

HealthyYou

**GIFTS OF
YEARLONG
FITNESS**

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TREAT
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BONUS CONTENT



Visit LVHN.org/healthyyou on your mobile device or computer and find:

VIDEOS FEATURING

Jonathan Zsigovits' weight-loss journey and Michael Brennan's battle with Marfan syndrome

TIPS to maintain your exercise routine

FIND healthy holiday recipes

SUBSTITUTE 'THIS' FOR 'THAT'

Avoid the 'Holiday 5'

USE THESE TIPS TO ENJOY TREATS
WITHOUT GAINING WEIGHT

The holidays are filled with parties. Unfortunately for our waistlines, those parties mean lots of high-calorie, high-carbohydrate cookies, cakes and treats. Yet you can avoid the dreaded "holiday 5" and still enjoy some of those yummy goodies. Here's how:

→ **Eat a protein snack before the party.** "Have a handful of nuts or a piece of turkey topped with cheese," says Lehigh Valley Health Network (LVHN) internal medicine physician Jillian Paprota, DO, with Lehigh Valley Bariatric Medicine. "That satisfies your hunger so you don't overindulge later."

→ **Bring your own healthy dish.** "It's a way to be in control," says LVHN registered dietitian Joanie Troutman, with LVHN's Weight Management Center and Sodexo. Substitute healthier, low-calorie ingredients in recipes. For example:

- Use low-fat or fat-free cheeses, milk, sour cream and mayo instead of regular versions.
- Reduce sugar by one-third and add sweet spices or flavorings like cinnamon, nutmeg or vanilla.
- Use real fruit instead of high-sugar candied or canned fruits.

→ **Survey the buffet before filling your plate.** "Think protein and fiber first, and head for snacks like veggies and dips or cheese and nuts," Paprota says. "They're lower in carbs and healthier for you."

→ **Stay away from the worst offenders.** "If your favorite fattening food is at the far end of the table, strategically place yourself on the opposite end," Troutman says.

→ **Avoid "liquid calories."** Holiday drinks like sugary punches and eggnog can pack on pounds just like food. Go ahead and indulge in one serving – 5 ounces of wine (100 calories) or 4 ounces of eggnog (200 calories), for example. Then opt for lower-carb or sugar-free beverages.

→ **Give yourself a break.** Losing weight probably isn't realistic during the holidays, but weight maintenance may be. "If you typically gain 10 pounds, try to maintain your weight or keep it within plus or minus 3 pounds," Troutman says.

–Sidney Stevens

INSTEAD OF



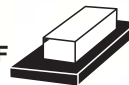
1 egg

USE →



2 egg whites or
¼ cup of egg substitute

INSTEAD OF



1 cup of butter
or shortening

USE →



⅓ cup of oil and
⅔ cup of fruit puree

INSTEAD OF



Cream or half-and-half

USE →



Evaporated fat-free milk

INSTEAD OF



1 ounce of
unsweetened chocolate

USE →



3 Tbsp. unsweetened
cocoa powder

INSTEAD OF



1 cup of regular nuts

USE →



½ cup of flavorful
toasted nuts

INSTEAD OF



"Regular" (80-85%)
ground beef

USE →



90-95% lean ground
beef or turkey



Jillian Paprota, DO
Internal medicine

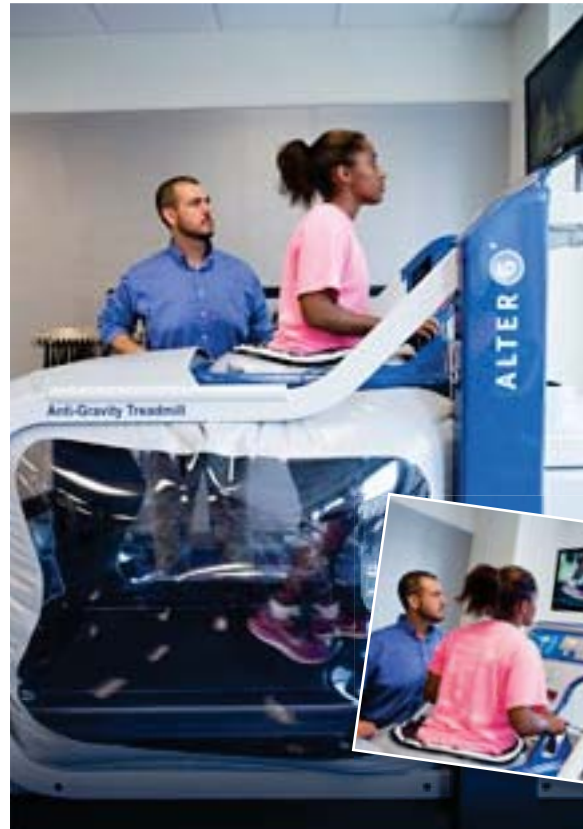
Next Step

GET RECIPES AND ARTICLES about healthy eating.
Visit LVHN.org/wellness or call 610-402-CARE.

EXPERIENCE Anti-Gravity

If you are recovering from a lower-body injury, you may have access to a new device – initially developed by NASA – to help you rehabilitate without pain. It's called Alter G, an anti-gravity treadmill available inside LVHN Fitness at One City Center in downtown Allentown. Alter G, a treadmill surrounded by an inflatable skirt enclosure, allows you to walk or run at 20 to 100 percent of your body weight. The controlled-air-pressure system is designed to reduce impact on lower-body injuries while permitting a normal workout.

"It's more beneficial than an underwater rehabilitation system because you do not get the same lateral resistance from the water," says LVHN physical therapist Wade Groff. Alter G (demonstrated at right by Bernadette DaCosta of Macungie) also has significantly less impact on your normal walking and running biomechanics than pools. "This allows for more free and natural movement," Groff says. A physician's referral is required to use Alter G.



HAVE A BURN-FREE WINTER

Burn injuries can happen any time of year, although the cause may vary depending on the season. "In winter, burns from space heaters and scalds from hot foods and beverages are common," says Lehigh Valley Health Network (LVHN) burn surgeon Daniel Lozano, MD, with the Regional Burn Center and Burn Recovery Center. To stay safe, follow these tips from Lozano and the Burn Prevention Network.



PLACE SPACE HEATERS...

- ▶ At least 3 feet from flammable items like curtains, newspapers and blankets.
- ▶ On a level surface away from areas where people might bump into them.



WHILE COOKING...

- ▶ Keep children and groups of people out of the kitchen.
- ▶ Don't wear clothing with loose sleeves or dangling jewelry.



AT THE DINNER TABLE...

- ▶ Place hot items in the center of the table.
- ▶ Never drink hot liquids while holding a child.

SEE WHAT'S NEW AT LVHN-ONE CITY CENTER

The PPL Center arena is open, the Lehigh Valley Phantoms are playing hockey, and LVHN-One City Center – located next door to the PPL Center – is expanding its services to care for people in and around downtown Allentown. Among the latest services and physicians added to this location are:

ORTHOPEDIC CARE from Mitchell Cooper, MD, with VSAS Orthopaedics

SPORTS MEDICINE CARE from Faisal Al-Alim, MD, with LVPG Sports Medicine

FOOT CARE from podiatrist Raymond Fritz, DPM, with Allentown Family Foot Care

SPORTS NUTRITION SERVICES with a team approach

Next Step

LEARN MORE about all the services available at LVHN-One City Center. Visit LVHN.org/onecitycenter or call **610-402-CARE**.

Give Gifts of Yearlong Fitness

When it comes to gift-giving, Lehigh Valley Health Network (LVHN) family medicine physician Frank Sperrazza, DO, with Southside Family Medicine, has ideas designed to inspire yearlong physical fitness.

“Last year, my wife (Jaclyn Sperrazza, DO, LVHN family medicine physician with Joseph A. Habig II, MD) and I decided to give ‘gifts of activity’ to our family members,” he says. “We paid the registration fees for a ‘mud and obstacle run’ for my brother and sister – and we signed up too. We also paid the registration for my dad to participate in a 108-mile bicycling event later in the year. These gifts committed us to train for these events, and then we had fun cheering each other on.”

This holiday season, consider other “fit” gifts that encourage action:

- ✓ An LVHN Fitness Center membership
- ✓ Smart technology (such as apps that track your movement)
- ✓ Gift certificates for athletic footwear or equipment



Registrations



Running light



New gear



Fitness tracker



Memberships

Next Step

GET FRANK SPERRAZZA'S TIPS for maintaining your exercise routine during the holidays. Visit LVHN.org/news or call **610-402-CARE**.

THAT Lifesaving REMINDER

GETTING A CHECKUP HELPS BETHLEHEM WOMAN SURVIVE LUNG CANCER

As the owner of a travel agency, Vicki Nicoletta has a client list that includes Lehigh Valley Health Network (LVHN) obstetrician/gynecologist Karen Sciascia, DO, with Bethlehem Gynecology Associates.

Nicoletta was diligent in having an annual checkup with her gynecologist, which was a lifesaver for her.

That's because during that checkup, Sciascia found a large ovarian cyst that needed surgical attention. "That procedure ultimately led to the discovery that I had lung cancer," Nicoletta says.

THE START OF HER JOURNEY

Due to the cyst, Sciascia referred Nicoletta, 56, to LVHN gynecologic oncologist M. Bijoy Thomas, MD, with Gynecologic Oncology Specialists, who recommended a hysterectomy. On the morning of the surgery, Nicoletta had a CT scan that took images of her pelvic area and captured views of the lower sections of her lungs. The scan determined she could safely have a hysterectomy performed with the da Vinci® Si HD robotic surgical system, which she did. But it also determined something else.

"After surgery, Dr. Thomas told me the CT scan showed a mass in my right lung," Nicoletta says.

A quick succession of appointments and further diagnostic testing led to robotically guided lung surgery less than two weeks later. "The surgeon removed

the lower lobe of Vicki's right lung, as well as a lesion from the right upper lobe," says LVHN hematologist oncologist Eliot Friedman, MD, with Hematology Oncology Associates, Allentown. "The tumor was sent to pathology for testing, which showed tissue removed from both areas was indeed malignant – non-small-cell lung cancer (NSCLC)."

Her cancer had spread from the primary tumor to the pleura (tissue that envelops the lungs) as well as nearby lymph nodes. Therefore her cancer was stage 4 (metastatic) lung cancer. "I couldn't believe this," Nicoletta says. "I was a runner. I had no symptoms. All I could think was, 'I have a life to live.'"

ABOUT NSCLC

"NSCLC generally grows slowly, and most people don't know it's present until it causes symptoms such as a cough, coughing up blood, chest pain or shortness of breath," Friedman says. "It's responsible for 85 percent of lung cancer diagnoses nationally and is diagnosed frequently in nonsmokers and women."

NSCLC occasionally is driven by genetic mutations related to epidermal growth factor receptor (EGFR) and EML4-ALK genes. "As standard procedure, many lung cancers are tested for these genetic mutations, because we have treatments that directly target them," Friedman says.

NICOLETTA'S PLAN

Nicoletta's tumor tested positive for EGFR mutations, so two months after lung surgery, Friedman started her on erlotinib (brand name: Tarceva®). "It blocks the action of an enzyme that fuels the growth of NSCLC," he says. "The cancerous cells are addicted to this enzyme and starve when it's blocked."


Since starting erlotinib last year, Nicoletta is responding well while managing the side effects. "I take one pill every day," she says. "I haven't lost my hair, though it has thinned it some. My skin is drier, and my sense of taste has changed. However, on the positive side, my follow-up scans have been clear."

And while she was blindsided by her diagnosis, Nicoletta finds the silver lining. "I received a gift," she says. "Because Dr. Sciascia cared enough to remind me about taking care of my health, my lung cancer was treated and found before it was more advanced. Now I have a very good prognosis, and thanks to new treatments and the excellent care I received, I am living my life."

—Jenn Fisher



M. Bijoy Thomas, MD
Gynecologic oncology



Vicki Nicoletta caught lung cancer early thanks to reminders from her friend and ob/gyn Karen Sciascia, DO.



Eliot Friedman, MD
Hematology oncology

Next Steps



WATCH VIDEOS

of Eliot Friedman, MD, at [LVHN.org/EFriedman](https://www.lvhn.org/EFriedman); Karen Sciascia, DO, at [LVHN.org/Sciascia](https://www.lvhn.org/Sciascia); and M. Bijoy Thomas, MD, at [LVHN.org/Thomas](https://www.lvhn.org/Thomas).

LEARN ABOUT CARE

for lung cancer at [LVHN.org/lung-cancer](https://www.lvhn.org/lung-cancer); learn about genetic testing for cancer at [LVHN.org/cancer-genetics](https://www.lvhn.org/cancer-genetics).

READ STORIES

of local people whose cancer journeys were helped by clinical trials available through LVHN. Visit [LVHN.org/healthyyou](https://www.lvhn.org/healthyyou) or call **610-402-CARE**.

New Hope for Treating Incontinence

OUTPATIENT PROCEDURE HELPS SCHNECKSVILLE WOMAN

More than 18 years ago, Debi Interlicchio (then Debi Semenas) gave birth to a 10-pound baby girl. In the process, she suffered a fourth-degree tear that reached into her anus.

The trauma weakened the ring-like sphincter muscles that controlled her bowels. As a result, Interlicchio (below) experienced occasional stool leakage and increased urgency; she had to find a bathroom as soon as she felt the urge. “I was concerned because I worked as a nurse and couldn’t always just run to the bathroom,” she says.

Despite two different reconstructive surgeries, the problems wouldn’t go away. So Interlicchio planned her life around her condition – avoiding spicy foods that worsen the problem, refraining from eating if not near a bathroom, and wearing a sanitary pad just in case. “I didn’t think there was anything else I could do,” the Schnecksville woman says.

Yet new hope emerged last year. During a routine colonoscopy, she learned of a new treatment for fecal incontinence called sacral neuromodulation (or “sacral stim”). During the half-hour-long outpatient procedure, a small device – approved by the FDA in 2011 – is implanted into the sacral area. “An electrode sends pulses to the sacral nerve, improving bowel

control,” says Lehigh Valley Health Network (LVHN) colon-rectal surgeon Mikhail Rakhmanine, MD, with Colon-Rectal Surgery Associates, PC.

“It works much like a pacemaker, and patients don’t feel the device,” says Rakhmanine’s colleague, physician assistant A.J. Peiffer, PA-C.

In March, with her wedding and honeymoon on the horizon, Interlicchio had the procedure. Afterward she experienced no discomfort. She didn’t even know the device was there. Yet her urgency was gone. “I hiked, did water sports and enjoyed the beaches in Hawaii without worry,” she says of her honeymoon. At home she now also enjoys activities she couldn’t before, like long walks with her husband, Anthony.

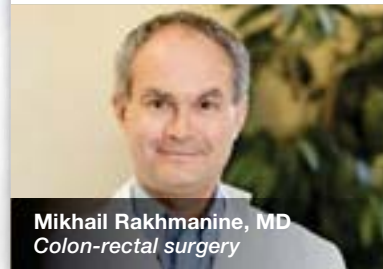
“I just turned 50, and I feel like I can do everything now,” she says. “This is the best investment I’ve ever made. I have my life back. It’s just amazing.”

—Alisa Bowman



Next Step

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



Mikhail Rakhmanine, MD
Colon-rectal surgery



A.J. Peiffer, PA-C
Colon-rectal surgery



Advances in Hip Replacement Surgery

HAVE HIP PAIN? YOU HAVE OPTIONS

Ouch! You’ve had nagging pain for months, and conservative approaches haven’t alleviated your aches. Now your doctor has suggested hip replacement surgery. You go online and learn you have three primary surgical options. Is one better for your specific case than another?

“In proper hands, all three approaches – posterior, lateral and anterior – have been shown to be extremely effective,” says Lehigh Valley Health Network orthopedic surgeon Eric Leiby, MD, with VSAS Orthopaedics. His take: “Pick a surgeon with whom you are most comfortable, and let that surgeon’s expertise be the deciding factor.”

THE THREE SURGICAL OPTIONS ARE:

- ▶ **Posterior** – The surgeon makes the incision from the back of the hip, below the beltline close to the buttocks.
- ▶ **Lateral** – The surgeon makes the incision from the side of the hip, essentially mid-leg just below the beltline.
- ▶ **Anterior** – The surgeon makes the incision from the front of the hip, at the upper leg just below the beltline.

Next Step

LEARN MORE about care for hips and other orthopedic conditions. Visit LVHN.org/ortho or call **610-402-CARE**.



Eric Leiby, MD
Orthopedics

YOU MAY BE A CANDIDATE FOR HIP REPLACEMENT SURGERY IF YOU HAVE:

- ▶ Severe pain that is not eased by medication or treatment.
- ▶ Limited movement for daily activities.
- ▶ Desire to return to physical activities you can no longer participate in, such as hiking, golf or swimming.

Hip replacement surgeries were pioneered more than 70 years ago and have been perfected over decades. The surgeries also have become a common treatment approach for patients in recent years. LVHN’s orthopedics team performed 590 hip replacement surgeries in 2013, and its fellowship-trained orthopedic surgeons are proficient in all three surgical options. No matter which option you choose, your doctor will explain to you the risks of that procedure prior to your surgery so you can determine your best option.

“Our care pathways have come a long way,” Leiby says. “Today, patients are out of the hospital in one to three days and are essentially feeling back to normal in four to six weeks.” And while those are common recovery times, “they really are remarkable when you think about how far we’ve come,” Leiby says.

–Ted Williams

When Heart Disease Runs in the Family

GENETIC TESTING GIVES **MICHAEL BRENNAN** PEACE OF MIND

Sometimes you find something when you're not looking for it. That's what happened to Michael Brennan of Pottstown.

A routine CT scan for a urinary tract infection revealed a ballooning of Brennan's aorta where it rises out of his heart. Like most people who have this condition – called an aortic aneurysm – Brennan had no symptoms. Layers of the aorta, the large blood vessel that supplies blood to the entire body, had pulled apart. It could burst at any time, likely causing death.

"It was the scariest moment of my life," says Brennan, 42. "I immediately thought of my family and friends, and recalled actor John Ritter (who died suddenly of the condition)."

Lehigh Valley Health Network (LVHN) cardiothoracic surgeon James Wu, MD, with Lehigh Valley Heart and Lung Surgeons, performed emergency surgery on Brennan. "We inserted a mesh tube inside the weakened section of the aorta to create a new, healthy channel for his blood," Wu says. Brennan's aortic valve, which was leaking because of the aneurysm, also was replaced.

What caused Brennan to develop an aortic aneurysm? His long arms, fingers and toes, flat feet and

lanky build offered a clue. They all are signs of Marfan syndrome, a disorder that affects the connective tissue in the heart, blood vessels, eyes, lungs, bones and joints. It can cause serious – even life-threatening – complications.

LVHN cardiologist Bruce Feldman, DO, with Lehigh Valley Heart Specialists, recognized the warning signs of Marfan in Brennan and referred him to his colleague, cardiologist Matthew Martinez, MD, for genetic testing. "Marfan syndrome can be genetically transferred to offspring 50 percent of the time," Martinez says.

Brennan, who is adopted, is unaware of his family medical history. So to determine whether or not his daughter, Elizabeth, 11, and son Mikey, 7 (shown with dad on opposite page), carried the Marfan gene, he turned to genetic testing, which involves a simple blood test or mouth swab and is performed at LVHN by a certified genetic counselor. "It's unique for genetic counselors to be part of a heart and vascular program," Martinez says. "It's an example of the extra layer of quality LVHN delivers to patients."

There are other genetic heart conditions that can be identified with genetic testing. Some of these include:

► **Hypertrophic cardiomyopathy (HCM)**, a disease in which the heart muscle is abnormally thick, impairing blood flow into and out of the heart. A small percentage of people with HCM are at risk for sudden death, as are those who engage in competitive sports.

► **Long QT syndrome**, a disorder that causes your heart to beat fast and erratically, sometimes causing sudden death.

"When we identify people who have these conditions, we monitor their health more closely, intervene sooner and possibly save lives," Martinez says. If you have Marfan syndrome, for example, your doctor will order tests more frequently to examine your blood vessels and recommend surgery sooner should an aneurysm develop. Knowledge of these conditions also helps your doctor determine if it's safe for you to participate in sports, and helps identify risks for women considering pregnancy.

Fortunately, Brennan's children will not have to worry about these health risks because neither of them tested positive for the Marfan gene. "I felt a relief I cannot describe," he says. "And I'll be here to see my kids grow up. I'll take it."

–Rick Martuscelli and Rob Stevens



Watch a video of **Michael Brennan's**
battle with Marfan syndrome at LVHN.org/healthyyou.



Matthew Martinez, MD
Cardiology



James Wu, MD
Cardiothoracic surgery



Bruce Feldman, DO
Cardiology



Next Steps



WATCH VIDEOS of James Wu, MD, at LVHN.org/Wu; Bruce Feldman, DO, at LVHN.org/Feldman; and Matthew Martinez, MD, at LVHN.org/Martinez.

LEARN MORE about genetic testing for heart conditions. Call **610-402-CARE**.

From Field Trip to Recovery

ROBOTIC SURGERY,
FAMILY HELP EMMAUS WOMAN
COMBAT FIBROIDS





Family support helped create a fast recovery for **Sue Connolly.**

Sue Connolly doesn't like to sit still. The fifth-grade teacher at Allentown's Union Terrace Elementary School runs marathons, bikes, skis and hikes. Yet five years ago, she had to halt almost all the activities she loves due to uncontrollable bleeding caused from fibroids, the most common tumor in women of childbearing age.

"I tried everything," says Connolly, of Emmaus. She used medication to control the pain for a few years. Then she thought about having traditional open hysterectomy surgery, "but I canceled it when I learned it would be a six-week recovery time," she says. A second doctor suggested an ablation procedure, but the large size of her fibroid (11 centimeters) and location made that impossible. "I thought I would have to just live with it," she says.

AN EYE-OPENING FIELD TRIP

Then in 2013, Connolly went on a field trip to Lehigh Valley Hospital-Cedar Crest with her two sons, Cole and Aidan. At the time they were members of a local Lego Igtotech Robotics League, and during the field trip the boys learned about the da Vinci® Robotic Si HD Surgical System used by Lehigh Valley Health Network surgeons such as gynecologic oncologist Martin Martino, MD, with Gynecologic Oncology Specialists.



Martin Martino, MD
Gynecologic oncology

"My sons used the robot in a simulation game," Connolly says. "I tried it too, and then I met Dr. Martino. He told me to come in for a consult." A few days later, she picked up a copy of Healthy You magazine and read a story about how a robotic hysterectomy helped Lori Cirucci of Schnecksville. "It spoke to me because she's a teacher too," Connolly says. "I saw it as a sign."

ROAD TO RECOVERY

In May, after meeting with Martino, Connolly had a minimally invasive hysterectomy to remove her uterus, cervix and fallopian tubes. She left the hospital the same day as her procedure and had little post-surgery pain.

"Open hysterectomy surgery leaves large scars, substantial blood loss and risk for a transfusion, infection and complications," Martino says. Robotic surgery often leads to improved patient outcomes when compared to traditional approaches. "With Susan we used a reduced-port – or hidden-scar – technique that requires only a few small incisions and allows us to hide the scars cosmetically," Martino says. "Women are scared enough by having surgery; they don't need a reminder of it every time they look in the mirror."

Connolly was pleased with the quick recovery. "I walked three days after surgery, walked 5 miles within a week and was back in the classroom within 11 days," she says. "This procedure was the best gift I ever gave myself."

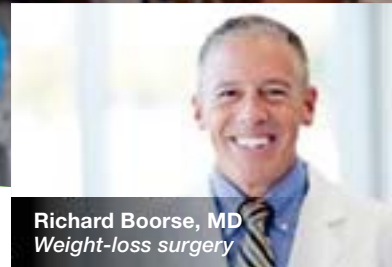
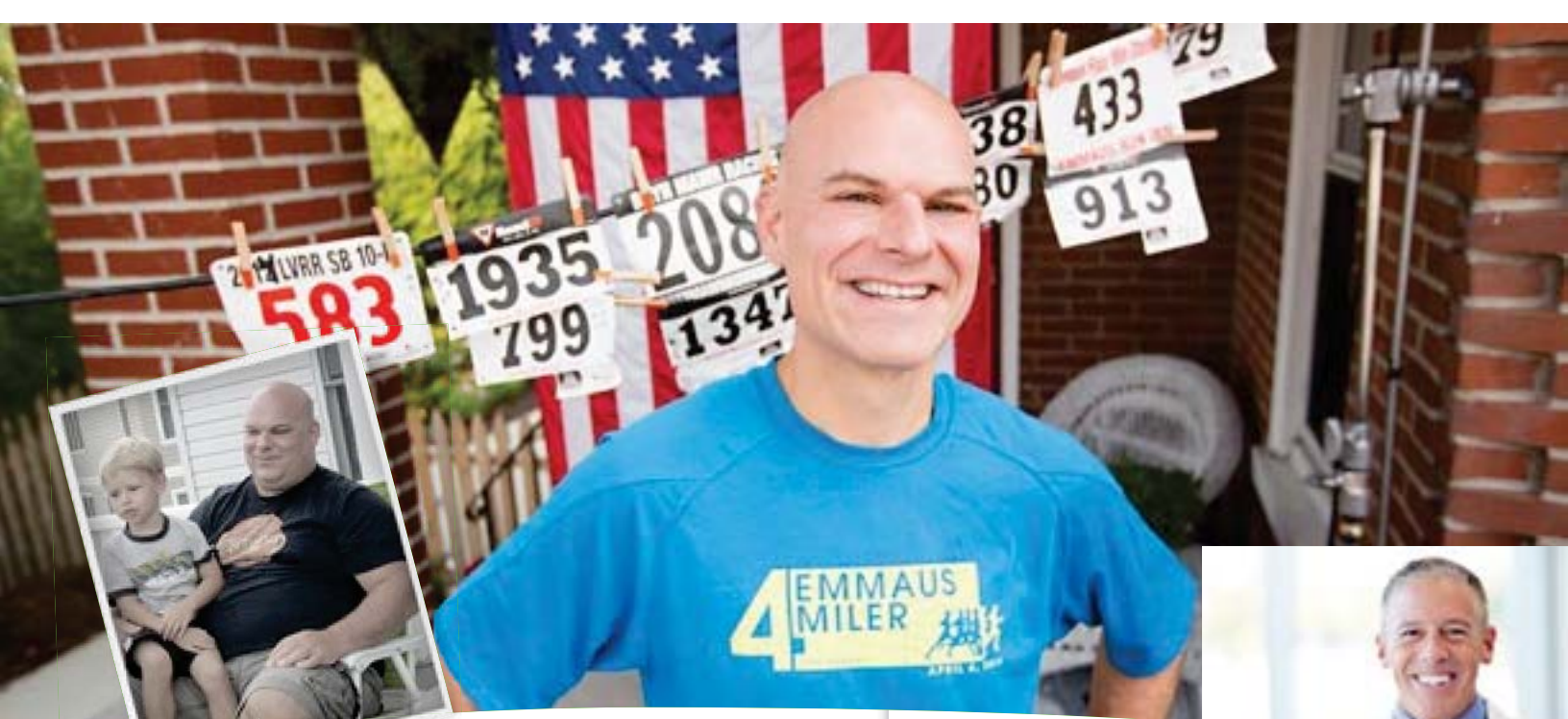
–Sheila Caballero

Next Steps



WATCH A VIDEO of Martin Martino, MD, at LVHN.org/Martino.

LEARN MORE about robotic surgery at LVHN. Visit LVHN.org/roboticsurgery or call **610-402-CARE**.



Richard Boorse, MD
Weight-loss surgery

Next Steps

Watch! [WATCH A VIDEO](#) showing how social media helped inspire Jonathan Zsigovits at LVHN.org/healthyyou.

Watch! [WATCH A VIDEO](#) of Richard Boorse, MD, at LVHN.org/Boorse.

SIGN UP for a weight-loss surgery information night. Call **610-402-CARE**.

He Lost **150** Pounds

NOW **JONATHAN ZSIGOVITS**
IS A RUNNER AND AN INSPIRATION

People who haven't seen Jonathan Zsigovits for a few years don't recognize him. "I get that confused look from people who know my voice but not the guy speaking to them," says the 39-year-old Emmaus man, who's lost more than 150 pounds since having gastric sleeve weight-loss surgery in May 2013.

People are further amazed when they see the dozens of running bibs he's acquired. "I never ran in my life, but a month after my surgery I started using a smartphone app designed to help new runners get started safely," Zsigovits says. He completed his first 5K race in August 2013. "And I haven't stopped since," he says.

WHAT IS GASTRIC SLEEVE SURGERY?

It reduces the size of your stomach to a thin tube that can hold about 4 ounces – or ½ cup – of food or liquid. "It also reduces your appetite by removing a part of the stomach that secretes ghrelin, an appetite-stimulating hormone," Boorse says.

[READ A Q&A](#) about gastric sleeve surgery at LVHN.org/healthyyou.

Two years ago, running was the furthest thing from his mind when his weight – 330 pounds at his heaviest – started taking its toll. "I had sleep apnea, high blood pressure, my joints hurt all the time, and I had to have my blood glucose levels tested every six months," he says.

Resolving such chronic health problems are among the benefits weight-loss surgery patients may experience, says weight-loss surgeon Richard Boorse, MD, with General Surgical Associates of LVPG. "When people first come to me, their weight is spiraling upward out of control," he says. "We kick-start their weight loss, enabling them to begin activity again, which further enhances their weight loss."

Boorse counsels his patients to challenge themselves. "I tell them to find something they didn't think they could do and set it as a goal, like running a 5K," he says. "As soon as you finish that goal, set another one."

It's a challenge that drives Zsigovits. Now he's training for his first triathlon. "When I was still heavy, my son would have second helpings and say, 'I want to be big just like my dad,'" Zsigovits says. "Now my son is running and says, 'I want to be a runner just like my dad.' I tell my kids, 'Finish strong,' and I'm living that for them and for my wife."

-Jenn Fisher

Clip and Save

NEUROSURGERY EASES FOGELSVILLE WOMAN'S PAIN FROM ANEURYSM



P. Mark Li, MD
Neurosurgery



Christopher Newman, MD
Internal medicine

After a full week, Elizabeth Burke (below) couldn't get her headache to go away. "I never thought it could be an aneurysm," she says. Instead, she related it to conditions she sees in her work life as a veterinarian in Easton. "In animals I care for, I often see treatable tumors or lesions," says Burke, 60, of Fogelsville. "So that's what I thought it was."

To investigate her pain, she first visited her family doctor, Lehigh Valley Health Network (LVHN) internist Christopher Newman, MD, with Lehigh Area Medical Associates of LVPG Allentown. "He thought I might be starting with migraines and suggested I get an MRI (magnetic resonance imaging) test," Burke says. "I was naive about it and put it off."

While she waited, her vision became blurred, and one of her eyelids drooped. When her co-workers saw it, they urged her to get help – now. So she went to the emergency room at Lehigh Valley Hospital–Cedar Crest, where tests revealed an aneurysm.

"It was unusual in that it pressed on a cranial nerve, causing eyelid paralysis and double vision because of disrupted eye movement on the affected side," says LVHN neurosurgeon P. Mark Li, MD, with Neurosurgical Associates of LVPG. "That's rare for an aneurysm, because most are silent until they rupture."

SURGERY CLOSE TO HOME

To find a cure, Burke considered traveling to Philadelphia for care at the suggestion of her sister, a nurse who lives in Dallas. Instead, Burke put her trust in Li. "He assured me the aneurysm had been there for a long time – maybe decades – and was easily treatable," Burke says. "He made me confident I had come to the right place."

On March 13, Li performed a "clipping" procedure, in which he surgically inserted a titanium clip into the affected aneurysm to prevent blood from flowing into it. "I was out of the hospital five days later," Burke says.

In another two weeks, Burke felt well enough to return to work, but she asked Li just to be sure. "He said, 'You're fine; I fixed you,'" Burke says. "In my view, he saved my life."

-Ted Williams



Next Steps



WATCH A VIDEO of P. Mark Li, MD, at LVHN.org/Li.

LEARN MORE about care for cerebral aneurysm – including the role of screening tests. Visit LVHN.org/cerebral-aneurysm or call **610-402-CARE**.

Next Step



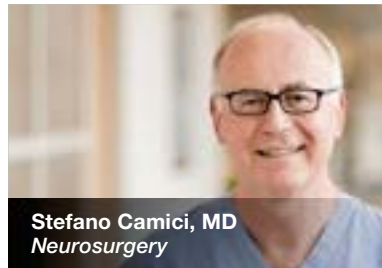
LEARN MORE about
trauma care. Visit

[LVHN.org/trauma.](http://LVHN.org/trauma)

A photograph of Jerry Lindner, a man with a mustache, wearing a yellow and black ski jacket and holding a black ski helmet. He is standing outdoors with a blurred background of trees and a building.

Jerry Lindner's Remarkable Recovery

RETURN FROM A TRAUMATIC SKIING ACCIDENT



Stefano Camici, MD
Neurosurgery



Jayme Lieberman, MD
Trauma surgery

The conditions were fast at Camelback Mountain Resort the morning of March 10. On his 61st birthday, ranger Jerry Lindner of Clifton Township (Lackawanna County) was focused as he patrolled the black diamond slope, skiing from one side to the other to look for skiers who may have left the trail.

As Lindner dug his skis into the icy snow to turn, his feet slid out from under him. He spun, fell onto his back and began sliding headfirst down a steep, wooded embankment. He tried to grab anything to stop his momentum but was traveling too fast. About 50 feet into the slide, the top of his head slammed into a tree. He was wearing a helmet. “I felt a sizzling hot sensation travel from my neck to my toes,” Lindner says.

The only body parts Lindner could move below his neck were his fingers, which fortunately landed atop his two-way radio. He squeezed the button and requested help from ski patrol.

At that point, teams of health care professionals across eastern Pennsylvania sprang into action. The events that followed show how a coordinated trauma system, comprising skilled emergency responders and trauma experts, saves lives.

11:32 a.m. Ski patrollers and rangers find Lindner. He can’t move and is having trouble breathing. They radio the base and request a Lehigh Valley Health Network (LVHN)–MedEvac helicopter to transport Lindner to LVHN’s Level I (highest level) Trauma Center. They stabilize Lindner’s body in a toboggan. Ski patroller Lynn Leauber navigates a steep, tree-filled slope to get Lindner to the bottom, where an ambulance waits to take him to the helicopter landing zone.

11:43 a.m. Central Pocono Ambulance paramedics Margo Warner and Chris Schierloh examine Lindner. When Warner pinches his calf, there is no response. While they are preparing Lindner for the flight, he stops breathing and goes into cardiac arrest. The paralysis is affecting his diaphragm and ability to breathe. Without panic, the team starts chest compressions. Lindner comes back. “It’s our job to get a patient from point A to B, where his ultimate caregivers await,” Warner says. “During that time, we’re the eyes and ears of the doctors and nurses. We gather all the information and share it so they can provide the best care.”

12:10 p.m. The LVHN–MedEvac team secures Lindner to a backboard, inserts a breathing tube and lifts off. In the helicopter, Lindner goes into cardiac arrest again. The team – which includes a paramedic and registered nurse educated in critical care – administers a sedative and uses a bag valve mask to force air into Lindner’s lungs. The team radios the ER and calls a trauma alert, which mobilizes a team of trauma specialists at Lehigh Valley Hospital–Cedar Crest to prepare for Lindner’s arrival. His vital signs return. “Each team in a trauma system is like a link in a chain,” says Barry Mitchneck, RN, Lindner’s flight nurse. “When each link is connected, the system works perfectly.”

12:57 p.m. The LVHN trauma alert team takes Lindner from the helicopter. They quickly take an MRI of Lindner’s neck. Trauma surgeon Jayme Lieberman, MD, and neurosurgeon Stefano Camici, MD, find two shattered vertebrae in Lindner’s neck. His spinal cord is dislocated and bruised, but not severed. He needs emergency neurosurgery.

The following day The surgical team, led by Camici, uses titanium plates, rods and screws to reconstruct Lindner’s neck. Following the five-hour procedure, he gains some sensation in his extremities. Only time will tell if he continues to improve.

“I was determined not to be paralyzed,” says Lindner, who constantly tries to move his fingers and toes in his hospital bed. Four days after surgery, his left toe twitches. The next day, his right toe moves. The next, he lifts his leg. “I worked at it until I was exhausted,” Lindner says.

8 days later Lindner moves his limbs. Doctors give him a 90 percent chance for walking and moving normally again. He is transferred to a rehabilitation facility near his home to begin his recovery.

Less than 5 months later Lindner walks his Pocono property without assistance with his wife, Lynn, and dog Dutchess. He’s working to improve his coordination and has a long way to go before he is fully recovered, but he’s alive. “The helmet saved my life, and so did all the people who helped me along the way,” he says. “I’m thankful for a second chance, because I know there are new things out there for me.”

-Rick Martuscelli



Next Steps

LEARN MORE about infusion services. Visit LVHN.org/infusion or call **610-402-CARE**.

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



Peter Barbour, MD
Neurology

When a Doctor Becomes a Patient

JOSEPH GUZZO, MD, SHARES LESSONS HE'S LEARNED WHILE BATTLING MS

For years, Joseph Guzzo, MD, suffered from numbness and tingling in his hands, arms and legs. But the busy Lehigh Valley Health Network (LVHN) nephrologist with Valley Kidney Specialists, PC, didn't spend much time worrying. Even when his friend and colleague, LVHN neurologist Peter Barbour, MD, with Lehigh Neurology, suggested getting checked out, he downplayed his symptoms.

"Doctors are the worst patients; we don't listen," Guzzo says. "I thought I had a pinched nerve or that my symptoms were from a herniated disc."

Then in 1999, Guzzo began experiencing leg weakness that made walking difficult. He was stunned when an MRI revealed plaques (scar tissue) in his brain and spinal cord tissue. The diagnosis: multiple sclerosis (MS), an autoimmune disease of the central nervous system that damages protective fatty tissue (myelin) covering the nerves and disrupts the brain's ability to communicate with the body. Symptoms include loss of balance, muscle control, vision and sensation.

"His initial diagnosis was relapsing-remitting MS, characterized by flare-ups and then remission," Barbour says. "It's since

turned into secondary-progressive MS, where symptoms gradually get worse."

THE NEW NORMAL

To initially treat Guzzo's condition, Barbour recommended Copaxone (glatiramer acetate), a drug injected daily to reduce relapses. Guzzo still got occasional flare-ups, but his walking improved.

Then in 2006, he began experiencing severe fatigue. He pushed himself at work, but finally admitted he needed to slow down. "I had to learn the difference between pride and stupidity," he says.

After talking with his partners, Guzzo, now 69, gave up night calls and weekend hours. Currently, he works three to five days a week and also spends a few days every month working at an outpatient dialysis clinic, teaching nephrology fellows and making hospital rounds. "My partners have gone out of their way to give me a customized schedule," he says.

NEW TREATMENT AND NEW WHEELS

About two years ago, Guzzo began noticing new walking problems. So Barbour prescribed a monoclonal antibody treatment called Tysabri (natalizumab) that is injected monthly through LVHN's infusion services.

"It's relieved some of my leg weakness," Guzzo says. He also now does regular physical therapy and rides a motorized scooter (shown above, with patient Eric Lewis of Sellersville).

The key, he says, is staying positive: "You have to realize you're limited, but you're not completely out of the game."

-Sidney Stevens

'Normalizing' Life for a Child With Cancer

OUR EXPERT DISCUSSES WAYS TO HELP

OUR EXPERT:

**PEDIATRIC HEMATOLOGIST ONCOLOGIST
PHILIP MONTELEONE, MD, WITH CHILDREN'S
HOSPITAL AT LEHIGH VALLEY HOSPITAL**

PARENT TIP

A child with cancer should not receive favoring over a sibling at holiday time. Give all children the same number of gifts.

Q HOW CAN I BEST HELP MY CHILD IF I LEARN HE OR SHE HAS CANCER?

A: Learning your child has cancer will make you feel like your world has turned upside-down. Once you process those natural feelings, it's important to get your family on the same page. It will be helpful as you learn about your child's medication needs, nutritional requirements and overall treatment plan to ask questions to make sure you understand. In our practice, we have a team of doctors, nurses and social workers who will work with the family before the child goes home. Be sure to use these people as resources.

Q AFTER A DIAGNOSIS, HOW DO I MAKE MY CHILD'S LIFE AS "NORMAL" AS POSSIBLE?

A: Dealing with cancer is stressful. Yet keeping life as normal as possible for your child – and the entire family – is vital. Studies show that if parents treat the child with cancer the same way they've always treated all their children, the child will be emotionally stronger approaching the disease, and it will create a better recovery. Your child will pick up on the concern if you as parents act differently. Acting normally reassures your child he or she is still a regular kid.

Q IS "NORMALCY" POSSIBLE GIVEN MY CHILD'S TREATMENT PLAN?

A: All treatment plans may have modifications in lifestyle – making time for doctors' appointments or medication side effects. It takes some adjusting. Yet the majority of all children with cancer still can go to school daily, play sports, go to the mall with their friends – resume regular activities. One way to help is to let school administrators and sports coaches be aware of your child's diagnosis and treatment schedule.

LVHN offers a school re-entry program to help a child's classmates and teachers learn important information about the child's treatment plan and to alleviate fears. Otherwise, keeping life normal is up to the parent. In general, a child with cancer shouldn't receive favoring over a sibling. So at holiday time, give all your children the same number of gifts. Discipline and reward your child for her behavior just as you do for her siblings. Maintaining normalcy helps with your child's treatment plan. The goal of cancer treatment is to focus on the time when your child's cancer journey is over with a positive outcome. Ideally, life after that journey will return to the same as it was before.

Next Steps



WATCH A VIDEO

of Philip Monteleone,

MD, at [LVHN.org/
Monteleone](http://LVHN.org/Monteleone).

LEARN MORE

about Children's Hospital at Lehigh Valley Hospital cancer care. Visit LVHN.org/children or call **610-402-CARE**.



Philip Monteleone, MD
Pediatric hematology oncology



Matthew Winas, DO
Internal medicine

Next Steps

NEED A PRIMARY CARE DOCTOR? Visit **LVHN.org/findadoc** or call **610-402-CARE**.

READ MORE Empower Yourself columns at **LVHN.org/empower**.

9 Ways to Stretch Your Health Care Dollar

► 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 internal medicine doctor Matthew Winas, DO, with Internal Medicine of the Lehigh Valley, discusses how to get the most from your health plan.

Health care costs are top of mind for most Americans these days. By taking full advantage of your health insurance plan, you can maximize savings and improve your health.

HERE'S HOW

- 1 Read the fine print** – Become familiar with your plan details, such as deductibles, co-payments, what's covered and what's not.
- 2 Keep it in the family** – Always use in-network providers. Going out-of-network will cost more for co-pays as well as uncovered medical expenses.
- 3 Go generic** – Use generic medications when available. They're cheaper and usually just as effective. If you take a medication regularly, check if your plan has a mail-order program, which is more convenient and may cost less.

4 Get appropriate care – Save the emergency room (ER) for true emergencies. ER visits have higher co-pays, and non-emergent care prevents staff from providing timely services to people who truly need it. If you need care for a minor illness or injury in the evening or on a weekend, ExpressCARE offers walk-in care without an appointment.

5 Be proactive – Avoid potential problems with preventive services such as immunizations and well visits with your primary care doctor. These services often are covered at 100 percent. Also take advantage of free services such as stress management programs and blood pressure or diabetes screenings.

6 Get moving – Many health plans offer “wellness dollars” for gym memberships and other activities. Use them to get fit for little or no out-of-pocket expense.

7 Accept help – Many plans offer free disease management programs for chronic issues such as obesity, asthma or heart disease. The support can help you manage symptoms, prevent future problems and potentially reduce the amount of health care you need down the road.

8 Quit smoking – Smokers often pay higher premiums, and people who smoke are at higher risk for diseases such as cancer, heart disease and emphysema.

9 Be flexible – Consider participating in a health savings account or flexible spending account, which allows pre-tax dollars to be applied toward health care costs.

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.

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! Drive-Through Flu Vaccines

For adults and children 6 months and older (children must be accompanied by a parent or guardian). Nonperishable, nonexpired food donations accepted for area food banks and shelters. Please no pets in vehicle.

Nov. 8: 9 a.m.-3 p.m. at Dorney Park, Allentown
Nov. 9: 9 a.m.-3 p.m. at Coca-Cola Park, Allentown

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.

Lehigh Parkway Hike (Lil-Le-Hi Trout Hatchery)

Nov. 15: 10 a.m.

Rodale South Mountain Trail Walk

Dec. 13: 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.

Free Information sessions

Jan. 6, Jan. 13, Jan. 20

Class sessions starting Jan. 27

Protecting Your Health

Free! Cessation, What Works?

How to succeed in beating tobacco addiction.
Jan. 6, 2015: 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

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.

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 and Hepatitis C 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

Free! Insulin Pumpers

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

What's New in Technology

Nov. 20: 6-7:30 p.m. at 1243 S.

Cedar Crest Blvd., Suite 2200

Free! Sweet Success

Monthly support group for adults with type 2 diabetes.

Resumes in February

Free! Sugar-Free Kids

Monthly support group for children with type 1 diabetes.

Holiday Party Dec. 6: 7-9 p.m. at

LVH-Cedar Crest

Free! Helwig Health and Diabetes Center's Annual Community Event

Nov. 16: 12:30-4 p.m. at

LVH-Cedar Crest

To register, call **610-402-CARE.**

Register Now!

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.

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.
Nov. 26, Dec. 17: 1:30-3 p.m.
Dec. 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 S.
Cedar Crest Blvd.

Tue. and Fri.: 11 a.m.-noon at
1770 Bathgate, Bethlehem

Parkinson's Support Group

Meets fourth Tue. of month
at LVH-Muhlenberg

Preoperative Spine Class

Prepares you for
surgery, postoperative care
and aftercare.

Nov. 18, Dec. 10, Dec. 16,
Jan. 7, Jan. 20

Stroke Support Group

For survivors and caregivers

Transplant Support Group

Meets first Sun. of month at
LVH-Cedar Crest

FOR CANCER PATIENTS

Look Good...Feel Better

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

Nov. 17: 6-8 p.m. at LVH-
Cedar Crest

Jan. 12: 2-4 p.m. at LVH-
Cedar Crest

With American Cancer Society

Men Facing Cancer

Meets third 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

Learn about new products from
a certified mastectomy fitter

Nov. 10

Support of Survivors

Breast cancer helpline
610-402-4SOS (4767)

Managing Your Weight

Create Your Weight

10-week program

Starting Jan. 6: 5:30-6:30 p.m.
at 1243 S. Cedar Crest Blvd.,
Suite 2200

Monthly Support Group

Support and information
on weight-loss surgery.

Stress Management

Dec. 17: 6-7:30 p.m. at
LVH-Cedar Crest

Plastic Surgery After Weight Loss

Jan. 7: 6-7:30 p.m. at
LVH-Cedar Crest

Weight-Loss Surgery Information Events

What to expect.

Evening sessions

Nov. 18, Dec. 11, Dec. 18, Jan. 6,
Jan. 22: 6 p.m. at LVH-Cedar Crest

Day sessions

Nov. 24, Dec. 29, Jan. 12: noon at
LVH-Cedar Crest

Motivational Therapy Group

6-week program

Starting Dec. 16: 4-5 p.m. at 1243
S. Cedar Crest Blvd., Suite 2200

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.

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

Raising a Family

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.

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.

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

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



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

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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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FOLLOW US TODAY!



Fall Favorites

LET LVHN HELP YOU
PROTECT YOUR HEALTH AND
EMBRACE WELLNESS

1

GET THAT FLU SHOT

You'll get a season's worth of health protection without leaving the comfort of your car. Drive up and get free shots at Dorney Park (Nov. 8) and Coca-Cola Park (Nov. 9).

SEE PAGE 21.

2

CURB THAT CHRONIC CONDITION

Join that heart failure support group or attend the Helwig Health and Diabetes Center community event (Nov. 16).

SEE PAGE 21-22.

3

BECOME AN LVHN INSIDER

Attend Lehigh Valley Health Network's Community Annual Meeting on Dec. 3 at Lehigh Valley Hospital-Cedar Crest.

**RSVP TO 610-402-CARE
BY NOV. 24.**

4

TRY LVHN FITNESS AT ONE CITY CENTER

It's a new day in downtown Allentown. Make it a new day for your exercise routine too. A one-day pass for our newest fitness center is just \$8.

VISIT LVHN.org/onecitycenter.

5

TAKE AN OUTDOOR WALK WITH FRIENDS

Get back to nature on Allentown's Lehigh Parkway (Nov. 15) or Emmaus' South Mountain Trail (Dec. 13) through Get Out! Lehigh Valley.

SEE PAGE 21.