found on grocery store shelves and are products you typically add to recipes.

► **The pros:** "Many natural sweeteners are plant-based," Potterjones says. "This means they aren't processed, and they may be a better option if you are concerned about chemicals."

► **The cons:** While they are natural, they also are packed with more calories. For example, ½ cup honey has 515 calories vs. 387 for ½ cup sugar.

THE BOTTOM LINE

Don't make foods sweeter than they need to be. "Moderation is key no matter which sweetener you choose," Boardman says.

—Sidney Stevens



Next Step

LOOKING TO IMPROVE YOUR DIET? Call **610-402-CARE** to schedule an appointment to meet with a registered dietitian at the Weight Management Center. You also can find hundreds of recipes at **LVHN.org/recipes**.

Get Started

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

WHO HAS SLEEP APNEA?

Sleep apnea occurs when you start and stop breathing during sleep. It is strongly linked to obesity. Snoring and excessive daytime sleepiness are among the symptoms. Learn more about care for sleep apnea and other sleep disorders at LVHN.org/sleep.

PHILADELPHIA EAGLES HALL OF FAMER REGGIE WHITE DIED OF SLEEP APNEA AT

AGE 43.

33%

OF HUMAN LIFE IS SPENT SLEEPING.

25%

OF MEN AGES 30-60 HAVE AT LEAST FIVE APNEAS PER HOUR OF SLEEP.

15 TO 20%

OF CHILDREN HAVE SLEEP APNEA.

Introducing the Health Center at Bangor

Our network. Now in your neighborhood.

Lehigh Valley Health Network's (LVHN) 11th health center – the Health Center at Bangor – opened last month.

Inside you can receive physical therapy, get a mammogram, digital X-ray, ultrasound, DEXA scan or heart test, or get lab work from Health Network Laboratories. The center also is LVHN's first to feature cancer care (including infusion), and it includes ExpressCARE, where you can receive care for minor illnesses and injuries without an appointment. ExpressCARE is open weekdays, weekends and holidays.

[LEARN MORE](http://LVHN.org/bangor) at LVHN.org/bangor.

Vote for Your Favorite Child-Designed Artwork

Who's the best child artist in the Lehigh Valley? Children's Hospital at Lehigh Valley Hospital is teaming up with Radio Disney Philadelphia and Lehigh Valley Art Spark in a series of four competitive events called Community Canvas, where area elementary school students have 60 minutes to create a work of art promoting healthy eating habits and all-around wellness. The top two in each round go into a Community Canvas finale, where the grand prize winner will meet a Disney Channel star in person at a free local appearance in May. Artwork from all Community Canvas events will be displayed in a new Children's Hospital art gallery and throughout the facilities of Lehigh Valley Health Network. View artwork and cast your vote at [Facebook.com/lvhealthnetwork](https://www.facebook.com/lvhealthnetwork).

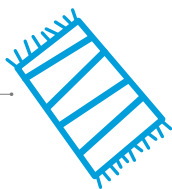


PREVENT FALLS FROM MEDICATIONS

Certain medications can make elderly people drowsy, confused or dizzy, increasing a risk for falls.

“If you’re 65 or older, ask your doctor if any of your medications have these potential side effects,” says Lehigh Valley Health Network geriatric trauma specialist Robert Barraco, MD, with Surgical Specialists of the Lehigh Valley. “If they do, discuss this with your health provider.” In any case, use the tips at right to avoid a fall.

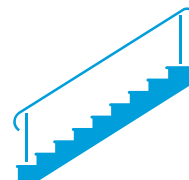
NEXT STEP: Robert Barraco, MD, talks with community groups about preventing falls. To schedule a talk with your group, call **610-402-CARE**.



**DON'T USE
THROW RUGS.**



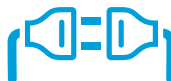
**WEAR SLIPPERS WITH
NON-SKID SOLES.**



**ENSURE HANDRAILS
ARE SECURE.**



**LEAVE A NIGHT
LIGHT ON.**



**ELIMINATE CLUTTER
AND ELECTRICAL CORDS
WHERE YOU WALK.**



**LOOK FOR UNEVEN
WALKING SURFACES
OUTDOORS.**

Fresh Eats in Our Hospital Cafés

Locally grown fruits and vegetables are packed with nutritional value. That’s why they’re used as much as possible in Lehigh Valley Health Network’s (LVHN) cafés. “When in season, local produce is ordered on Monday, picked Tuesday and used Wednesday,” says John Soder, executive chef with Sodexo, the company that provides food services for LVHN. Produce picked at its peak of freshness has more nutritional value than produce that is harvested early, artificially ripened and shipped across the country. “Local produce also tastes better because it’s so fresh,” Soder says, “and buying it helps local farmers.” Look for the “Grow LV” logo to find locally grown food in LVHN cafés.



BATTLING CANCER AS A COUPLE

ROBERT AND WENDY KEIM RELY ON EACH OTHER

Robert and Wendy Keim of Nazareth have the art of marriage down pat.

They exchange warm smiles, touch hands and share inside jokes. Recently they celebrated 34 years of marriage. “It’s actually only eight-and-a-half years,” Robert says with a grin, “because we were married on Leap Day in 1980.”

The Keims have enjoyed challenging careers and healthy, active lives. That’s why Wendy’s breast cancer diagnosis in March 2012 was shocking. “They thought it was small and could be taken care of with a lumpectomy,” she says. “But when they did the surgery in April, all nine lymph nodes had cancer, and it had metastasized to the lung and pelvic bone.”

As stunning as Wendy’s diagnosis was, the Keims’ cancer tsunami wasn’t over. “In April 2012, I had my first colonoscopy after I had experienced problems in January,” Robert says. Shortly into the procedure, however, the colonoscopy was stopped. His colon was blocked with a mass, which turned out to be cancerous. “I cried for both of us,” Wendy says.

AN INSEPARABLE TEAM

Within a week, Robert had colon-rectal surgery, which uncovered cancer in both his bladder and colon. By mid-May, the couple had their first PET scans to determine where else cancer may have spread. They also met Lehigh Valley Health Network (LVHN) hematologist oncologist Ashish Shah, DO, with Hematology Oncology Associates of

Bethlehem. “The Keims had PET scans on the same day and learned they both, unfortunately, had advanced stage cancer on the same day,” Shah says.

Ever since, the Keims have been inseparable. “They have joint appointments, and we share everything,” Shah says. “Their treatments have been hand in hand, just as they are in life.”

Being there for each other required resiliency and determination. “Robert and I would say, ‘We can get through this,’” Wendy says. “With two of us battling cancer, you can’t sink down too far.”

And because each underwent surgeries, radiation and chemotherapy, they were acutely aware of each other’s path. “My experience with cancer made me a better partner because I don’t think I would have understood what she was going through,” Robert says. “It put us in each other’s shoes.”

“Fortunately neither of us got so sick that we couldn’t care for the other,” Wendy says.

ENDURING AND THRIVING

As with many cancer patients, the Keims debated getting a second opinion. “Dr. Shah told us, ‘I will always let you know if I think you need a second opinion,’” Wendy says. He did just that for Robert, whose second opinion gave him an opportunity for a more aggressive and curative treatment option.

“As a patient, it is hard to navigate a second opinion,” Shah says. “You wonder,

‘Whom should I see? Whom should I call?’ I always reassure my patients that I will make sure they have all the options. I have no ego. I am one of many in a team, and my goal is to either help them beat their cancer, or at the very least help them live with dignity and quality of life.”

For the Keims, cancer has taught lessons about focusing on the present, and even given them unexpected gifts. “We have some new friends we would never have met if we hadn’t all been patients,” Robert says. “The help, love, prayers and support we had from friends, family members and neighbors, and our faith and trust in God, gave us the strength we needed. And Wendy and I have never been closer.”

From Shah’s perspective, the Keims are inspiring. “Their bond shows what the human spirit can endure,” he says.

—Jennifer Fisher

The Keims’ LVHN Cancer Team

Lori Alfonse, DO, surgical oncology
Tanveer Imam, MD, gastroenterology
Mikhail Rakhmanine, MD, colon-rectal surgery
David Clair, MD, urology
Ashish Shah, DO, hematology oncology
Michael Szwerc, MD, thoracic surgery
Steven Perch, MD, radiation oncology



A team approach helps
Wendy and Robert Keim
battle cancer.

Take Charge Now



WATCH VIDEOS

of Ashish Shah, DO, at LVHN.org/Shah, and Lori Alfonse, DO, at LVHN.org/Alfonse.

READ MORE BREAST CANCER

SURVIVORS' STORIES. Experience our "Many Faces of Breast Cancer" series at LVHN.org/manyfaces or call **610-402-CARE**.

LEARN MORE ABOUT CANCER.

Visit LVHN.org/cancer or call **610-402-CARE**.



Ashish Shah, DO
Hematology oncology

Take Charge HEART DISEASE

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH



THE FUTURE OF ATRIAL FIBRILLATION TREATMENT

INNOVATIONS HELP PEOPLE WITH HARD-TO-TREAT IRREGULAR HEARTBEAT

WHAT IS ATRIAL FIBRILLATION?

About 2.7 million people in the U.S. have atrial fibrillation (AFib), making it the most common heart rhythm disorder. It's caused by disorganized electrical signals in the upper chambers of the heart (atria). "Many people with AFib don't have symptoms," says Lehigh Valley Health Network (LVHN) cardiologist Hari Joshi, MD, with Lehigh Valley Cardiology Associates of LVPG. Those who do may experience:

- ▶ Heart palpitations
- ▶ Shortness of breath
- ▶ Dizziness
- ▶ Chest pain
- ▶ Fatigue

AFib also is a leading cause of stroke.

TRADITIONAL TREATMENT

If AFib cannot be controlled with medication, a catheter ablation can be performed. During this procedure, a flexible tube (catheter) is inserted into a blood vessel in the groin and guided to the inside of the heart. An electrode on the catheter creates heat, which is used to destroy tissue, disrupting the electrical signal.

Catheter ablation is effective for about half of patients. "The traditional belief is once a patient has had AFib for more than a year, ablation will not be very effective," says LVHN cardiologist Gregory Altemose, MD, with Lehigh Valley Heart Specialists. "That's not the case anymore."

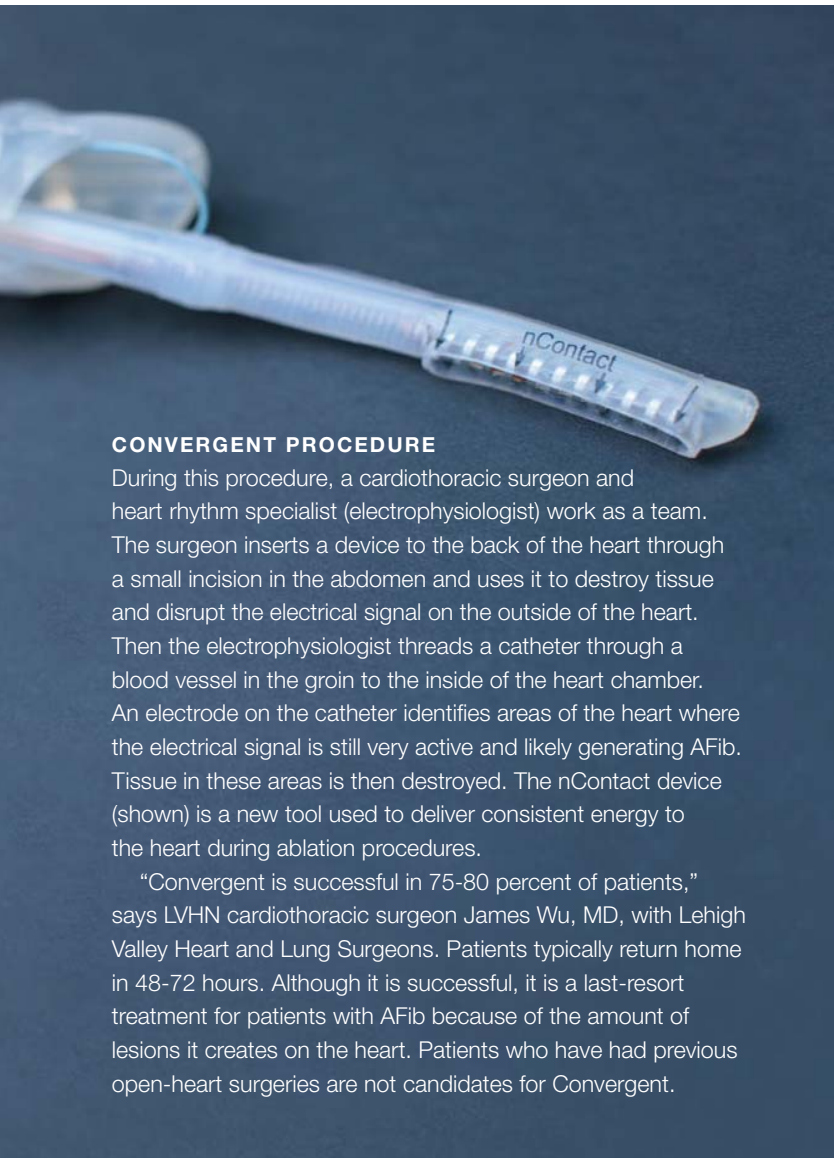
TOMORROW'S TREATMENTS TODAY

New treatments provided at LVHN are helping people with difficult-to-treat AFib live symptom-free and with a lower risk for stroke.

Take Charge Now

LEARN MORE about atrial fibrillation care at LVHN.org/afib.

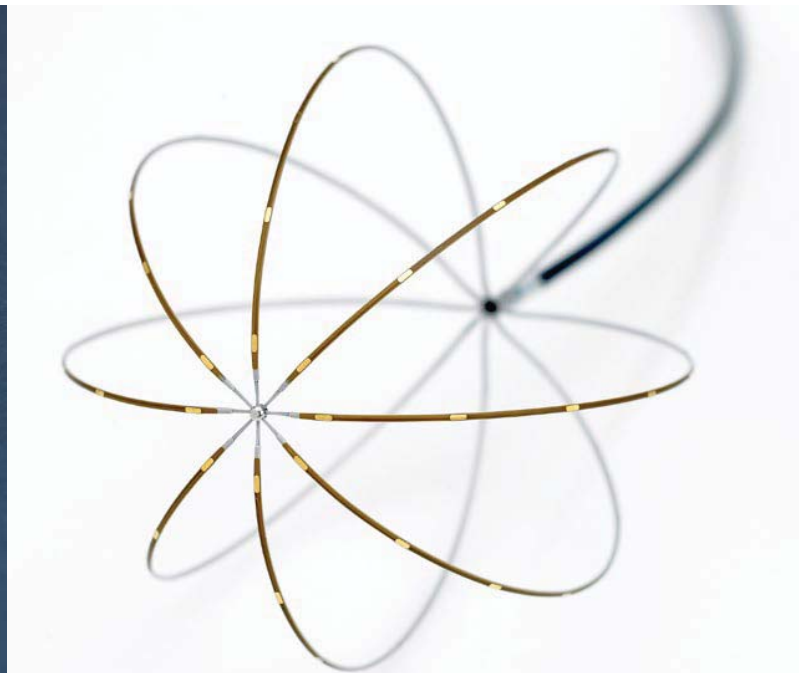
Watch! **WATCH VIDEOS** of Hari Joshi, MD, at LVHN.org/Joshi, and James Wu, MD, at LVHN.org/Wu.



CONVERGENT PROCEDURE

During this procedure, a cardiothoracic surgeon and heart rhythm specialist (electrophysiologist) work as a team. The surgeon inserts a device to the back of the heart through a small incision in the abdomen and uses it to destroy tissue and disrupt the electrical signal on the outside of the heart. Then the electrophysiologist threads a catheter through a blood vessel in the groin to the inside of the heart chamber. An electrode on the catheter identifies areas of the heart where the electrical signal is still very active and likely generating AFib. Tissue in these areas is then destroyed. The nContact device (shown) is a new tool used to deliver consistent energy to the heart during ablation procedures.

“Convergent is successful in 75-80 percent of patients,” says LVHN cardiothoracic surgeon James Wu, MD, with Lehigh Valley Heart and Lung Surgeons. Patients typically return home in 48-72 hours. Although it is successful, it is a last-resort treatment for patients with AFib because of the amount of lesions it creates on the heart. Patients who have had previous open-heart surgeries are not candidates for Convergent.



FIRM ABLATION

Recently approved by the Food and Drug Administration, FIRM ablation may revolutionize the way AFib is treated. The innovative tool used in this procedure is a basket catheter (shown). It contains multiple electrodes that analyze the flow of electricity within the heart and identify areas called rotors, where the electrical signal stops moving forward and instead travels in a circle. Studies show that as much as half of the rotors are located in areas that previously couldn't be tested or treated.

FIRM ablation has an 80 percent success rate and is helping people stay symptom-free for up to two years. “It helps us pinpoint the area causing the problem, which means we destroy less tissue and leave more healthy tissue,” Altemose says. “If it continues to be successful, FIRM ablation could become the standard treatment for AFib.”

—Rick Martuscelli

WATCHMAN™ DEVICE

AFib can cause blood to pool and clot in a section of the heart called the left atrial appendage. It's a part of the body you can live without, like an appendix. However, a deadly stroke can occur if a clot leaves this area and blocks a blood vessel supplying the brain. To prevent clots from forming, many patients with AFib take blood-thinning medication. People who are medically unable to take these medications will soon have another option. The Watchman is an umbrella-like device that permanently closes the left atrial appendage. It is implanted with a catheter inserted through a small incision in the groin. After it is placed, tissue grows over the device and prevents blood from collecting and clotting.



Take Charge **DIABETES**

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

ANSWERING HER WAKE-UP CALL

ANN SCHLOTTMAN'S DIABETES EDUCATOR HELPS HER TAKE CHARGE

From 1999 to 2008, Ann Schlottman's relationship with diabetes wasn't healthy. "To be honest, I wasn't doing anything at all," says the Bethlehem woman. "I wasn't in denial. I just didn't know what I was doing to my body. Diabetes just wasn't a part of my life."

Then in 2008 came her wake-up call: Schlottman, then 35, was hospitalized when her blood sugar shot out of control, topping out at more than 500 mg/dL. (A normal range for fasting glucose is 70-100 mg/dL.) "I was in the ICU at Lehigh Valley Hospital–Muhlenberg, where they stabilized my blood sugar," she says. "They also began treating what I thought was a blister on my ankle, but was actually a diabetic wound."

She also learned she didn't have true type 2 diabetes. Instead, she had LADA – latent autoimmune diabetes in adults – which must be managed with insulin. "There was so much coming at me at once, including a visit from a diabetes educator from Lehigh Valley Health Network's (LVHN)

Helwig Health and Diabetes Center," Schlottman says. "She encouraged me to take part in their educational programs. I said I would consider it."

ENCOURAGEMENT, NOT JUDGMENT

Schlottman took some time to learn about diabetes on her own, but reached out to Helwig for help with carbohydrate counting. "Their educators are not judgmental," she says. "Everyone who has LADA handles it differently, and each of us comes to self-management in our own way."

Through Helwig, patients can connect with registered dietitians and certified diabetes educators for one-on-one education. "I believe in helping patients learn about diabetes in baby steps," says Helwig diabetes educator Natalie Mangold, RN. "We are always working to make diabetes understandable and manageable."

A patient may meet with a diabetes educator just one time or several times, depending on each patient's individual needs. "We help patients learn about carbs and weight management, and help them to understand factors that affect glucose levels, such as stress, pain, other medical problems and other medications – like cholesterol meds – that can cause blood sugar to rise," Mangold says.

SWEET SUCCESS

The diabetes educators and Helwig colleagues also coordinate support groups and monthly educational meetings. One of those groups, Sweet Success, is where Schlottman first learned about insulin pumps. "My boyfriend and I attended a session in 2012 where they explained how the pump works," Schlottman says. "We both were excited to try it as a new way to manage my diabetes."

To qualify for a pump, Schlottman received pre-pump education from Mangold. "I assess the patient's understanding of carb counting, insulin adjustment, how to handle highs and lows," Mangold says. "It usually requires a few visits so I feel assured the patient understands not only how the pump works, but also her body's insulin requirements."

After completing the pre-pump classes, Schlottman began using a pump in January 2013. Now a pump user, she attends Helwig's Insulin Pumpers support group. "It's a great place to see that you are not the only one going through this," she says. "I consider the members of this group to be my brothers and sisters."

Now age 41, she feels even more at peace with diabetes. "My last hemoglobin A1c (a blood test that measures blood sugar over a two- to three-month period) was better than ever thanks to the insulin pump," Schlottman says. "I am fortunate to be where I am today. Between insulin and diabetes education, I am alive. And now with the pump, I feel healthier and have more energy than ever before."

–Jennifer Fisher



Natalie Mangold, RN
Diabetes education



Ann Schlottman

wears earrings made from
insulin syringes as a sign of her
control over LADA.

Take Charge Now

LEARN MORE about support groups and classes to help you live with diabetes. See page 22.

LEARN MORE about LADA and other types of diabetes at LVHN.org/diabetes.

The Importance of Strength Training

STRONG MUSCLES PROTECT AND PRESERVE HEALTH



Think strength training is just for athletes and action-movie stars? Think again. Fact is, anyone's health can benefit from strong muscles.

"Deconditioning occurs quickly if you don't maintain your muscles with regular physical activity," says Lehigh Valley Health Network (LVHN) family medicine physician Kenneth Truscott Jr., MD, with Hamburg Family Practice. "Losing muscle can make bones and joints less healthy, interfere with weight control, impair mobility and ultimately increase your risk for chronic diseases."

Problems compound with age. Starting around age 30, inactive people lose about 6 pounds of lean muscle per decade. "At the same time, they gain about 16 pounds in fat," says exercise

physiologist Wayne Stephens with LVHN Fitness. "That's a net gain of about 10 pounds per decade." The combination of more weight and less strength can make balance more difficult and increase risk for falls.

Fortunately, muscles adapt when challenged – becoming stronger when working against resistance. Muscle burns about 30 times more calories than fat, so as muscles become stronger, you're more likely to trim down.

That's why muscle conditioning should be part of your everyday lifestyle. A certified exercise physiologist like Stephens can design a safe program based on your condition and health history. To keep your program on track, follow conditioning principles known as **FITT**:

Next Step

SEE SOME strength-training exercises at LVHN.org/healthyyou.

LEARN MORE about LVHN Fitness. Visit LVHN.org/fitness or call **610-402-CARE**.



FREQUENCY

Set aside time each week to work your muscles. "We recommend at least three days a week," Stephens says. "Five to seven days is ideal."

INTENSITY

Aim to work muscles at a moderate intensity. "Think of a 10-point scale where zero is sedentary and 10 is too difficult to sustain," Stephens says. "You want to be at about a five." When lifting weights or using a resistance machine, avoid any effort that makes you squirm or lose proper form.

TIME

A well-rounded program will include both cardio exercises to develop muscle endurance and resistance exercises to build strength. "It's best to get 30 minutes of each," Stephens says. "But with the help of your exercise physiologist, you can increase the intensity to cut down on the time."

TYPE

Do exercises that help condition muscles for everyday tasks (as demonstrated above by Lisa Bednarski of LVHN Fitness). "When you pick up a bag of groceries, you have to squat, bend, lift and possibly rotate to perform the entire movement," Stephens says. Regularly alter your routine by changing exercises or increasing frequency, intensity or time.

—Richard Laliberte



MaryAnne Peifer, MD
Family medicine

Next Step

[READ MORE](#) “Empower Yourself” columns at LVHN.org/news.

Surf the Web and Enhance Your Health

► **Need help navigating health care?** The “Empower Yourself” column shares tips from a Lehigh Valley Health Network (LVHN) clinician about how you can best work together with your health care team. In this issue, LVHN family medicine doctor MaryAnne Peifer, MD, with MacArthur Family Medicine, discusses how the Internet can lead to better health.

Just like information technology is changing how we work, play and communicate, it’s also improving health care. You can use information that’s readily available on the Internet to take control of your health. The more you learn, the better.

How do you know which sites to trust? Try following my tips below. Don’t have a computer? Your local librarian will be happy to help you.

- **Think big.** Large organizations like the American Cancer Society are always a solid first step. Type a specific condition, such as arthritis or diabetes, into your browser, followed by .gov, to reveal trusted government-based sites.
- **Check the vision.** A clue for site credibility is an “About Us” page with things like a vision, goals and contact information.
- **Watch for special interests.** If a site is sponsored by a for-profit company or special-interest organization, be mindful of its goals as you evaluate conclusions or recommendations.

HELPFUL WEBSITES

- **MedlinePlus** – This National Library of Medicine site includes a medical dictionary, search tutorial and other helpful tools.
- **Healthfinder.org** – This U.S. Department of Health and Human Services site includes health news updates and information on current topics like health care reform.
- **CDC.gov** – In addition to disease-specific facts, the Centers for Disease Control and Prevention site includes sections dedicated to topics such as emergency preparedness, workplace safety and environmental health.
- **Choosemyplate.gov** – Find recipes and sample menus, food plans, daily tips, calorie counters and other nutritional tools.
- **LVHN.org** – It’s a place to learn about specific conditions and treatments, watch clinician videos and connect to research inside and outside LVHN.
- **Online communities** – A convenient way to connect with other people who face similar health challenges. Some examples:
 - **Patientslikeme.com** – You can share treatment experiences, ask questions and contribute to research by charting your health results over time.
 - **ACOR.org** – The Association of Online Cancer Resources is a collection of cancer communities dedicated to information sharing in a supportive environment.
 - **Tudiabetes.org** – Includes forums, blogs, chat rooms and other resources.

SHARE YOUR RESULTS

Once you gather information, don’t act impulsively. Discuss your findings with your doctor, who can help you sort it out and decide on any next steps.

Extreme Recovery From ACL Tear

SURGERY ALLOWS TEEN ATHLETE TO CONTINUE FREESTYLE SKIING

Lying prone in the snow at the bottom of a Killington, Vt., ski slope in January 2012, Jackie Kling knew something was wrong. An extreme sports freestyle skier, Kling had just landed awkwardly on a final jump during competition. She felt a weird sensation just above her right shin. When her skis were removed, she tried to walk, but couldn't.

"Then my leg went numb," says Kling, now 19, of Lake Harmony, Carbon County. "Once we got to the hospital, my knee started to hurt. I figured I had torn something."

Indeed she had. Kling had torn the anterior cruciate ligament (ACL) in her right knee. An ACL is essential for knee stability when the leg turns or plants. Kling's uncle, an orthopedic surgeon in the Pottsville area, recommended Kling see a doctor from OAA Orthopaedic Specialists in Allentown. That led her to Lehigh Valley Health Network orthopedic surgeon Gregor Hawk, MD.

"I wanted to see one doctor – not multiple doctors as I had when I broke a bone in my left arm while snowboarding a few years earlier," Kling says. "So once I met Dr. Hawk and discussed my case, I knew I had found the right doctor."

ACL tears are common for young athletes but can occur in people of all ages. The most common repair is an ACL reconstruction. "For an athlete like Jackie who wants to continue to perform at a high level, reconstruction is almost always necessary," Hawk says.

For many people, an ACL reconstruction can be performed by using a tendon or ligament graft from another part of the body. The choice of tissue used to reconstruct the ACL is chosen with the patient. In Kling's case, a donor tendon from a cadaver was chosen. "That decision is based on the level of function you are looking for," Hawk says. "We take the donor tendon, pare it down and tailor it to the size required for the graft."

In March 2012, Hawk reconstructed Kling's ACL using a donor tendon, and also repaired a torn meniscus (cartilage that supports the knee structure) in the same knee. The procedure took one hour. Recovery then typically includes five months of physical therapy, but Kling came back quicker. "Because she was in excellent physical condition, she was able to do limited work on a trampoline within three months," Hawk says.

By year's end, Kling returned to her skis and began a few competitions. She had a slight setback when she re-tore the meniscus in her right knee in February 2013; Hawk repaired that last June. "And the reconstructed ACL held up fine," Kling says. "Now I'm skiing as well as I ever have." In January she won the women's category of a freestyle ski event at Big Boulder Park in Blakeslee. Now she has her eyes set on qualifying for the X-Games, and eventually, the 2018 Winter Olympics.

—Ted Williams



Gregor Hawk, MD
Orthopedic surgery

Next Step

READ MORE about another orthopedic procedure – total joint replacement – with a Q&A from our experts. Visit LVHN.org/joints or call **610-402-CARE**.

The Olympic games are
Jackie Kling's
ultimate goal.



A New Place for Orthopedic Care

Last month Lehigh Valley Health Network (LVHN) opened the Center for Orthopedic Medicine at its new LVHN-Tilghman location in West Allentown.

Located in the former Westfield Hospital, the center is LVHN's first dedicated orthopedic campus. It offers care that is more convenient and accessible. The center offers care for total joint replacement, spinal surgeries and outpatient surgery.

LVHN-Tilghman also offers ExpressCARE, providing care for common illnesses and minor injuries, along with an on-site pharmacy and physical therapy.

LEARN MORE about LVHN's orthopedics care at **LVHN.org/ortho** or call **610-402-CARE**.



Better management
of her MS symptoms has
Melissa Werley
smiling these days.

Seeking a Cure for MS

AN EXPERIMENTAL MEDICATION BENEFITS MELISSA WERLEY

One day about seven years ago while shopping for groceries, Melissa Werley's legs gave out. "I thought I was developing some sort of paralysis," says the Breinigsville woman. "I was really scared. Plus, I was waitressing in a restaurant and didn't have health insurance."

An emergency room visit eventually brought Werley to Lehigh Valley Health Network (LVHN) neurologist Lorraine Spikol, MD, with Lehigh Neurology. She diagnosed Werley with multiple sclerosis (MS) – a chronic disease that attacks a person's central nervous system.

Werley's MS progressed rapidly. By the time of diagnosis she couldn't get around without a walker. "I had some sleepless nights worrying about her," Spikol says. "She couldn't qualify for disability at first, and she was becoming more disabled."

Werley believes her MS progressed so quickly because she had ignored other symptoms. "There were times that I felt numb in my legs, times when I lost my balance and just fell," she says. "I wish I would've addressed it sooner."

The earlier MS is caught, the earlier it can be treated. "We encourage patients to recognize their symptoms, talk with their primary care provider and get a neurologist involved as soon as possible," says LVHN nurse practitioner Jean Cain, CRNP, with Lehigh Neurology.

USING RESEARCH TO HELP WERLEY

Medications can help control the symptoms of MS and are often a first step in treatment. To treat Werley's symptoms, Spikol first prescribed an injectable medication, but that did not slow down her MS. Werley was a candidate, however, for an experimental treatment trial.

"Lehigh Neurology offers research studies that allow patients to receive the most up-to-date, leading-edge experimental treatments. This can hopefully equate to a more effective, stronger therapy for the patient," says Gary Clauser, MD, with the MS Center of the Lehigh Valley (part of Lehigh Neurology). Werley qualified for the trial, which means she may have received an experimental medication called Daclizumab.

The Daclizumab research study is "double-blinded," which means for three years Werley was either receiving Daclizumab or Interferon beta-1A, not knowing which she was using. Throughout the study she received support and education from her caregivers. While that phase of the research trial has ended, the further study of Werley's response to Daclizumab continues in an open-label study.

Werley, now 28, has experienced better control over her MS symptoms. "I only have one relapse a year anymore," she says, referring to times when her symptoms become so acute they essentially confine her to bed for weeks. "Now I use a cane when I go out, but I really don't need it. It just saves some explaining if I lose my balance for a moment."

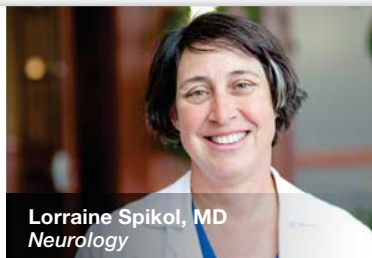
She's now able to devote her time to volunteering with her friends. Together they raise money for local charities, such as pet rescue shelters and a fund that helps LVHN breast cancer patients afford nonmedical expenses. They also raised more than \$1,000 for the Lehigh Valley MS walk last year – and Werley was able to walk most of the 2.5-mile distance.

"I've come a long way," Werley says. "This research project makes me confident they'll find a cure for MS someday."

–Ted Williams

Next Step

LEARN MORE about care for MS. Visit LVHN.org/MS or call **610-402-CARE**.



From Electrical Engineering to Pediatrics

MEET NATHAN HAGSTROM, MD

Nathan Hagstrom, MD (below, with Elizabeth Munday and Jayden Szajkovichs of Coplay), earned his bachelor's degree in electrical engineering from University of Vermont in the late 1980s. Yet something kept telling him to pursue another passion.

"I grew up in a small town in Vermont, and I thought about my pediatrician and how my mom was a high-school teacher," Hagstrom says. "At some point it occurred to me that there is really no better way to spend your life than by helping children like they did."

Then, when the young son of a family friend contracted a terminal brain tumor, Hagstrom's career path became clear. "That led me not only to the university's medical school, but to a specialty of pediatric oncology," Hagstrom says.

Late last month, Hagstrom, a pediatric hematologist-oncologist for more than 15 years, took the latest step in his career. He became the new chair of Lehigh Valley Health Network's (LVHN) department of pediatrics. In this role he will help lead Children's Hospital at Lehigh Valley Hospital. He takes the position formerly held by John Van Brakle, MD, who is now retired.

Hagstrom, 48, outlines two steps he believes will help define pediatrics here going forward. "The first is to provide as many high-quality, patient-focused services as possible for Lehigh Valley families so they don't have to leave the area for care,"

he says. "The second is to understand how the health of our children today will impact their health as adults in the future, especially in areas such as curbing childhood obesity and promoting positive mental health."

A married father of three, Hagstrom comes to LVHN from Connecticut Children's Medical Center and University of Connecticut, where he served as director and division head of hematology-oncology within the department of pediatrics. While working in pediatrics in Connecticut, Hagstrom was known for championing patient- and family-centered care, as well as quality and safety. He also is a nationally recognized expert in hemophilia and other bleeding disorders.

Hagstrom, who performed his residency and pediatric training at Children's Hospital of Philadelphia, currently is working toward a master's in health care management at Harvard University. At LVHN, he sees a unique way to shape the future of pediatric care.

"It's a changing health care world, and I'm excited to take on the challenge of transforming health care delivery within a network like LVHN," he says. "LVHN already provides a broad spectrum of care for children – from prevention to treatment – and I look forward to moving that forward." –*Ted Williams*



Next Step

LEARN MORE about Children's Hospital at Lehigh Valley Hospital. Visit LVHN.org/children.



Next Step



WATCH VIDEOS of
Adam Paul, DO, at
LVHN.org/Paul and
Sanjeev Vasishtha, MD, at
LVHN.org/Vasishtha.

Children and Celiac Disease

OUR EXPERTS OFFER THEIR TAKE

OUR EXPERTS:

PEDIATRICIAN SANJEEV VASISHTHA, MD, WITH ABC FAMILY PEDIATRICIANS

PEDIATRIC GASTROENTEROLOGIST ADAM PAUL, DO, WITH PEDIATRIC SPECIALISTS OF THE LEHIGH VALLEY

Q IT SEEMS LIKE EVERYWHERE I GO, SOMEONE IS TALKING ABOUT GLUTEN AND CELIAC DISEASE. SHOULD MY FAMILY BE WORRIED?

A: About 1 percent of all people have celiac disease. That's about 70 million children and adults nationwide. And although the reasons aren't clear, the numbers are increasing. People with celiac disease develop damage to the lining of the small intestine in response to eating foods that contain gluten – the protein most often found in foods that contain wheat, rye and barley. The disease can cause a child to become malnourished, leading to growth retardation, anemia and weakened bones. Children with celiac disease also are at higher risk for lymphoma, a rare blood cancer. Though this may sound scary, there is good news: after establishing the diagnosis, changing your diet can eliminate any health risks from celiac disease.

Q WHAT SYMPTOMS OF CELIAC DISEASE DO CHILDREN EXPERIENCE?

A: Common symptoms range from digestive problems – upset stomach, vomiting, diarrhea, abdominal pain and constipation – to fatigue, mental foginess, lack of concentration, trouble in school and skin disorders. Yet for some children, the disease is silent, causing no noticeable symptoms until the disease is discovered with blood screening tests. In children, changes in height and weight also can be symptoms.

Q HOW IS CELIAC DISEASE DIAGNOSED IN CHILDREN?

A: Depending on your child's age, your doctor may order a screening blood test to check if the immune system is creating antibodies to gluten protein. If that's the case, your child will be

referred to a pediatric gastroenterologist. He will perform a gastrointestinal endoscopy by inserting a long, flexible scope into your child's mouth to see if the intestinal lining has been damaged. If your child is diagnosed with celiac disease, your doctor will recommend screening for other family members too.

Q HOW IS CELIAC DISEASE TREATED IN CHILDREN?

A: Your child must completely abstain from gluten, which is found not only in breads, but in surprising places – even in some types of soy sauces, lip gloss and shampoo. Cross-contamination (such as preparing a salad on the same cutting board where bread was cut) also can trigger intestinal damage in patients with celiac disease, so it's important for children to see their doctor regularly and obtain nutritional counseling.

—Alisa Bowman



Adam Paul, DO
Pediatric gastroenterology

Sanjeev Vasishtha, MD
Pediatrics



Next Step

Watch! SEE VIDEO AND PHOTOS from the merger celebration at LVHN.org/healthyyou.

Celebrating a Merger

GREATER HAZLETON HEALTH ALLIANCE IS NOW LVHN

The temperature is a chilly 28 degrees, but the sun shines brightly in a metallic blue sky. There's electric anticipation in the air as more than 200 people gather along Broad Street in Hazleton. They're here to witness a moment that will have profound impact on the community.

With the tug of a rope, a new sign is unveiled. It reads "Lehigh Valley Health Network." Applause fills the air. It's official. The Greater Hazleton Health Alliance and Lehigh Valley Health Network (LVHN) have merged.

The sound of cheers is replaced by the hum of an approaching helicopter. Seconds later, LVHN MedEvac lands at a familiar place with a new name – Lehigh Valley Hospital (LVH)–Hazleton.

Inside, colleagues celebrate the merger. "I feel a new sense of pride now," says receptionist Linda Getz, who has been at the former Hazleton General Hospital (now LVH–Hazleton) for 15 years. "This is a new beginning."

In the hospital's ER, Trudy Singley, LPN, recalls how MedEvac helped save her life. In 2012 she was receiving care for a pulmonary embolism when she became unresponsive. Doctors suspected a stroke, a diagnosis confirmed by Hazleton and Allentown caregivers using TeleStroke. "The team was ready when we landed at LVH–Cedar Crest

and quickly retrieved the clot," Singley says. "Without the technology, the outcome would have been much different."

Across town at the Health & Wellness Center at Hazleton, scheduling supervisor Leanne Brennan ends her first day as an LVHN colleague. "When I put on my LVHN badge for the first time this morning, I got chills," she says. "To see my name with Lehigh Valley Health Network – that means a lot."

INTRODUCING HEALTHY YOU HAZLETON

The wellness magazine specifically for people in the Greater Hazleton area now has a new name. Healthy You Hazleton (formerly Healthy Horizons) features doctors and providers associated with Lehigh Valley Hospital (LVH)–Hazleton. The latest issue includes:

- More information on the merger
- Symptoms and treatment for carpal tunnel syndrome
- Tips to help you stay heart-healthy
- Ways LVH–Hazleton's breast navigation program can help you

View Healthy You Hazleton online at LVHN.org/hazleton. If you live in the Greater Hazleton area and would like to receive Healthy You Hazleton by mail, call **570-501-6204**.



Linda Getz



Trudy Singley, LPN



Leanne Brennan



Calendar CLASSES AND SUPPORT GROUPS

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

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

What's New

Chill Out: Learning to Breathe

Join this mindfulness program created specifically for teens.

Sessions starting April 16: 6-7:30 p.m. at 1259 S. Cedar Crest Blvd.

Free information session

April 2: 6-8 p.m.

Free! Mini Medical School

Get an insider's view of progress that's changing and saving lives. Five-week interactive educational program explores latest advances in cancer care, complex heart and lung care, organ transplantation and other medical techniques. Review actual case studies, watch surgical videos and learn from experts.

April 1, 8, 15, 22, 29: 6:30-8 p.m. at LVH-Cedar Crest

Free! New to Medicare

Apprise program helps you understand health insurance options. Information includes Medicare, Medigap, low-income subsidy, PACE/PACENET and preventive care.

March 18, 26: 2-4 p.m. at LVH-17th, Center for Healthy Aging

Free! Robotic Simulation Olympics

Be America's next top doctor. See the da Vinci Robotic Surgery System and try out the robot, 10 a.m.-1 p.m. at the Lehigh Valley Science Festival.

March 22: 9:30 a.m.-5 p.m. at Coca-Cola Park, Allentown

Storybook Theater 2014

Interactive theater presented by The Literacy Center features award-winning international storyteller Kristin Pedemonti and local entertainer Kitty Jones and Grace the Pirate. Light refreshments provided.

March 15: 9-11:30 a.m. at LVH-Cedar Crest

Around Our Community

Free! Community Exchange

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

Third Mon. of month: 2-4 p.m. at LVH-17th, First Wed. of month: 6-8 p.m. at LVH-Muhlenberg

Free! Get Out! Lehigh Valley

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

Peace Valley Nature Center

March 15

Pool Wildlife Sanctuary

April 12

Lake Nockamixon

April 26

Trexler Nature Preserve

May 10

All walks meet at 10 a.m.

Free! Would a Support Group Help?

Dozens of different groups provide comfort and support.

Caring for Mind and Body

Massage Therapy

Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support.

Information sessions

March 18, 25, 27: 6-8:30 p.m. at LVH-Muhlenberg, Banko

Class sessions

Starting April 1: 6-8:30 p.m. at LVH-Muhlenberg, Banko

Retreat

May 10

Aging Well

APPRISE Medicare Counseling

For an appointment, call

610-402-CARE.

Tue.: 9 a.m.-1 p.m.

Aqua New

Water exercise for posture, balance, strength and confidence.

Free! Dr. Salerno's Geriatric College of Knowledge

My Wife Says I'm Becoming Forgetful. Is It Dementia?

April 9: 11 a.m.-noon at LVH-17th

Incontinence

May 14: 11 a.m.-noon at LVH-17th

Protecting Your Health

Free! Cessation, What Works?

How to succeed in beating tobacco addiction.

April 15: 5-6 p.m. at 1243 S. Cedar Crest Blvd.

Tobacco Free Northeast PA

Tobacco treatment referral services available for individuals and businesses.

CPR

- Adult Heartsaver AED
- Heartsaver Adult First Aid
- Heartsaver CPR – Pediatrics
- Heartsaver Pediatric First Aid

Living With Diabetes

Our team will work with you and your physician to design a program to fit your needs.

We provide education for:

- Prediabetes
- 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

Free! **Insulin Pumpers**

Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs).

Everyday Fitness with our exercise physiologists

March 14

Free! **Safe at School Workshop**

For parents and health care providers of children with type 1 diabetes, learn about resources and health plans in the school setting.

March 6 at LVH—Cedar Crest

Free! **Sugar-Free Kids**

Monthly support group for children with type 1 diabetes.

Screenings

Free! **Clinical Breast Exams and Pap Tests for Uninsured Women**

Appointment is necessary.

Call 610-969-2800.

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

Weekly 8:30 a.m.-4 p.m.

Free! **Rapid HIV Testing**

Free, anonymous and confidential.

Mon.-Thu.: 9 a.m.-3 p.m., Fri. by appointment at LVH—17th

Lung Cancer

Appointments necessary.

Call 610-402-CARE.

Skin Cancer

Appointments necessary. For dates, times and locations, call

610-402-CARE.

Coping With Illness

Amputee Awareness Day Open House

Discover different resources and programs available in the Lehigh Valley for amputees and their families. Guest speaker will be Col. Gregory Gadson, commander, U.S. Army, a bilateral above-the-knee amputee. Program includes giveaways and raffle prizes.

March 22: 9 a.m.-2 p.m. at LVH—Cedar Crest

Amputee Support Group

Meets third Mon. of month: 5-6:30 p.m. (includes dinner) at LVH—Cedar Crest

Bereavement Support Services

*Bereavement Care Workshop
Grief Process Groups
Individual, Family and Couples Counseling
Ladies Lunch Club
Spiritual-Based Adult Grief Support Group
Stepping Stones for Children*

Brain Warriors Stroke

Share emotional and physical issues to help deal with life after stroke.

March 17, April 21: 11 a.m.-noon at LVH—Cedar Crest

Free! **Heart Failure Support Group**

Successful living with heart failure support group for patients and families.

Meets every two months

Huntington's Support Group

Meets second Sat. of month at LVH—Cedar Crest

Free! **Joint Replacement Prep**

What to expect for knee or hip replacement.

March 26, April 23: 1:30-3 p.m.
April 1, May 6: 9-10:30 a.m.

Free! **Kidney/Pancreas Transplant Information Session**

If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call 610-402-CARE.

Parkinson's and Multiple Sclerosis Get Up and Go

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

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

Parkinson's Support Group

Meets fourth Tue. of month at LVH—Muhlenberg

Free! **Preoperative Spine Class**

Information to help you prepare for hospital care and recovery.

March 18, April 2, 15, May 7, 20

Transplant Support Group

Meets first Sun. of month at LVH—Cedar Crest

Free! **FOR CANCER PATIENTS**

Cancer Survivorship Education Series

Nutrition
May 5, 15, 19, June 2: 6-8 p.m. at LVH—Cedar Crest

Legacy Project

A seven-week cancer survivorship program open to men and women who have completed active treatments.

Meets Thu.: 6-8 p.m. at LVH—Cedar Crest

Raising a Family

Free! **Welcome Pregnancy 101**

Free! **Tours Expectant Parent Tour Sibling Tour – My Baby and Me**

New! **Preparing for Childbirth and Baby**

Combination Class Getting It Done in One

Designed for those committed to pre-class reading. Prepare for labor, birth, caring for your newborn and what to expect in the days after birth.

March 15, April 12, May 10

Preparing for Childbirth Weekend: Fri.-Sat., Sat.-Sun. One-Day: Sat. On the Internet Teens Only

Preparing for Baby Baby Care Breast-feeding Baby Becoming New Parents Workshop

Staying Safe Babysitting – Safe Sitter March 22

CPR – Safe Sitter Student CPR – Family and Friends

Free! **Free Safe Ride – Car Seat Safety**
Certified technicians show how to correctly install car seats and secure children.

After-Delivery Support Monday Morning Moms

Free! **Postpartum Support**
Understanding Emotions After Delivery

Parenting Workshops Surviving the Preteen Years March 11

Grandparent Workshop March 20

Look Good...Feel Better

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

March 17, April 21, May 19

With American Cancer Society

Men Facing Cancer

Meets first Mon. of month:

7:30-9 p.m. at LVH-Cedar Crest

Metastatic Breast Cancer Support Group

Meets second Mon. of month:

7-8:30 p.m. at LVH-Cedar Crest

Support of Survivors

Breast cancer helpline

610-402-4SOS (4767).

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 March 17: 4-5:30

p.m. at 1243 S. Cedar Crest Blvd.

Part 2 starting April 21: 4-5:30 p.m.

at 1243 S. Cedar Crest Blvd.

10 Steps to Less Stress

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

March 18: 9-10:30 a.m. at 1243 S.

Cedar Crest Blvd.

Managing Your Weight

Drop 10 in 10

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

Starting April 3: 5:30-6:30 p.m. at

1243 S. Cedar Crest Blvd.

Free! Monthly Support Group

Support and information on weight-loss surgery.

Transformations

April 16: 6-7:30 p.m. at LVH-

Cedar Crest

Protein and Water

May 7: 6-7:30 p.m. at LVH-

Cedar Crest

Free! Weight-Loss Surgery Information Night

What to expect.

Evening sessions

March 18, April 15, 29, May 8:

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

Day sessions

April 11, May 12: noon-1:30 p.m.

at LVH-Cedar Crest

Sports Performance Classes

Youth Program

For young athletes ages

8-11, two sessions/week for

eight weeks concentrate on

proper weight-lifting technique, flexibility and movement skills.

Junior Varsity Program

For athletes ages 12-14, two

or three sessions/week for

eight weeks emphasize gaining flexibility, strength and power.

Varsity Program

For athletes ages 15-18, ad-

vanced two or three sessions/

week for eight weeks work

on proper mobility, stability, increased strength and power.

LVHN Fitness Group Classes

Being an LVHN Fitness member allows you to partake in a variety of classes. Call **610-402-CARE** for more information. See a list of class locations and descriptions at **LVHN.org/fitness**. Classes are offered at four locations.

Age-Proof Workout

Boot Camp

Cardio Cross-Training

Chisel

Core Synergy

Cycling

Get Up and Go

Energizing Yoga

Exercise for Life

Kettlebells

Relaxing Yoga

Rip 'n' Ride

R.I.P.P.E.D.

Staying Strong

STAT

Very Gentle Yoga

Yoga Basics

Yogalatte

Zumba

Zumba Gold



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

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For information or a referral to any of the professionals featured in Healthy You, call 610-402-CARE or visit LVHN.org/healthyyou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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Lehigh Valley Health Network

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A PASSION FOR BETTER MEDICINE



Lehigh Valley Hospital is the region's only nationally ranked hospital for orthopedics and is among the top 50 hospitals in the country.

After ACL surgery,
she's back off her feet.

This is orthopedics in action. At the Center for Orthopedic Medicine, we work with athletes of all abilities to get them stronger, faster. Whether you need surgery to repair a torn ligament, or physical therapy to get you back into action, we'll create a customized plan to meet your unique goals. We even offer sports performance programs to improve your athletic abilities in any sport.



610-402-CARE LVHN.org/ORTHO