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Lehigh Valley Health Network

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WINTER 1994



WOMANCARE

UPDATE

Local Women Join March to Put An End to Breast Cancer

"IT WAS POWERFUL, emotional, very sad, and absolutely moving," says Pat Oren of her experience last October 18. On that "beautiful sunny day", Pat and a busload of others from the Lehigh Valley traveled to Washington, D.C. to join a march in support of increased research funding for breast cancer.

Oren, who works on Lehigh Valley Hospital's Cancer Support Team, is a breast cancer survivor herself—and everyone she encountered that day in Washington had also been touched by the disease. "There was a young family walking for their mom who had died," she recalls. "There were celebrities, like Linda Ellerbee and Lauren Hutton. There were women in groups and women who walked alone. All these people had their own stories, but it was clear we all needed to be there."

The gathering was the culmination of Campaign 93, a grassroots effort by the National Breast Cancer Coalition (NBCC) to collect signatures petitioning President Clinton to create a strategy to end the breast cancer epidemic.

"Epidemic" is the word being used by advocacy groups to describe the alarming incidence of the disease. Some 2.6 million women in the U.S. have breast cancer, and 152,000 in Pennsylvania. (Only three other states have a higher incidence.)

cont'd on page 5

LEHIGH VALLEY
HOSPITAL

Chairman's Column

Dear Friends of Lehigh Valley Hospital:

IN THE PAST year and a half I have had the opportunity to participate in shaping the future of obstetric and gynecologic (OB/GYN) care at Lehigh Valley Hospital. It has been an exciting and challenging time for both myself and our department.

The Department of Obstetrics and Gynecology's goal is to be the leading quality and cost effective provider of all aspects of optimal comprehensive OB/GYN care to the women in the Lehigh Valley. Our priorities are healthcare costs, quality of care and customer service, including ease of access, environment, and personal interactions and experiences. We will work as a team to provide for your needs. We will also conduct a university equivalent resident education program, including clinical research as a component of our department culture and an adjunct to the healthcare mission.

To accomplish these goals, our dedicated team consists of the entire medical staff of the department, both primary general specialists and subspecialists, professional nurses, clinical nurse practitioners, clinical nurse specialists, medical assistants, social service workers, nutrition counselors, office personnel, research personnel, and others. Several of the practice groups have recruited additional associates to their practices. The department faculty now includes, in addition to myself as chairman, a vice-chairman for

education, two maternal-fetal medicine specialists, a gynecologic oncologist, a reproductive endocrinologist, and our newest subspecialist in pelvic reconstructive surgery. These individuals will have responsibilities in the areas of administration, resident education, student education, and research in addition to their significant patient care activities.

With the addition of our maternal-fetal medicine staff, we have initiated a Lehigh Valley Regional Perinatal Network. This relationship with hospitals and physicians in the region is intended to promote education and to establish linkages for the care of pregnant patients who need perinatal diagnostic services and management of acute complications of pregnancy. Our high risk pregnancy service combines with the Department of Pediatrics extensive neonatal intensive care unit and neonatologists to provide a superb resource for the families of the Lehigh Valley.

It is my personal commitment to all women living in the Lehigh Valley and outlying areas to continue to work hard to provide you with comprehensive obstetric and gynecologic care at all stages of your lifetime.

My family and I wish you and yours a very happy and prosperous New Year.

Robert V. Cummings, M.D.

Robert V. Cummings, MD
Chairman, Obstetrics and Gynecology
Lehigh Valley Hospital

NOTES FROM FRAN & MARIE

HAPPY NEW YEAR! If you've been thinking about that list of New Year's resolutions you wrote a few days ago and need some help getting started on those healthy lifestyle changes—give WomanCare a call at (610) 402-3800.

We can help link you to all the services of Lehigh Valley Hospital, whether it's the lectures you'll find in this newsletter, help in finding a physician, or enrolling in a smoking cessation or weight-loss class. Don't let January slip by without taking a step in the right direction toward your 1994 goals.

WomanCare is starting a new format for the UPDATE. It will now be pub-



lished in January, March and September. Each issue will feature articles written by healthcare professionals on current topics in women's health. We are pleased to feature in this issue Vincent Lucente, MD, and Sergio Perticucci, MD, both from the Center For

Women's Medicine, Lehigh Valley Hospital. Also added to our editorial pages is the Chairman's Column featuring Lehigh Valley Hospital's Chairman of Obstetrics and Gynecology, Robert V. Cummings, MD. We hope you enjoy our new format. We welcome your comments and input. Just give us a call.

Happy New Year to you and your families.

Marie C. Shaw
Marie C. Shaw
Director of WomanCare

Fran Derhammer
Fran Derhammer
Education Coordinator

Incontinence—A Specialist's View

Is INCONTINENCE (loss of bladder control) a natural part of aging? No! says Vincent Lucente, MD.

"The problem is so common that many women seem to just accept it," he points out. "In fact, fewer than 20 percent even tell their doctor. This is a tragic situation, because incontinence can be effectively treated and even, in some cases, prevented."

Lucente will speak about incontinence and other matters of pelvic anatomy at a WomanCare educational session February 22 (see p. 7 for details). It will be one of his first public functions as Lehigh Valley Hospital's new pelvic reconstructive specialist in the Department of Obstetrics and Gynecology. There aren't many members of this new subspecialty—Lucente is one of a handful in Pennsylvania—but this specialty will be playing a major role in women's health in the future.

"My focus is on treating all the problems of the pelvic floor," Lucente explains. "Loss of bladder or bowel control, prolapse (falling) of the uterus or other pelvic organs—these disorders tend to come in clusters and affect each other. But traditionally, each was treated by a different kind of physician. When these physicians didn't work together, many women had to have repetitive surgeries and failure rates were high. Think of the cost—financially and otherwise—of all the women (up to 50% of those in nursing homes) who are institutionalized because of incontinence."

This subspecialty, Lucente explains, presents a wholistic approach to pelvic floor disorders. "Nerve damage, strain on the ligaments and connective tissue, and weakened pelvic muscles are not isolated problems but interrelated ones," he says. "As one researcher put it, problems of the pelvic floor are

problems of the structural integrity and neurological 'wiring' of the whole building, not just one private 'apartment.'"

Incontinence is a good example of this interrelatedness. Depending on the type, it can be a problem of the bladder, urethra, muscles or nerves—or a combination.

Stress incontinence, the most common type, is due to an ineffective urethra (the tiny tube that brings urine out of the bladder). It can be caused by excessive coughing, lifting, aerobics or chronic constipation—but the single biggest factor is vaginal-delivery childbirth. "Nerves are injured in delivery," Lucente explains, "and they grow back only partially. The size of the baby, the length of time the mother spends pushing in labor, and the number of children she's had all play a role in the amount of damage."

Pelvic floor injury during childbirth is a growing problem, he adds. "Modern obstetrical care is promoting bigger and healthier babies, but the human pelvis doesn't seem to be adapting fast enough from an evolutionary perspective. At the same time, there's a trend away from caesareans and toward vaginal deliveries."

D.I. incontinence (detrusor instability) is another common form, caused by bladder dysfunction. "Here, the woman needs to urinate frequently and urgently—she 'can't get there fast enough,'" says Lucente. "**Nocturia** is a variation that involves multiple trips to the toilet during the night." How can incontinence be treated? Most people think immediately of surgery; but "more and more, surgery is becoming a later option," says Lucente. "The success of non-surgical treatments depends on the severity of the problem," he adds. Stress incontinence

can be treated through:

- * **Exercise** (the so-called Kegel approach), in which the woman does a series of constrictions of the pelvic floor muscles. "You need discipline and motivation for this approach to succeed," says Lucente.
- * **Biofeedback**. "Since most women can't tell if they're doing the Kegel exercises correctly," Lucente says, "we often use a small biofeedback probe, with coaching from a specially trained physical therapist. The therapist functions like a 'personal trainer' for the patient."
- * **Electrical stimulation**. This gentle, painless procedure automatically exercises the muscles of the pelvic floor.
- * **Medication**. There are some medications for incontinence, says Lucente, but side effects are common.
- * **Collagen injections**. This newly-approved procedure is effective in treating some types of stress incontinence.
- * **Surgery**. For more severe problems, typically when there is a prolapse of the uterus or another pelvic organ. Lucente's approach is to repair all aspects of a patient's problem in a single surgery.

And prevention? "Learn the correct way to lift. Avoid straining. Think twice about high-impact aerobics. If you have symptoms, carefully track them and *talk to your doctor*—but please make sure he or she is well trained in pelvic floor disorders," says Lucente. "Above all, don't accept incontinence as natural, either to aging or to childbirth. This problem, which can be devastating even in its minor forms, is something you *don't* necessarily have to live with." ■

About Our Specialists



Vincent Lucente, MD

Women's Health

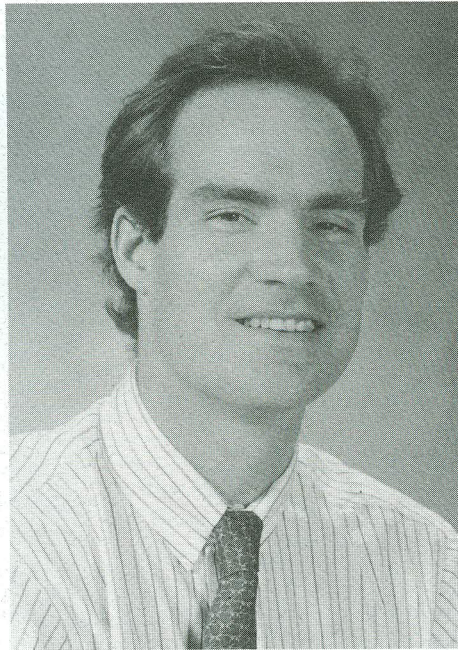
VINCENT LUCENTE, MD, obstetrician/gynecologist, is Lehigh Valley Hospital's newest female health specialist. His expertise in pelvic reconstructive surgery complements the hospital's full-range of obstetrics and gynecology specialists for women, which also includes high-risk pregnancy, infertility and cancer.

Lucente most recently was on staff at North Shore University Hospital—Cornell University Medical College, Manhasset, NY. He served his residency in obstetrics and gynecology at North Shore University Hospital followed by a fellowship in urogynecology at Methodist Hospital of Indiana in Indianapolis.

Lucente's practice is located at the Center for Women's Medicine, Department of Obstetrics and Gynecology, Lehigh Valley Hospital, 17th & Chew. He is the Department of Obstetrics and Gynecology's chief of pelvic reconstructive surgery. His activities include patient care, administration, teaching and clinical research. He will diagnose and treat women with incontinence, prolapse (falling) of the uterus or other pelvic organs and any

other pelvic floor disorders. He will also serve as medical director of WomanCare, the hospital's health information resource for women of all ages.

(See related articles on page 3 & 7).



Paul F. Haley, MD

Mental Health

AS MANY AS 20 percent of women experience emotional, psychological or psychiatric difficulties associated with pregnancy. The Mental Health Center at Lehigh Valley Hospital has appointed a psychiatrist to specialize in evaluating and treating women who suffer such problems.

Paul F. Haley, MD, joins the center's consultation and liaison team, which treats patients who suffer from emotional complications of medical conditions. The hospital's consultation and liaison service is the only one of its kind in the Lehigh Valley. Haley's primary focus will be on expectant and new mothers who develop or have a history of emotional disorders. These may include anxiety, postpartum depression, clinical depression or substance abuse. He will also help patients cope with

issues of premenstrual syndrome (PMS), infertility, morning sickness, sexual abuse and trauma.

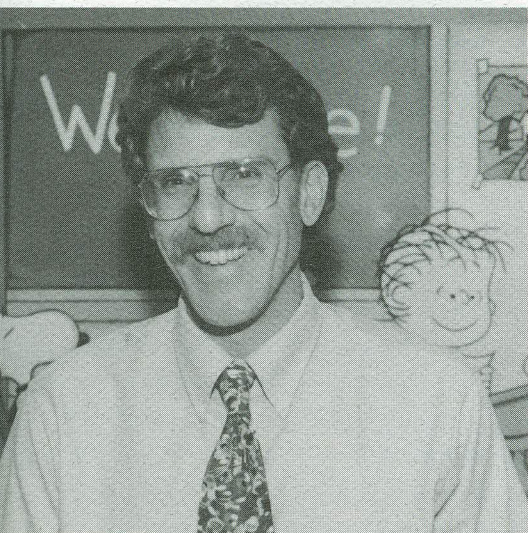
Pregnant women who suffer from emotional stress-related illnesses require special attention because some of these afflictions can be a threat to the health of the fetus. Haley will work with the women and their obstetricians to ensure their patients and babies remain healthy throughout pregnancy. In addition, Haley will be available to diagnose and treat women suffering postpartum depression, a common condition of new mothers. He will offer counseling and psychotherapy, and prescribe medication, if necessary. Haley will also be involved in educating resident physicians specializing in obstetrics and gynecology.

Haley received his medical degree from the University of Massachusetts Medical School and completed a psychiatric residency at the University of Connecticut School of Medicine, Farmington, Conn. He was chief resident at Hartford Hospital, Hartford, Conn., in the psychiatric consultation and liaison service and again in the psychiatry inpatient service.



Pediatrics

THE LEHIGH VALLEY's newest pediatric specialist is Robert Walker Miller, MD, director, pediatric pulmonary medicine, Lehigh Valley Hospital. Miller brings special expertise in the diagnosis and treatment of children with acute and chronic respiratory conditions such as reactive airways disease, recurrent pneumonia, complex asthma and cystic



Robert Walker Miller, MD

fibrosis. He emphasizes home care services, particularly caring for children who are "technology dependent" such as those on home ventilators. Patient and family education are an important part of his practice.

Miller received his medical degree from Temple University Medical School, Philadelphia, and pediatric residency training at the State University of New York (SUNY) Health Science Center, Syracuse, New York, before completing a three-year fellowship in pulmonary medicine at Children's National Medical Center, Washington, D.C. From 1984 to 1993, Miller served as director, Pediatric Pulmonary Center and co-director, Robert Schwartz Cystic Fibrosis Center at SUNY Health Science Center.

Because respiratory problems account for many pediatric admissions to the hospital, Miller works closely with other children's health specialists in the hospital's newborn nursery, neonatal intensive care unit and inpatient pediatric unit. Other pediatric specialists affiliated with Lehigh Valley Hospital provide services in: allergy, ear-nose-throat, cardiology, surgery, rheumatology, endocrinology, genetics, neurology, behavioral pediatrics, pediatric surgery and child and adolescent psychiatry. ■

cont'd from front cover

The goal of Campaign 93 was to collect a signature for every woman with breast cancer for the petition hand-delivered to the President that sunny October day. Dorothy Gulbenkian Blaney, president of Cedar Crest College and Lehigh Valley captain for the Pennsylvania Breast Cancer Coalition, was among those who met with the Presidential team.

"My strong impression was that American women have crossed a line," says Blaney. "Rather than standing on tiptoe and asking for help, we can now sit down at the table and be heard. We were there, of course, because of the Clintons' commitment to healthcare reform and because of the 2.6 million people who backed us. But women have learned how to make change take place. We're not going to be 'patient' and pass this issue on to our daughters." Although there was no specific funding commitment that day, Blaney adds, it was clear that the healthcare planning mechanism now in process "will produce action" on breast cancer research.

The women of Pennsylvania, she notes, proved themselves very much a part of the drive for action. "Pennsylvania came in first among all the states in collecting signatures; we needed 152,000 and produced 323,000. Our capacity to mobilize was very good."

The women of the Lehigh Valley have been willing to get involved not only politically, but personally in the drive to eradicate breast cancer, notes Elisabeth Crago, RN, MSN, cancer research coordinator at Lehigh Valley Hospital. The hospital is one of 119 clinical centers around the country in the new Breast Cancer Prevention Trial (BCPT). "We have been honored for our high recruitment level, thanks to so many women wanting to take part in the trial," Crago explains.

The BCPT aims to determine whether the drug tamoxifen, which has been effective in treating existing breast cancer and reducing the likelihood of recurrence, can keep breast cancer from occurring in the first place among women at high risk of developing the disease. "This is the first attempt nationally to actually prevent breast cancer," says Mark Gittleman, MD, unit director, comprehensive breast services, Lehigh Valley Hospital.

Gittleman welcomes the idea of increased research funding, particularly in prevention and early detection of breast cancer. "The good news in this field," he says, "is that with increased public awareness we have been able to detect breast cancer at earlier stages, which results in much better cure rates. The BCPT is the most exciting development of all."

More research, increased public awareness, early detection, prevention—the momentum is on. For the thousands who marched in Washington last fall, and the millions of others affected in some way by the disease, there is one dream and one goal: to put an end to breast cancer. ■



WHAT'S NEW IN BREAST CANCER:

Elisabeth Crago, RN, MSN, cancer research coordinator at Lehigh Valley Hospital, will lead a WomanCare educational session March 15 titled "Women's Power Realized: Grassroots Support for Breast Cancer Research." For details and information on how to sign up, see page 7.

Questions and Answers On Gynecological Health

with Sergio Perticucci, MD

WHATEVER YOUR AGE, and whether or not you're a mother (or want to be), it's important to take care of your gynecological health. Here are the answers to some common questions, from Sergio Perticucci, MD, chief of gynecologic oncology, Department of Obstetrics and Gynecology, Lehigh Valley Hospital.

Q. How often do I need a gyn exam?

A. Every year. This exam should be part of an annual history and physical including blood pressure check and breast exam. Your gynecologist can function as your first-line MD.

Q. What about a Pap test?

A. This test for cervical cancer, named for Dr. George Papanicolaou, is also done annually, at least for the first three years. Not every woman needs a yearly PAP test if the first three are negative, depending on her risk factors. Check with your doctor on this.

Q. At what age should I start these exams?

A. Gyn exams and Pap tests should start at age 18, or earlier if you are sexually active before age 18.

Q. Do I need to keep having them as I get older?

A. Definitely. Don't stop having your exam and Pap test just because you're past the childbearing years or have had a hysterectomy. The tests are especially important as you approach menopause. The Pap test, for instance, gives valuable information about estrogen levels.

Q. Do I need estrogen replacement therapy after menopause?

A. For most osteoporosis and other degenerative conditions; it combats the increased risk of heart disease associated with aging; and it keeps the vagina functional by preventing dryness.

Q. What are the risks?

A. The perceived risk of breast cancer has never been proven, and the potential risk of uterine cancer can be counteracted with progestin and monitored with annual exams.

Q. How can I tell if I'm at risk for gynecological cancer?

A. You run a higher risk of cancer of the ovaries, uterus, cervix or endometrium if you meet any of these conditions. If so, your doctor can advise you on the need for lifestyle changes, counseling and/or tests.

- Family history of cancer
- Smoking
- Multiple sexual partners
- Obesity
- High-fat diet
- History of menstrual disorders
- Few or no children
- Many years of ovulating (i.e., not using the birth control pill)

Q. Can gynecological cancer be prevented?

A. Some gynecological cancers can be prevented by early treatment of pre-

cancerous conditions. This is why regular exams are so important—to spot problems as early as possible. We have many new diagnostic and treatment techniques, including lasers, specialized ultrasound and colposcopy, that allow us to diagnose and treat precancerous conditions and even some early cancers without the need for major surgery.

Q. What are the warning signs of a problem?

A. Be sure to tell your doctor promptly if you have any of these signs:

- Bleeding between menstrual periods, especially after intercourse
- Recurrence of bleeding after menopause
- Abnormal bleeding after menopause, for those taking estrogen
- Abdominal bloating, pain, or trouble urinating or defecating. These symptoms may be due to many other causes, but you should report them to your doctor. ■

When Getting Pregnant Is Difficult

Many couples today delay child-rearing into their mid-30s. With one in six U.S. couples affected by fertility problems, this causes uneasiness and raises many questions. **When is it necessary to seek a specialist? How long do we wait? Where do we go for support?** We invite you to participate in two outstanding informational programs presented by Stacie Weil, MD, reproductive endocrinologist, Lehigh Valley Hospital's Center for Women's Medicine. Become an informed partner with professionals and learn what you can do to help yourself.

INFERTILITY WORKUP

Searching for the reason—learn about diagnostic testing of infertility both male and female.

Tuesday, March 15

Conference Room B
Center For Women's Medicine
Lehigh Valley Hospital, 17th & Chew

7-8:30 pm

Free

To register, call WomanCare 402-3800

TREATMENT OPTIONS

The treatment options from simple to high tech depending on diagnosis.

Tuesday, March 29

Conference Room B
Center For Women's Medicine
Lehigh Valley Hospital, 17th & Chew

Winter 1994

EDUCATIONAL SCHEDULE

CONFLICT SURVIVAL FOR WOMEN: LEARN CREATIVE WAYS TO HANDLE FAMILY ISSUES (2 PARTS)

Jan. 27, Noon-1 pm & 7-8 pm

17th & Chew, Auditorium

and Feb. 1, Noon-1 pm & 7-8 pm

17th & Chew, Auditorium

Deborah R. Gaber, Esq. Mediator

Conflict is a part of life. We can't avoid it but we can learn to manage it. Learn some successful ways to manage family issues. This two-part series will help define conflict and its causes, offer conflict resolution techniques and resources available to women to further support them in resolving family issues.

HEALTHCARE REFORM: A CONSUMER'S REPORT

Feb. 16, 12:15 pm & 7 pm

Cedar Crest & I-78, Auditorium

Elliot J. Sussman, MD, President & Chief Executive Officer, Lehigh Valley Hospital

What does managed care mean? Consumers are faced with more choices than ever, but what is the best way to select a health-care plan for you or your family? Get answers to these and other questions about today's healthcare environment as Dr. Sussman speaks about how healthcare reform affects you as a consumer. He will discuss President Clinton's and Governor Casey's reform plans.

ABOUT OUR SPEAKER...

"We are in an era of fundamental change in healthcare...says Elliot J. Sussman, MD, president and chief executive officer, Lehigh Valley Hospital. Dr. Sussman is a local healthcare expert with national managed care experience. He has published numerous articles and book chapters on healthcare. His most recent article reported on the results of a five-year study of more than 140,000 heart patients and was published in the December 9 New England Journal of Medicine.

"INCONTINENCE—WHAT EVERY WOMAN NEEDS TO KNOW"

Feb. 22, Noon-1 pm & 7-8 pm

Cedar Crest & I-78, Classroom I

Vincent Lucente, MD

Pelvic Reconstructive Specialist

Lehigh Valley Hospital

Richard Lieberman, MD

Urologist, Lehigh Valley Hospital

Drs. Lucente & Lieberman will discuss causes and treatments of the more common forms of bladder control problems from leakage during aerobic exercise to being bathroom conscious wherever you are.

DISCOVERING YOUR UNIQUENESS THROUGH NON-VERBAL COMMUNICATION

March 1, Noon-1 pm & 7-8 pm

17th & Chew, Auditorium

Jane Roncoroni, Image Consultant

More than 55% of perceptions about adult women is based on non-verbal communication. Learn how to communicate more effectively through appropriate use of a wardrobe that works for you — and become aware of your own and other people's body language. Jane will teach you how to make the best of your most valuable tool—your unique presence.



WOMEN'S POWER REALIZED: GRASS-ROOTS SUPPORT FOR BREAST CANCER RESEARCH

March 15, Noon-1 pm & 7-8 pm

17th & Chew, Auditorium

Elisabeth Crago, MSN, RN

Cancer Research Coordinator

Join a discussion of what's new in cancer prevention and risk assessment. This seminar will explore some of the factors leading to the development of cancer and review steps which can be taken to deal with the cancer threats in our lives. Special attention will be directed to strides in breast cancer research and treatment. Hear how women organizing politically has resulted in increased attention being directed toward breast cancer as competition for medical research and treatment dollars increases. Participate in discussion of progress being made in the first large-scale cancer prevention project—The Breast Cancer Prevention Trial.

OSTEOPOROSIS: CARE AND PREVENTION

March 29, 7-8 pm

Cedar Crest & I-78, Classroom I

Donald E. Barilla, MD, Endocrinology/ Metabolism, Lehigh Valley Hospital

Dr. Barilla will discuss the diagnosis, treatment and prevention of osteoporosis. He will also discuss current research projects related to prevention and treatment.

Support Groups

DEPRESSION AFTER DELIVERY

Ongoing support group, First Wednesday of each month, from 7-9 pm.

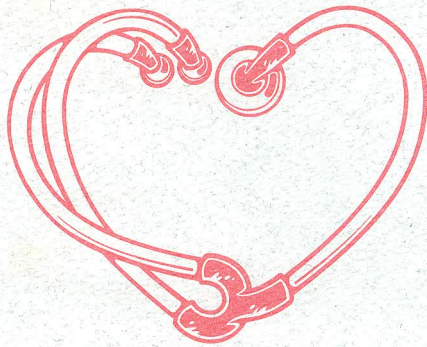
School of Nursing, Room #902, Lehigh Valley Hospital, 17th & Chew

Call (610) 402-3800

NICU PARENT SUPPORT GROUP (FOR PARENTS OF INFANTS IN A NEONATAL INTENSIVE CARE UNIT)

Parent to Parent Time, First and Third Tuesday of every month, 7:30-8:30 pm.

Call Dona Bauman (610) 967-2785



"HEALING HEARTS"

A support group for parents of children with congenital or acquired heart disease or defects.

Call Terry Wells, Monday through Friday, 8:30-4:30 pm at 437-6687

CONTINUAL HEALING OF THE INNER CHILD

For women recovering from negative self image and co-dependent relationships.

Facilitator: Marcia Felkay, MA

Tuesdays—Jan. 25-March 29

(10 weeks)—7-9 pm

Fee: \$70 per person

Call (610) 402-3800

THE BRIGHTER SIDE OF MIDLIFE

For women to discuss and explore the positive aspects of the changes and challenges of midlife.

Facilitator: Patti Lehr, MSN, RNCS

Tuesdays—Jan. 11-Feb. 8

5 weeks—7-8 pm

Fee: \$35 per person

Call (610) 402-3800

BUILDING SUCCESSFUL STEPFAMILIES

This support group will focus on the challenges and rewards of developing new roles and realistic expectations for meaningful new family relationships.

Facilitator: Nina Couturiaux, BS, MA

Tuesdays—Feb. 15-March 22

(6 weeks) 7-8:30 pm

Fee: \$45 per person/\$70 couple

Call (610) 402-3800

DES SUPPORT GROUP

DES information for mothers, daughters and sons exposed to DES, a synthetic hormone given to millions of women to prevent miscarriages from 1941 to 1971. The group focuses on the medical, psychological and legislative issues relating to DES exposure.

Facilitator: Mary Jean Greco Golomb at (717) 759-6905

Sundays—every other month 10-11 am

School of Nursing, Room 900 17th & Chew

Dates for 1994:

Jan. 9, March 13, May 8, July 10, Sept. 11, Nov. 13

NEW MOM'S NETWORK

Bring a brown bag lunch and join other new moms for special videos, topics, sharing and support, including discussions about the physical and emotional adjustments to motherhood. Bring your baby if you like.

First & Third Wednesdays of each month, 11 am-Noon

School of Nursing, Room 916 17th & Chew

No advanced registration required.



Winter 1994 Parenting Lectures

TOILET TRAINING

Jan. 26, 7-8 pm

17th & Chew, Auditorium

Michael Schwartz, MD

Pediatrician

Lehigh Valley Hospital

What age do you start toilet training?

Learn what works best and what to avoid to achieve the process in a positive way.

YOUR CHILD'S TEMPERAMENT

Feb. 16, 7-8 pm

17th & Chew, Auditorium

Vilas Deshpande, MD

Pediatrician

Lehigh Valley Hospital

Explore ways to understand and deal with your child's temperament. Tips on handling temper tantrums will be discussed.

STRESS IN THE SCHOOL-AGED CHILD

March 16, 7-8 pm

17th & Chew, Auditorium

James G. Showalter, MD

Adolescent Psychiatrist

Lehigh Valley Hospital

Discussion will include stress, its underlying causes and its effect on your child and how you can help your child to cope with and reduce the stress.

Hospital Holds Cancer Center Grand Opening

ON NOV. 29 AND 30 and Dec. 1, over 3,000 community members helped Lehigh Valley Hospital mark the beginning of a new era in cancer care as the hospital dedicated the John and Dorothy Morgan Cancer Center. This regional outpatient facility will provide cancer patients and their families with cancer prevention, detection, diagnosis, treatment, rehabilitation and support services in one location.

"The desire to provide comprehensive cancer services under one roof has inspired countless persons—doctors and nurses, administrators, builders, former patients and their families—to build the John and Dorothy Morgan Cancer Center," remarked Irwin Greenberg, chairman of Lehigh Valley Hospital's Board of Trustees, at the building dedication on Nov. 29.

The cancer center occupies more than 36,000 square feet in the below-ground and ground floors of a multi-story medical office building at Cedar Crest & I-78. Plans to build the facility were announced in February 1992 with construction beginning in September.

The sub-ground level includes state-of-the-art radiation therapy areas equipped with two high-energy and one low-energy linear accelerators that offer a range of options to match each patient's particular diagnosis and therapeutic needs. This includes stereotactic radiosurgery for the treatment of brain tumors and other disorders that cannot be treated through conventional surgery. Administrative offices and the hospital's tumor registry also occupy this level.

The ground floor contains a multi-purpose treatment area; patient support services; patient and family education and counseling rooms where the Breast Cancer Support Group and other



The building of the cancer center was funded largely through private contributions. Donors can have a brick on the new patio engraved with their name or the name of a loved one. Over 800 bricks have already been donated. Call WomanCare for more information about the cancer center or the brick campaign.

similar services are offered; conference space for the Breast Cancer Consultative Service and other second opinion services; patient and medical libraries; and an office of the American Cancer Society. Smoking cessation instruction and prostate cancer screenings and the computerized Cancer Risk Assessment services will be delivered by a multidisciplinary team of healthcare professionals.

Each year, Lehigh Valley Hospital's cancer specialists treat nearly 1,700 of the 6,450 newly diagnosed cancer patients in the hospital's service area. The cancer center is named after John and Dorothy Morgan of Andreas, PA. The Morgans gave the hospital \$5 million for the construction of the building. John Morgan founded and operated the John E. Morgan Knitting Mills until 1948.

The \$27 million project required 1,200 tons of steel, which was furnished by the Bethlehem plant of Bethlehem Steel. The Alvin H. Butz Company managed the construction project that used more than 90 local contractors. ■



The John and Dorothy Morgan Cancer Center represents the future direction of healthcare, said Lehigh Valley Hospital president, Elliot J. Sussman, MD (right), as he helped dedicate the "Pave the Way for Life" brick patio at the west end of the new facility.

Lehigh Valley Hospital Affiliates with Johns Hopkins Oncology Center

Lehigh Valley Hospital recently signed an affiliation agreement with Johns Hopkins Oncology Center, Baltimore. This partnership will make advanced cancer treatment available from one of the nation's leaders in cancer treatment, education and research. Johns Hopkins was recently rated the top U.S. hospital in a poll of physicians conducted by U.S. News & World Report magazine.

MARK YOUR CALENDAR

CHILDREN AND HOSPITAL WEEK

Theme: Commitment to Caring:
Pediatric Pain and Pain Management

March 20-26



POISON PREVENTION WEEK

Theme: It's Time To Do Our Homework

March 20-26

**POISON CONTROL CENTER
(HOTLINE FOR EMERGENCIES)
1-800-722-7112**



THE ANNUAL EARLY CHILDHOOD EDUCATION CONFERENCE

Theme: Their Future is in Our Hands

April 16, 8 am-4 pm

Northampton Community College

Janet Brown McCracken, author

The Lehigh and Northampton Association for the Education of Young Children and Northampton Community College sponsor the conference that offers specialized workshops, educational exhibits, and a luncheon.

401 N. 17th Street
Suite 108
Allentown, PA 18104

LEHIGH VALLEY
HOSPITAL

Non-Profit Org.

Postage Paid

Permit #1922

Allentown, PA

Address Correction Requested