

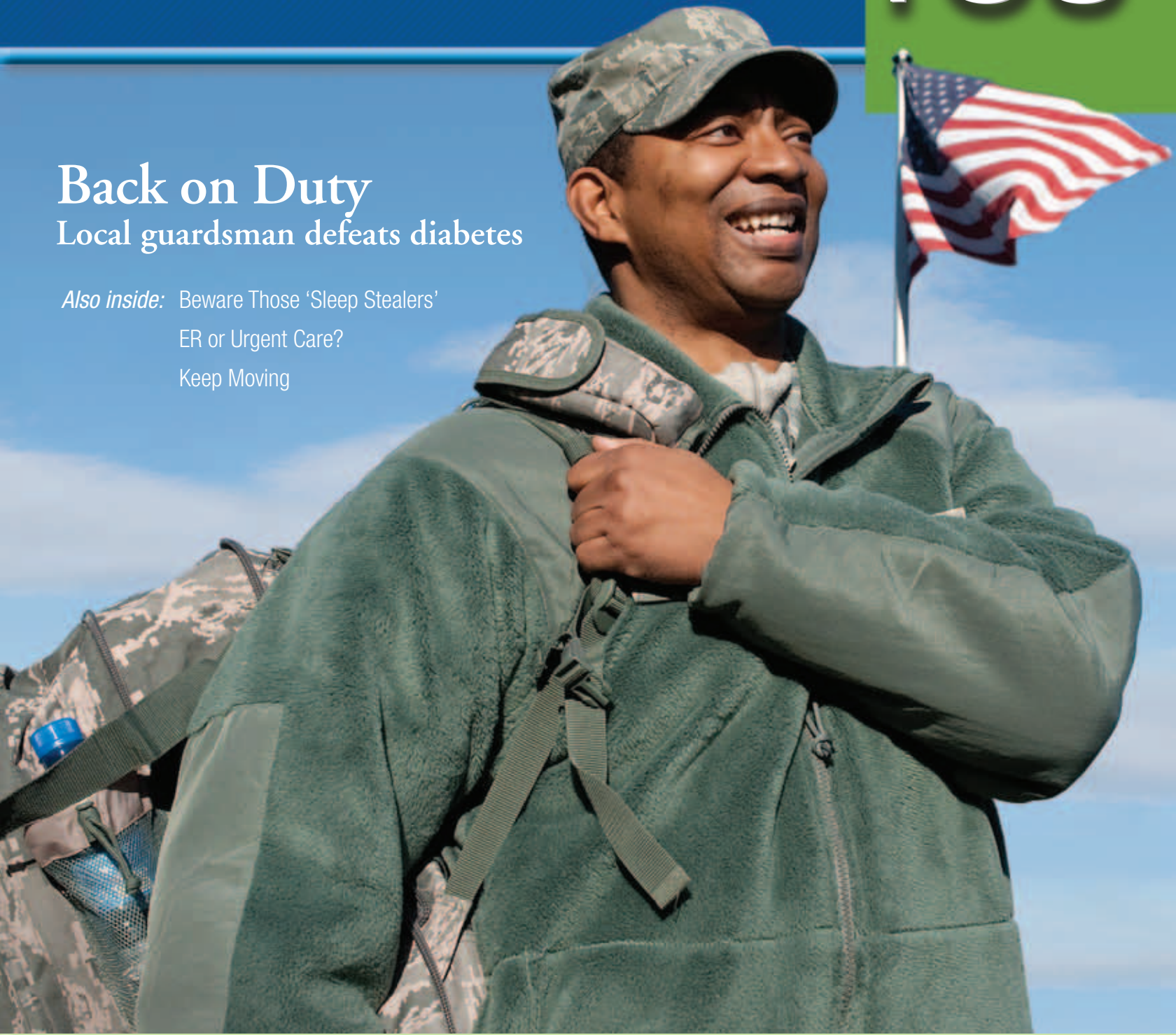
Healthy You

MARCH | APRIL 2011

Back on Duty

Local guardsman defeats diabetes

Also inside: Beware Those 'Sleep Stealers'
ER or Urgent Care?
Keep Moving



A PASSION FOR BETTER MEDICINE.™

 Lehigh Valley
Health Network

Healthy YOU

MARCH | APRIL 2011



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On the cover:
Curtis Jeffries of Allentown continues to serve his country thanks to his "medical home" team. Read his story on page 13.
Photo by Mary Frederick, Amico Studios

A Passion for Collaboration, Ron Swinfard, M.D., leads

When Ron Swinfard, M.D., first arrived at Lehigh Valley Health Network, he was amazed by the friendly, welcoming culture.

Throughout his past seven years as the health network's chief medical officer, he'd frequently hear that sentiment from others. "I read it in complimentary letters and e-mails, and hear it in phone calls and conversations," he says. "People tell me about the wonderful care and warmth they've experienced."

Swinfard, who became Lehigh Valley Health Network's president and chief executive officer in late November following the resignation of Elliot Sussman, M.D., vows to continue the health network's high-quality, compassionate care. "We have a high-technology environment with excellent facilities and a caring, compassionate staff," he says.

Working together

While you will not see "big changes" in the way the health network operates, you will see more partnerships with other local health care providers. "Health care reform focuses on population health," Swinfard says. "That means working together to keep people out of the hospital and build a healthier community."

To accomplish that goal, the health network partnered with the Pool Trust and three area hospitals—Good Shepherd, St. Luke's and Sacred Heart—to create Neighborhood Health Centers of the Lehigh Valley at two Allentown locations (Casa Guadalupe and The Caring Place). This partnership provides primary care to 10,000 patients, many without health insurance. It's the first center in our region to be designated a federally

NHCLV VIDA NUEVA

Compassion

Lehigh Valley Health Network



qualified health center look-alike, designed to help people in underserved areas.

To better understand our community needs, all four partners will soon conduct a community needs survey. It will ask questions about topics such as disease prevention, neighborhood violence, car crashes—anything that might impact someone’s health. “The results will give us a long-term vision of how to keep our community healthy,” Swinfard says.

Researching and learning

Lehigh Valley Health Network will continue to expand its educational partnership with the University of South Florida (USF). Called SELECT (Scholarly Excellence. Leadership Experiences. Collaborative Training.), the partnership will begin educating medical students this spring. Students will spend their first two years at USF in Tampa, Fla., then spend their final two years at Lehigh Valley Health Network, where they will live in our community.

“In the future this partnership also will educate tomorrow’s nurses, pharmacists, rehab specialists and public health professionals,” Swinfard says.

To stay on top of the newest medical treatments, Lehigh Valley Health Network also is creating a network office of research and innovation. It will bring all of the health network’s research together and eventually allow for joint research projects in areas like cancer care with USF’s Moffitt Cancer Center.

In patient care, research and education, Swinfard sees teamwork as essential to future success. “The more we collaborate,” he says, “the higher level of care we can deliver.”

Next Step: See Swinfard’s message from the health network’s Community Annual Meeting at lvhn.org/healthyyou. To get a transcript, call 610-402-CARE.

Teamwork for the community— Ron Swinfard, M.D., gets a tour of Vida Nueva from physician assistant Suzy Cressman. Housed at Allentown’s Casa Guadalupe, the center is a partnership among several local hospitals.



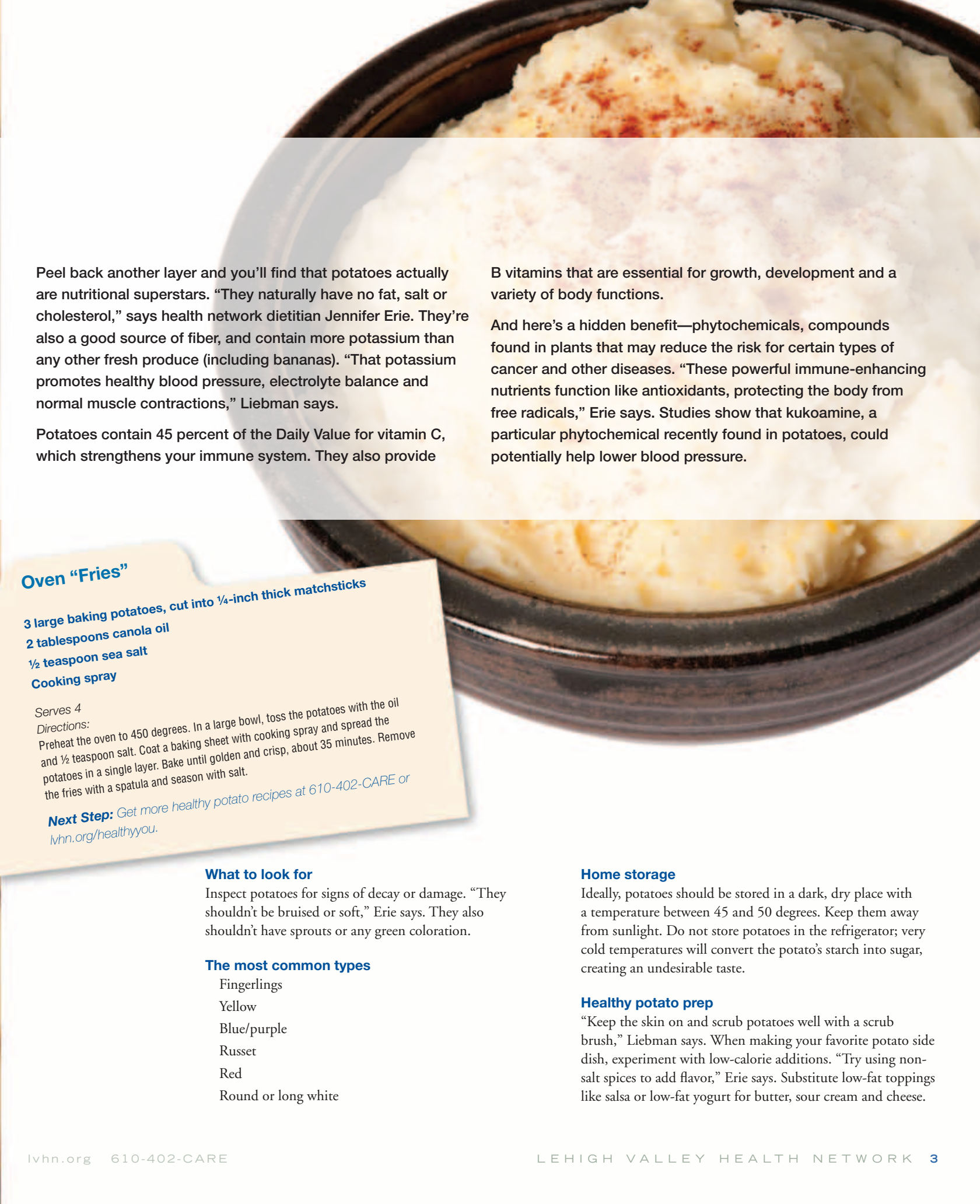
Enjoy the **Versatile Potato**

Make those savory spuds healthy too

They're mashed, baked and roasted. We eat more of them, pound for pound, than any other vegetable. And they grace dinner tables everywhere. So it's time to embrace the potato.

Surprised? If so, it's probably because potatoes get a bad rap. If they're fried or topped with butter, cheese, bacon or sour cream, they quickly go from healthy to high-calorie and fat-filled. Plus, in today's low-carbohydrate-diet world, some people fear that eating potatoes means gaining weight.

Not so, says family medicine physician Rachel Liebman, D.O., of Lehigh Valley Health Network. "Although potatoes are high in carbs, they provide healthy, complex carbs, which our bodies need to function."



Peel back another layer and you'll find that potatoes actually are nutritional superstars. "They naturally have no fat, salt or cholesterol," says health network dietitian Jennifer Erie. They're also a good source of fiber, and contain more potassium than any other fresh produce (including bananas). "That potassium promotes healthy blood pressure, electrolyte balance and normal muscle contractions," Liebman says.

Potatoes contain 45 percent of the Daily Value for vitamin C, which strengthens your immune system. They also provide

B vitamins that are essential for growth, development and a variety of body functions.

And here's a hidden benefit—phytochemicals, compounds found in plants that may reduce the risk for certain types of cancer and other diseases. "These powerful immune-enhancing nutrients function like antioxidants, protecting the body from free radicals," Erie says. Studies show that kukoamine, a particular phytochemical recently found in potatoes, could potentially help lower blood pressure.

Oven "Fries"

3 large baking potatoes, cut into ¼-inch thick matchsticks
2 tablespoons canola oil
½ teaspoon sea salt
Cooking spray

Serves 4

Directions:

Preheat the oven to 450 degrees. In a large bowl, toss the potatoes with the oil and ½ teaspoon salt. Coat a baking sheet with cooking spray and spread the potatoes in a single layer. Bake until golden and crisp, about 35 minutes. Remove the fries with a spatula and season with salt.

Next Step: Get more healthy potato recipes at 610-402-CARE.org/healthyyou.

What to look for

Inspect potatoes for signs of decay or damage. "They shouldn't be bruised or soft," Erie says. They also shouldn't have sprouts or any green coloration.

The most common types

- Fingerlings
- Yellow
- Blue/purple
- Russet
- Red
- Round or long white

Home storage

Ideally, potatoes should be stored in a dark, dry place with a temperature between 45 and 50 degrees. Keep them away from sunlight. Do not store potatoes in the refrigerator; very cold temperatures will convert the potato's starch into sugar, creating an undesirable taste.

Healthy potato prep

"Keep the skin on and scrub potatoes well with a scrub brush," Liebman says. When making your favorite potato side dish, experiment with low-calorie additions. "Try using non-salt spices to add flavor," Erie says. Substitute low-fat toppings like salsa or low-fat yogurt for butter, sour cream and cheese.



‘Mommy, My Tummy Hurts!’ When is a bellyache serious?

After barely nibbling at her favorite sandwich, your child turns to you and says, “My tummy hurts.” It’s a common complaint that’s usually safe to treat at home. But sometimes a bellyache can be serious. How do you know when to seek medical attention?

“Become familiar with the ‘red flags,’” says emergency medicine physician Stephanie Goren-Garcia, D.O., with Lehigh Valley Health Network. “Pay close attention to where your child’s pain is located, how she looks and acts, and how long the pain lasts.”

Location

Most young children are not descriptive about the location of their pain, often pointing to a general area around the belly button. Whenever they point to a specific area, it’s time to be concerned. “This could signify a serious underlying condition,” Goren-Garcia says.

Pain in the lower right side, for example, may indicate appendicitis and should be evaluated. Boys who experience nausea and complain of pain in the groin area may be experiencing testicular torsion, a dangerous condition that can cut off blood supply to the testicles. This is considered a surgical emergency and warrants an immediate emergency room trip.

Appearance

Gastroenteritis—inflammation of the stomach and intestines—is common in children and typically results in fever, abdominal pain, nausea and diarrhea. These symptoms can be managed by increasing fluids, following a light diet and giving ibuprofen or acetaminophen for the fever. Also take note of your child’s appearance, says health network family medicine physician Rebecca Odorizzi, D.O. “You know your child best.”

Call your child’s physician or go to the emergency room if you notice dry lips or mouth, a white tongue, decreased urine output, or extreme weakness or fatigue. These could be signs of serious dehydration. You also should call the physician if you see evidence of blood in the stool or vomit. If your child is newborn or only a few months old, go straight to the emergency room if vomit is green or yellow.

Duration

As a general rule, any belly pain that lasts longer than 24 hours should be evaluated. However, if your child refuses to eat—or more importantly, drink—for more than eight hours, you should seek medical attention.

Whether your child has been sick for hours or just minutes, if you’re ever unsure about treating the symptoms you observe, your child’s physician can help. “We’ll review each symptom with you and make sure your child gets the appropriate level of care,” Odorizzi says.

Next Step: *Lehigh Valley Health Network’s new 12-bed Children’s ER is staffed by pediatric emergency physicians, nurses and a child-life specialist. Learn more at 610-402-CARE or lvhn.org/healthyyou.*

ALL ABOUT MIDWIVES

They help to create successful pregnancies

When you're pregnant, to whom do you turn for medical care? Tradition says an obstetrician/gynecologist. Yet if you are among the 90 percent of healthy women who have a complication-free pregnancy, you may receive most of your care from a certified nurse-midwife.

"The word 'midwife' means 'with woman,'" says Erika Keller, a certified nurse-midwife at Lehigh Valley Hospital–Cedar Crest. "As a midwife I spend time with each patient to learn what she wants out of the pregnancy and childbirth experience." Keller, who has delivered more than 500 babies, also takes a family approach for women who have previously delivered, encouraging children to learn about having a little brother or sister.

If complications arise during a patient's otherwise healthy pregnancy, certified nurse-midwives work with ob/gyns and maternal fetal medicine (high-risk pregnancy) specialists. They provide added layers of care as needed, contributing to a healthy pregnancy.

Midwives at Lehigh Valley Health Network hold bachelor's and master's degrees and are educated in nursing and midwifery. They must pass a national certification exam and receive state licensure to practice. They provide pregnancy care and more. "We're educated also to provide routine gynecologic care, screenings for infections, family planning and health education," Keller says.

While some certified nurse-midwives like Keller work in a hospital setting, others work in ob/gyn offices, where they help to provide comprehensive women's care. "Our society sometimes treats pregnancy as an illness, but it's a natural life event," says health network ob/gyn Michael Sheinberg, M.D. "Because nurse-midwives are able to spend more time with pregnant women, they provide excellent care and great emotional support during this important time."

In the office setting, a midwife's support can be especially valuable to first-time moms. "They teach what's normal and not normal, healthy ways to handle pain, and how to breastfeed after childbirth," Sheinberg says. "They also help make sure a woman receives the right care from the right member of her medical team, no matter the situation."

While some women may be apprehensive about receiving care from a certified nurse-midwife, they can be assured midwives are trusted members of the care team. "While women have access to our ob/gyn doctors, many can see a midwife for the majority of their pregnancy," Sheinberg says.

Next Step: Learn more about Lehigh Valley Health Network's pregnancy care. Call 610-402-CARE or visit lvhn.org/healthyou.



In the hospital—Certified nurse-midwife Erika Keller examines Sheily Quinones of Allentown.



LIGHTS, CAMERA, LEARNING

Medical professionals learn medicine
in an interactive environment

Alarms beep loudly and red lights flash as nurses and other caregivers scramble to treat a woman having a seizure. Moments later the lights go dark, the alarms fall silent and the “patient” is congratulated for another compelling performance. It’s not a Hollywood scene but a dramatic new way to teach medicine.

To educate tomorrow’s caregivers—and provide continuing education to current health care workers—Lehigh Valley Health Network has created an interdisciplinary simulation center. It’s a high-tech staging area with replicas of burn care, intensive care and medical-surgical care patient rooms, each with the latest medical equipment. High-fidelity mannequins and live actors help caregivers practice working together during crisis scenarios such as a mother bleeding during childbirth. The blood isn’t real, but the intensity is.

“We create ‘rare’ events that caregivers don’t ordinarily get to rehearse,” says emergency medicine physician William Bond, M.D., interim chief of the



Rolling!—High-tech equipment and video help professionals like (clockwise from left) Jennifer Dineen, R.N., Mike Price, R.N., Rebecca Senseney, R.N., Mark Butsavage, Stephanie Sarge, R.N., Mark Flamisch and Justin Branch create real-life patient care scenarios.

health network's division of education "It teaches them how to respond when they face the same crisis in real life." Sessions are taped so participants can review their performance, ask questions and continue learning.

Authenticity is always the priority. Mannequins react differently during each scenario and are controlled—Wizard of Oz-like—by a specialist behind a curtain. Participants can check a pulse, observe breathing patterns and watch vital signs change in response to medications and fluids. "That's a level of realism no textbook or instructional video could match," Bond says.

Participants also learn to communicate clearly

and be appropriately assertive, two essential skills in today's team-centered health care environment. "Medicine is no longer conducted by a sole physician giving orders," Bond says. "It's a team of caregivers that asks questions and shares input."

Because the simulation center fosters teamwork and clinical expertise, it will play an important role in the health network's new SELECT partnership with the University of South Florida (USF) College of Medicine. The program's initial class of medical students will study at USF for two years beginning this fall, and then will study at the health network for their final two years of medical school. Their education will include a number of

specially designed simulations. They even may get to step into the future through avatars and immersive virtual realities, two simulation center projects currently being tested by the health network's division of education.

"By providing these simulations, we're redesigning medical education," Bond says. "We want tomorrow's doctors to lead, innovate and work as a team to benefit our community."

Next Step: *Want to see a patient care simulation up close? You can do that and much more at our free four-week Mini Medical School starting April 7. Space is limited. See more on page 17, and learn more at 610-402-CARE or Mhn.org/healthyyou.*



Why I Won't Drive Distracted

Local high school students take the pledge

Eighty percent of all vehicle crashes happen within three seconds of driver distraction—and cell phone use is by far the largest culprit. If you're talking on a mobile device, you're four times more likely to get into a crash that causes injuries. If you're text messaging, you're eight times more likely to crash.

It's an important message—and local teenagers are spreading the word. Meet two Catasauqua High School students who put down their cell phones and urge others to do the same.

Lessons in loss

Alyssa Buczynski, 17, refuses to ride with distracted drivers. That's because her 17-year-old cousin and his 17-year-old girlfriend were killed two years ago in a crash linked to distracted driving. "Unfortunately my family knows firsthand that distracted drivers can take a life in a matter of seconds," Buczynski says. "Spreading the message is very important."

An active Students Against Destructive Decisions (SADD) member at Catasauqua High, Buczynski is committed to changing her friends' and classmates' bad habits. "I don't want one of them to die," she says. "And I don't want their families to go through what mine has." That's why she displays a "Stop Texting" magnet from Lehigh Valley Health Network on her car. She also worked with other SADD members to place lawn signs from the health network up and down the length of the circular driveway in front of the high school. The signs have messages like "Dead End: Don't Text and Drive," "Cell Limit 0" and "Stop Texting."



Raising awareness—Alyssa Buczynski (top) installs lawn signs in front of Catasauqua High while Lauren Hoch (above) carries a "Stop Texting" magnet on her car.

Her friends won't even think of talking on a cell phone or texting if Buczynski's in the car. "There is never an emergency big enough to do it," she says. "You can always pull over if you need to, but there's no excuse for using your phone while driving. None."

Stop from the start

Lauren Hoch, one of the SADD members who helped Buczynski put up lawn signs at the high school, believes the best way to stop using the phone while driving is to never start in the first place. That's what she did, and for good reason. "About a month before I got my driving permit, my mom and I were in an accident," she says. "We were hit by a young girl who was texting while driving."

That's when Hoch started watching other drivers. "I saw people talking on the phone or texting while driving all the time," she says. "I vowed to never be one of them."

Her message to friends and classmates who aren't yet driving: don't use your cell phone behind the wheel. And for friends who already drive, she confiscates their phones when she's riding in the car with them. "They know I'm in control of their phone, and they're in control of the road."

Next Step: *Share the message! Visit celllimit0.com. "Like" Lehigh Valley Health Network on Facebook. Get a car magnet by calling 610-402-CARE. Also call if you'd like to schedule a presentation from the Distracted Driving Team for a Lehigh Valley region high school.*

ER or Urgent Care?

Know where to turn when you need help

Today you're faced with many options for care—emergency rooms (ER), walk-in offices, trauma centers and clinics located at your local supermarket. But where is the right place to go when you need care fast? Follow this guide:

Emergency Room

Go here if you have:

- signs of a heart attack or stroke
- a severe laceration
- a possible broken bone
- persistent vomiting or diarrhea
- severe stomach pain
- uncontrolled bleeding
- suicidal feelings
- coughing or vomiting with blood

The doctor says: "An ER gives you 24/7 access to specially educated physicians who can handle any emergency, plus access to cardiologists, neurologists and critical care physicians who can continue your care in the hospital," says emergency physician Jeffrey Kuklinski, D.O., with Lehigh Valley Health Network "Our ERs also have Express Care for minor illnesses and injuries."

Good to know: Your ER is different from a family medicine physician. Because patients receive care based on the seriousness of their injury, you may have to wait. Plus, ER care costs more than a regular doctor's visit due to the specialized resources available.

Urgent Care Center

This can be a retail clinic like CareWorks or a center with walk-in hours such as the Health Center at Moselem Springs. Go here if you:

- have non-life-threatening illness or injury (such as an earache)
- don't have a family medicine physician
- are from out of the area
- can't see your family doctor that day

The doctor says: "We provide treatment and encourage you to follow up with a family doctor," says Joselito Ouano, M.D., a health network family medicine physician.

Good to know: An urgent care center also can help you find a family doctor.

Trauma Center

You'll be taken here by ambulance or helicopter if you:

- have a serious auto accident
- suffer a severe injury
- have a serious fall

The doctor says: "We activate our trauma team when patients are en route," says health network trauma surgeon Michael Pasquale, M.D. "That means doctors, nurses, radiologists, operating room staff, anesthesiologists, laboratory staff and chaplains are ready when a patient arrives."

Good to know: As long as it's medically safe to do so, your ambulance team will take you to your preferred hospital.

Next Step: *Learn more about Lehigh Valley Health Network's health centers. Call 610-402-CARE or visit lvhn.org/healthyou.*

Advances in Genetics

How genetic medicine affected one family

Genes are the bits of our DNA that determine whether we have blue eyes or green, brown hair or blonde. But for Kim Nappa and her family, genetics mean much more.

During a routine colonoscopy three years ago, Nappa's doctors found a cancerous polyp in her colon. It was devastating news for Nappa, yet she wasn't surprised. "My brother, father, grandmother and a number of great aunts and uncles all were diagnosed with colon cancer," says the 43-year-old Glen Gardner, N.J., woman. "It just runs in the family."

Unlocking the mystery

After Nappa's diagnosis and a review of her family history, colorectal surgeon Mikhail Rakhmanine, M.D., of Lehigh Valley Health Network suspected the cause. One or more genes from her father's side of the family might have created a family history for colon cancer. That means Nappa's three children also might have the same genes and therefore a higher risk for colon cancer.



So Rakhmanine referred Nappa to the health network's cancer risk and genetic assessment program. There, certified genetic counselor Tara Namey (left) arranged for a DNA sample from Nappa to be tested and explained potential next steps based on the test results. "Genetic testing can sometimes create anxiety, but also empowers people to make potentially lifesaving decisions," Namey says. "With Kim and all patients we provide the knowledge and support to help with those emotions and choices."

Lehigh Valley Health Network offers cancer risk and genetic counseling services for people with a family history of breast, ovarian, uterine, colon, prostate and other cancers, including melanoma. Each case is reviewed by a genetic counselor like Namey, the appropriate specialist (medical oncologist, gynecologic oncologist, or breast or colorectal surgeon) and members of the cancer support team.

You may be a candidate for genetic testing if you have had:

- Cancer diagnosed at a young age
- More than one primary cancer
- Several family members with cancer
- Diagnosis of a rare cancer (such as male breast cancer)
- Ashkenazi (Eastern European) Jewish ancestry
- A known hereditary cancer syndrome in your family





Meet the Nappas—Robert and Kim Nappa (third and fourth from left) enjoy a board game with children (l-r) Gabrielle, Alek and Madilynn, and their Cavalier King Charles spaniel, Lucy. Kim's parents, Frank and Sue Pierce, are featured on our inside front cover.

Through genetic counseling, Nappa learned she had hereditary non-polyposis colorectal cancer syndrome. That means her risk for colon cancer is 80 percent (as opposed to 5 percent for most people), and her risk for uterine cancer is 60 percent.

“It wasn’t easy to hear, but it allowed me to take important next steps,” Nappa says. That included having a total hysterectomy and oophorectomy (removal of the uterus and

ovaries) to prevent uterine and ovarian cancers, making dietary changes and having her children tested to learn their level of risk.

For the Nappas, knowledge gained from genetic testing helps prevent future occurrences of cancer, and that offers peace of mind.

Next Step: *Learn more about genetic testing for cancer. Call 610-402-CARE or visit lvhn.org/healthyou.*



BEWARE

Those 'Sleep Stealers'

Electronic devices can affect kids' sleep patterns

On average, a child's first cell phone comes at age 12, and video games start far sooner.

These fun gadgets have a potential unintended side effect: they're "sleep stealers," says pediatric pulmonologist Dharmesh Suratwala, M.D., of Lehigh Valley Health Network.

A recent study determined that teens send an average of 34 text messages a night, cutting into valuable sleep time. "A lack of quality, age-appropriate sleep puts a child at risk for mood swings, poor attention span, hyperactivity, tiredness and fatigue," Suratwala says. "Adolescents with more than four electronic items in their bedroom are twice as likely to fall asleep in school or while doing their homework."

The solution—banning electronic devices from the bedroom—works only if practiced consistently in the household (for children and parents).

Still, there are other reasons children and teens don't get enough sleep. Because children are so active with school and after-school activities, winding down at night can be difficult. Symptoms like crankiness, irritability, sleepwalking, snoring, labored breathing and morning headaches can be the sign of an underlying sleep disorder.

When does a child's lack of sleep become a problem? "When it affects a child's ability to function normally during the day and affects the family as well," says pediatrician Moshe Markowitz, M.D., of Lehigh Valley Health Network.

One of the most common childhood disorders is obstructive sleep apnea. "It's caused by the collapse of soft tissues in the rear of the throat, leading to temporary blockage of the upper airways during sleep," Suratwala says. "This can lead to pauses in breathing that last from a few seconds to a few minutes and create non-refreshing, fragmented sleep." Many cases can be treated with surgery (removal of enlarged tonsils and adenoids that may block a child's airway during sleep). However some children may need medications or a device such as a CPAP, which provides continuous pressure to keep the airway open during sleep.

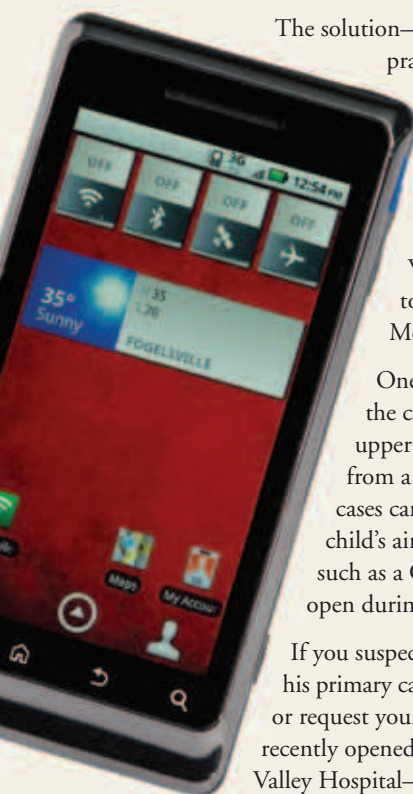
If you suspect your child has a sleep disorder, your first step is to see his primary care provider. He may refer you to a pediatric pulmonologist or request your child have a sleep study. Lehigh Valley Health Network recently opened a dedicated pediatric Sleep Disorders Center at Lehigh Valley Hospital—17th Street.

If your child's sleepiness isn't caused by a sleep disorder, there are steps you can take to help ensure a better night's sleep. "For younger children, stick to pre-bedtime rituals, such as quiet time, bath and brushing teeth," Markowitz says. "For teens, try to make sure they get consistent sleep during the week and on weekends." And keep those "sleep stealers" out of the bedroom.

Next Step: Learn more about the Sleep Disorders Center. Call 610-402-CARE or visit lvhn.org/healthyyou.

How Much Sleep Do Children Need?

Infants	14-15 hours
Toddlers (age 1-3)	12-14 hours
Preschoolers	11-13 hours
School-age children	10-11 hours
Teens	8 1/2-9 1/2 hours



Defeating Diabetes

With care from his 'medical home,' local man continues to serve



An 18-year member of the Pennsylvania Air National Guard, Curtis Jeffries had just returned from a tour of duty in Afghanistan when he visited his primary care doctor, internist Eric Gertner, M.D., for a checkup. Then he got a call that changed his life—a blood test revealed he had type 2 diabetes.

Such a diagnosis is a surprise for anyone, but it hit Jeffries especially hard. “Any time you’re on a new drug, you have to let the Guard know,” says the 52-year-old Allentown man. “And you can’t use insulin and be in the military.”

So Jeffries put his faith in his medical team. Gertner’s office is one of seven at Lehigh Valley Health Network piloting a concept called a “patient-centered medical home.” It provides a team approach to care for chronic conditions such as diabetes, congestive heart failure, high blood pressure and cholesterol. Together, Jeffries and his team vowed to regulate his blood sugar and get him off insulin as fast as possible.

First, Jeffries met with certified medical assistant Joel Powell. “He showed me how to use a pen to do insulin injections,” Jeffries says. He also enrolled Jeffries in a three-week class at the health network’s Helwig Health and Diabetes Center, where Jeffries learned about proper diet and exercise.

That inspired Jeffries to join a local fitness club. “I ran, worked on weight machines, and did sit-ups and push-ups for 45 minutes every day,” he says. He drew support from nurse practitioner Judi Brooks, another member of the medical home. “She helped me make sure that I didn’t get depressed after getting diagnosed,” Jeffries says.

Jeffries saw his medical team weekly for the first month. After four months, he went from needing insulin three times daily to needing only a small dose of an oral medication, allowing him to continue as a technical sergeant with the Air National Guard. He successfully lowered his blood sugar from 611 to around 100, and his hemoglobin A1C (a key diabetes blood test) from 15.9 to 6.2 (normal). “He was very committed from the beginning to doing everything he possibly could to make himself as healthy as possible,” Powell says.

Today, Jeffries continues checking his blood sugar level daily and visiting his “medical home” every six months for blood work and an eye exam. “Joel, Judi and Dr. Gertner remind me to visit my eye doctor and take care of my health,” Jeffries says. “It’s nice to have that help.”

Next Step: Learn more about patient-centered medical homes at lvhn.org/healthyyou. To find a primary care doctor for you, call 610-402-CARE.

A Co-worker's Special Gift

Pocono area school bus driver donates her kidney

Bernadette Rodriguez didn't know her co-worker Jesse Gonzales well. The two worked together for about a year, driving buses for East Stroudsburg North School District. They occasionally saw each other at the bus depot, and Rodriguez had heard through the grapevine that Gonzales needed a kidney transplant.

"When I found out no one in his family was able to give him a kidney, I had an overwhelming feeling of sadness," Rodriguez says. "I couldn't stop wondering what would happen to him, and I started soul-searching to see if maybe I should give him one of my kidneys."

Then one day she saw a sign on the bathroom door at the bus depot advertising a donor drive. "It was my sign from God, and I decided I would donate a kidney to Jesse if medical tests showed I could," Rodriguez says. She went through rigorous medical and psychological testing to ensure she was a candidate.

"All living donors undergo such testing to make sure they are healthy," says Lehigh Valley Health Network transplant surgeon Lynsey Biondi, M.D. "We also make sure the donor and recipient have the same blood type and don't have any conflicting antibodies, which could result in organ rejection."

Tapestry of gifts—Bernadette Rodriguez (left) and Jesse Gonzales stand before a special quilt that celebrates kidney donations at Lehigh Valley Health Network's transplant center.



Rodriguez was a candidate, and now the co-workers share a special bond. Last October, Biondi and her colleague, transplant surgeon Michael Moritz, M.D., worked as a team to remove one of Rodriguez' kidneys and give it to Gonzales. The surgery happened at Lehigh Valley Hospital–Cedar Crest, home to one of the nation's top kidney transplant centers. “Bernie—that's what I call Bernadette—is my saint,” says Gonzales, who needed daily 12-hour dialysis treatments prior to the transplant. “Dialysis feels like your soul is being sucked out. Now I have it back.”

Both drivers are back to work. Gonzales had an eight-week recovery and will continue to see a nephrologist and the transplant center team for years to come. He's expected to have better results because his kidney came from a living donor. Statistically, a kidney from a living donor will last twice as long as one from a deceased donor—an average of 18-20 years compared to 9-10 years. This is true regardless of whether the donor and recipient are related. “When you compare patient outcomes at one day, one year, one month, one decade and beyond, it's always better to have received a kidney from a living donor,” Moritz says.

Rodriguez had a two-week recovery period, and says she would do it again. “I feel a real sense of peace.”

Next Step: *Learn more about Lehigh Valley Health Network's transplant center at 610-402-CARE or lvhn.org/healthyyou.*

Keep Moving

Physical activity—no matter how small—promotes good health

On a typical day, you may drive a couple of miles to work, park in a spot close to the building and take the elevator to your office. When you get home, you load the dishwasher and settle in on the couch while clutching your TV remote. Although we may consider these technologies invaluable, they can be harmful to our health when they don't require any physical activity.

“Our society chooses convenience over movement,” says exercise physiologist Wayne Stephens of Lehigh Valley Health Network. “Technology does everything for us, and it contributes to the obesity epidemic because we don't move enough anymore.” Long periods of physical inactivity also can leave us more susceptible to conditions like type 2 diabetes, hypertension, degenerative arthritis and certain cancers.

To stave off disease and improve your health and overall fitness, try increasing the amount of non-exercise activity thermogenesis (NEAT) you get each day. Unlike traditional, structured exercise, NEAT—a concept pioneered by a Mayo Clinic researcher—is any physical activity performed throughout the day that helps you accomplish daily living or professional tasks. It can include washing dishes by hand, using a push lawn mower or taking the stairs.

If you're accustomed to using technology at work and home, you may need to purposefully perform NEAT instead (see examples below). The benefits are worth the effort. “Being more physically active throughout the day can help decrease your risk for disease and improve your range of motion, flexibility and coordination,” Stephens says. “You may even experience pain reduction.” Here are some simple ways to incorporate NEAT into your life:

- Park farther away in parking lots.
- Take the stairs instead of the elevator or escalator.
- Stand and pace while talking on the phone.
- Move and talk during social gatherings (you'll eat less).
- Get up to change the TV station.
- Deliver a message to a co-worker in person rather than through e-mail.
- Wash dishes by hand.

Next Step: *Incorporate NEAT and take a fitness class for maximum exercise benefits. See the listing on page 18, call 610-402-CARE or visit lvhn.org/healthyyou.*

'I'm an Advocate'

Local people volunteer to enhance our community's health

You eat plenty of fruits and veggies, exercise each day and value your health. So how do you spread that message to others?

For Lissette Lahoz (right) and Kathleen Miller (left), the answer is spreading the word and helping enhance care at Lehigh Valley Health Network. They're two of the hundreds of volunteers who serve as community advocates and provide input on how the health network can enhance its services.

A voice for patients

Lissette Lahoz, executive director of Neighborhood Health Centers of the Lehigh Valley, listens when people tell her what they want their health care experience to be like. The 46-year-old Bethlehem Township woman takes that feedback and shares it with the health network's Patient-Centered Experience (PCE) Advisory Council.

Comprising former patients, family members and community members, the group provides input on ways the health network can enhance every patient and family member's experience. For example, at the request of the Advisory Council, community members took hospital tours and made recommendations about patient-friendly renovations.

"It's exciting to see the health network and community work together to transform patient care," Lahoz says. "Patient-centered initiatives are designed based on the Advisory Council's input, which means the community's voice is truly heard."

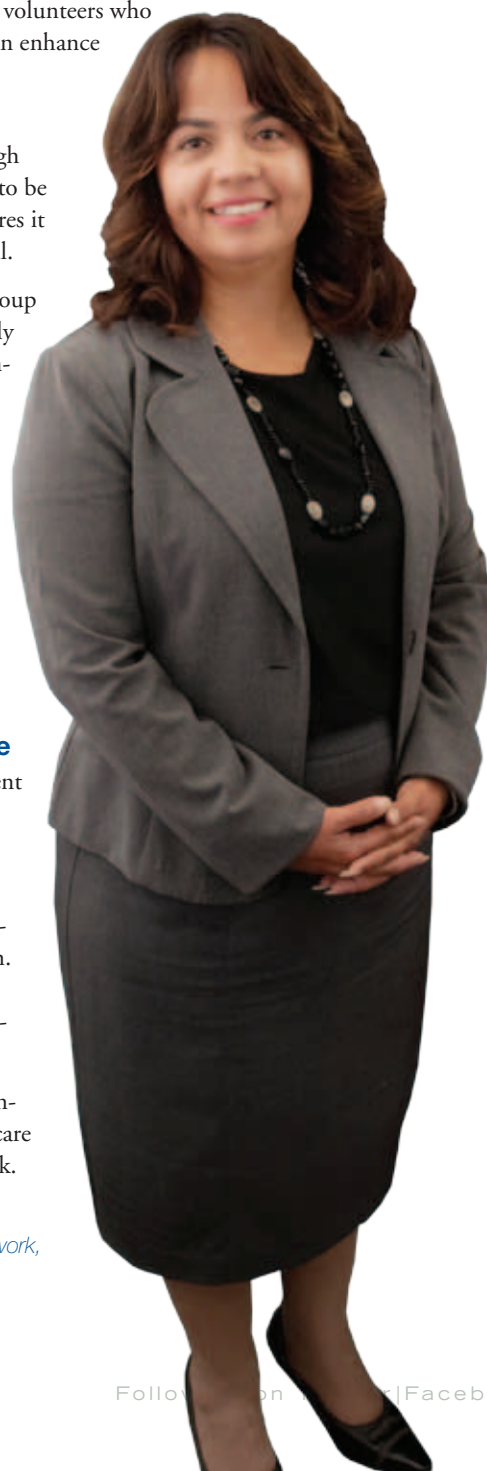
Learning about leading-edge care

To Kathleen Miller, volunteering as president of Lehigh Valley Health Network's Board of Associates is "life-enriching." The group includes 176 community members who serve as health network advisors.

"We hear from senior leaders and health care professionals who talk about medical advancements, research and services," says the 60-year-old Emmaus woman. "We ask questions and provide feedback." Members learn how telemedicine expands high-risk pregnancy services to moms outside the area, and how neuro-interventional radiology helps remove clots and restore brain function.

Miller frequently asks people to join the board. "We want every area of our community to have representation," she says. She also tells them about the quality care her husband, the recipient of a kidney transplant, received at the health network. "We are living proof of the great care Lehigh Valley Health Network provides."

Next Step: To learn about volunteer opportunities within Lehigh Valley Health Network, call 610-402-CARE or visit lvhn.org/healthyyou.



Ready to take charge of your health?

We offer programs for all ages and needs. Some have a fee; others (marked as **FREE**) are no-cost. Call to register at 610-402-CARE or get details at lvhn.org. **Registration is required and must be received at least one week prior to class start.** You'll get a refund if a class is canceled due to low enrollment.

WHAT'S NEW

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

12th Annual Storybook Breakfast

"Reading is magic" theme will feature costumed characters, interactive storytelling, live entertainment and breakfast.

- **March 26; 8-11:30 a.m.**
At LVH—Cedar Crest

Distracted Driving

Trauma and emergency medicine providers discuss the dangers. Give-aways and fact sheets provided. **FREE**

- **March 15; 6:30-8:30 p.m.**
At LVH—Cedar Crest

Heart to Heart for Women of All Ages

Learn from female physicians what women need to know about their hearts at all stages of their lives. **FREE**

- **May 17; 6:30-8 p.m.**
At LVH—Cedar Crest

Medication Cleanup

Bring your expired medications. This event is held in conjunction with the Pa. Medical Society, Lehigh County Medical Society and Drug Free PA.

- **April 30**
Call 610-402-CARE for details.

Stroke Awareness

FREE stroke and blood pressure screenings. Health Network Labs will assess glucose and cholesterol levels.

- **May 6; 10 a.m.-2 p.m.**
At LVH—17th (walk-ins welcome)
- **May 17; 9 a.m.-noon**
At LVH—Cedar Crest (walk-ins welcome)
- **May 19; 9 a.m.-noon**
At Good Shepherd Rehabilitation (registration required)
- **May 24; 10 a.m.-2 p.m.**
At LVH—Muhlenberg (walk-ins welcome)

Stroke Recovery

Stroke center experts discuss risk factor modification and benefits of rehab. Registration required. **FREE**

- **May 17; 1-2 p.m.**
At LVH—Cedar Crest
- **May 19; 1-2 p.m.**
At Good Shepherd Rehabilitation

Think FAST

Learn to recognize the symptoms of stroke, common risk factors and the role of rehabilitation in recovery. Blood pressure screenings offered. **FREE**

- **March 15; 2-3 p.m.**
At LVH—Cedar Crest

Watch Your Step

Your guide to preventing falls plus safety tips. **FREE**

- **April 19; 2-3 p.m.**
At LVH—Cedar Crest

Mini Medical School



Health Care of Tomorrow

We're traveling to the future at lightning speed

A four-week

series to help you imagine the exciting future of health care. Learn about discoveries and technologies that will forever change how disease is diagnosed and treated. Find out how the physicians of tomorrow are preparing today. Includes interactive demonstrations that will put you in the driver's seat as you navigate your own health care in the future. You should consider attending if:

- You're wondering how changes in health care will affect you
- You're considering a career in health care

Starting April 7; 6:30-9 p.m.

At LVH—Cedar Crest

Registration is required.

Call 610-402-CARE.

A P A S S I O N F O R B E T T E R M E D I C I N E SM

'They shocked me to keep me alive.'

While packing for a trip to Croatia, Dolores Gyory felt pain between her shoulders. "I felt like it was my heart," the 80-year-old Macungie woman says. She asked her companion, George Handley, to call 9-1-1.

A blocked artery had caused her heart to beat irregularly, then stop. EMS professionals from Emmaus Ambulance Corps began lifesaving procedures immediately and communicated with emergency room physicians at Lehigh Valley Hospital—Cedar Crest. At the hospital, physicians used induced hypothermia to chill her body and help her brain heal. Then cardiologist Sarang Mangalmurti, M.D., inserted a stent to open the artery. It was Gyory's sixth stent; she had five previously from cardiologist Jeffrey Snyder, M.D.

Lehigh Valley Health Network:

- Performs nearly 10,000 heart-related catheterizations annually
- Uses all-digital catheterization labs for the clearest images
- Has the best heart attack survival rate in Pennsylvania
- Has the third-largest heart surgery program (based on patient volume) in Pa.

Eventually Gyory needed additional treatment—a balloon pump to help the heart's circulation, a catheter in her leg and a heart bypass from cardiothoracic surgeon Gary Szydowski, M.D. After 27 days in the hospital, she returned home. "I'm gaining my strength back," she says. "I'm done traveling outside the United States, but I have a lot of things yet to do."



AROUND OUR COMMUNITY

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

First Strides®

This 12-week workshop for women of all ages helps you begin a walking or running program. The goal: participating in a 5K (June 11, details to come).

- **Starting March 21; 6:15 p.m.**
At Stroudsburg
- **Starting March 22; 6 p.m.**
At Hanover Twp. Community Center
- **Starting March 22; 5:30 p.m.**
- **Starting March 23 9:15 a.m.**
At Bethlehem Twp. Community Center
- **Starting March 24; 6 p.m.**
At Sand Island, Bethlehem

Get Out Lehigh Valley

Outdoor activity program with Wildlands Conservancy connects you to the Lehigh Valley's green spaces and natural environment.

- **1.2-mile walk, March 19; 10 a.m.**
At Trexler Nature Preserve, Schnecksville
- **2.3-mile walk, April 23; 10 a.m.**
At South Mountain Preserve, Emmaus
- **0.6-mile walk, May 7; 10 a.m.**
At Rose Garden, Allentown
- **Paddling event, May 21; 10 a.m.**
At Sand Island, Bethlehem

STAYING FIT

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

Age-Proof Workout—Cardio and resistance toning combined with mind/body exercise.

- **Starting May 3**

Aqua-New—Water exercise for posture, balance, strength and confidence.

- **Starting March 22, March 24**

Art of Belly Dance—Designed for women who want to go beyond the basics.

- **Starting April 8**

Ballroom Dancing—Learn classic dances such as fox trot, waltz and swing.

- **Starting March 24**

Belly Dance Basics—Easy-to-learn dance moves promote muscle tone and positive body image—with flirty fun.

- **Starting March 23**

Bollywood Dance—Learn combinations of Indian dance steps and hand-and-arm movements.

- **Starting March 23, April 8**

Ongoing Programs

Be Safe in a Car

Mark J. Young Medical Challenge

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

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

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

- **Third Mondays; 2-4 p.m.**
At LVH-17th
- **First Wednesdays; 6-8 p.m.**
At LVH-Muhlenberg

Guardianship Support Agency—Work for a local nonprofit with guardianship services.

Health Insurance for Small Businesses (2-50)—Educational sessions, including information on consumer-driven health plans, available at your office or Valley Preferred. **FREE**

Would a Support Group Help?—Dozens of different groups provide comfort and support. **FREE**

Boot Camp—Be prepared to sweat with challenging strength training and cardio. For the seasoned exerciser.

- **Starting March 24, April 4**

Cardio Cross-Training—High-intensity mix of cardio and strength training.

- **Starting April 4**

Cardio Kickbox—High-powered routine strengthens mind/body.

- **Starting March 21**

Chisel—Challenge muscles with weight workout targeting multiple muscle groups for sculpting and shaping.

- **Starting April 16**

Core 'n' More—5:30 a.m. strength class of low resistance, high repetition weight training.

- **Starting May 3**

Core Sculpt—Learn CORE exercises challenging your power center and stabilizing your spine.

- **Starting March 23**

RAISING A FAMILY

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



Parenting Series—Five-week course to be a more effective, calmer parent.

Parenting Workshops—

Focus on hot parenting topics.

Parenting as a Team—April 4

Adventurers' Guide to Raising Your Preteen/Teen—April 26

Mom's Guide to Great Parenting—May 4

Safe Ride—Car Seat Safety—

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

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

Pregnancy and Childbirth

- Becoming Parents
- Expectant Parent Tour
- My Baby and Me Sibling Tour
- Pregnancy 101
- Pregnancy Massage
- Prepared Childbirth One-Day, Series, Weekend On the Internet

Caring for Baby

- Baby Care
- Babysitting Safe Sitter CPR for Safe Sitter Student
- Breastfeeding Breastfeeding Baby Monday Morning Moms
- CPR—Family and Friends
- Depression After Delivery—Postpartum Support

Funky Feet—An introduction to hip-hop dance for ages 8-12.

- **Starting March 19**

Funtastic Fit Kidz—Fun programs for children 6-12 to promote healthy lifestyles through physical activity.

- **Starting March 29, March 31**

Interval Express—Alternate short bursts of intense cardio with active recovery.

- **Starting May 2**

Kettlebells—Total body workout uses kettlebells for high-intensity cardio, speed and agility training.

- **Starting May 7**

Kickbox Training Camp—Combines basic muscle strengthening with fine-tuning of punch-and-kick skills.

- **Starting March 23**

Line Dancing—Learn line dances set to popular and country music.

- **Starting March 22, March 25**

PUMP—Muscle strength/endurance workout using progressive resistance.

- **Starting March 23**

Staying Strong—Strength class combines low-impact cardio with resistance; improves endurance.

- **Starting March 22, April 25**

Strength Class—Use dumbbells, resistance bands and body weight to increase strength.

- **Starting May 4**

Zumba—Join this Latin dance-influenced aerobics class.

- **Starting March 16, March 25, April 4, April 15, May 7**

Zumbatomic—Zumba for kids ages 4-13. Safe and effective workout includes hip-hop, salsa, reggaeton and more.

- **Starting March 22**

CARING FOR MIND AND BODY

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

Anti-Aging Mineral Makeup

Seminar—Learn how advanced mineral makeup and antioxidants can nurture your skin. **FREE**

• March 22

Cosmetology Services—Skilled licensed professionals offer skin care and nail care services. Gift cards available.

Discover Relaxation Within—

Ease stress through relaxation techniques.

Part 1 starting March 16

Part 2 starting April 13

Healthy Hands and Nails—Learn to give your hands and nails TLC through moisturizing and strengthening. **FREE**

• April 12

Massage Therapy—Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress

Reduction—Internationally recognized program uses meditation and group support. Most insurances accepted.

FREE Introductory Session March 14

• Sessions starting April 4, April 5

• Retreat—May 14

Reiki I—Learn benefits of channeling physical healing energy.

• March 26, April 16

Reiki II—Advanced techniques to channel emotional healing energy. (Reiki I prerequisite)

• April 30

The Health of Touch

(Partner Massage I)—Learn ergonomically correct massage techniques to reduce everyday stress.

• April 9

Yoga—Build flexibility, strength, reduce stress and rebalance.

Energizing—Stimulating flow of poses

• Starting March 22, April 14

Relaxing—Gentle flow of poses

• Starting March 21, May 12

Very Gentle—Poses adaptable to chair and/or mat

• Starting March 22

Yoga Basics

• Starting March 24

Yogalatte—Add Pilates to yoga for core-body conditioning.

• Starting March 15, March 22, March 23

COPING WITH ILLNESS

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

Get Up and Go—Group exercise for those dealing with the challenges of illnesses.

Multiple Sclerosis—Thursdays, 1:30-2:30-p.m.; Mondays, 1-2 p.m.

Parkinson's—Mondays, noon-1 p.m.

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

• March 23, April 5, April 27, May 3

Preoperative Spine Class—Information to help you prepare for your hospital experience and your post-hospital recovery.

• March 17, April 6, April 21

Bereavement Support Services

Bereavement Care Workshop

Grief Process Groups

Individual, Family and Couples Counseling

Ladies Lunch Club

Spiritual-Based Adult Grief Support Group

Stepping Stones for Children

For Cancer Patients

Adolescent Support Group **FREE**

Lehigh Valley Chapter of the National Ovarian Cancer Coalition **FREE**

Lymphedema Support Group **FREE**

Look Good...Feel Better Makeover to mask the effects of cancer treatment and boost self-confidence. **FREE**

• April 18

At LVH-Muhlenberg

With the American Cancer Society

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

• Meets second Monday of the month

Preparing for Breast Cancer

Surgery **FREE**

For Epilepsy Patients

Monthly Support Group **FREE**

• Meets second Thursday of the month

For Huntington's Patients

Support Group **FREE**

For MS Patients

Dinner and Discussion **FREE**

For Stroke Patients

Aphasia Group

Communication Skills Group

Cognitive Linguistic Skills Support Group

Stroke Support Group **FREE**

A P A S S I O N F O R B E T T E R M E D I C I N E SM

'One person can make a difference, and every person should try.'

"If you haven't cried, your eyes can't be beautiful."
—Sophia Loren

"Shoot for the moon. Even if you miss, you'll land among the stars."
—Les Brown

"If we're growing, we're always going to be out of our comfort zone."
—John Maxwell

"Follow your passion, and success will follow you."
—Arthur Buddha

"Kindness is the language which the deaf can hear and the blind can see."
—Mark Twain

"Our character is what we do when we think no one is looking."
—H. Jackson Brown Jr.

"Life is either a daring adventure or nothing."
—Helen Keller

"Laughter is an instant vacation."
—Milton Berle

"They may forget what you said, but they will never forget how you made them feel."
—Carl Bosch

"Use and learn from faults and from blunders."
—Benjamin Franklin

Those words, spoken by the late President John F. Kennedy, evoke inspiration, emotion and passion. At Lehigh Valley Health Network, great quotations like these motivate patients and caregivers. It's why quotes are prominently displayed at Lehigh Valley Hospital-Cedar Crest, and soon also will be at other health network locations.

We need your help to continue this inspiring work. Visit lvhn.org and see our new "Voices of Passion" blog. It's where you can share a quote that inspires you in your healthy journey, and share your story about why the quote inspires you. The quote can come from someone famous or someone you know who has influenced your life—a caregiver, teacher, parent or friend. You can even upload photos or link to a video you've made if they help to tell your story.

You can make a difference. Submit your words of wisdom and spark something beautiful in someone else.

PROTECTING YOUR HEALTH

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

Cessation, What Works?

—How to succeed in beating tobacco addiction. **FREE**

- Starting March 23

Clear the Air—Prepare to quit tobacco. Get tools to take action, stay motivated.

- Starting April 6

Tobacco Treatment Program

—12-month program of individual counseling and ongoing support.

Partnership for Tobacco-Free Northeast

• Tobacco treatment services available for individuals and businesses

CPR

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



LIVING WITH DIABETES

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

- Diabetes and Technology
- Diabetes in Pregnancy
- Diabetes: Moving Beyond the Basics
- Insulin Pump Support Group
- Intensive Management
- Medical Nutrition Therapy
- Pre-Diabetes
- Sugar-Free Kids Support Group
- Sweet Success: Living Well With Diabetes Discussion Group
- Type 1 Self-Management
- Type 2 Self-Management

SCREENINGS

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

HIV **FREE**

Anonymous and confidential.

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

At LVH—17th, AIDS Activities Office

Lung Cancer

Vascular Disease

Stroke
Abdominal Aneurysm
Peripheral Arterial Disease

MANAGING YOUR WEIGHT

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

Weight-Loss Surgery

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

- March 24, April 14, April 26, May 10

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

- April 6, May 4

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

- March 15, April 19, May 17

Weight Management Services

Individual

Nutrition Counseling—Assessment, body-fat analysis and goal-setting.

AGING WELL

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

College of Knowledge **FREE**

Bone Health—How to strengthen and maintain bone health in later years.

- March 9

Urinary Incontinence—What you need to know.

- April 13

Nutrition Counseling/Metabolism Body Composition Test—Counseling plus personal metabolism test and interpretation.

Six-Month Supportive Weight Loss Program—Individualized expert-level care for nutrition, behavior and fitness.

Group

Eat Well for Life—Learn healthy food choices for weight management.

- Part 1 Starting April 30

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

- Starting March 14

Exercise for Life—Low-impact/low-intensity class utilizes chair for muscle conditioning.

- Starting the first of each month

APPRISE Medicare Counseling—By appointment.

- Tuesdays, 10 a.m.-noon
- Fridays, 1-3 p.m.



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
Cedar Crest & I-78, P.O. Box 689
Allentown, PA 18105-1556
Call 610-402-CARE (2273) or
e-mail 402CARE@lvhn.org

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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.

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

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

TDD General Information 610-402-1995

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Special thanks to Marie O'Brien and Madison, 2, for photo on page 4.



‘Together, we’re spreading the word.’



Sometimes the hardest part of fighting cancer is being diagnosed early enough in the first place. That’s why Lehigh Valley Health Network has multicultural, multilingual promotoras in the community who help women access very important routine cancer screenings such as mammograms and Pap tests.

Hannabi Torres (left) and Vanessa Soto (above) spread the message to women in Allentown about the importance of early cancer screenings. Torres visits food pantries, corner markets and even beauty salons as she reaches out to women who don’t know how to access free screenings. Soto helps women she meets at community outreach events and those who contact the Allentown

Health Bureau for information. “We work in different ways, but we have the same goal,” Torres says.

Torres and Soto guide patients through their screening appointments. They then work with in-office nurse navigators and other team members to help patients navigate any additional evaluation or treatment. That includes making appointments and securing transportation. “We want all women to have access to high-quality medical care, and we do whatever we can to make it possible,” Soto says.

At Our Cancer Centers:

- A team of specialists will review your case and offer the best treatment recommendation. This approach is the most effective in successfully treating cancer.
 - You’ll receive care at the region’s only National Cancer Institute-selected cancer center.
 - You’ll have access to the latest advances in technology, such as robotic surgery, and you’ll benefit from our active involvement in research to find new treatments that extend life.
-

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LEHIGH VALLEY HEALTH NETWORK

On any given day,
a mother will receive hope from a clinical trial.



Region's only National Cancer Institute selected cancer center.

For nearly every family, the word "cancer" hits close to home. That's why it's reassuring to have Lehigh Valley Health Network nearby to provide powerful treatments and expert answers.

At Lehigh Valley Health Network, you'll find a collective passion to help you fight cancer right where you live with our extensive group of physicians, health centers, and hospitals throughout the region.



And as the area's only NCI-selected cancer center, we can provide patients with greater access to the latest clinical trials and research-based treatments. This national distinction, coupled with our leading cancer specialists, means hope and options for cancer patients and their families. On any given day.

A PASSION FOR BETTER MEDICINE.™



610-402-CARE LVHN.org