

JULY | AUGUST 2014

# HealthyYou

'TAKE MY  
KIDNEY,  
PLEASE'

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Darlene's  
Magical  
Makeover

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley  
Health Network



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*Photo by Olaf Starorypinski*

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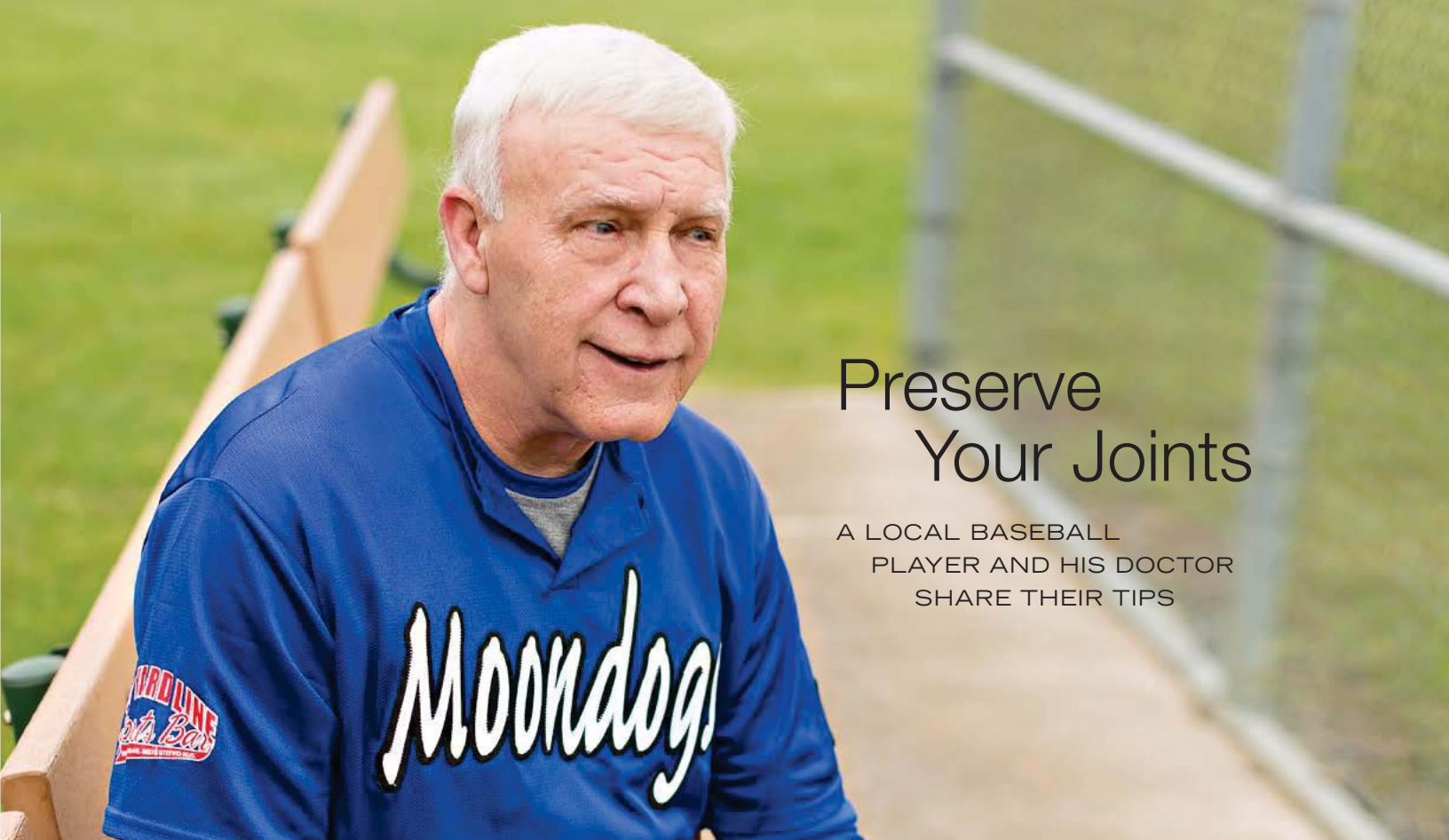
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Visit [LVHN.org/healthyyou](http://LVHN.org/healthyyou) on your mobile device or computer and find:

- ▶ Video from Darlene Heffelfinger's makeover
- ▶ Video of the Bretz twins' first birthday
- ▶ Videos of doctors in this issue
- ▶ A downloadable version of this issue



# Preserve Your Joints

A LOCAL BASEBALL  
PLAYER AND HIS DOCTOR  
SHARE THEIR TIPS

**Ed Bartholomew's childhood revolved around baseball.** "If you grew up in my era, you just had to play," says Bartholomew (above), 63, of Bethlehem Township.

He played on leagues through high school and into his adulthood. But by his mid 40s, Bartholomew's left knee had taken a beating. "You name it, I had it; torn ligaments, torn cartilage, a torn meniscus. It was there," he says.

The injuries led to osteoarthritis, the wearing away of the protective cartilage that cushions the knee joint. As a result, pain became Bartholomew's constant companion. He knew he'd eventually need a knee replacement, but he wanted to get as many years out of his natural knee as he could.

So he took anti-inflammatories (such as ibuprofen), and after every game, he sat on his patio, put his legs up and draped ice bags over his knee. That, he figures, gave him about 10 extra years before he finally needed knee replacement surgery.

Now Bartholomew and his Lehigh Valley Health Network (LVHN) orthopedic specialist, Eric Lebbly, MD, with VSAS Orthopaedics, offer tips for preserving your joints:

- ▶ **Sleep soundly.** Poor sleep can intensify the sensation of pain, which in turn can make it hard to sleep. Prioritize sleep, and if needed, take anti-inflammatories before bed.
- ▶ **Eat wholesome foods.** "A healthy body contributes to healthy joints," Lebbly says. Eat a diet rich in whole foods (fruits, vegetables, legumes, whole grains) and foods rich in omega-3 fatty acids, such as fish, flaxseeds, chia seeds and walnuts.

- ▶ **Slim down.** A lighter body puts less stress on your joints.
- ▶ **Keep moving.** Low-impact exercise such as swimming, cycling and using an elliptical machine can reduce pain and stiffness, increase strength and flexibility, help you slim down, boost mood and enable more restful sleep.

"Orthopedic physicians also can inject lubricants and anti-inflammatories into the areas in and around your knee to reduce swelling, friction and pain as needed," Lebbly says.

Bartholomew's natural approach allowed him to keep playing right up until the Senior Baseball World Series in Phoenix. "My wife wanted to go shopping on that trip," he says. "When I parked the car at the mall and looked at the entrance, it felt 100 miles away."

That's when Bartholomew turned to Lebbly, who performed the total knee replacement. "That eliminated the pain, and it allowed me to keep doing all the things I love," he says.

*-Alisa Bowman*

## Next Step

**LEARN MORE** about care for orthopedics at [LVHN.org/ortho](https://www.lvhn.org/ortho) or call **610-402-CARE**.



**Eric Lebbly, MD**  
Orthopedics





## Meet Our Community Canvas Star

**Spring Garden Elementary School student Miya Williams of Bethlehem (at far left with sister Marley) won the 2014 Community Canvas Grand Finale and earned a special prize – a one-on-one meeting with Disney Channel star Peyton List.** Community Canvas – a unique partnership among Children's Hospital at Lehigh Valley Hospital, Radio Disney Philadelphia and Lehigh Valley Art Spark – encouraged area elementary school students to create artwork that promoted healthy eating and all-around wellness. Artwork from all Community Canvas events will be displayed in a new Children's Hospital art gallery and throughout Lehigh Valley Health Network's locations.

## STAY COOL THIS SUMMER

**The combination of heat and humidity could create a few problems this summer.** "Your body cools itself through evaporation," says Lehigh Valley Health Network family medicine doctor Lisa Medina, MD, with Hellertown Family Medicine. "When humidity is high, your body can't release the same amount of evaporation, so your body temperature won't cool down. That can lead to heat exhaustion."

Small children, the elderly and people who exercise in the heat are at greatest risk. A few simple ways to keep cool:

- ▶ **Stop** your activity and seek shade at the first sign of heat exhaustion (headache, fatigue, dizziness or confusion).
- ▶ **Rehydrate** with water and sports drinks.
- ▶ **Avoid** caffeine and alcohol.

### Next Step

**GET MORE HEAT EXHAUSTION TIPS** at [LVHN.org/news](http://LVHN.org/news).



# HELP YOUR CHILD SLEEP BETTER THIS SUMMER

**Those long summer days may wreak havoc with your young child's sleep schedule.** "When exposed to light, a receptor in your child's eyes called melanopsin suppresses the production of melatonin, a hormone that regulates your sleep cycle," says pediatric sleep specialist and pulmonologist Dharmeshkumar Suratwala, MD, with Children's Hospital at Lehigh Valley Hospital.

Here are four tips to help your child keep his normal sleep rhythm:



**Maintain a consistent wake-sleep schedule** during both week and weekend nights.



**Avoid daytime naps.**



**Keep the bedroom as dark as possible.** If using a nightlight, use a dim red or yellow light, which has the least impact on a sleep cycle.



**Avoid electronics** one to two hours prior to bedtime. Do not allow electronics in the bedroom.

## Next Step

**GET MORE TIPS** at [LVHN.org/news](http://LVHN.org/news) or learn more about our Pediatric Sleep Disorders Center at [LVHN.org/sleep](http://LVHN.org/sleep).

# Think You Don't Need Sunscreen? Think Again

**"I don't need sunscreen. I only get one sunburn a year, then I tan."** If you think that's a good excuse, you're wrong. "Every time you get a sunburn, you increase your risk for developing melanoma (the most dangerous form of skin cancer) during your lifetime," says Lehigh Valley Health Network surgical oncologist Suresh Nair, MD, with Hematology-Oncology Associates. People also say, "I'm already tan, so I can't get a sunburn." That's false. Tanned skin still can burn. To protect yourself in the sun:

- ▶ Apply sunscreen with an SPF of 15 or higher.
- ▶ Wear a hat, sunglasses and clothes that cover the skin.
- ▶ Limit midday sun exposure.



## Next Steps

**LEARN ABOUT** skin cancer care at [LVHN.org/skin-cancer](http://LVHN.org/skin-cancer).

**WATCH A VIDEO** of Suresh Nair, MD, at [LVHN.org/Nair](http://LVHN.org/Nair).



## She Touches Joe's Heart

BUT WIRES FROM A POTENTIALLY LIFESAVING DEVICE DO NOT

**Both of Joe Hessmiller's parents died in their 50s from heart attacks.** That's one reason why the 57-year-old Bethlehem man was so concerned when his Lehigh Valley Health Network (LVHN) primary care doctor, Robert Kovacs, MD, with Internal Medicine of the Lehigh Valley, sent him for a stress test. That test detected a potentially lethal heart condition. Since then, Hessmiller became the first person to receive an innovative heart treatment at LVHN.

"My new granddaughter, Keira, was born earlier this year," Hessmiller says. "Now I'm optimistic I'll be around to dance at her wedding."

Hessmiller was born with a heart condition that without warning could cause his heart to start beating in a rapid rhythm known as ventricular tachycardia. If uncorrected, this could cause sudden cardiac death.

Hessmiller received a potentially lifesaving device called a subcutaneous implantable cardioverter defibrillator (S-ICD). The S-ICD monitors Hessmiller's heart rhythm, and when it detects a problem, delivers a shock to jump-start his heart and return it to a normal rhythm. LVHN cardiologist Hari Joshi, MD, with Lehigh Valley Cardiology Associates of LVP, implanted the S-ICD. "Joe is an ideal candidate because he is otherwise in good health, young, active and doesn't need a pacemaker to keep his heart in rhythm," Joshi says.

### WHAT IS DIFFERENT ABOUT AN S-ICD?

The S-ICD device is implanted just beneath the skin near the armpit. One wire runs from the device to the front of the chest. What makes an S-ICD unique is that the wire does not touch the heart or enter major blood vessels. Wires used in traditional implantable defibrillators do. They also can break, cause infection and be difficult to replace.

### HOW DOES IT SHOCK THE HEART IF NO WIRES ARE CONNECTED?

When an abnormal heart rhythm is detected, an electrical current is created between the device in the armpit and the wire in the chest. The current travels through the heart muscle, returning the normal heart rhythm.

### WHAT ARE THE PROS OF AN S-ICD?

► **It's easy to implant.** The device and wire are implanted through two small incisions. Few (if any) X-rays are needed during the procedure because your doctor uses landmarks on your body to position the device. After it's implanted, you'll stay in the hospital overnight and go home the next day. After the incisions heal, there are no restrictions.

► **The device doesn't interfere with arm motion** like traditional implantable defibrillators may.

► **You avoid blocked blood vessels.** Ten percent of patients who have a traditional implantable defibrillator experience a blockage in the vein where the wire is located. When the vein becomes closed, the wire can no longer be changed if you need a new one, nor can you receive an intravenous (IV) port if you need treatment for cancer or kidney failure.

► **The S-ICD wire likely will not have to be replaced, making it ideal for younger patients.** The wire in a traditional implantable defibrillator begins to fail in 20 years. Replacing the wire is a high-risk procedure. "Over time, scar tissue forms around the wire in the vein and heart," Joshi says. "We use a laser to cut through the scar tissue and separate the wire, but the laser could damage surrounding healthy tissue."

### ARE THERE ANY CONS?

A traditional implantable defibrillator also can act as a pacemaker, constantly sending electrical impulses to keep the heart beating in rhythm. An S-ICD does not pace the heart. As a result, if you need a defibrillator and pacemaker, you are not a candidate for an S-ICD. In addition, you may experience a little more short-term pain after the S-ICD is implanted because it's larger than a traditional implantable defibrillator.

—Rick Martuscelli and Rob Stevens



**Hari Joshi, MD**  
Cardiology



**Robert Kovacs, MD**  
Internal Medicine





**Joe Hessmiller** cherishes a heartwarming embrace with granddaughter Keira even more since he received a potentially lifesaving implantable heart device.

*-Photo taken at Bear Creek Mountain Resort and Conference Center, Macungie*

## Take Charge

**LEARN MORE** about care for an irregular heartbeat at [LVHN.org/arrhythmia](http://LVHN.org/arrhythmia).



**WATCH A VIDEO** of Hari Joshi, MD at [LVHN.org/Joshi](http://LVHN.org/Joshi).



# 'Dad, Please Take My Kidney'

TRANSPLANT STRENGTHENS  
BOND BETWEEN MURTAZA AND  
SAFDERALI JAFFER

**His father needed a kidney, and Murtaza Jaffer (at left in top photo) believed he was destined to be the donor.** The procedure itself didn't faze Murtaza, 35, of Wescosville. Neither did the extended recovery time. His main concern? Convincing his close-knit family to support his decision.

"I knew they'd worry, because we care about each other so much," Murtaza says about father Safderali, mother Mumtaz, brother Mustafa and sister Siddiqi. "Growing up, our parents did so much for us. Now it's our turn to help."

After several years of declining kidney function, Safderali, 66, began undergoing kidney dialysis in January 2013. He also got on the waiting list at Lehigh Valley Health Network's (LVHN) Transplant Center. Realizing it could take years for his father to get a kidney, Murtaza insisted on getting tested as a possible donor. "Mustafa also was open to donating, but I felt in my heart it should be me," he says.

His father wasn't so sure. "I didn't want to put him at risk," Safderali says. Murtaza was a perfect match, but he needed more facts to plead his case, so he turned to LVHN's transplant team for help. "They gave me details so I could explain to my family what surgery would be like for my father and me," he says.



Murtaza also told them the many advantages of living donor transplants. "No time on a waiting list is just one reason it's the best option," says LVHN transplant surgeon Lynsey Biondi, MD, with LVPG-Transplant Surgery. "Living donor kidneys also work better and last longer than deceased donor kidneys." Those facts and Murtaza's persistence finally won out. On Dec. 18, 2013, Biondi removed one of Murtaza's kidneys. Her colleague, Michael Moritz, MD, then transplanted the organ into Safderali.

The following morning, father and son reunited. "We were in pain but still smiling," Safderali says. "My first words were, 'Hi, partner.'" Today Murtaza is back at work at Trexlertown's EBC Printing, which he co-owns with his brother. Safderali, a retired accountant, soon hopes to add his expertise to the family business. For now, he's building strength through daily walks, spending time with his three grandchildren and once again enjoying his favorite foods. "The nurses and doctors took excellent care of us," he says. "I thank them, and I thank God my son and I are both well."

—Gerard Migliore

## Next Steps



### WATCH THE JAFFERS' STORY

on video at [LVHN.org/transplant](http://LVHN.org/transplant). Watch video of Lynsey Biondi, MD, at [LVHN.org/Biondi](http://LVHN.org/Biondi) and Michael Moritz, MD, at [LVHN.org/Moritz](http://LVHN.org/Moritz).

**LEARN MORE** about living donation. Call **610-402-CARE** or visit [donors1.org](http://donors1.org).



# Advances in Radiation Therapy

MORE TARGETED TREATMENTS OFFER  
FEWER SIDE EFFECTS



## Radiation therapy – it's a key tool in fighting cancer.

It also brings with it many misconceptions based on stories from years ago. Yet in the past three decades, radiation treatments have become safer and more effective.

"In the older days, we had to treat a large area of the body with radiation because there was no way to isolate cancers," explains Lehigh Valley Health Network (LVHN) radiation oncologist Charles Andrews, MD, with Allentown Radiation Oncology Associates. This led to the loss of healthy tissue and related side effects. For instance, men with prostate cancer used to experience bowel issues after radiation treatments.

**Fast forward 30 years** and the changes are significant. Today's radiation oncology uses high-energy photons to penetrate deep into the body and break apart the DNA of cancer cells, stopping those cells from growing, dividing and spreading. Treatments now are targeted with the help of technologies such as CT, MRI and PET scans that allow physicians to guide radiation toward cancer cells and away from healthy tissue.

Another advance is intensity-modulated radiation therapy (IMRT), which continually contours the shape of the radia-

tion beam to the shape of the tumor. "We always have the tumor in focus, and we're constantly changing the shape of the radiation beam so it's hitting the tumor and sparing surrounding normal tissue to the greatest degree possible," Andrews says.

Because it can focus in on and pinpoint cancer cells, IMRT can reach tumors that can't be easily reached by surgeons. It often is used either alone or in combination with chemotherapies to shrink tumors so surgeons can more easily remove them without damaging important tissues or blood vessels. Also, if a surgeon can only remove part of a tumor, radiation therapy might be used post-surgery to destroy the remainder of the tumor. Radiation, either alone or in combination with chemotherapy and/or surgery, can be curative in a wide variety of cancers.

Radiation therapy is very different from the low-level radiation – for instance, from radon gas – that causes cancer. "Not all radiation is the same," Andrews says. "If you are exposed to low doses of radiation for years, like with radon, it's cancer-causing. But if you pinpoint radiation to a small area of the body and use a high dose, like we do in cancer treatment, it's safe and effective."

-Alisa Bowman

## Next Steps

**READ CHARLES EHNINGER'S STORY** about how radiation and other therapies helped him fight esophageal cancer. Visit [LVHN.org/healthyyou](http://LVHN.org/healthyyou) or call **610-402-CARE**.

**LEARN MORE** about radiation and cancer care at [LVHN.org/radiation](http://LVHN.org/radiation).



## J.P. Goes to Washington

A LOCAL TEEN TAKES CONTROL OF HIS DIABETES



**Like many teenagers with type 1 diabetes, John Patrick (J.P.) Ambriano (above), 16, of Allentown felt self-conscious checking his blood sugar or injecting insulin around kids who didn't have the disease.** "He felt like he didn't belong," says his mother, Rosemarie Ambriano-Yob. A hearing-related learning disability makes self-care even more challenging for the Salisbury High School 10th-grader.

Yet with the help of his parents and his Lehigh Valley Health Network (LVHN) team, "J.P. is a different person than he was two years ago," Rosemarie says. Here's how J.P. took charge.

► **Camp counseling** – J.P. was too old at age 13 to be a camper at LVHN Camp Red Jacket, a summer day camp for kids with type 1 diabetes. So he attended as a junior counselor. "He was withdrawn at first," says LVHN certified diabetes educator Mary Cipolle. "We didn't expect him to take on many responsibilities." Yet J.P. quickly became a role model. "Camp helped me to realize I'm not the only one suffering from this condition," he says. Now he's helping younger kids make the same discovery as a full-fledged counselor.



Laurissa Kashmer, MD  
Pediatric endocrinology



Mary Cipolle  
Diabetes education

## Take Charge Now

**LEARN MORE** about Sugar-Free Kids and other diabetes support groups and classes. See page 22.

"Being surrounded by other children with diabetes helps kids realize they're managing their condition, not being dictated by it," says J.P.'s doctor, pediatric endocrinologist Laurissa Kashmer, MD, with Pediatric Specialists of the Lehigh Valley and Children's Hospital at Lehigh Valley Hospital.

► **Taking karate** – "J.P. had been afraid to exercise because it can affect his blood sugar," Rosemarie says. With proper monitoring, he started learning martial arts at age 13. "Now he's two belts away from a black belt," Rosemarie says.

► **Speaking out** – When the Juvenile Diabetes Research Foundation sought Lehigh Valley youngsters to join a group speaking with members of Congress, J.P. and his mother signed up. J.P. prepared a brief speech about his challenges and presented it at several meetings at the U.S. Capitol, including one with Rep. Matt Cartwright and Sens. Pat Toomey and Bob Casey Jr. "I wanted my voice to be heard," J.P. says. "Speaking made me feel more confident in myself." Says Rosemarie, "One representative shook his hand, told him it was a wonderful speech and said he might have a future in speaking. A representative of the Juvenile Diabetes Research Foundation told J.P. he was a champion of hope."

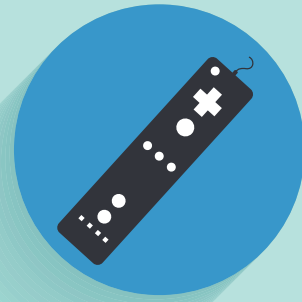
► **Building on strengths** – "If you feel strong in one area, you feel strong in another," J.P. says. "Camp, karate and going to Washington helped me feel that diabetes won't stop me."

-Richard Laliberte



# Keep It Moving

REGULAR ACTIVITY IS A KEY TO  
MANAGING MOVEMENT DISORDERS



**When Ginger Nadel suffered pain and tremors in her right arm six years ago, she learned she had Parkinson's disease.** At first, she thought it might slow her down. Yet has it? "Not much at all," says the 60-year-old Center Valley woman.

While movement disorders like Parkinson's disease and multiple sclerosis have no cure, one of the most important things you can do if diagnosed is – ironically enough – to keep moving as much as possible. "Proper and sufficient physical activity sends positive feedback signals to your brain cells for their survival and normal function," says Lehigh Valley Health Network (LVHN) neurologist J. Gabriel Hou, MD, PhD, with Lehigh Neurology. "The degree of improvement may vary by person, but the benefits are universal for anyone with Parkinson's."

For Nadel, staying in motion meant joining LVHN's Get Up and Go program. Held twice weekly at LVHN Fitness locations in both Allentown and Bethlehem, the program provides exercise and activities for people with movement disorders. It focuses on gait, balance and coordination, using cardiovascular, strength and stretching exercises.

"Maintaining your motivation to exercise when you have rigidity or tremors from a movement disorder isn't easy," says LVHN exercise physiologist Wayne Stephens, who teaches the Get Up and Go classes. "But the rewards are evidenced by the progress of people who take our classes. It's wonderful to watch."

Nadel values both the exercise and the camaraderie. "We have people in my class from ages 50 to 80, and they're more physically active than many people I know who never had movement difficulties," Nadel says. "I've been active all my life, and having Parkinson's hasn't held me back."

—Ted Williams

## Can Video Games Help With Movement Disorders?

**It's a question LVHN neurologist Peter Barbour, MD, with Lehigh Neurology, pondered a few years back.** "I was intrigued by the Nintendo Wii," he says of the first video game that combined movement with on-screen activity.

So he developed a research study to see if video game systems like Wii presented an inexpensive therapy that patients with movement disorders could continue on their own beyond physical therapy and formal programming such as Get Up and Go. "We wanted to see how certain Wii exercises might be adaptable to individual patients," he says.

In the study, 10 members of Get Up and Go used Wii for 26 weeks. The results weren't conclusive. "But one of our goals was to encourage people to use what they learned in the study," Barbour says. "Patients enjoyed it, and obviously enjoying activities is a key to maintaining them."



**Wayne Stephens**  
Exercise physiology



**J. Gabriel Hou, MD, PhD**  
Neurology



**Peter Barbour, MD**  
Neurology

## Next Steps

**SIGN UP FOR GET UP AND GO.**  
See page 22. To register, call  
**610-402-CARE.**

**READ ABOUT** Ginger Nadel's  
five tips for living with  
movement disorders. Visit  
**LVHN.org/healthyyou** or call  
**610-402-CARE.**

# A Total Transformation

LOCAL WOMAN BENEFITS FROM  
NEW BREAST RECONSTRUCTION TECHNIQUE

In early 2011, a breast lump deeply concerned Darlene Heffelfinger. After several months and many tests and procedures, the 47-year-old Danielsville woman eventually learned she had breast cancer. “At first, you’re reeling from the diagnosis,” she says. “Since I chose to have a double mastectomy, I also faced a decision concerning breast reconstruction.”

So Heffelfinger turned to Lehigh Valley Health Network (LVHN) surgical oncologist Lori Alfonse, DO, with Lehigh Valley Surgical Oncology, and LVHN plastic surgeon Christian Subbio, MD, with Plastic Surgery Associates of Lehigh Valley. “I didn’t want to come out of this without any breasts,” Heffelfinger says. “But I’m also very sensitive to many materials, so the idea of synthetic implants worried me.”

Subbio recommended a new approach – DIEP (pronounced “deep” and meaning deep inferior epigastric perforator) flap. “It refers to a blood vessel that supplies blood to the tissues of the lower abdomen,” Subbio says. “With DIEP flap, we harvest the same tissue to make the breast mounds, while sparing most of the abdominal muscle.” It’s

different from other approaches such as TRAM (transverse rectus abdominus myocutaneous), where abdominal muscle is removed.

The procedure takes special skill. “It can take twice as long to meticulously dissect all of these intricate vessels from the abdominal tissue,” says Subbio, who is the only plastic surgeon in the region fellowship-trained in breast microvascular surgery. “Then we painstakingly reconnect each of them to a blood supply within the breast area as we shape the new breasts.”

Because DIEP flap spares abdominal muscles, it reduces the risk for hernia or need for abdominal mesh. It also provides a “tummy tuck” effect and is appropriate for many people, including people who have had prior abdominal surgeries. “Another advantage is that this tissue is a patient’s own, which negates the risk for rejection,” Subbio says. “And DIEP flap reconstruction will naturally age with the patient.” Heffelfinger is pleased with her decision. “Dr. Subbio did a great job,” she says. “If I had to do this again, I’d do the same thing.”

–Jennifer Fisher

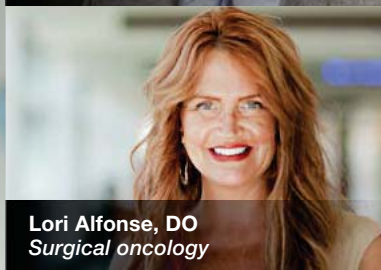
 Watch a video of  
**Darlene Heffelfinger’s**  
total makeover (courtesy  
of American Hairlines in Bethlehem)  
at **[LVHN.org/healthyyou](http://LVHN.org/healthyyou)**.







**Christian Subbio, MD**  
*Plastic surgery*



**Lori Alfonse, DO**  
*Surgical oncology*



## Next Steps



**WATCH A VIDEO** of  
Lori Alfonse, DO, at  
[LVHN.org/Alfonse](http://LVHN.org/Alfonse).

**READ DARLENE HEFFELFINGER'S  
STORY** in her own words. Visit  
[LVHN.org/manyfaces](http://LVHN.org/manyfaces) or call  
610-402-CARE.



# 'A Robot Saved My Kidney'

GROUNDBREAKING PROCEDURE GIVES PATTI ANTICOLI A SECOND CHANCE

**For years, Patti Anticoli suffered on and off from back pain on her left side.** Sometimes it was so intense, it upset her three children. Yet she never got it checked out. "I was busy raising my family," she says. "Besides, the pain always went away again."

Two years ago, the 60-year-old Easton woman finally decided to see an orthopedic specialist to discover what was wrong. An MRI revealed a problem, but not in her back. Instead, it showed her left kidney was smaller than her right one, and there was swelling inside.

The doctor referred Anticoli to Lehigh Valley Health Network (LVHN) urologist Joseph Feliciano, MD, with Lehigh Valley Urology Specialty Care. Further testing uncovered a stricture (or narrowing) in her left ureter, the tube that carries urine from the kidney to the bladder. In fact, her urine drained so slowly, it had stretched Anticoli's ureter to larger-than-normal size (called mega-ureter), causing her left kidney to function at about half its capacity.

It was surprising, considering ureter obstructions typically occur in young children and often are fixed surgically in childhood. "I don't know whether she was born with this or it was caused by scar tissue from a gynecologic procedure she had years ago," Feliciano says. "But I felt

surgery could preserve her kidney function so she didn't lose it altogether."

He recommended robotic surgery using the da Vinci® Si HD Surgical System, performed through tiny incisions using a 3-D camera. "Regular surgery requires a big incision, and recovery is pretty tough," Feliciano says. "The robot helps people recover faster with less pain and blood loss."

In February 2013, Feliciano performed what he believes is the first adult mega-ureter surgery at LVHN. He detached Anticoli's left ureter from her bladder, tapered the ballooned-out part to normal size, and then re-implanted it into the bladder.

Since surgery, Anticoli's left kidney function has improved by 20 percent, and her back pain is gone. "My kidney was dying," she says. "With the robot, recovery was pretty easy, and I have only tiny scars. I got a second chance, and there's a peace of mind to that."

*-Sidney Stevens*

## Next Steps



**WATCH A VIDEO** of  
Joseph Feliciano, MD,  
at [LVHN.org/feliciano](http://LVHN.org/feliciano).

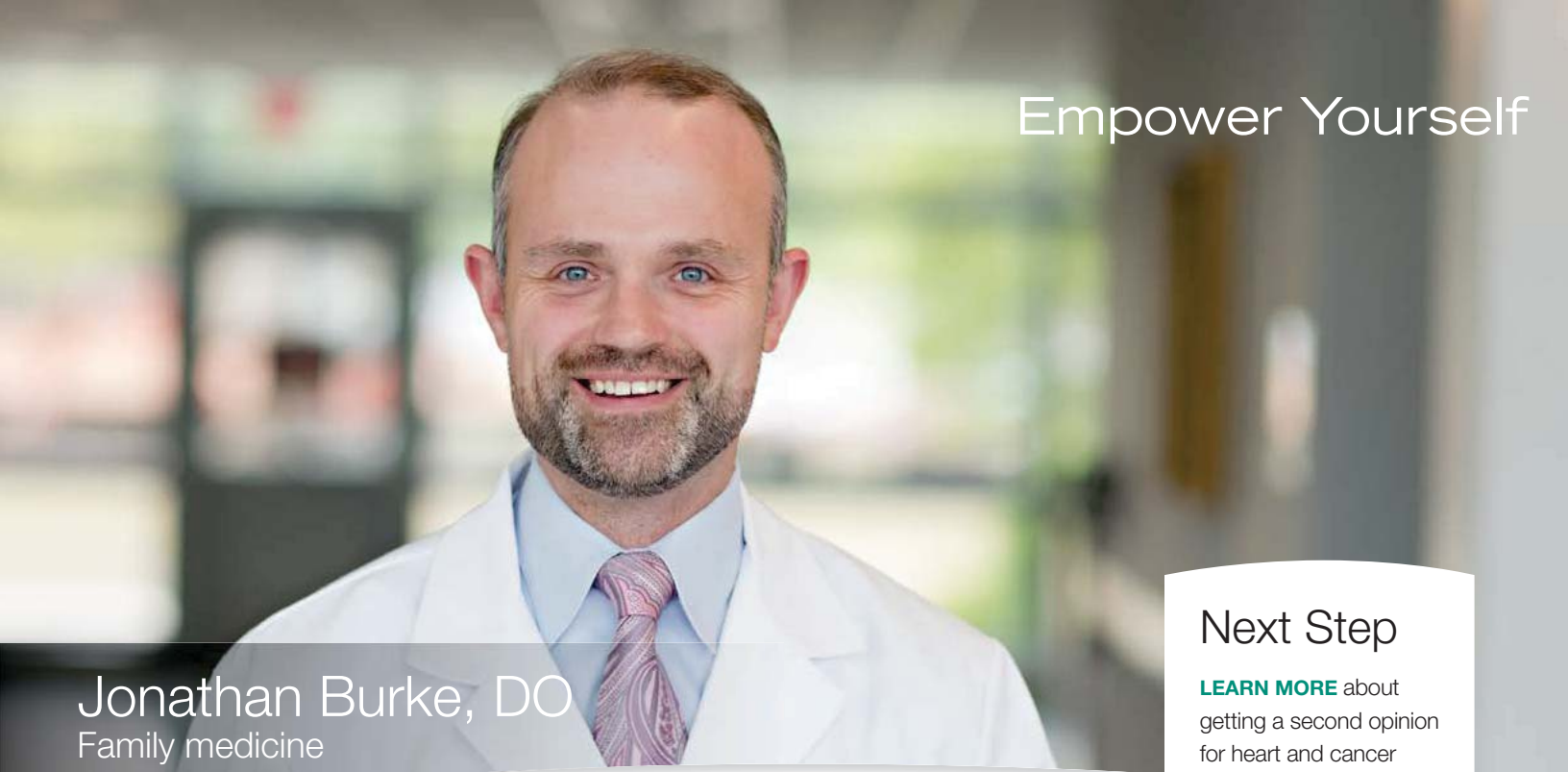
**LEARN MORE** about da Vinci  
robotic surgery at [LVHN.org/  
roboticsurgery](http://LVHN.org/roboticsurgery) or call  
**610-402-CARE.**



**Joseph Feliciano, MD**  
Urology







Jonathan Burke, DO  
Family medicine

## Next Step

**LEARN MORE** about getting a second opinion for heart and cancer conditions at **LVHN.org**.

## How to Get a Second Opinion

► **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 Jonathan Burke, DO, with Pleasant Valley Family Practice, discusses how to smooth the process of getting a second opinion.

**People often feel awkward telling a doctor they want a second opinion.** They might even seek another opinion without letting their first doctor know. But it's generally best to keep your entire medical team in the loop. It's every patient's right to have a second opinion. Here's how to do it:

- **Don't worry about asking** – Your doctor probably won't be offended. And even if you think he or she might be, your health is the issue, not your doctor's feelings.
- **Explore options** – Most people seek second opinions because they want more options. That's fine, because not every physician is comfortable with every possible treatment option. For example, one orthopedic surgeon may favor conservative treatment of a painful knee while another may say your situation justifies going straight to surgery – and both may be medically appropriate.
- **Work with your first doctor** – Ask, “Is there another way to treat this?” Your physician may be willing to consider more

alternatives than you think. If you'd still like another perspective, ask, “Is there someone else I could talk to about my options?” Your doctor may be able to make a recommendation – but feel free to find a second doctor on your own.

- **Check with your insurance provider** – Find out if your policy limits your choices for second-opinion doctors based on factors like being in a certain network or geographic area.
- **Sign a records release** – This ensures that the second physician receives files, notes and lab test results from the first. That way, your second doctor won't have to start from scratch, and you typically won't have to repeat tests you've already had done.
- **Have questions ready** – Your next doctor will want to know why you want a second opinion. Be clear about what you want to learn.
- **Make the best choice for you** – If the first and second opinions are different, you need to make decisions based on what – or who – seems most comfortable for you.

# Welcome to LVHN–One City Center

PUT YOUR HEALTH IN MOTION AT OUR NEWEST LOCATION

**Looking for a place to revitalize your health?** Starting July 16, you'll find it at the corner of Seventh and Hamilton streets in downtown Allentown. It's Lehigh Valley Health Network (LVHN)–One City Center, part of the largest and most vibrant redevelopment project in the city's history.

When you walk into the building underneath the large LVHN logo, you'll find a facility filled with resources to help you stay healthy and fit. Our services there will include:

- ▶ **A brand-new LVHN Fitness location** offering group classes, a wide range of strength and cardiovascular equipment, personal training, massage therapy, a multisport simulator, a grab-and-go café and a pro shop.
- ▶ **A sports performance program**, complete with an indoor turf track.
- ▶ **Rehabilitation services** including physical and occupational therapy.
- ▶ **A concussion and head trauma program** with a comprehensive approach to patient care.
- ▶ **A medical specialty suite**, home to occupational health and other services.

In the fall, additional medical services and sports-related programming will be provided inside the building, which is connected to the brand-new PPL Center arena, the Marriott Renaissance Hotel and several restaurants. Also, LVHN is the official health care provider for the Lehigh Valley Phantoms hockey team.

## A NEW FITNESS EXPERIENCE

"Residents of downtown Allentown – and people who work for companies in center city – have been looking for a fitness center that's nearby," says Lisa Bednarski, business operations manager for LVHN–One City Center. "Our LVHN Fitness location will give them all the resources they need."

Want a brisk workout? Inside LVHN Fitness at One City Center you'll find state-of-the-art treadmills, exercise bikes and elliptical machines, most of which include TVs with Internet capability. Want to build muscle tone? You'll have access to weight-training and suspension-training equipment. Feeling stressed? Try a lunchtime massage.

Want to take a Zumba class with your friends? Do so inside one of two large group fitness rooms. And one of those rooms is home to a multisport simulator – a large-screen interactive TV experience that can help you perfect your golf swing or fine-tune your pitching arm. Are you a student athlete or

weekend warrior? The sports performance program at LVHN–One City Center can help you with specific exercises designed for maximum performance.

"LVHN–One City Center is designed to offer you a complete menu of services," Bednarski says. "By having LVHN Fitness, sports performance, rehabilitation services and a concussion program all under one roof, you have instant access to professionals who can help you stay in shape and also return you to top form if you have an injury."

## HELP FOR PEOPLE WITH CONCUSSION

Have you ever had a concussion? As many as 4 million Americans suffer one annually, according to the Centers for Disease Control and Prevention. To help people in the Lehigh Valley recover from concussion, LVHN–One City Center will now be home to the health network's Concussion and Head Trauma Program.

"A concussion is not getting your bell rung," says Daniele Shollenberger, CRNP, who has provided care for people with traumatic brain injuries for more than three decades. "It's a brain injury that alters the way your brain functions." Most concussions are caused from sports injuries, falls or motor vehicle collisions.

Shollenberger and her team at LVHN–One City Center evaluate patients, discuss each symptom in detail, perform physical and neurologic exams, assess for imbalance and dizziness, and then create an individualized medical treatment plan. "We care for children and adults," Shollenberger says.

To provide the highest level of care, the concussion team works with physical, occupational and speech therapy, and has access to resources in neurology, neuropsychology and neuropsychiatry. "By having therapy resources on-site we can work in real time with your other caregivers and help you recover faster," Shollenberger says.

–Kyle Hardner





# Next Steps

**EXPERIENCE LVHN-ONE CITY CENTER.** Attend our Open House on July 15. See page 21 or call **610-402-CARE** to register.

**SIGN UP FOR A MEMBERSHIP AT LVHN FITNESS AT ONE CITY CENTER.**

Visit [LVHN.org/onecitycenter](http://LVHN.org/onecitycenter) or call **610-402-CARE**.





# 'We're Having Twins?'

THE BRETZ'S SURPRISE TURNS TO JOY THANKS TO SPECIAL CARE



 Watch a video of  
**Zachary and Kylie's**  
first birthday bash at  
**LVHN.org/healthyyou.**

## Next Steps

**LEARN MORE** about pregnancy and the NICU at [LVHN.org/pregnancy](https://lvhn.org/pregnancy) or [LVHN.org/intensivecare](https://lvhn.org/intensivecare), or call **610-402-CARE**.

**LEARN MORE** about Children's Hospital at Lehigh Valley Hospital at [LVHN.org/children](https://lvhn.org/children).



**Jennifer Bretz and her husband, Kevin, were excited – and somewhat overwhelmed – when they learned they were having twins.** “We knew there was a high probability for twins because I received fertility treatments, so we were thrilled, but also a bit scared about dealing with two babies,” she says.

The Macungie couple learned about the higher risk for complications with twins, including the possibility that doctors might induce labor at 37 weeks instead of the normal 40 to ensure a safe delivery and healthy babies. The pregnancy was easy, though, so neither worried much about problems.

But during a routine checkup six months into her pregnancy, Jennifer heard terrifying news. She was in labor. “We knew the babies might come early and have a short stay in the NICU (neonatal intensive care unit), but I wasn’t prepared for 23 weeks,” she says.

She was admitted to the labor-and-delivery unit, and maternal fetal medicine caregivers at the perinatal unit worked to hold off delivery. But two weeks later, Bretz began bleeding heavily and underwent an emergency cesarean section.

Kylie arrived first, weighing 1 pound, 11 ounces, and Zachary followed at 1 pound, 4 ounces. Both suffered from infections, and Zachary’s lungs were severely underdeveloped. “They were so tiny I could fit my wedding ring around Zachary’s leg,” Bretz says. “They were hooked up to ventilators, tubes and monitors. Doctors said only about half of babies born that early survive. It was heart-wrenching.”

The couple visited Kylie and Zachary in the NICU daily. Encouraged to bond with the babies, Jennifer often stayed for hours, holding them, pumping breast milk, singing to them and praying that doctors and nurses could keep their fragile infants alive.

Miraculously, Kylie went home after 72 days, weighing almost 5 pounds. Zachary followed nearly three weeks later at almost 6 pounds. The next months were a blur of appointments with doctors and specialists to monitor their health and development. Now 1 year old, the twins are remarkably healthy. They lag behind in developmental milestones, like crawling, but are expected to catch up by age 2.

“After everything they’ve been through, they’re the happiest, sweetest, most amazing babies,” Bretz says.

To express her thanks, Bretz now raises funds for the NICU and serves on a board that advises staff about additional ways to provide a family-friendly experience. “The NICU team did a great job taking care of the kids and us,” she says. “We are very grateful, and I want to give back.”

## What to Expect When Twins Are Coming

**Congratulations!** You’re having twins. Here are the four tips you should know to prepare for pregnancy, birth and beyond.

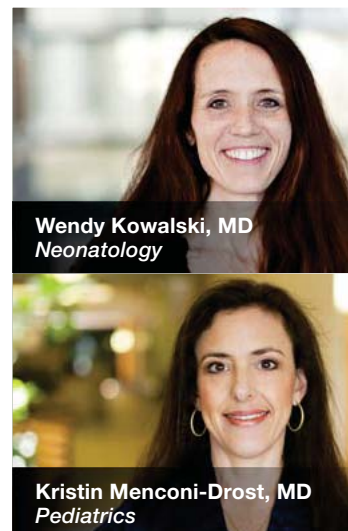
**Tip You might deliver early.** Many twins arrive near their due date, but all women carrying multiples are at greater risk for early labor (before 38 weeks). “Some moms may need bed rest, and about 50 percent deliver early,” says Children’s Hospital at Lehigh Valley Hospital neonatologist Wendy Kowalski, MD, with LVPG-Neonatology. “The NICU is here to care for those babies.”

**Tip Don’t go it alone.** “It’s stressful having one baby, but with twins it’s double of everything,” says Lehigh Valley Health Network (LVHN) pediatrician Kristin Menconi-Drost, MD, with ABC Family Pediatricians. “Don’t hesitate to accept offers of help from family and friends.”

**Tip Your babies may have health problems and developmental delays.** “Preterm infants in particular require close monitoring and care after leaving the NICU,” Menconi-Drost says. “We see them frequently in the office to monitor growth and development and to help them stay healthy. We also refer them to early intervention services for evaluation and to any needed therapies for developmental delays.”

**Tip Relish the experience.** “Enjoy your pregnancy,” Kowalski says. “Just make sure you’re monitored, and take special care of yourself.” And if your babies are preterm, don’t feel guilty. “You can do everything right and still deliver early,” she says. “With proper care, many preterm multiples live healthy lives.”

—Sidney Stevens





# 5 Things You May Not Know About **610-402-CARE**

IT'S AVAILABLE WHEREVER YOU GO

## Next Step

**WHAT ARE YOU WAITING FOR?** Call **610-402-CARE** today or visit **LVHN.org/contact\_us**.

**You already may know that calling 610-402-CARE (2273) is a reliable way to find a doctor who meets your personal needs and accepts your insurance.** You may not know that 402-CARE is more than a phone number. It's a trusted resource that's available online, on your mobile device – almost anywhere you go. Here are five unique ways you can connect with 610-402-CARE:

**1 THEY MAY SCHEDULE YOUR NEW PATIENT APPOINTMENT.** In addition to helping you find a doctor, the professionals at 402-CARE (above) also are able to schedule new patient appointments directly with more than 125 area physicians and clinicians. And there are hundreds more physicians in its database. "We can provide you information on a physician's gender, age, specialty, educational background, board certification, office location and more," says Tina Ruhf, RN, nurse navigator with 402-CARE.

**2 THEY CAN FIND NEARBY SERVICES FOR YOU.** Do you need lab work or imaging close to home? Maybe you're interested in learning more about a new surgery or about a clinical trial. The 402-CARE team can help with everything from arranging a second opinion to connecting you with a financial counselor.

**3 THEY CAN HELP YOU JOIN THAT SUPPORT GROUP.** If you browse the Calendar section of Healthy You regularly, you know it's filled with classes, support groups, free health screenings and community events. So if you're looking for help to lose weight, longing for support from other people who have type 2 diabetes, or signing up for the Lehigh Valley Health Network (LVHN) Via Marathon, 402-CARE is the place to register and get more information.

**4 THEY MAY CALL YOU.** If you've been hospitalized after certain heart procedures at LVHN, you may get a call from a 402-CARE nurse navigator to check on your health and whether you need any follow-up care. The same may be true after a visit to an LVHN emergency room (ER). "This helps ensure you'll receive the best care after a hospital visit," Ruhf says.

**5 YOU'LL FIND THEM EVERYWHERE.** The 402-CARE team is available by phone Monday-Friday, 8:30 a.m.-5:30 p.m. If you visit [LVHN.org/contact\\_us](http://LVHN.org/contact_us), you can live chat with a team member 9 a.m.-4:30 p.m., Monday-Friday, or email 402-CARE directly. You may even see a 402-CARE referral systems coordinator in our emergency rooms. "We help people who don't have primary care doctors find one right from the ER," says 402-CARE referral systems coordinator Ashley Falk.

*-Sheila Caballero*



# Calendar CLASSES AND SUPPORT GROUPS

REGISTER BY CALLING 610-402-CARE OR VISIT US ONLINE AT [LVHN.ORG/HEALTHYYOU](http://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

### 19th Annual Parkinson's Symposium

For patients and caregivers, learn the most current information on Parkinson's treatment and research. To register, call **610-402-CARE**.  
Sept. 27: 8:30 a.m.-2:15 p.m. at LVH-Cedar Crest

### Fourth Annual 50+ Wellness Expo

Expo promotes health and fall prevention. Screenings, flu shots, giveaways, healthy snacks. To register, call **610-402-CARE**.  
Sept. 20: 9 a.m.-1 p.m. at LVH-Cedar Crest

### LVHN-One City Center Open House

Join us for an open house to check out the services at our new sports medicine and fitness center. Free health screenings, refreshments, giveaways, prizes and activities.  
July 15: 5-7 p.m. at LVHN-One City Center, 707 Hamilton St., Third floor, Allentown

### LVHN Via Marathon

Now is a great time to train for a marathon – or consider a half marathon, form a relay team, walk a 5K or volunteer your time to a good cause that provides services for those with disabilities.  
Sept. 6: 5K-7:30 a.m.; Via walk-9 a.m.; Kids' Race-10:30 a.m. all at ArtsQuest Center, SteelStacks, Bethlehem

Sept. 7: Marathon and relay-7 a.m. at LVH-Cedar Crest; Half marathon-7 a.m. in Bethlehem

### Osteoporosis Awareness Community Event

Join us to learn ways to improve your bone health and prevent osteoporosis. Free heel screenings.  
Sept. 8: 9 a.m.-2 p.m. at LVH-Muhlenberg

## Around Our Community

### 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

### First Strides®

This 12-week program helps you comfortably progress from the couch to walking, jogging or running at a pace that's right for you. Visit [firststrides.com](http://firststrides.com) for details.

Starting July 29: 6:15 p.m. at Lehigh Parkway, Allentown

Starting July 30: 6:15 p.m. at Lehigh Parkway, Allentown

Starting July 29: 5:30 p.m. at Bethlehem Twp. Community Center

Starting July 30: 9:15 a.m. at Bethlehem Twp. Community Center

Starting July 31: 6 p.m. at Hanover Twp. Community Center

### Get Out! Lehigh Valley

This healthy outdoor activity program with a Wild-lands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community.

For details and new dates, go to [getoutlehighvalley.org](http://getoutlehighvalley.org) or call **610-402-CARE**.

Lower Macungie Twp. Community Park-Creamery Walk

July 26: 10 a.m.

Trexler Memorial Park Walk

Aug. 16: 10 a.m.

Lock Ridge Iron Furnace Walk, Alburtis

Aug. 30: 10 a.m.

Hugh Moore Park, Easton

Sept. 13: 10 a.m.

### 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 session

Sept. 16 at LVH-Muhlenberg

Class session

Begins in late September

## 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.

## Protecting Your Health

### Cessation, What Works?

How to succeed in beating tobacco addiction.  
July 29: 5-6 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

### 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

## Screenings

### 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.

## Raising a Family



### Tours

*Expectant Parent Tour*

*Sibling Tour – My Baby and Me*



### 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.

### Six-week series

Getting it all includes preparing for labor, birth, caring for your newborn, breast-feeding and what to expect in the days after birth.

### Preparing for Childbirth

***Weekend: Fri.-Sat., Sat.-Sun.***

***One-Day: Sat.***

***On the Internet***

***Teens Only***

### Preparing for Baby

***Baby Care***

***Breast-feeding Baby***

### Staying Safe

***Babysitting – Safe Sitter***

Babysitters ages 11-13 will learn essential life skills in one session for safe and responsible babysitting.

**June 19, July 2, July 19: 8:30-4 p.m.**

### CPR – Family and Friends

For the Safe Sitter graduate, earn an American Heart Association CPR Heartsaver certification. Call **610-402-CARE** for dates.



### Free Safe Ride–Car Seat

***Safety***

Certified technicians show how to correctly install car seats and secure children.

### After-Delivery Support

***Monday Morning Moms***



### Postpartum Support

***Understanding***

***Emotions After Delivery***

**REGISTER FOR CLASSES** 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.



### Rapid HIV Testing

Free, anonymous and confidential.

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

### Lung Cancer Screening

Call **610-402-CARE** for more information.

## Living With Diabetes

Our team will work with you and your health care provider 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
- Testing your blood sugar
- Taking medication
- Reducing risks
- Problem-solving and healthy coping

***We also offer:***

- Insulin pump training
- Continuous glucose monitoring system training
- Support groups for adults and children
- Medical nutrition therapy



### Insulin Pumps

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

***Coping With Diabetes and Stress Management–Expand Your Pump Knowledge***

**Sept. 11: 6-7:30 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200**



### Safe at School Workshop

For parents and health care providers of children with type 1 diabetes. In conjunction with American Diabetes Association.

***What Are Your Child's Rights? How to Negotiate School and Diabetes***

**Aug. 13: 6:30-8:15 p.m. at LVH–Cedar Crest**



### Sweet Success

Monthly support group for adults with type 2 diabetes.

***Insurance 101 and Continuous Glucose Monitoring***

**July 17: time to come at LVH–Muhlenberg**

***Diabetes and Eye Health***

**Aug. 21: time to come at LVH–Cedar Crest**

### Sugar-Free Kids

Monthly support group for children with type 1 diabetes.

## Coping With Illness

### 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

***Support Group***

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

***Meets every third Mon. of month: 11 a.m.-noon at LVH–Cedar Crest***



### 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***



### Joint Replacement Prep

What to expect for knee or hip replacement.

**July 23, Aug. 27: 1:30-3 p.m.**

**Aug. 5, Sept. 2: 9-10:30 a.m.**



### 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***



### Preoperative Spine Class

Information to help you prepare for hospital care and recovery. For details, call **610-402-CARE.**

**July 15, Aug. 19, Sept. 16: 1:30-3:30 p.m.**

**Aug. 6, Sept. 3: 8:30-10:30 a.m.**

FOLLOW US TODAY!





**Stroke Support Group**  
For survivors and caregivers  
*Psychological Effect of Stroke*  
Aug. 18: 11 a.m.-noon at LVH—Cedar Crest

**Transplant Support Group**  
Meets first Sun. of month at LVH—Cedar Crest



**Cancer Survivorship Education Series**

Nutrition, four-week session  
Starting Sept. 24: 6:30-8 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

**Look Good...Feel Better**

Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence.  
July 21: 6-8 p.m. at LVH—Cedar Crest  
Sept. 15: 2-4 p.m. at LVH—Cedar Crest

*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).**

**Managing Your Weight**

**Free! Monthly Support Group**  
Support and information on weight-loss surgery.  
**Cooking Demonstration**  
Aug. 6: 6-7:30 p.m. at LVH—Cedar Crest  
**Relationships**  
Sept. 3: 6-7:30 p.m. at LVH—Cedar Crest

**Free! Weight-Loss Surgery Information Night**  
What to expect.  
**Evening sessions**  
July 15, Aug. 7, Aug. 19,  
Sept. 4: 6 p.m. at LVH—Cedar Crest  
**Day sessions**  
July 31, Aug. 4: noon at LVH—Cedar Crest

**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.

**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, advanced 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  
**Coming in July – Arena Group Fitness**

**Boot Camp**  
**Cardio Cross-Training**  
**Chisel**  
**Core Synergy**  
**Cycling (30-, 45- and 60-minute classes)**  
**Get Up and Go**  
**Energizing Yoga**  
**Exercise for Life**  
**Kettlebells**  
**Pilates**  
**Relaxing Yoga**  
**Rip 'n' Ride**  
**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  
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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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