

Healthy You

Lehigh Valley Hospital and Health Network

MAY/JUNE 2007

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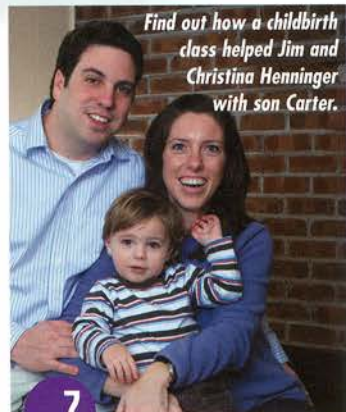


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MINDFUL EATING: Small Effort, Big Rewards

Have you ever looked down at an empty bag of chips in your hand, only to realize you can't recall eating any of them?

"It's called mindless eating, and we've all done it," says registered dietitian Kathy Hanuschak of Lehigh Valley Hospital and Health Network. "The problem is that it often causes us to overeat."

When you're multitasking—eating while watching television, driving or reading the paper—critical signals from your mouth (taste) and your stomach (satisfaction) just don't register in the brain, Hanuschak says. So it keeps thinking you're hungry, and you keep eating.

This is one of the findings of Cornell University researchers who studied people's eating habits. Their experiments show that people will eat more of a food if it's on a bigger plate, bowl or spoon, if they're seated next to someone who's eating a lot, or if they're distracted by the TV.

Emotion also plays a big role in eating, says licensed social worker Jerry Rodriguez of Lehigh Valley Hospital's Weight Management Center. An event triggers your feelings, and your habitual response is to eat. "But when you're conscious of your thought process, you realize you can choose a different response," he says.

By being mindful rather than mindless about your eating, you can trim at least 10 pounds in a year without ever dieting, according to Cornell researcher and author Brian Wansink. Here are some strategies from the experts:

• **Before you eat, ask yourself: Am I really hungry** or am I just (thirsty, bored,

tired, angry, frustrated, depressed)?

Allow yourself to focus on the pleasure of eating. Turn off the TV, put aside your reading, stop the car.

Dish up your meal in the kitchen and take it to a table away from the pots and pans, so you won't be tempted to keep dipping in for additional helpings.

Imagine you've never eaten this food before. Set aside your preconceptions and experience each bite freshly, noticing the color, fragrance, texture and flavor.

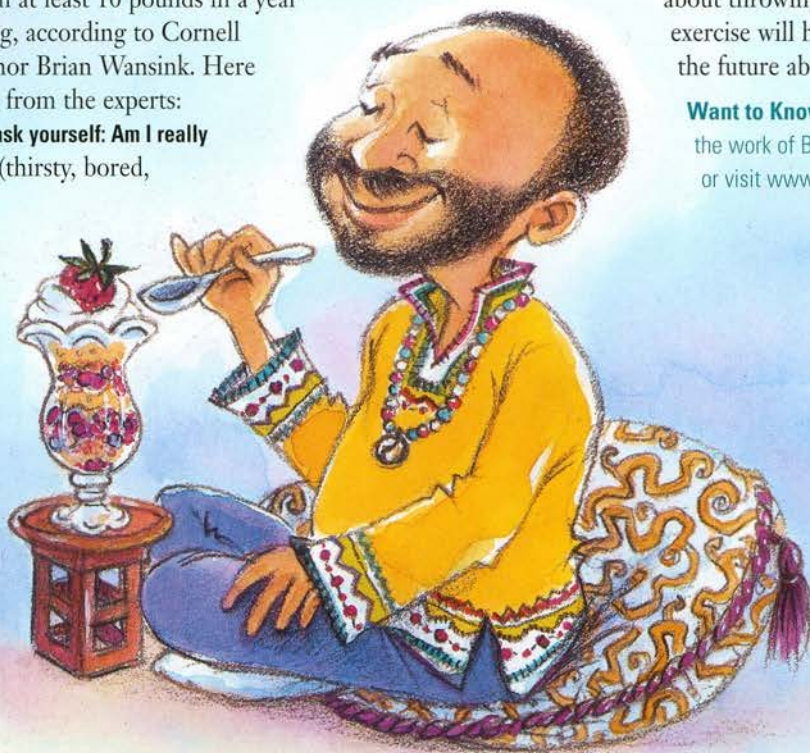
Eat slowly enough that your stomach and brain have a chance to register how full you are. Put down your fork several times during the meal and take a few deep breaths before resuming.

Stop when you're full, and get rid of your plate even if some food remains on it and others are still eating. Don't feel guilty about throwing away a few bites. (This exercise will help you be more mindful in the future about portion sizes!) ●

Want to Know More about eating mindfully or the work of Brian Wansink? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Mindfulness

It's a term that Buddhist teachers use to describe the ability to be fully present in the moment—noticing your actions, sensations, thoughts and feelings without judgment. Applied to eating, mindfulness means you're aware of your hunger or fullness level, your emotional state, and how each bite tastes and feels.



Fruits and Veggies

You need to eat more!

The latest recommendation: you need more than 'five a day'

For more than a decade, we've been encouraged to eat five servings of fruits and vegetables a day. Now, adult guidelines are jumping to 7-13 servings, depending on age and activity level. That's a major change for most of us.

Sure, we've been told that a diet rich in fruits and veggies helps control weight and reduce the risk for cancer, heart disease, type 2 diabetes and other problems. But we're not acting on that knowledge. "The typical American meal is beef, fries and a small salad drenched in high-fat dressing, and it's killing us," says Brian Stello, M.D., family medicine physician at Lehigh Valley Hospital and Health Network.

Fruits and vegetables are nutritional powerhouses, Stello says: "They provide cancer-fighting antioxidants, fiber, vitamins that boost the immune system, and many other essential nutrients. And fruits and vegetables are low in cholesterol, carbohydrates and sugar."

Ready to make some changes in your diet? "First, you need to recognize the impostors," says Elizabeth Stark, registered dietitian at the hospital. "Fruit roll-ups and most bottled juices don't count as fruit (they have lots of added sugar), and frozen vegetables in creamy or cheesy sauces, Tater Tots, french fries and veggie chips

don't count as vegetables."

If you can't get fresh fruits and vegetables, frozen ones usually conserve the essential nutrients. As for canned foods, read the labels carefully—avoid fruit packed in heavy syrup and vegetables with high sodium content. "Choose fresh fruits and veggies as often as you can," Stark says. "Make them part of every meal, and snack on them instead of cookies or chips. You can eat more and feel fuller with fewer calories."

It's important to eat a wide variety of fruits and vegetables to get all the nutrients you need. Darker-colored items like broccoli, carrots and yams generally have the most. Go easy on the corn and peas, which are high in

Add broccoli to your mac & cheese.

Fill half your plate with veggies.



Extra tip: Use a smaller plate to control portion sizes.



Extra tip: Make sure it's reduced-fat cheese, and use whole-wheat or multigrain pasta.

Top your pizza with veggies, not fatty meat.

Extra tip: Choose a whole-wheat crust and reduced-fat cheese.



carbohydrates. Experiment with fruits and vegetables you're unfamiliar with, and gradually make them—not meat—the centerpiece of your meal. ●

Want to Know More?

For details on the nutrients in fruits and vegetables, and tips and recipes for working them into your diet, call 610-402-CARE or visit www.lvh.org/healthyyou.



fruit smoothies.



Extra tip: Keep them light with nonfat yogurt or soy milk.

'What I Learned About My Metabolism'

How a simple test helped one woman lose weight

Chris Morehouse, R.N., had always followed a healthy diet and exercised regularly (see her strength-training, in photo). But as she got older, Morehouse—who assists callers to Lehigh Valley Hospital's 402-CARE phone line—found it harder to shed those extra pounds. "I was eating very little and still hardly losing weight," she says.

Two years ago, she learned about a new metabolism test at the hospital's Weight Management Center. The test measures how effectively your body converts calories into energy. Morehouse, an active 59-year-old grandmother, was intrigued not only on behalf of her callers, but also for herself. "I was interested in the fuel-in/fuel-out concept—how much fuel I actually burned," she says.

When she arrived for the test, she was instructed to breathe through her mouth into a tube for 10 minutes to measure how much oxygen she consumed and expended. Then her height, weight and age were factored in to find her resting metabolic rate (RMR)—the number of calories needed to power her basic functions, like breathing. Morehouse's RMR was 1,340.

Next, her "activity factor"—how much added energy she expended in daily activities and regular workouts—was added to her RMR. The result (1,700) was the number of calories she needed to maintain her weight.

To lose weight, though, she'd have to cut down. "As you age, your metabolism slows because you're less active and you lose calorie-burning lean muscle mass," says clinical dietitian Jennifer Acevedo of the Weight Management Center. "Fortunately, you can boost your metabolism at any age through regular exercise and a healthy diet."

Morehouse set out to lose a healthy pound-a-week. She learned to watch portion sizes, scrutinize food labels and exercise more effectively. This combined approach helped her shed 17 pounds and keep it off. "The metabolic test was another tool to help me," she says.

Recently, Morehouse repeated the test. To her surprise, her RMR had risen to 1,590. "Research shows your metabolic rate decreases every 10 years," she notes. "I'm older, but I've increased mine. I can eat about 2,000 calories a day now and still not gain weight." ●

Want to Know More about how to get your metabolism tested? Call 610-402-CARE or visit www.lvh.org/healthyyou.



	Before weight loss	After weight loss
Resting metabolic rate	1,340	1,590
Calories to maintain weight	1,700 a day	2,000

Sign Up Now!
Metabolism/Nutrition Counseling
 Details on page 23

This spring you've probably seen a new campaign from the Produce for Better Health Foundation. The goal of "Fruits & Veggies—More Matters" is to boost our consumption

beyond "five a day." Even a modest change in our nation's eating habits will help prevent a looming health crisis. Don't worry about counting up servings—just try to eat more fruits and vegetables than you have been.



fruits & veggies more matters™

Men's Health Update



A Better Treatment for Enlarged Prostate

Men with an enlarged prostate who would have faced surgery before have a new option now: a laser treatment with much faster recovery.

Enlarged prostate (benign prostatic hyperplasia) affects 1 in 3 men. "As men age, the prostate grows and presses against the bladder and urethra, the tube that carries urine from the bladder," says urologist Brian Murphy, M.D., of Lehigh Valley Hospital and Health Network. This causes difficulty starting the urine stream, a strong urge to urinate, a feeling as though you're never relieved, or the need to urinate often overnight.

Medication resolves the problem in 80 percent of men, but when it doesn't, surgery to remove excess tissue is the traditional alternative. The new GreenLight laser—which vaporizes the tissue—makes treatment much easier. In an outpatient procedure that takes about 45 minutes, a laser fiber is threaded into the urethra to deliver the energy. Afterward, a catheter is inserted to help remove urine for 1-2 days. "Laser surgery reduces bleeding and allows for a quicker recovery," Murphy says. The procedure has no effect on sexual health, and nearly all patients go home the same day. ●

Sign Up Now!

Prostate Health Update
May 24
Details on page 24

Do You Need a PSA Test?

The goal in cancer detection is to find it at the earliest, most treatable stage," says urologic oncologist Joseph Trapasso, M.D., of Lehigh Valley Hospital and Health Network. For prostate cancer, the tools to achieve that goal are a yearly doctor's exam and a test that measures the amount of prostate-specific antigen (PSA) in your blood.

The value of PSA testing remains somewhat unclear, and researchers won't have definitive answers for a few more years. The American Cancer Society and other professional organizations recommend the test (see chart); bodies such as the U.S. Preventive Services Task Force only recommend a yearly discussion with your doctor.

What should you do? It depends partly on your prostate cancer risk (which is higher if you're African-American or have a family history of prostate cancer), and also on you and your doctor.

Here are the facts about PSA. "Most men have a PSA level under 4," Trapasso says. "When prostate cancer develops, the PSA level most often rises above 4, though not always. Therefore, it is also important to assess the rate at

American Cancer Society PSA Guidelines

	Baseline PSA Test	Normal result	Abnormal result
Under age 50	Consider at age 35	Retest at age 50	Retest in 2 years
Age 50+	By age 50	Yearly exam	Talk to doctor
High-risk	By age 40	Yearly exam	Talk to doctor

which it rises over time, called PSA velocity."

PSA testing typically begins at age 50 (age 40 for men at higher risk), though some doctors advocate an earlier baseline test. It's important to discuss the results with your doctor. "Because PSA levels normally rise with age, a level

near 4 might be worrisome for a 50-year-old but less so for a 70- or 80-year-old," Trapasso says.

The concern and lack of consensus over PSA testing stems from the number of false positive results, and the fact that some prostate cancers are non-aggressive and won't affect the quality or length of your life. Treating them can create needless side effects.

The bottom line: talk to your doctor regularly about the pros and cons of prostate screening and the latest findings. While the PSA test isn't fool-proof, it is the best blood test for prostate cancer. And don't forget a yearly doctor's exam—it's the other component to prostate health after age 50. ●

Aggressive Cancer Treatment May Be Best

For years, the thinking has been that "watchful waiting" was the safest option for older men with early prostate cancer. However, a recent study found that men age 65-80 who chose to aggressively treat their prostate cancer with surgery or radiation were about 30 percent less likely to die from that cancer than those who waited. "You have to weigh the pros and cons," Trapasso says. "In very elderly or ill patients, the effects of aggressive cancer treatment may do more harm than good." ●

Want to Know More? Lehigh Valley Hospital's urologic cancer second opinion service helps patients make good treatment decisions. For information on this and general prostate health, call 610-402-CARE or visit www.lvh.org/healthyyou.

Cancer News and Reminders

Don't Forget Your Screenings

Cancer deaths are down sharply this year, thanks to better treatment, prevention and early detection. But cancer remains a major killer, second only to heart disease. Do your part by getting the screenings you need. Besides mammograms (see below), skin cancer screenings and PSA tests (opposite page), these include:

Colonoscopy—"It's the most accurate way to screen for and also prevent colon cancer," says Lehigh Valley Hospital and Health Network colon-rectal surgeon Linda Lapos, M.D., "because doctors can remove polyps, small growths that can eventually become cancerous."

Lung cancer CT scan—This test detects lung cancers at the early, potentially curable stages. "Ask your doctor about a lung scan if you're a current or former smoker, worked with chemicals like asbestos, or have a family history of lung cancer," says oncologist Eliot Friedman, M.D.

Want to Know More? Read Ask Our Expert at www.lvh.org/expert or call 610-402-CARE.

Detecting Breast Cancer

Women age 40 and older are advised to get a mammogram every 1-2 years—but the latest statistics show a slight drop in the number who are actually doing so. If that trend continues, breast cancer deaths could rise in the future. Make sure you and the women you care about get regular mammograms!

If your doctor tells you you're at high risk for breast cancer, you may need an MRI as well. Based on a recent study, the American Cancer Society has changed its screening guidelines for high-risk women. It now recommends annual MRIs (in addition to mammograms) for women with a family history of breast cancer or other factors that raise their lifetime risk above 20 percent, or who have had radiation therapy to the chest area before age 30. Breast MRI is available at Lehigh Valley Hospital's Breast Health Services. Watch for a future *Healthy You* story, and learn more at www.lvh.org/healthyyou.

Sign Up Now!

7th Annual Cancer Survivors' Celebration

June 10

Details on page 28

A Celebration for Cancer Survivors

Sharing his message of hope, love and faith at the 7th Annual Cancer Survivors' Celebration, guitarist/singer/songwriter David Bailey has an inspiring story to tell. As a child, he studied classical guitar, and over the years he composed, performed and toured as a street musician and with various ensembles. But after college, he put his passion aside and entered corporate America.

Ten years later, doctors told Bailey he had a malignant brain tumor and only months to live. Bailey left his job and returned to his first love of songwriting and performing. Now—10 years and 14 albums later—he'll celebrate surviving cancer with fellow survivors and their friends and families here in the Lehigh Valley.

Come listen to David Bailey's music, and enjoy a light lunch and art therapy activities. Though the event is free, space is limited. For reservations, call 610-402-CARE.



Kids and the Caffeine Craze

Your child loves those coffee and energy drinks, but are they harmful?



At the convenience store, your youngest grabs a cola, your teen wants the latest latte, and your athlete goes for an energy drink.

What do they all have in common? Caffeine—and children today get more than ever. Marketers pitch jumbo colas, flavored coffees and other caffeinated drinks to make children feel trendy and stay charged-up for games or late-night studying.

It's not just limited to beverages. Your child can get that caffeine kick through "energy" supplements and bars, too.

You don't have to ban caffeine completely, but too much definitely can be harmful, says pediatrician Amy Vyas, M.D., of Lehigh Valley Hospital and Health Network.

"Just like adults, children can become addicted to caffeine, and they're more sensitive to the effects because of their lighter body weight. Excess caffeine can

make them nervous and moody, raise blood pressure and heart rate, disturb sleep and affect concentration in school." Highly caffeinated energy drinks can cause an energy "crash" when the effect wears off.

How Much Is Too Much?

Health experts recommend no more than:

Age	Milligrams of caffeine
4–6 years	45
7–9 years	63
10–18 years	85
Adults	400-450

A 12-ounce soda has about 45 milligrams of caffeine.

Here are more reasons to be careful about children's caffeine consumption:

It can rob young bones of calcium. Adding two or more tablespoons of milk offsets this effect, Vyas says. But remember, the more caffeinated soda children drink, the less milk (and calcium) they're likely getting at a time when they're building bones and teeth to last a lifetime.

As a diuretic, it can cause dehydration. Don't give children iced tea to cool off in hot weather, or energy drinks before playing sports. "To replace fluid lost by sweating and keep them going in the game, they should drink water instead," says Vyas' colleague, registered dietitian Holly Van Poots.

It can suppress healthy appetite, preventing children from getting their proper nutrition.

It can raise the risk for obesity. Many caffeinated drinks are high in sugar and calories. "Drinking one 12-ounce soda daily can increase your child's obesity risk by almost 60 percent," Vyas says. Popular espresso drinks can total a whopping 500 calories (and double or triple the daily caffeine recommendation).

It can lead to tooth decay, from the sugar and acids added to most popular soft drinks. "These acids are found in both regular and diet sodas and contribute to enamel breakdown," Vyas says.

It can cause hypertension later in life. High blood pressure is common in people addicted to caffeine.

Help your child cut back slowly to avoid withdrawal headaches. "Water, 100 percent juice and low-fat milk are the best alternatives," Van Poots says. "Even 'decaffeinated' drinks still have about 5 milligrams of caffeine per cup." ●

Want to Know More about caffeine content in brand-name coffee and energy drinks, teas, sodas, foods and medications? Call 610-402-CARE or visit www.lvh.org/healthyyou.

To Your Health

Artificial Knee Designed for a Woman

Surgeons at Lehigh Valley Hospital are using a new type of knee replacement device that matches the narrower anatomy of a woman's knee. Called the Gender Solutions™ Knee, it also may benefit men with smaller bone structure. Learn more in the next *Healthy You*.

Want to Know More? See page 27 for a class on preparing for joint replacement.

Sign Up for a Research Study

If you suffer from a chronic health problem, consider enrolling in a clinical research study at Lehigh Valley Hospital. You'll have access to brand-new medications that could help you. Researchers are seeking participants with:

- Mild to moderate Alzheimer's disease
- Chronic low back pain
- Migraine headaches
- Parkinson's disease
- Osteoarthritis of the knee or hip

Want to Know More? Call 610-402-CARE.



Why a Childbirth Class Is Worth Your Time

Today's programs teach much more than breathing techniques

"I'm too busy." "I'll read a book." "I learned everything when I had my first baby." "My sister told me all about it."

If you've used excuses like these for not signing up for that childbirth class, it's time for a reality check. "Childbirth classes have changed since the days when women brought a partner and a pillow to learn breathing techniques for labor," says Michele Brown, R.N., certified childbirth educator at Lehigh Valley Hospital and Health Network. "We teach parents what to anticipate throughout pregnancy and afterward." Here's why a class is definitely worth your time:

You'll learn things you didn't know you needed to learn. First-time parents Christina and Jim Henninger of Macungie (pictured on the contents page) weren't aware of each other's fears until they attended a childbirth class. Christina was anxious about exactly where she'd be giving birth, and Jim about how life would change with a baby. Their worries soon vanished. "During class we toured the hospital to see where we would deliver, and couples who had other children shared their experiences," Christina says.

You'll learn the latest from childbirth experts. Even if you've been pregnant before, childbirth classes are a good refresher. The content covers everything from pregnancy exercises to

postpartum depression, updated car seat guidelines and how to make the most of the baby's doctor appointments.

You'll get answers to your specific concerns. Lindsay and Barry Dobil of Orefield worried about how their Labrador would respond to a new baby. Their instructor gave them tips on introducing the dog to the baby. "The advice was great," Lindsay says. "We loved the class, and learned so much more that was valuable to us during both our pregnancies."

You'll be prepared for all scenarios. Lindsay had an emergency Cesarean section with her 2-year-old daughter, Morgan. "Because the class taught us what to expect in this situation, I knew there would be many people in the room taking care of me," she says. "I knew not to panic, and that everything would be fine."

You'll get an instant support group. "Class members have the opportunity to talk openly about their concerns with people going through similar experiences," Brown says. Long-term friendships often result. That's what happened to Christina Henninger through Monday Morning Moms, a support group for breastfeeding mothers.

You can choose a class schedule that fits your life. Options include a series, weekends and one-day intensives. (Register early for the best choices.) "Most parents attend classes toward the end of their second trimester," Brown says, "but it can be any time during your pregnancy."

Insurance may cover it. Some plans do.

You might even deepen your relationship. Childbirth classes actively involve both Mom and Dad in the process.

Convinced? Sign up for that class right now! ●

Want to Know More about childbirth and other classes, such as Monday Morning Moms? Call 610-402-CARE or visit www.lvh.org/healthyyou.

He got a chance to empathize—As a paramedic, Larry Loose once delivered a baby, but childbirth class (and an "empathy belly") helped him experience what his partner, Genevieve Loose (right), felt like before the birth of their first child, Jasmine Irie. The Pennsburg couple is shown with childbirth educator Michele Brown, R.N.



They were well-prepared—In childbirth class, Barry and Lindsay Dobil learned how to introduce their dog, Bailey, to the arrival of new babies (Morgan, age 2, and Will, 3 months). The class also made Lindsay feel better prepared for her Cesarean section.



The Overweight Pregnancy

It can affect your own and your baby's health

If you're like half of American women, you'll already be overweight when you become pregnant—and that's a risky thing. It raises the chances that you'll have complications like preeclampsia (dangerously high blood pressure), pregnancy-related diabetes and premature birth. Here's how to maintain a healthy weight throughout the childbirth process.

Before you become pregnant—If you're thinking about having a baby, this is the best time to lose the excess pounds, says Joseph DeFulvio, D.O., obstetrician with Lehigh Valley Hospital and Health Network.

During pregnancy—Expect to gain 25-35 pounds over the nine months. If you are overweight or obese at the outset, your doctor may advise you to gain less. Hold the line on weight gain by consuming a healthy diet rich in lean meats, low-fat dairy products, whole grains, legumes, vegetables and fruit, and low in fat, sugar and processed foods.

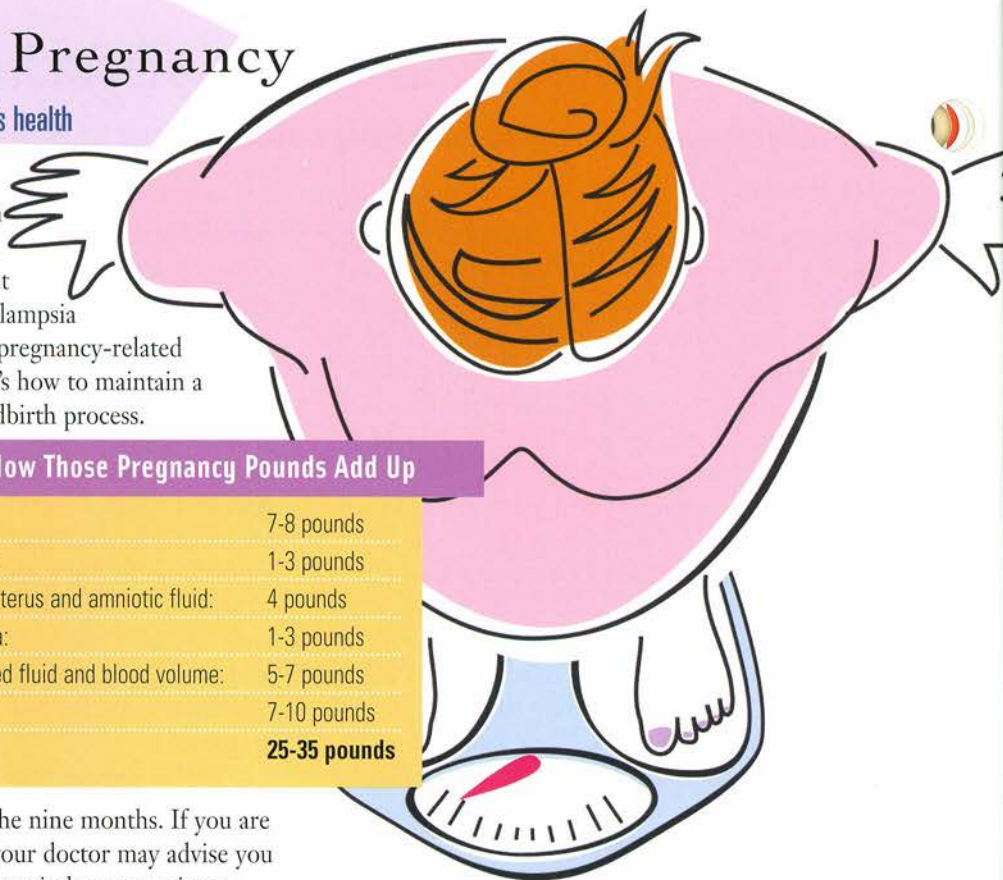
Even if you're currently out of shape, start exercising. "Gentle exercise such as walking, light weightlifting, and exercise classes designed for pregnant women is perfectly safe, and will condition you for labor and delivery," DeFulvio says.

No matter your size, don't try to lose weight now. Restricting calories could harm your unborn baby.

After pregnancy—To lose your "baby fat," DeFulvio recommends breastfeeding. It burns about 500 extra daily calo-

How Those Pregnancy Pounds Add Up

Baby:	7-8 pounds
Breasts:	1-3 pounds
Larger uterus and amniotic fluid:	4 pounds
Placenta:	1-3 pounds
Increased fluid and blood volume:	5-7 pounds
Fat:	7-10 pounds
Total:	25-35 pounds



ries (besides being great for your baby's nutrition). Eat healthfully and resume exercise as soon as your doctor gives you the OK.

Also, consider holding off on the next baby for at least a year. That will give you time to re-establish a healthy weight. New research shows that even if you're not technically overweight, an added 7 pounds going into your next pregnancy can raise your risk for complications. ●

Want to Know More about weight gain and pregnancy, appropriate exercise during pregnancy or preeclampsia? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Illustrations by Jane



How Smoking Affects a Woman

Quitting now will lower your risk for heart disease!

Let's get down to facts: Heart disease is the number-one killer of women in the United States, and you are four times more likely to die from it if you smoke.

"Woman smokers typically have heart attacks 19 years earlier than women who've never smoked," says cardiologist Deborah Sundlof, D.O., of Lehigh Valley Hospital and Health Network. "Sadly, while overall smoking rates have declined in recent years, the fastest growing group of smokers is teenage girls."

Smoking harms the body in many ways that lead to heart disease. It lowers HDL (good) cholesterol, raises blood pressure and speeds athero-



How's Your Intuition?

We're all born with it, but we don't all know how to use it

It's been called a **gut feeling**, a hunch and even divine knowledge. Yet intuition isn't about magic or mind-reading, and it's not unique to women or people with ESP. We all have it.

"Intuition is simply a way of knowing information that is not readily apparent to us. Because we're so mentally busy, we often don't tap into other, deeper sources of knowledge beneath the chatter of our everyday thinking processes," says psychologist Joanne Cohen-Katz, Ph.D., of Lehigh Valley Hospital and Health Network.

"Typically, when making decisions we try to think our way out instead of paying attention to our feelings and sensations," she says. "Our bodies do give us information, such as a 'gut feeling' of discomfort or an uplifting feeling in the heart. We could make better choices if we paid attention to all the information at our disposal."

Intuition also helps us communicate more effectively. Watching a person's posture, facial expressions, tone of voice and body language gives you insight into his or her feelings and thoughts. It's a way of "reading" other people beyond just listening to their words. "Intuition can cue you into the

Tap Your Intuition

To practice getting in touch with your intuitive sense, try these techniques:

- Periodically tune out your surroundings by turning off the cell phone and computer.
- Relax by taking a walk or listening to music.
- Observe your body signals so you can recognize when a situation makes you tense.
- Record your dreams in a journal—they come straight from the right brain!



What she says:

"I'm just fine."

What your intuition tells you she's **REALLY** saying:
"I feel like a raging beast today!"

best way to deal with someone, which might not be apparent if you only look at the surface information," Cohen-Katz says.

How do you tap into this mysterious resource, especially if you know you're more oriented toward rational thinking? When talking with others, try to put half your attention on the words they use and the other half on their body language. When making decisions, feel out potential solutions by paying attention to your emotions and body signals like muscle tension, stomach upset and heart rhythms. How do various solutions feel in your gut and in your heart?

"Developing intuition is a lot like strengthening a muscle," Cohen-Katz says. "The more you trust it, the stronger it gets." ●

Want to Know More about using intuition to help you make a decision? Call 610-402-CARE or visit www.lvh.org/healthyyou.

n's Heart

sclerosis, the buildup of plaque in the arteries. Your risk is even greater if you take birth control pills. Smoking also leads to earlier menopause, when women lose the natural protection estrogen gives their hearts.

"Living a healthy, tobacco-free lifestyle is the best thing you can do for your heart," says Sundlof's colleague, gynecologist Karen Sciascia, D.O.

Ready to quit? Pay attention to diet and exercise so you won't gain weight and feel stressed. "Gaining weight and managing stress are the greatest barriers to quitting for women," says health educator Meredith Casey of the Coalition for a Smoke-Free Valley. "Start an exercise program, eat low-fat meals and healthy snacks, and drink water

to maintain a healthy weight and decrease the strain on your heart. Relaxation techniques like yoga and massage also help."

Since women tend to have strong social connections, Casey suggests pairing up with a buddy while quitting. "Walking together or joining a weight management program provides support and can strengthen your friendship," she says. "Most importantly, start now. The health benefits begin immediately." ●

Want to Know More? For information about health improvements that start when you quit and tips for quitting, call 610-402-CARE or visit www.lvh.org/healthyyou.

Sign Up Now!


**Tobacco Treatment
Counseling**

Details on page 26

Heart of Healthy You

Arm Yourself — Know Your Heart Test Results

First, ask for your numbers. Then learn how they can help you stay healthy



The phone rings. The test results you've waited for are here, and your doctor says your numbers are normal. But what does "normal" mean?

It's a wise question to ask. Physicians are encouraging patients to keep track of their numbers, especially those that affect heart health. "If you're just told 'it's normal,' ask for copies of your lab results so you can learn the specifics and what they mean," says family medicine physician Jennifer Derr, D.O., of Lehigh Valley Hospital and Health Network.

What they are and why they're important

You should start tracking your heart health with some basic tests starting at age 20. These include:

What's "Normal"?

These are the targets the American Heart Association recommends:

Total Cholesterol:	Under 200
LDL ("bad") Cholesterol:	Under 160 if you have no risk factors for heart disease Under 130 if you have two or more risk factors Under 70 if you are at very high risk for heart disease
HDL ("good") Cholesterol:	50 or higher for women, 40 or higher for men
Triglycerides:	Under 150
Blood Pressure:	Under 120/80
Fasting Blood Glucose:	Under 100
Body Mass Index (BMI):	Under 25
Waist Circumference:	Under 35 inches for women, 40 inches for men

- A blood pressure screening every two years
- A fasting blood test to measure your total cholesterol, "good" (HDL) and "bad" (LDL) cholesterol, and triglyceride levels every five years.

If you have pre-existing heart disease or diabetes, you may need more frequent testing. (For information on tests for blood glucose, see page 12.)

The resulting numbers will help you understand your risk for heart disease. But numbers alone don't tell the whole story, says Derr's colleague, cardiologist Andrew Sumner, M.D. "Your physician will help you understand your results in the context of your overall health and family history. The aggressiveness of your risk reduction therapy should be proportional to your future heart disease risk."

How to get them and understand them

A good first step to understanding your numbers is to ask about them *before* you have your test. "When your physician prescribes a test, ask her why it's being done, what it's looking to determine, and what it means if your numbers are or aren't normal," says gynecologist Kristin Friel, M.D., of Lehigh Valley Hospital and Health Network.

Depending on your doctor's preference, you'll get your results either by phone or by mail. If you don't receive your numbers, call and ask for them, Friel says. "If you don't *understand* your results, ask to talk with your physician or schedule a follow-up visit."

What to do with them

If your numbers fall in the normal range for your cardiovascular risk group, your heart health is on-track. Even so, you should get the recommended screening tests as scheduled and track your results. "That can help you learn, for example, if you're keeping your cholesterol levels at goal or if they are gradually becoming abnormal," Sumner says.

If your numbers aren't normal, you can take steps. The first one: "Educate yourself," Derr says. "If your cholesterol is high, ask your physician about it and visit Web sites like americanheart.org (American Heart Association) to learn what makes cholesterol high."

New beginning

Your doctor may recommend other tests if there is a specific reason you could benefit from them. These include high sensitivity c-reactive protein, a blood test that detects inflammation inside blood vessels. Levels less than 1.0 mg/dl indicate a very low risk for a future heart attack, while levels above 3.0 identify the highest-risk group.

Though your numbers will guide your future course, there are basics you can do to stay heart-healthy. "Exercising

for 30 minutes a day, eating a low-fat, high-fiber diet and quitting smoking are always smart choices," Sumner says. (See story on fruits and vegetables, page 2.) ♥

Want to Know More? For a report card to keep track of your heart numbers, and resources to help you control cholesterol and blood pressure, call 610-402-CARE or visit www.lvh.org/healthyyou.

Sign Up Now!

Heart Tests Your Family Needs

June 19

Details on page 25

How Risky Are Stents?

Pros and cons of the bare-metal and drug-coated versions

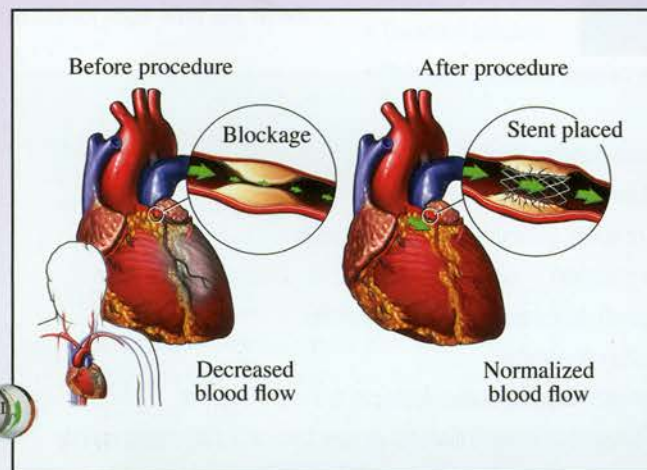
Which is best at keeping arteries open, bare-metal or drug-coated stents? It's been a controversial topic lately. Whether you had a stent inserted years ago or want to be informed should you ever need one, Lehigh Valley Hospital and Health Network cardiologist J. Patrick Kleaveland, M.D., answers your questions.

Q **What is a stent?**

A It's a small wire-mesh tube used to permanently hold a blocked artery open after it's stretched open with a balloon.

Q **What's the difference between bare-metal and drug-coated stents?**

A Bare-metal stents, the first to be developed, are made of metal only. After they're placed, a thin layer of scar tissue grows over the metal and incorporates the stent into the body. In some people this tissue continues to build up and reblocks the artery (restenosis), which can cause angina or heart attack. Drug-coated stents were developed to resolve this problem. While they significantly reduce restenosis, new studies suggest they slightly increase the risk for blood clots in the stent several months after it is placed.



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Q **Is there a way to prevent this?**

A Yes. Medications like aspirin and clopidogrel (Plavix) help prevent these potentially deadly clots. Doctors used to prescribe such drugs for up to six months after stent placement, and they now recommend them for a year, if your risk for bleeding is low. Stent patients should be on aspirin lifelong; as for Plavix, talk to your cardiologist. Researchers are still studying the benefit of combined aspirin/Plavix therapy beyond one year.

Q **Are stents still a safe treatment?**

A Yes. Stents have helped millions of people live longer lives, and when you need stenting, a drug-coated stent is the best way to keep your artery open. Though recent studies raise concern, blood clots in drug-coated stents are still very rare. The risk rises if aspirin and Plavix are stopped prematurely, so check with your cardiologist before stopping any anti-clotting drugs. Researchers are improving safety by developing a stent coated with a scar-preventing drug that dissolves 6-12 months after being placed.

Q **I received a stent years ago but don't know which kind. What should I do?**

A Talk to your doctor. He or she can determine which type of stent you have by reviewing your medical records, and can review your medications and further recommendations with your cardiologist.

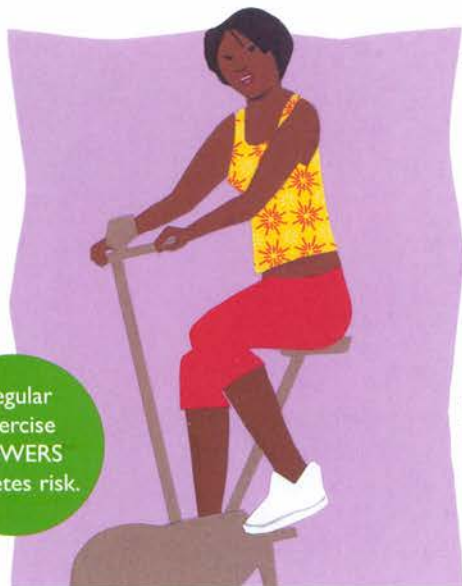
Q **When is a bare-metal stent the better choice?**

A Though they have a higher risk for re-narrowing, bare-metal stents are the better option if you have an intolerance to aspirin and Plavix or will be having surgery in the next six months. (These drugs can increase your risk for bleeding complications with surgery.) ♥

Want to Know More about how stents are implanted? To find out how they helped one local man, call 610-402-CARE or visit www.lvh.org/healthyyou.

Should You Have a Blood-Sugar Test?

It's key to detecting a dangerous condition called pre-diabetes



Regular exercise **LOWERS** diabetes risk.

"Knowledge is power"— Especially when it comes to blood sugar (glucose). A simple test can detect problems early, giving you a valuable window of opportunity to head off diabetes and its life-threatening complications.

About 1 in 6 Americans today has pre-diabetes, according to the American Diabetes Association. In this symptom-less condition, your blood-sugar level is higher than normal but not yet diabetic. You're beginning to become insulin resistant, a

sign that glucose isn't getting into the body's cells and is starting to build up in the bloodstream.

"Pre-diabetes is like the 'check engine' light on your car dash," says family medicine physician Richard Baylor, M.D., of Lehigh Valley Hospital and Health Network. "It tells you something's wrong, and if you don't correct it you could have major problems down the road."

The main causes of pre-diabetes are physical inactivity, high-calorie foods and being overweight. While there's no quick fix, it is reversible. "The good news is that you can lower blood-sugar level through diet and exercise," says Cindy Rothenberger, R.N., a certified diabetes educator with the hospital. In fact, research shows that dropping just 5-10 percent of your body weight and exercising 30 minutes a day, five days a week will cut your risk in half for developing full-blown diabetes.

So do you need a blood-sugar test? If any of the pre-diabetes risk factors (see at right) apply to you, talk to your doctor about getting the fasting blood test. If your

level is normal (99 mg/dl or lower), get retested every three years. If you have pre-diabetes (100-125 mg/dl), repeat the test every year.

Excess tummy weight **RAISES** diabetes risk.



If you're not at risk but want to know your blood-sugar level anyway, a good first step is a free diabetes screening at a local health fair. You'll get a finger-stick blood test that's not as accurate as a fasting test, but will alert you if

your level is high. Or consider paying for the fasting test (about \$25) yourself. "Young, healthy people who want to have more control over their health should consider a full blood panel, which includes a glucose test," Baylor says.

"Knowing your blood-glucose level is as important as knowing your blood pressure and cholesterol numbers for cardiovascular health," says Rothenberger's colleague, nurse practitioner Constance Molchany, C.R.N.P. "These factors all act together to cause heart attack and stroke." ●

Want to Know More about blood-glucose testing and how to maintain healthy blood-sugar levels? Call 610-402-CARE or visit www.lvh.org/healthyyou.



A healthy diet **LOWERS** diabetes risk.

Risk Factors

You are at risk for pre-diabetes if you:

- Are age 45 or older
- Are overweight or obese, particularly around the middle
- Have high blood pressure
- Have low HDL (good) cholesterol and high triglycerides
- Have a family history of diabetes
- Are African-American, Hispanic, Native American or Asian-American
- Had gestational (pregnancy-related) diabetes or gave birth to a baby over 9 pounds

When a Classmate Dies

Helping your teen through the grief process

Death just isn't on the radar screen for most teens, yet nearly all will experience the loss of a classmate from illness or injury before graduating from high school. How can you help your teen deal with such a shocking experience?

"First, realize there is no way to fix this and make your child feel better right away," says psychiatrist Joel Lerman, M.D., of Lehigh Valley Hospital and Health Network. "Encourage him to talk about his feelings, and be available to listen." Boys find it hard to express their feelings, so you may need to initiate the dialogue. Sometimes talking while hiking, cooking or riding in the car is less threatening than sitting down for a heart-to-heart.

"If the death resulted from risky behavior—for example, drugs, drinking or reckless driving—resist the temptation to lecture your teen," Lerman says. "While he's grieving, he won't hear the message and may perceive it as dishonoring his friend's memory."

Religious beliefs play a strong role in coping with death, says Lerman's colleague, adolescent psychiatrist John-Paul Gomez, M.D. "Share your faith with your teen and tell how it helped you through losses." Since rituals are important in this regard, encourage your child to attend the funeral and school memorial service. Teach her how to offer condolences to her friend's parents at the funeral. Help her find photos or mementoes to place on her nightstand or desk.

Your child's school probably has a program to help students cope with a classmate's death. To assist their own staff (who may be grieving themselves), schools in Carbon and Lehigh counties can request help from a group of specially educated counselors from several area schools, making more professionals available to speak with students soon after the death.

Warning Signs That a Grieving Teen Needs Help

- Loss of appetite
- Insomnia
- Lack of interest in personal hygiene
- Change in academic performance
- Daredevil behavior
- Physical complaints (headaches, stomachaches)

During the following weeks, the guidance staff keeps an eye on teens needing extra help, and refers them for private counseling in the community. "Many schools hold a candle-light vigil, plant a tree or do some ritual to memorialize the student who passed away," says David Ramsey, psychologist with the Parkland School District in Allentown. "These events give the students a common mourning experience and a healthy outlet for grief."

The death of a classmate makes teens confront their own mortality—they find it hard to accept that someone their age can die. Sensitive teens, especially those with a history of depression or bipolar disorder, may start brooding on death, even if the classmate was not a close friend. "Pay attention to your child," Gomez says. "It may take her a while to work through the grieving process, but if grief becomes pathological, get professional help." ●

Want to Know More? For information about helping teens with depression or a copy of the Safe Homes Pledge, call 610-402-CARE or visit www.lvh.org/healthyyou.

If Drunk Driving Was Involved...

When drinking or reckless driving results in death, it's a wake-up call for parents. Diana Heckman, executive director of the ALERT Partnership, helps parents work together and take a stand to protect their teens. "Kids are especially vulnerable to drinking in the prom and graduation season," she says. ALERT encourages parents to sign the Safe Homes Pledge, agreeing not to serve minors or allow them to drink or use drugs at their home or property, to provide supervision at all parties, and to communicate with other concerned parents. "We want parents to realize that even if they take away their car keys, it's not OK to let minors drink," Heckman says.

Find Your Perfect Exercise

If you enjoy it, you'll have more motivation to move

Have you ever gone to an exercise class and thought to yourself, "This just isn't me?" It's happened to all of us, and it could explain why so many people can't stick to an exercise program. Yes, you need to take fitness seriously and include all the components (cardiovascular, strength and flexibility)—but it's also important to find an activity that suits your personality and lifestyle.

Each of us is different, and what works to motivate you and keep you active may be just the opposite of what works for your best friend, says family medicine physician Joseph Habig, M.D., of Lehigh Valley Hospital and Health Network. "The key is finding something you enjoy," he says. "Maybe it's what you loved doing as a kid, such as jumping rope, riding a bike or swimming."

On these pages, you'll find a personality mini-test. Pick your type(s) and get some ideas that could transform your relationship with exercise. (If you've been sedentary, just remember to get your doctor's OK before starting a vigorous exercise program.) Our suggestions are from Habig and his colleagues, exercise physiologists Jackie Svrcek and Eric Witzel. ●

Want to Know More about exercise strategies? Call 610-402-CARE or visit www.lvh.org/healthyyou. Check out the fitness classes on page 24.



Jonathan Davidson

Middy walking balances his extra-busy life

After being diagnosed with type 1 diabetes, 24-year-old Jonathan Davidson knew exercise would help keep his blood sugar under control. But a busy after-work schedule made it hard for the Allentown man to find time for regular physical activity. "I knew I needed a workout that would fit into my hectic lifestyle," he says. "That's when I decided to exercise at lunchtime."

Now, when weather permits, Davidson eats at his desk and heads out to walk on a bike path near his office for the rest of his lunch break. "The walk takes me to the Lil' Lehigh Trout Nursery," he says. "I walk around the ponds and occasionally feed the fish. It's relaxing and convenient, so I know I'll stick with it."

Do you yearn for the great outdoors?

- Take a walk, hike or run.
- Work vigorously in the garden.
- Play tennis or picnic-style volleyball.
- Ride your bike.

Do you need direction when you exercise?

- Take an exercise class.
- Take a guided hike or bike trip.
- Hire a personal trainer.

Do you adore music?

- Dance (or work) around the house to lively music.
- Fire up the MP3 player for your daily walk or run (but leave the earphones home—you need to hear traffic).
- Take a dance class.



Are you on a tight budget?

- Work out to a videotape or DVD at home.
- Walk with a group of neighbors.
- Swim at a community pool.

Could you watch TV all day?

- Do some triceps presses or abdominal crunches while watching your favorite show.
- See how many push-ups you can do during the commercials.

Do you do everything with your friends?

- Play pick-up basketball.
- Run, walk or bike for charity.
- Join (or start) a community sports team or running group.



Are you more of a loner?

- Work out to a video.
- Use home exercise equipment (treadmill, stationary bike, weights).
- Go swimming.

Do you love hanging out with your children or grandchildren?

- Hit the playground together.
- Play hopscotch, jump rope, tag, Frisbee or kickball, or just skip around the yard.
- Wash the car together.
- Organize a scavenger hunt around the neighborhood.

Do you need peace and quiet?

- Take a solitary walk (in a safe, well-lit place).
- Go canoeing or kayaking.
- Practice tai chi or yoga.
- Go snorkeling or learn to scuba dive.

Mary Zwarych

Cardio kickboxing brings her focus and friendship

During the summer, Mary Zwarych would walk early in the morning before the heat got too intense. In winter, however, the 44-year-old Allentown woman was in a quandary. "I don't enjoy wintertime walking, but I needed to stay active," she says. Then she saw a cardio-kickboxing class in *Healthy You* and decided to give it a whirl. "I was hooked from the first class," she says—so hooked, in fact, that she now attends classes year-round.

Cardio kickboxing offers Zwarych more than a great workout; it keeps her socially connected. "I work with people all day, but I need to laugh and have fun when I exercise, too. It's important for my mental health," she says. Exercise also clears her head. "As a financial advisor, I have other people's concerns on my mind all day. Kickboxing class focuses me so work thoughts can't intrude."

Do you live to compete?

- Train for a marathon or triathlon.
- Find a tennis buddy and play a match.
- Join a bowling, football, softball or basketball league.

Are you ultra-busy?

- Sneak in a 5-minute walk around the block when you get the mail.
- Walk to someone's office to talk instead of e-mailing.
- Walk to the cafeteria instead of eating at your desk.

Managing Your Chronic Illness

Why it's important to be an active member of your care team

A diagnosis of heart disease, diabetes or emphysema can leave you feeling powerless. But by taking an active role in your care, you can gain control and help prevent future complications. “The key is self-managing your illness,” says pulmonologist Daniel Ray, M.D., of Lehigh Valley Hospital and Health Network. “It’s important to think of yourself as a member of the care team.” Here’s how:

- **Educate yourself.** Read up on your condition. “Ask your doctor for a longer appointment to learn about your disease—especially what you can expect five, 10 or 20 years down the road,” says family medicine physician Lou Lukas, M.D., who directs the OACIS program for chronic illness (see box below).

- **Pay attention to changes in yourself.** Nobody knows your body better than you. If you start sleeping in a recliner because you can’t breathe well in bed, or your shoes don’t fit because your feet are swollen, call your doctor. “Little changes like this signal impending problems,” says nurse practitioner Donna Petrucci, C.R.N.P. “If we know about them, we can help you manage your care at home and hopefully avoid the emergency room.”

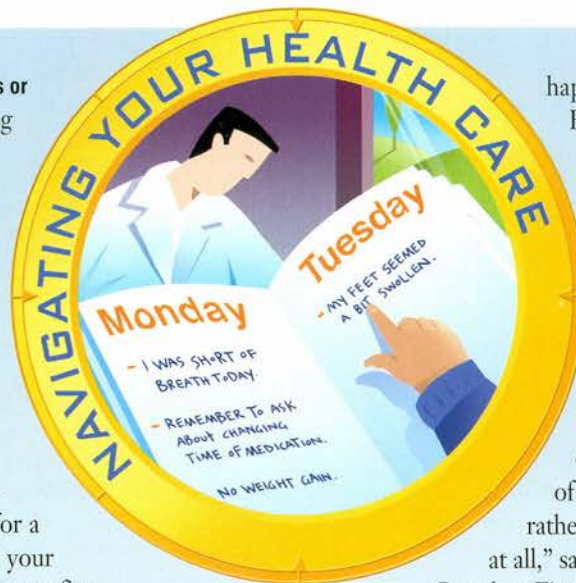
- **Understand your medications.** Though it sounds simple, many people don’t know why they take certain drugs. “Know the names, dosages and reasons you take them,” Petrucci says. And check with your doctor before taking any over-the-counter medications, vitamins or herbal remedies because of possible interactions.

- **Make sure your doctors talk to each other.** It should

A Program for People With Complex Illness

People with late-stage illnesses like recurrent cancer and heart or kidney failure not only have symptoms that are hard to manage, they also face challenging emotional and family issues as they make choices about their health care. The new OACIS* Services program at Lehigh Valley Hospital and Health Network is designed to guide them on this journey physically, emotionally and spiritually. *For more information on OACIS, call 610-402-CARE or visit www.lvh.org/healthyyou.*

** Optimizing Advanced Complex Illness Support*



happen naturally, and often it does. But if you see more than one specialist, ask if they’ve talked to each other about your care. Your primary doctor should be the focal point for such communication. “When caregivers collaborate, the patient’s outcome is better,” Ray says.

- **Ask questions.** Don’t be concerned about taking too much of your doctor’s or nurse’s time. “I’d rather a patient call too often than not at all,” says OACIS nurse practitioner Gretchen Fitzgerald, C.R.N.P. She suggests

keeping a journal of what’s going on with your health, including your questions and concerns. “Bring it to your appointments for the doctor to read,” she says. “Also, get names and numbers of who you should call if you have problems after office hours.”

- **Pay attention to what matters most.** Sometimes people with serious illness spend so much time on their physical health, they forget vital matters like personal relationships, stress levels and spirituality. Talk to your caregivers if you find you can’t do what’s important to you—for example, if you really value family time but are struggling with a relationship, or you love your church but can’t get a ride there. “We can offer suggestions or resources that can help,” Fitzgerald says.

- **Take good care of yourself between doctor visits.** Get enough rest. Don’t neglect your flu and pneumonia shots. Eat a healthy, well-balanced diet, and exercise regularly—it keeps you strong and eases stress. ●

Want to Know More? For help on writing questions to ask your doctor, call 610-402-CARE or visit www.lvh.org/healthyyou.

Sign Up Now!

**Planning Ahead
for Complex
Chronic Illness**

May 31

Details on page 27

Regrowing a Torn Shoulder

New surgery uses patient's own cells to regenerate injured tendon

Anyone who's had shoulder repair surgery will tell you it's a long, painful recovery—and Gary Davis had endured it twice. The third time was dramatically different for the 57-year-old Easton man, thanks to an exciting new procedure at Lehigh Valley Hospital and Health Network. "We're now able to actually regenerate the damaged tissue," says orthopedic surgeon James Hoffman, M.D.

Davis had his first experience with a torn rotator cuff seven years ago in a work-related injury; he later injured the other shoulder in a fall. In both cases he had traditional surgery and lengthy physical therapy. And in both cases, he says, "I took a lot of pain medication, didn't sleep well even in a recliner, and didn't start feeling normal for at least a year."

With his most recent shoulder problem, the pain was more gradual—but the injury turned out to be extra challenging. "Dr. Hoffman told me the rotator cuff had completely detached and recoiled due to the arthritis I'd developed in my shoulder," Davis says.

People with such massive or chronic injuries didn't have many options before. But Hoffman was able to offer Davis a creative solution: regenerative rotator cuff (or "graft jacket") surgery. "Traditional surgery relies on scar formation to solidify the repair," Hoffman says. "But scar tissue doesn't stretch, its blood supply isn't very good, and it doesn't act like normal tissue."

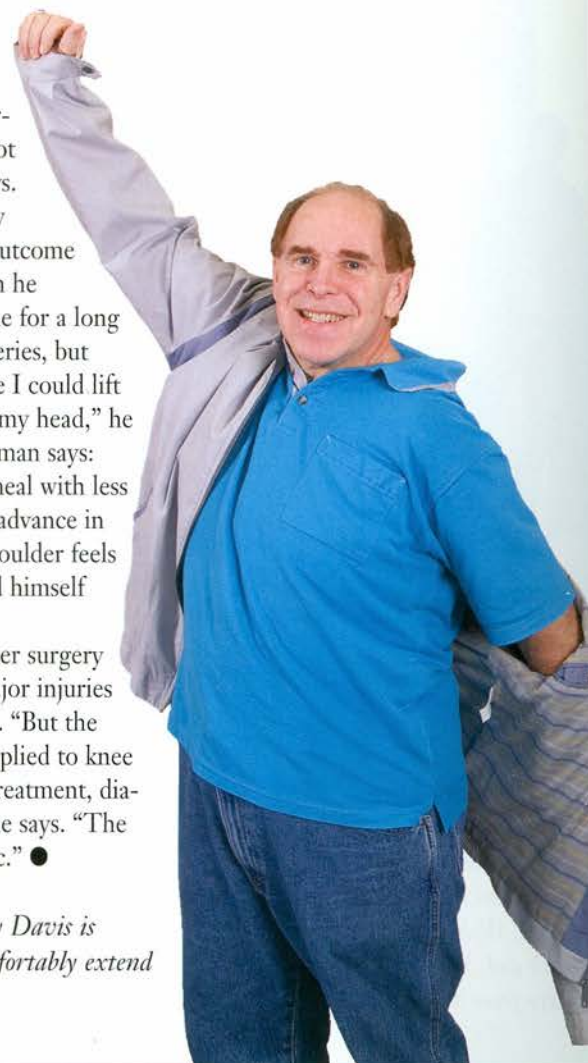
Regenerative surgery uses a combination of stem cells (cells whose purpose is not yet defined) from the patient's bone marrow and specially processed human tissue. The tissue acts as a scaffold for blood vessels and stem cells to grow into. It also contains growth factors that "tell" the stem cells

what kind of cells to become. "If you do a biopsy later, you find normal rotator cuff tissue, not scar tissue," Hoffman says.

It all sounded "really neat" to Davis, and the outcome has been even better than he expected. "I was immobile for a long time after my other surgeries, but three weeks after this one I could lift my arm straight up over my head," he says. That's typical, Hoffman says: "These patients tend to heal with less pain, and there's a sharp advance in rehabilitation." Davis' shoulder feels so good he has to remind himself not to overdo it.

Regenerative shoulder surgery is only being used for major injuries at present, Hoffman says. "But the approach also is being applied to knee and ankle repairs, burn treatment, diabetic ulcers and more," he says. "The whole concept is fantastic." ●

Back in motion—Gary Davis is thrilled to be able to comfortably extend his shoulder again.



Rotator Cuff—A Common Problem Area

Sometimes it's an obvious twinge (say, after chopping wood), other times the pain creeps up gradually. But however it happens, "rotator cuff injury is extremely common, especially with age," says Christina Smith, M.D.,

family medicine physician specializing in sports medicine at Lehigh Valley Hospital and Health Network.

The shoulder is a complex system of muscles and tendons designed more for range of motion than for stability, she says: "While the hip is a solid ball and socket, the rotator cuff is more like a golf ball on a tee." If you overuse it, you can develop tendinosis—degeneration causing weakness, achiness and pain when you reach—or a partial or full tear.

Treatment often begins with a corticosteroid injection to

calm irritation, and physical therapy to strengthen muscles. If your shoulder is very weak or there was a known injury, your doctor may order an MRI to see if it's torn and how badly. "A full tear often needs to be repaired surgically to avoid muscle shrinking or atrophy," Smith says.

You can help prevent shoulder problems by staying active, building strong back muscles and practicing good posture.

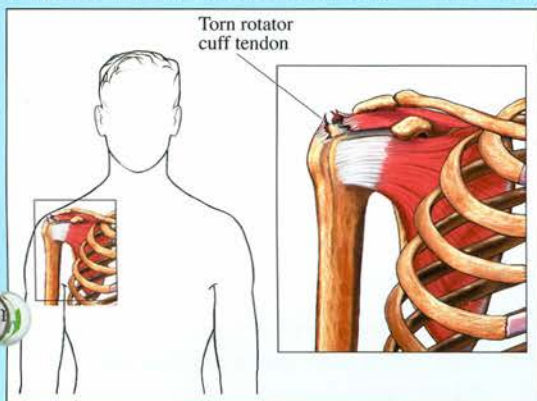
Want to Know More about shoulder-strengthening exercises? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Sign Up Now!

**Treating
Rotator Cuff Pain**

May 22

Details on page 27



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Why You Need to Play

The benefits go beyond
fun and games



Be a child again—Ed Dreisbach rediscovers the fun of jump-rope as his son Eamon, 11 (right), and friend Jason Fatzinger, 10, man the rope. Waiting his turn is Jason's dad, Scott Fatzinger. All are from Macungie.

Quick—put this magazine down and go outside. If it's sunny, skip around the block. If it's raining, put on your boots and jump in a puddle. When you're done, come back to this story.

Welcome back! So, how do you feel? As you enjoyed an outdoor break, were you grinning from ear to ear? Did you recall those childhood summers when you played all day and didn't realize it was dinner time until you heard Mom calling?

If so, you just engaged in play—and didn't it feel good? "When you play, you're in the moment," says therapist Maryann Godbout, R.N., of Lehigh Valley Hospital and Health Network. "You throw yourself 100 percent into the activity and all your senses come alive."

Play has very important benefits besides being fun. In children, it helps develop social skills such as how to take turns, listen and assume responsibility for their actions. "Play is really disguised learning," Godbout says. "When you play with your kids, they don't realize you're teaching them."

But grown-ups may get even more benefits from playtime. "It relieves stress, stimulates creativity and keeps you young," Godbout says. She suggests that adults take time to play on a daily basis: "It's as important as brushing your teeth. Even 30 seconds of play breaks tension and re-centers you."

Ready to get started?

Get out of the rut. Do things differently, whether it's experimenting with a tried-and-true recipe or taking a different route home from work. You're injecting play into your daily routine.

Become mindful. When you engage in an activity like walking around the neighborhood, be aware of the wind in your hair, or how your body is moving.

Take a new class such as tennis, ceramics, story writing or yoga—something you've always wanted to do.

Read. "A good book stirs up memories and totally immerses you," Godbout says.

Hang out with a child. They're the best teachers of how to play and be present in the moment. ●

Want to Know More about Communities on the Move, a program that encourages you and your neighbors to have fun getting active? Call 610-402-CARE or visit www.lvh.org/healthyyou.

To Your Health

New Drug for AMD

Good news for those with wet age-related macular degeneration (AMD). A newly approved drug, Lucentis™, is the first treatment to not only slow the loss of vision but actually improve it.

Wet AMD is rarer than the dry kind, but typically progresses faster and causes more severe loss of central vision. "Abnormal new blood vessels grow behind the retina," says ophthalmologist Maz Kazahaya, M.D., of Lehigh Valley Hospital and Health Network. "Unfortunately, these vessels often break, causing bleeding and scarring that lead to vision loss."

Lucentis is injected directly into the eye (after it's

numbed) to stop new vessel growth. The procedure is done in the doctor's office. At first you'll have an injection monthly, but you may need it less often once vision improves. Side effects are rare, but can include increased pressure inside the eye and inflammation, pain or bleeding at the injection site.

"People in the early stages of wet AMD typically see the greatest improvement," Kazahaya says. "About 95 percent notice a halt in disease progression, and up to 40 percent see an actual improvement of three or more lines on the eye chart."

Want to Know More about adapting to AMD? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Make Your Loved Ones Aware

What's one of the most thoughtful things you can do for your family? Plan for the future. No matter what your age, talking with your family about your wishes for end-of-life care eases the burden your children or grandchildren may face later.

Among the things to consider: Whom you want to make care decisions for you when you can't, and what kind of care you want at the end of life.

Want to Know More? To receive "Five Wishes," an easy-to-complete advance directives form, call 610-402-CARE.



Is Vertigo Limiting You?

A simple solution gets local man back on his feet

Dave Rooney had come to expect the spinning feeling that threatened his balance whenever he got out of his car. The 65-year-old Allentown realtor had to steady himself before taking a step. Having suffered a fall and concussion a few months before, he knew he needed to be cautious.

What Rooney didn't know is that dizziness and vertigo (the spinning sensation) occur in about half of all people who've had even a minor head injury. It's called benign paroxysmal positional vertigo (BPPV), and it can occur right after the accident or months later. BPPV is also common in older people. In many cases, it's easily treatable with a specialized type of physical therapy (see Finding Balance, below).

BPPV is a type of balance disorder, says neurologist Peter Barbour, M.D., of Lehigh Valley Hospital and Health Network. "An organ in your inner ear, called the labyrinth, senses movement, acceleration and deceleration. It interacts with parts of your brain to maintain your balance and position. This 'vestibular system,' as it's called, is easily disrupted if something goes wrong in the inner ear or elsewhere."

With BPPV, debris that collects in the inner ear shifts when you move your head, sending false signals to your brain. "The usual symptoms are dizziness or vertigo when you change positions—for example, getting out of bed, rolling over, even tilting back at the hairdresser," says Barbour's colleague, physical therapist Jolene Hammer.

Since dizziness and other balance problems have many possible causes, Barbour says, it's important to see your doctor, especially if you're prone to falling. If you have severe symptoms like weakness, numbness, slurred speech, double vision, nausea, vomiting or acute vertigo, go to the emergency department. These can be signs of a serious illness such as stroke. ●

No more dizziness—Dave Rooney's vertigo began to vanish after his very first treatment, and today he's fully back to normal. "I'm kicking myself for waiting so long to get help," he says.



Finding Balance

Hundreds of people with dizziness and balance problems have found relief in the Balance and Vestibular Program at Lehigh Valley Hospital and Health Network. Physical therapists first do a thorough evaluation to uncover the cause of the problem. Often, they can correct it with therapy, positioning techniques, exercises and education.

When they suspect BPPV, therapists use magnification goggles that display eye movements, to confirm the diagnosis. The typical treatment is a series of maneuvers that move the debris out of the ear canal, and exercises to retrain the brain. Patients usually feel relief following treatment.

Want to Know More? For information on preventing falls or about different types of balance disorders, call 610-402-CARE or visit www.lvh.org/healthyyou.

Men at Higher Risk for Fall-Related Death

Falls have become the leading cause of injury deaths for both men and women over age 65. But while women are more likely to suffer fractures or other nonfatal injuries, men are more likely to die from a fall.

"Falls are the most common cause of traumatic brain injuries, which account for almost half of fatal falls among older adults," says geriatrician Francis Salerno, M.D., of Lehigh Valley Hospital and Health Network. "Men may do things that put them at higher risk for falling than women—like climbing on roofs and ladders."

Many factors can contribute to a fall, including changes in vision or hearing, balance or leg problems, alcohol, medica-

tions, and illnesses like Alzheimer's, heart disease or osteoporosis (which affects 1 in 4 men over the age of 50). Hip fractures and other fall-related injuries can lead to early death or limit the patient's independence. And even fear of falling can cause people to limit their activities, which often leads to isolation, depression, reduced physical fitness—and a higher chance of falling.

"People who fall once are likely to fall again," Salerno says. "Talk to your doctor so you can identify problems and reduce your chances of suffering a serious injury."

Sign Up Now!

Men and Falls

May 29

Details on page 23



Brain Aneurysm

Fast action and advanced treatment save one woman's life

The headache that forced Tawana Gordon to the emergency room at Lehigh Valley Hospital clearly wasn't a migraine or simple tension headache. The 36-year-old Allentown woman felt as if her head were being squeezed in a vise, and she had severe neck pain and vomiting. Her condition proved serious indeed: An aneurysm in her brain had ruptured.

An aneurysm is an abnormal bulging in an artery wall in the brain. If the pressure in this bulge becomes too great, it bursts and causes bleeding. More than 30,000 people in the United States have bleeding from a burst aneurysm each year—and 10-15 percent of them die before reaching the hospital. More than half die within 30 days.

Doctors found two aneurysms in Gordon's brain: the ruptured one and a smaller one that hadn't ruptured but would eventually need treatment.

"Most people have no symptoms until an aneurysm bursts," says family medicine physician Narien Grover, M.D., of Lehigh Valley Hospital and Health Network. "Then they get a sudden headache that feels like the worst of their life. It's essential that they get help immediately."

Doctors aren't sure what causes aneurysms, but they can be hereditary. They're more common in women and most likely to occur between ages 35 and 60. Smoking, cocaine use, high blood pressure and some types of kidney disease increase the risk for a rupture. "But that risk is just 0.1 per-

cent a year if the aneurysm is small with no history of bleeding in the brain," Grover says.

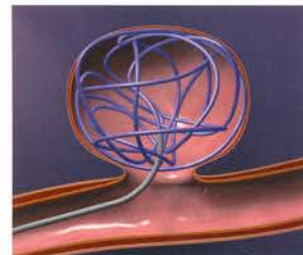
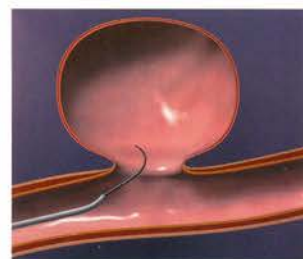
Aneurysms are best diagnosed with tests called magnetic resonance angiograms (MRA) or CT angiograms, which provide an accurate look at the brain's blood vessels. "How the aneurysm is treated depends on its size, shape and location and the patient's age," says Grover's colleague, neurointerventional radiologist Darryn Shaff, M.D.

One option is surgical clipping. The surgeon removes part of the skull and places a tiny metal clip across the neck of the aneurysm to stop blood flow. For Gordon, Shaff performed a new, non-surgical procedure called coiling. He threaded a tiny catheter through her groin artery up into her brain and filled the aneurysm with tiny platinum coils to stop the bleeding.

While recovery from coiling is just two to three days, the bleeding from the aneurysm often causes complications and keeps the patient in the hospital for weeks or months, Shaff says. Several days after Gordon's coiling procedure, she suffered vasospasm, stroke-like symptoms caused by a narrowing of the brain arteries. A hospital team led by neurosurgeon Mark Li, M.D., elevated her blood pressure and gave her fluids to keep blood flowing to her brain. When she slipped into a coma, Shaff injected a drug into her brain arteries to open them.

The treatment worked. After several months in the hospital, rehabilitation and coiling treatment of the second aneurysm, Gordon feels great today. She's returned to her job at a New York City law firm. ●

Want to Know More about how to stop smoking and lower your blood pressure, which are important measures in preventing a ruptured aneurysm? Call 610-402-CARE or visit www.lvh.org/healthyyou.



A new treatment called coiling—To keep a brain aneurysm (bulge in top photo) from bursting, tiny platinum coils are threaded into it (middle photo). The flexible coils conform to the aneurysm's shape and block blood flow into it (bottom photo), preventing rupture.



Healthy again, after a close call—Tawana Gordon needed advanced treatment for a dangerous aneurysm. Clearly, she's happy to be back home with (l-r) her sons Courtney, 10, and Isaiah, 17, and her boyfriend, Barry Gibbons of East Orange, N.J.

American Society of Interventional & Therapeutic Neuroradiology



Time to Downsize?

As retirement looms, take stock of your 'overhead'

By the time the children are grown and your career is winding down, chances are you've accumulated a lot of *stuff*. The overloaded bookshelves, camping equipment, extra china...is it time to lighten the load?

Whether you're age 50 and dreaming of a new lifestyle or age 80 and moving into a senior apartment, downsizing isn't easy. "It forces you to examine your values," says therapist Tom Miller of Lehigh Valley Hospital and Health Network.

Begin by asking: What's the next phase of my life going to look like? "Picture what you'll be doing and you can figure out what you'll need," Miller says.

Most of us can pare down to some degree at this stage—it's more economical, physically safer (there's less to trip on), mentally freeing, and your family won't have to deal with it after you're gone. But one downside does not fit all. A small condo might be perfect for an avid traveler, but not for someone who wants to spend her retirement gardening, or an involved grandparent who needs a spare room for the playpen.

"I like to call this process re-sizing," says Valerie McKay of the Center for Humanistic Change in Bethlehem. "You're deciding what's meaningful to you now, physically, emotionally, socially, intellectually and spiritually." Here's how:

Look at all the implications. "If you're contemplating a smaller home," Miller says, "make sure you'll still have access to the things you value, like being able to walk into town."

Explore alternatives. Could you use the library instead of owning all those books, or public transportation instead of a second car? Could you let Grandma's carpet go and just keep a photo of it? (You'll have the memory, but not the upkeep!)

Take it a little at a time. "Start with something easy—say, clothes you never wear—and the river will start flowing," Miller says. Then set manageable goals: three hours at a time, or a specific part of the house.

Involve your children. "They can help you declutter if you show them how," Miller says. "For your birthday, ask for a restaurant gift certificate instead of a tie. Talk with them about which of your possessions they'd love to have someday; it's not a subject they're likely to bring up."

Prepare for spousal conflicts. "My husband is much more of



The room that never grew up—When Valerie McKay's daughter moved out and started her own family, she left a lot of "stuff" at her childhood home. McKay has begun to sort it out so she can make use of the space.

a collector than I am," McKay says. "We've learned to respect each other's turf. He doesn't bring things into my special relaxation room, and I don't try to clean his space where he has collector items important to him."

Don't be too hard on yourself. If it's too tough to say goodbye to those old professional files or the favorite gown that no longer fits, put it off for a while. (That's what mini-storage is all about.)

Get help. There's a burgeoning industry of professional organizers, but someone you already know might fill the bill. "A good, nonjudgmental friend can help you be objective," McKay says.

Take satisfaction in knowing that the things you no longer need could be very valuable to someone else. If you donate them, you even get a tax write-off. ●

Want to Know More? For a list of books and resources to help you make downsizing decisions, call 610-402-CARE or visit www.lvh.org/healthyyou.

Sign Up Now!

Is Retirement What You Think?

May 31

Details on page 23



'Yes, I Can!'

People who age well—like Pat Sickler—are curious, active and always learning. Do you know someone who said 'Yes, I can' to a new activity after age 50? Give us his or her name (and read about others) by calling 610-402-CARE or visiting www.lvh.org/healthyyou.

Travel by motorcycle

Who: Pat Sickler, 68, Bethlehem Township

What she did: Two years ago, Sickler exchanged her matched luggage for a side bag and took her first back-seat motorcycle trip. In 2006, she and her boyfriend logged 26 states and 14,500 miles in 67 days. They visited national parks, out-of-the-way towns, family members and old friends—and are now planning a motorcycle trip to Alaska. To prepare, Sickler joined a Yogalatte class, a blend of yoga and Pilates that builds endurance, flexibility and balance, in addition to her regular exercise routine.

Hurdle: "I had to stop saying to myself, 'I can't do this.' I just decided to push myself further."

Going for it: "Pick the things you want to do and leave the rest behind. They say you should age gracefully, but I'm going down fighting!"

Reward: "I'm energized, I sleep better and I've met some great women in my classes. Traveling by motorcycle is the most liberating thing I've ever done. I'm having the time of my life." ●

Eyelid Droop

When to consider surgery

If you begin to notice sagging lids, droopy brows or a sunken look about your eyes, you have what doctors refer to as blepharoptosis, or eyelid droop.

"Muscle dysfunction or thinning, lax tissues and loss of fat can cause drooping eyelids," says plastic surgeon Robert X. Murphy Jr., M.D., of Lehigh Valley Hospital and Health Network. "As you age, your muscles loosen and things just go the way of gravity." Although eyelid droop most commonly occurs with age, it can be caused by nerve problems, trauma or muscle disease.

Sign Up Now!

Bye-Bye, Sagging Eyelids

May 31

Details on page 23

When your eyelids hang so low they impair your vision, it's time for eyelid surgery (blepharoplasty). First, see your family doctor to rule out underlying health problems. Then an oph-



thalmologist or optometrist will assess the severity of the droop with a visual field test. To

repair the problem, a plastic surgeon will make tiny incisions along the crease of the eyelid, remove excess skin and tighten up the slackened muscle. The hour-long same-day procedure is done under local anesthesia and is covered by insurance when vision is the issue.

Some people choose to have the surgery at their own expense, to improve their appearance. "Surgery for cosmetic purposes can benefit you if you start to notice heaviness and puffiness in your upper or lower eyelids that makes you look tired, aged or stern," Murphy says. The cost for two upper eyelids is about \$3,000. ●

Want to Know More about how to choose a plastic surgeon? Call 610-402-CARE or visit www.lvh.org/healthyyou.



Healthy You

Health Improvement Programs

Registration is a must!

Healthy You class space is limited! If you want to attend a program you should register in advance at 610-402-CARE or www.lvh.org. We may need to cancel a program or class if not enough people enroll. You'll get a full refund.

Aging Well

Class illustrations by Sally Onopa

NEW Men and Falls

Osteoporosis isn't just a woman's disease, it affects millions of men. Find out how to strengthen bones and help prevent falls. Includes bone density screening. **FREE**
• Tue., May 29; 7:30-8:30 p.m.
At LVH—Mublenberg
Ellen Field, M.D., rheumatologist
See related article on page 19.

NEW Is Retirement What You Think?

If you are approaching retirement, now's the time to inventory your life and create a plan. **FREE**
• Thu., May 31; 10 a.m.-noon
At LVH—17, CHA
Valerie McKay, program supervisor, Center for Humanistic Change
See related article on page 21.

NEW Bye-Bye, Sagging Eyelids

Are your eyelids blocking your vision? Find out if you're a good candidate for eyelid rejuvenation, and what you can expect during and after surgery. **FREE**
• Thu., May 31; 7-8 p.m.
At LVH—Mublenberg, conference room B
Robert Murphy Jr., M.D., plastic/reconstructive surgeon
See related article on page 22.

NEW Life Links Series

Attend one or all sessions to help plan your future. **FREE**

Images of Aging—What role does your attitude play in maintaining a meaningful life?

• Fri., June 8; 10 a.m.-noon

Season of Life—Revisit the basics and benefits of your life and develop your potential for retirement.

• Fri., June 15; 10 a.m.-noon

Back to the Future—If you've been dissatisfied with your past, learn how to create a "well-lived" future.

• Tue., June 19; 10 a.m.-noon

At LVH—17, CHA

Valerie McKay, program supervisor, Center for Humanistic Change



Ongoing Aging Well programs

Benefits CheckUp—A counselor can enroll you in government programs to pay for prescription drugs, health care, etc. Appointment required. **FREE**

• First, third Mon. of month; 1-3 p.m.

At LVH—Mublenberg, pharmacy

• Second, fourth Wed. of month; 12:30-4:30 p.m.

At LVH—17, CHA

55-Alive Driver Safety Program

Classroom course for mature drivers reduces accident risks and saves money on auto insurance.

\$10; Free with Vitality Plus GOLD

At LVH—17, CHA

For details, call 610-402-CARE.

Medicare Counseling—Confidential counseling on Medicare issues from trained APPRISE volunteers from Lehigh County Area Agency on Aging. **FREE**

• Walk-in hours most Fridays; 1-3 p.m.

At LVH—17, CHA

Eating Healthy

Eat Well for Life—Parts 1 and 2

Learn healthy food choices to improve your well-being and help you manage your weight long-term. Includes grocery tour.
4 sessions each • \$60 per part
For details, including possible insurance discounts, call 610-402-CARE.



Managing Your Weight

The NEW You

Medical Weight-Loss

This physician-supervised 6-month individual program will help you reach your goal.

Weight-Loss Surgery

We offer comprehensive preoperative programs and long-term follow-up.

Surgery Information Night—This monthly program gives details on what to expect, from a surgeon and other team members. **FREE**

Surgery Support Group—Education and sharing of personal experiences. **FREE**

Bounce Back to a NEW You—After weight-loss surgery, get back on track to goals. 4 weekly classes, 5 months follow-up. • \$150

For details, location and registration, call 610-402-CARE.

Aqua-New

Seriously overweight and sedentary? This aqua exercise program is designed for you.

At Human Performance Center

For fee and details, call 610-402-CARE.

Weight Management Services



Metabolism/Nutrition Counseling

Measure metabolism and develop goals with a dietitian. • \$85
See related article on page 3.

Assessment—Meet 1-on-1 with registered dietitian. • \$50

Body Composition Analysis—Learn your body fat percentage. • \$13.50

Food Diary Analysis—Submit a 3-day food diary for detailed individual breakdown. • \$22.50

Recipe Makeover—Learn to trim fat and calories from your favorite recipe. • \$15

Fitness Assessment—An exercise physiologist tests your strength, flexibility, etc. • \$65

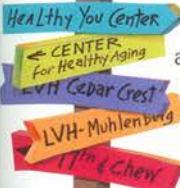
For details, call 610-402-CARE.

L.E.A.R.N. to Lose Weight!

Use **L**ifestyle, **E**xercise, **A**ttitude, **R**elationships, **N**utrition to manage your weight. Nationally known group program. Tools, strategies, grocery tour, follow-up.
12 weeks • \$195

For details, including possible insurance discounts, call 610-402-CARE.

How Do I Get There?



Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call 610-402-CARE (2273).

Lehigh Valley Hospital and Health Network Locations

LVH—Cedar Crest

Lehigh Valley Hospital
Cedar Crest and I-78, Allentown

LVH—17

Lehigh Valley Hospital
17th and Chew Sts., Allentown

LVH—Muhlenberg

Lehigh Valley Hospital—Muhlenberg
Rt. 22 and Schoenersville Rd., Bethlehem

Healthy You Center

3401 Fish Hatchery Rd., Allentown

CHA—Center for Healthy Aging

LVH—17

Health Center at Bethlehem Township

2101 Emrick Blvd., Bethlehem

Health Center at Trexlertown

Rt. 222 and Lower Macungie Rd.
Trexelertown

2166

S. 12th St., Allentown

Community Locations

Bethlehem Township

Community Center
2900 Farmersville Rd., Bethlehem

Cedar Crest College

100 College Dr., Allentown

Da Vinci Science Center

Hamilton St. bypass and Cedar Crest Blvd.
Allentown

Good Shepherd

Rehabilitation Hospital
631 St. John St., Allentown

Hanover Township

Community Center
3660 Jacksonville Rd., Bethlehem

Human Performance Center

250 Cetronia Rd., Allentown

Lower Macungie Township

Community Center
3400 Brookside Rd., Macungie

Whitehall Township

Schadt Avenue Park
1975 Schadt Ave., Whitehall

Staying Fit

You'll find the right workout here! You need to register (610-402-CARE) and fill out a health readiness questionnaire. Age 18 or older.

Ongoing Fitness programs

Fitness classes are scheduled in Allentown (A), Bethlehem (B), Whitehall (W) and Lower Macungie (LM). For exact locations, call 610-402-CARE.

Cardio Fit—Recreational water class builds cardiovascular fitness. Appropriate for post-cardiac recovery.

12 classes/6 weeks • \$65;
\$50 with Vitality Plus GOLD

At Rodale Aquatic Center, Cedar Crest College

FitRhythms™—Combines live drumming and dance for an uplifting workout.

Preview • \$10
• Sat., May 19; 10-11 a.m. (B)

8 classes • \$56
• Wed., starting June 6;
7:30-8:15 p.m. (B)

Tabya, dance instructor



Belly Dancing

for Fun and Fitness

Belly dancing stimulates senses, tones muscles, builds coordination, boosts creativity.
8 classes • \$56

Intro

• Tue., starting May 29; noon-1 p.m. (A)
• Fri., starting June 1;
12:15-1:15 p.m. (A)

Level II

• Tue., starting May 29;
1:15-2:15 p.m. (A)
• Fri., starting June 1; 11 a.m.-noon (A)
• Wed., starting June 6;
6:15-7:15 p.m. (B)

Tabya, dance instructor

Get on the Ball—An inflated exercise ball enhances your balance, stability, core strength. For all adult fitness levels.

8 weeks • \$56
• Sat., starting June 16;
10:15-11 a.m. (A)

Body Wedge 21™—Repetition exercises targeting the major fat-storage areas and muscle groups.

8 classes • \$56
• Mon., starting May 21; 4-4:45 p.m. (A)
• Thu., starting June 14; 6-6:45 p.m. (A)

PUMP—A group workout with light weights, producing visible results.

8 classes • \$64
• Wed., starting May 30;
6:30-7:30 p.m. (A)
• Sat., starting June 16; 7:45-8:45 a.m. or 9-10 a.m. (A)

Pilates Express—Deep muscle conditioning builds core strength, great for beginners.

8 classes • \$48
• Wed., starting June 6; 5:15-6 p.m. (A)
• Tue., starting June 12;
10-10:45 a.m. (A)

Staying Strong—A program designed to build muscle tone, slow bone loss and ease arthritis.

24 classes/8 weeks • \$66
• Mon., Wed., Fri., starting May 18;
10-11 a.m. (LM)
16 classes/8 weeks • \$44
• Tue. and Thu., starting July 3;
5:45-6:45 p.m. (B)



Age-Proof Workout—Low-impact cardio, strength training and yoga—mind/body exercise!

16 classes/8 weeks • \$80
• Tue. and Thu., starting May 15;
8:30-9:45 a.m. (A)

Exercise for Life—A low-intensity class to prevent disease, build muscle and boost well-being.

Monthly fee • \$30;
\$26 with Vitality Plus GOLD
• Mon., Wed., Fri.; 8-9 a.m. (LM)
• Mon., Wed., Fri.; 9-10 a.m. (W)

Cardio Kickbox—A high-powered routine strengthening body and mind.

8 classes • \$56
• Mon., starting July 9;
7:30-8:30 p.m. (A)
• Wed., starting July 11;
7:45-8:45 p.m. (A)

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.

16 classes/8 weeks • \$52
• Mon. and Wed., starting May 16;
8:30-9:15 a.m. (A)
• Tue. and Thu., starting May 31;
7-7:45 p.m. (B)
• Mon. and Thu., starting June 18;
5-5:45 p.m. (A)



Looking Good

Ongoing programs

Healthy Hands and Nails—Your hands deserve TLC. Preview our moisturizing and strengthening education program. **FREE**

• Tue., May 15; 6:30-7:30 p.m.

At LVH—Muhlenberg, 1st floor conference room

Laura Transue, licensed cosmetologist,
Youthful You Institute



Just for Men

NEW Prostate Health Update

Learn about keeping your prostate healthy, symptoms not to ignore, and today's treatment options for prostate cancer. Men's health screening guidelines provided. **FREE**

• Thu., May 24; 6-8 p.m.

At LVH—Cedar Crest, auditorium

Charles Andrews, M.D., radiation oncologist

Paul Berger, M.D., urologist

Katherine Harris, M.D., medical oncologist

See related article on page 4.

NEW Men's Health—More Than Muscle

Celebrate Father's Day with fun, fitness and facts about physical, mental and emotional conditioning. Interactive stations, screenings, prizes for participating. **FREE**

• Thu., June 14; 6:30-8:30 p.m.

At Bethlehem Twp. Community Center

Eliot Friedman, M.D., medical oncologist
Brooks Betts, D.O., family medicine physician

Staff from rehabilitation services,
Lehigh Valley Hospital and Bethlehem Twp. Community Center

Caring for Mind and Body

Ongoing programs

Intro to Rhythms—Frame Drum Class

Discover the joyous, healing and mystical aspects of the ancient frame drum.



- One-Day Workshop • \$30
- Sat., May 19; 11:15 a.m.-2:15 p.m.
- At LVH—Muhlenberg, Banko Center
- 8 classes • \$56
- Tue., starting May 29; 2:15-3 p.m.
- At Healthy You Center
- Tabya, dance instructor

Mindfulness-Based Stress Reduction

Reduce stress using group support, improved communication and deep relaxation through yoga and meditation. Nationally recognized program has a 25-year history.

Free Intro

- Tue., May 29; 6-7:30 p.m.
- At LVH—17, CHA

Tuesday Group—Improve your coping skills and well-being.

- Tue., starting June 12; 6-8 p.m.

Wednesday Group—Relieve symptoms of anxiety, depression, chronic pain, etc.

- Wed., starting June 13; 7-9 p.m.
- For fee, details and to schedule an evaluation, call 610-402-CARE.

Massage Therapy—Massage improves circulation, relaxes muscles, and soothes mind and body. Options: relaxation; therapeutic; foot; pregnancy; hot and cool stone; neck, back and shoulder; Thai yoga; Reiki energy. Times range from 25-120 minutes; prices \$30-\$115. Gift cards available.

At LVH—Muhlenberg, Youthful You Institute; Healthy You Center; LVH—Cedar Crest, Jaindl Pavilion; Health Center at Trexlertown

For details or an appointment with a certified massage therapist, call 610-402-CARE.



Discover Relaxation Within, Parts 1 and 2—Whatever it is that stresses you, learn to ease the stress through a variety of relaxation techniques. 4 sessions each • \$50 per part. For details, including possible insurance discounts, call 610-402-CARE.

Tai Chi, Yoga and Yogalatte

Build flexibility and strength, ease stress, rejuvenate energy and rebalance your life with these mind/body practices.

Yoga

8 classes • \$80; \$70 with Vitality Plus GOLD, Bring pillow and blanket.

Relaxing

- Mon., starting May 14; 6-7:15 p.m.
- Thu., starting June 7; 10-11:15 a.m.

Energizing

- Tue., starting June 12; 7-8:15 p.m.
- Thu., starting June 14; 7:30-8:45 p.m.

At Healthy You Center

Yogalatte

- 8 classes • \$48
- Tue., starting June 12; 6-6:45 p.m.
- At Healthy You Center



Everyday Tai Chi

- 8 classes • \$68; \$58 with Vitality Plus GOLD
- Wed., starting June 13; 10-11 a.m. or 11:15-12:15 p.m.
- At Healthy You Center

Caring for Mind and Body at HealthSpring



At Health Center at Bethlehem Twp.

Offering yoga, back care and therapeutic treatments.

Back Care—8 weeks

- Tue., June 26-Aug. 14; 5:45-6:45 p.m.

Yoga—8 weeks

- Tue., June 26-Aug. 14; 7-8:15 p.m.

For details, call 610-402-CARE.

Just for Women

NEW Heart Tests Your Family Needs

You and your family will learn how your “numbers,” such as cholesterol and blood pressure, affect your risk for heart disease and about other key heart tests such as EKG and stress tests. **FREE**

- Tue., June 19; 6:30-8 p.m.
- At LVH—Cedar Crest, auditorium
- Andrew Sumner, M.D., Martin Matsumura, M.D., cardiologists
- See related article on page 10.



Hidden Heart Disease

Research shows women are at greater risk for a type of artery disease that common tests don't reveal. Get the facts on diagnosis and treatment. **FREE**

- Wed., May 16; 7-8 p.m.
- At Bethlehem Twp. Community Center
- Deborah Sundlof, D.O., cardiologist

Screenings

To schedule an appointment, call 610-402-CARE.

LVH—17, Suite 403

Osteoporosis **FREE**

- First Mon. of each month; 9-11 a.m.
- Third Wed. of each month; 1-4 p.m.

LVH—Muhlenberg

Osteoporosis **FREE**

- First Thu. of each month; 2-4 p.m.

LVH—17, AIDS Activities Office

HIV Testing

Free, anonymous and confidential HIV testing with results in 20 minutes.

Walk-in hours

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

LVH—17, CHA

Vascular Screenings

Painless testing for vascular disorders in those age 60+ with high cholesterol, high blood pressure or family history of vascular disease.

- Stroke** • \$40
- Abdominal Aortic Aneurysm** • \$40
- Peripheral Arterial Disease** • \$15
- For dates and registration, call 610-402-CARE.



Raising a Family

Being a parent is your most important job, and we're here to help!

NEW/CLASSES

NEW Infertility: A Common Occurrence?

Learn about causes, tests and current treatments for infertility. **FREE**

• Wed., May 16; 7-8 p.m.

At LVH—Mublenberg

Wendy Schillings, M.D., reproductive endocrinologist and infertility specialist

NEW Happiest Baby on the Block

New parents, learn step-by-step how to help baby sleep longer, and soothe even the fussiest infant in minutes, using the "calming reflex."

\$50/couple includes DVD/CD Parent Kit

• Fri., June 8; 10 a.m.-noon

• Fri., June 22; 6:30-8:30 p.m.

At Healthy You Center

For details, call 610-402-CARE.

NEW FitKidzPlus

Nutrition, fitness and lifestyle change for 9-13-year-olds and their parents.

\$81

For details, call 610-402-CARE.

NEW Redirecting Children's Behavior

Want to be a better parent? Five-week course focuses on solving conflicts from toddlers to teens.

\$199/person; \$250/couple

Parenting Workshops

Come to one or all of the following workshops and learn practical skills to be a more effective, calmer parent.

\$25/person; \$30 couple per workshop

Effectively Handling Power Struggles

• Tue., May 15; 6:30-8:30 p.m.

At Healthy You Center

• Tue., May 22; 6:30-8:30 p.m.

At Hanover Twp. Community Center

Handling Sibling Rivalry

• Wed., June 6; 6:30-8:30 p.m.

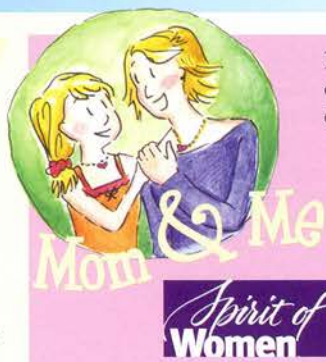
At Healthy You Center

Parenting as a Team

• Wed., June 20; 6:30-8:30 p.m.

At Healthy You Center

For details, call 610-402-CARE.



Experts' advice on the emotional and physical changes of adolescence. A special day for you and your preteen daughter (ages 10-12). **FREE; registration required**

• Sat., June 2; 8 a.m.-1 p.m.

At LVH—Mublenberg, educational conference center

Sarah Stevens, M.D., Jonathan Pletcher, M.D., adolescent medicine specialists

Gail Brown, R.N., pediatric nurse practitioner

Judy Illingworth, licensed clinical social worker

To register, call 610-402-CARE.

Ongoing Parenting programs

Our Raising a Family brochure gives details, times and locations for all the programs listed below. For a copy, call 610-402-CARE or visit www.lvh.org/healthyyou.

- **Pregnancy 101**
- **Prepared Childbirth Series** (family favorite)
- **Weekend Prepared Childbirth**
- **Prepared Childbirth Refresher**
See related article on page 7.
- **Mindfulness-Based Childbirth and Parenting**
- **Pregnancy Massage**
- **Diabetes in Pregnancy**
(see page 27)
- **Fit to Be a Mom**
- **Expectant Parent Tour**
- **My Baby and Me Sibling Tour**
- **Baby Care**
- **Breastfeeding Baby**
- **Breastfeeding Monday Morning Moms**
- **CPR for Family and Friends**
- **Safe Sitter**
- **Safe Ride—Car Seat Safety**
- **Depression After Delivery—Postpartum Support**
- **Adolescent Cancer Support Group**
(see page 27)
- **Secondhand Smoke**
- **Keep Us Healthy**
- **Got a Minute?**
- **Type 1 Diabetes Support Group for Teens**
(ages 12-15)
- **Sugar-Free Kids Diabetes Support Group**
(ages 6-12)
- **Health Care Careers**

Protecting Your Health

NEW With a Stroke, Time=Brain

Learn about stroke symptoms, diagnosis and treatment options. Includes light breakfast. **FREE**

• Mon., May 21; 9-10:30 a.m.

At LVH—Cedar Crest, classroom 1

• Wed., May 30; 9-10:30 a.m.

At LVH—Mublenberg, educational conference center

• Tue., June 5; 9-10:30 a.m.

At LVH—17, CHA

Claranne Matbiesen, R.N.

NEW Slash Your Heart Disease/Diabetes Risk

Empower yourself by learning the five risk factors that lead to heart disease and diabetes, and what steps you can take to reduce your risks.

\$15

For details, call 610-402-CARE.

Vascular Smarts

Understanding your vascular system, head to toe, can help keep you healthy. Learn about risk factors, symptoms and lifestyle modifications. **FREE**

Overview of Vascular Disease

• Wed., May 30; 6:30-7:30 p.m.

Healthy Veins

• Wed., June 6; 6:30-7:30 p.m.

Eric Wilson, M.D., vascular surgeon

Healthy Arteries

• Wed., June 13; 6:30-7:30 p.m.

James Goodreau, M.D., vascular surgeon

Healthy Feet

• Wed., June 20; 6:30-7:30 p.m.

Connie Molchany, C.R.N.P.

At LVH—Mublenberg, educational conference center



Head Off Heart Disease and Stroke

Discover the simple lifestyle changes that'll keep your blood vessels healthy and lower your risk for a heart attack or stroke. Change your life for just \$15 a class!

Choose from:

- Vascular Disease: What You Need to Know
- Nutrition for Your Vascular Health
- Get Going With Exercise!
- De-stress for Success
- Blood Pressure Makeover
- Improving Your Cholesterol

For details, including possible insurance discounts, call 610-402-CARE.

NEW Headache Symposium

A Guide to Headache Management

This all-day program includes talks by four top neurologists and hands-on sessions on alternative therapies. Light breakfast, lunch and educational materials included.

\$10

• Sat., June 2; 8:30 a.m.-3:30 p.m.

At LVH—Cedar Crest, auditorium



Ongoing Protecting You

Dr. Dean Ornish

PROGRAM for reversing heart disease

Dr. Dean Ornish—This noted heart health program includes nutrition, exercise, stress management, group support, education, follow-up.

Dr. Dean Ornish Program—12-week reversal program for those with diagnosed heart disease

Ornish Advantage—6-week prevention program for those with heart disease risk factors

For details, including possible insurance discounts, call 610-402-CARE.

Tobacco Treatment Program—This 12-month program of individual counseling and ongoing support (in person or by phone) can help you quit smoking.

For details, call 610-402-CARE.

See related article on page 8.



Coping With Illness

NEW Treating Rotator Cuff Pain

Learn about symptoms; differences between tendinitis, partial and full tears; and nonsurgical (physical therapy, injections) and surgical options for relief. **FREE**

• Tue., May 22; 6-7:30 p.m.

At LVH—Mublenberg, conference room D

Christina Smith, M.D., family/sports medicine physician

See related article on page 17.

NEW Planning Ahead for Complex Chronic Illness

Panel discussion on the progression of chronic illnesses (heart failure, diabetes, emphysema, etc.), how you or your loved one's priorities and goals change during this process, and how to best handle it. **FREE**

• Thu., May 31; 7-8 p.m.

At LVH—Cedar Crest, auditorium

Lou Lukas, M.D., family medicine physician

Gretchen Fitzgerald, C.R.N.P.

Deborah Swavely, R.N.

See related article on page 16.

Ongoing Coping With Illness programs

Joint Replacement Preparation

If you're scheduled for total knee or hip replacement surgery, this class will help you prepare for your hospital stay and rehabilitation. **FREE**

• Thu., May 17, June 21; 2-3:30 p.m.

• Tue., June 12; 9:30-11 a.m.

At LVH—Cedar Crest

• Thu., June 14; 1:30 p.m.

• Wed., July 11; 8:30 a.m.

At LVH—Mublenberg

Get Up and Go

Group exercise for those with Parkinson's disease or other movement disorders.

4 weeks • \$20

• Every Mon.; noon-1 p.m.

At LVH—Mublenberg

For Stroke Patients and Their Families

Stroke Support Group **FREE**

• Second Thu. of month; 7 p.m.

Stroke Exercise/Educational Program

• First, second, third Tue. of month; noon-1 p.m.

Lunch 'n' Learn for Stroke Survivors and Family **FREE**

At Good Shepherd Rehabilitation Hospital

For details, call 610-402-CARE.

For MS Patients and Their Families

MS School—What you need to know when newly diagnosed. Includes lunch; registration required. **FREE**

Lunch 'n Learn—Monthly programs for patients and caregivers. **FREE**

For details, call 610-402-CARE.

For Diabetes Patients and Their Families

Physician referral needed. For dates, locations and registration, call 610-402-CARE.

Pre-Diabetes—Learn to prevent or delay diabetes through modest lifestyle changes.

See related article on page 12.

Type 1 Self-Management—Education and counseling.

Type 2 Comprehensive Self-Management—5 weekly 2-hour sessions teach you to live well with diabetes.

Type 2 Diabetes Follow-up—2-hour class updates self-management strategies and troubleshooting. Recommended yearly after "comprehensive," above.

Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet a dietitian for meal planning, glucose and cholesterol control.

Intro to Insulin Pump Therapy—Learn about the various pump options to see if this approach is right for you.

Insulin Pump Training—Hands-on instruction and trouble-shooting.

Insulin Pump Follow-up—Learn advanced features of the pump.

Intensive Management Education—Learn to fine-tune your diabetes control (injections or pump) and balance insulin needs.

Diabetes in Pregnancy—Education and support, preconception through pregnancy.

Adult Diabetes Support Group • Third Thu. of month; 6:30-8 p.m.

Insulin Pump Support Group • Third Mon., every other month; 6:30-8:30 p.m.

Teens With Type 1 Diabetes Support Group (ages 12-15) • First Thu. of month; 5:30-7 p.m.

Sugar-Free Kids Support Group (ages 6-12) and their parents

For Cancer Patients and Their Families

For dates, locations and registration, call 610-402-CARE.

Psychotherapy to Manage Insomnia—Strategies, skills for those with cancer suffering from insomnia.

Preparing for Breast Cancer Surgery—Learn what to expect after surgery and how to better prepare through exercise.

Lehigh Valley Chapter of the National Ovarian Cancer Coalition—Promotes education, awareness and advocacy.

Bereavement Support Group—For family and friends coping with a death. Monthly topics vary.

Adolescent Support Group—For teens who have lost a loved one to cancer.

Men Facing Cancer—Discussion group on prostate, bladder or genitourinary cancer; partners/friends welcome.

Support of Survivors—A 24-hour phone line staffed by breast cancer survivors to help recovering women. 610-402-4SOS (4767).

• Support group meets first Mon. of month.

Keeping Up to Date

Ongoing Computer Classes

For information on all computer classes, call 610-402-CARE.

Basic Computer Skills 101—No intimidating computers, just instruction on using keyboard, mouse, programs and toolbars.

\$25; \$20 with Vitality Plus GOLD

Introduction to the Internet—Hands-on course includes healthy aging Web sites. Basic computer skills needed.

\$25; \$20 with Vitality Plus GOLD

Learn Basic E-Mail—Hands-on course uses free Yahoo. Basic computer skills needed.

\$40; \$35 with Vitality Plus GOLD
All at LVH—17, CHA



th programs

HOPE for Osteoporosis—This 6-week program will help you prevent or manage osteoporosis through exercise, nutrition and treatment options.

\$75

For details and possible insurance discounts, call 610-402-CARE.

Coalition for a Smoke-Free Valley—Offering community programs like these all year, in English and Spanish:

Secondhand Smoke—What you need to know to protect you and your family.

Advocacy—Build your skills to deliver effective tobacco-prevention messages.

Keep Us Healthy—Learn how tobacco smoke harms infants and small children.

Plus opportunities for task force volunteers.

For details, call 610-402-CARE.

CPR

Fundamentals of Basic Life Support—

One- and two-person, child and infant CPR.

3-part course • \$65

BLS Renewal—To attend you must have a current BLS Health Care Provider card. • \$40

Heartsaver Pediatric—Focus on infant and child CPR. • \$40

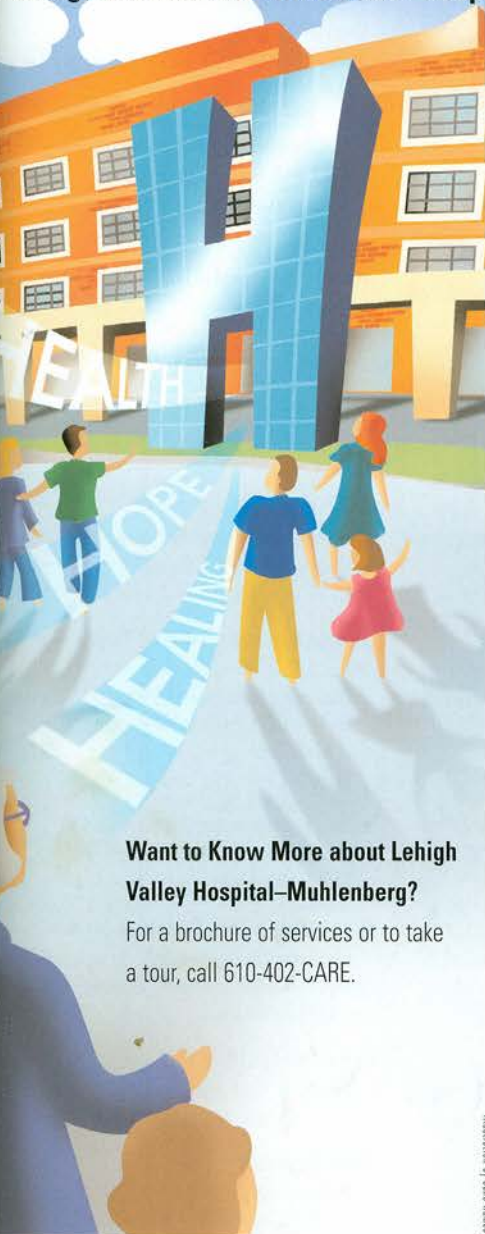
Heartsaver AED and First Aid—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness. • \$40/session

At 2166

For dates, times and registration, call 610-402-CARE.

What's Inside the Big Blue H?

The region's most advanced new hospital is Lehigh Valley Hospital—Muhlenberg



Want to Know More about Lehigh Valley Hospital—Muhlenberg?

For a brochure of services or to take a tour, call 610-402-CARE.

Walk through the big blue H and you'll find yourself inside a full-service hospital designed with patient comfort and care in mind. Lehigh Valley Hospital—Muhlenberg has all private rooms and room service, but what's most important is the advanced medical care you and your family will receive.

The Regional Heart Center provides comprehensive care, including bypass surgery, valve replacement, digital cardiac catheterization and new treatments for irregular heartbeats. Patients with cancer benefit from the region's only hospital-based Gamma Knife® for brain tumors and a linear accelerator with the most powerful cancer-fighting beam on the East Coast. Lehigh Valley Hospital—Muhlenberg is the only Joint Commission stroke-certified hospital in Bethlehem where immediate care treats, and often saves, those suffering from stroke. Orthopedic surgeons use advanced techniques to relieve hip, knee, back and shoulder pain. Neurosurgeons treat disorders of the brain, neck and spine, from the simple to the most complex and challenging.

And parents of seriously ill children have the peace of mind of knowing that full-time specialists in surgery, pulmonology, gastroenterology, hematology/oncology, rheumatology, neurology and cardiology are available at Lehigh Valley Hospital—Muhlenberg's Pediatric Specialty Center.



Heart smart—Larry Mika of Bethlehem follows his cardiac rehabilitation program under the supervision of clinical exercise physiologist Tracy Ernst.

More Ways Than Ever to Get Fit

Summer's almost here. And more good news—you have plenty of time to get in shape and look great in your bathing suit. Here are options for getting healthy.

■ **Fitness Services at Lehigh Valley Hospital—Muhlenberg** (Bethlehem)—Keep your workout fresh with individualized workout routines.

■ **COMING LATE SUMMER—** The all-new **Healthy You Fitness Center** (1243 S. Cedar Crest Blvd., Allentown)—Work out with a customized plan or take a group fitness class.

■ **Healthy You fitness classes** (various locations)—Choose the workout that's right for you from belly dancing to Pilates.

For details, call 610-402-CARE.

Exercise physiologist Eric Witzel can provide you with a fitness assessment and personalized workout routine to do at home or at our gym facility at Lehigh Valley Hospital—Muhlenberg.



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

Lehigh Valley Hospital
PO Box 689
Allentown, PA 18105-1556

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