

Healthy You

Lehigh Valley Hospital and Health Network

SEPTEMBER/OCTOBER 2007

Family Matters, at Every Age

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offering 20+
NEW
classes!
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Do you have a child struggling to lose weight? Attend **Obesity in Children—Preventing Type 2 Diabetes** for surprising information on helping him shed those extra pounds. See page 26.

If you have a loved one who's suffering from mental illness, find comfort in learning how to navigate the system with our class, **Families Coping With Mental Illness**. See page 27.



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Apples: Nature's Take-along Snack

A barrellful of benefits in each delicious bite

Everyone's heard the old adage, "An apple a day keeps the doctor away." Is it true? "To a certain extent," says registered dietitian Kathleen Hanuschak of Lehigh Valley Hospital and Health Network. "Apples pack a lot of health benefits, including lowering your risk for heart disease and cancer."

Most of the healing power of apples lies in the skin, which is rich in antioxidants. In particular, apple skin—more than most other fruits and vegetables—contains large amounts of quercetin, proven to prevent unstable oxygen molecules, or free radicals, from damaging cells. Such damage can lead to heart disease, type 2 diabetes and cancer.

Apples are also a good source of both soluble and insoluble fiber. Soluble fiber lowers cholesterol and regulates the body's use of sugar, while insoluble fiber helps prevent constipation.

A single apple contains 15 percent of the recommended daily dose of fiber for adults.

"Apples make a great snack for weight loss," Hanuschak says. "A small apple only has about 80 calories, and the fiber fills you up so you don't feel hungry."

Though your grocery store might carry a dozen different varieties (and there are literally thousands around the world), apples don't vary much in nutritional content. The difference comes in sweetness, crispness, texture and bake-ability. "Just pick a variety that fits your needs," Hanuschak says. "And be creative about how you use apples. They're great in salads, cold or hot cereal, casseroles and lots of other dishes." ●

Want to Know More? For a healthy pie crust and a collection of apple recipes that will get you beyond apple pie, call 610-402-CARE or visit lvh.org/healthyyou.

Homemade Chunky Applesauce

Enjoy as is or with a little vanilla, cinnamon, ginger or cardamom

4 apples, preferably Rome Beauty, Golden Delicious, Granny Smith or Gala

1/2 cup frozen apple juice concentrate

1/2 cup water

Peel, quarter and core the apples. Cut into 3/4-inch dice. Put apples, juice concentrate and water in a large saucepan. Bring to a simmer over moderate heat, cover and adjust heat to maintain a gentle simmer. Cook until apples are tender, about six minutes. Transfer mixture to a food processor and pulse to achieve desired consistency. Serve warm or cold.

Tip: Apple varieties vary in their moisture content. If your sauce looks too wet, cook it with the lid off for a few minutes to evaporate excess moisture; if it looks too dry, add a few spoonfuls of water.

Courtesy of Everyday Cooking With Dr. Dean Ornish

Serving size: 1/2 cup
Calories: 131
Fat: 0.5 gram
Carbohydrate: 33.4 grams
Protein: 0.3 grams
Sodium: 2.2 milligrams

A wagonful of treats—Bailey, 4, of Germansville (also our cover girl) enjoys eating an apple every day—especially when it's dipped in warm caramel coating. To keep fresh apple slices from browning, dip them in a mixture of one part lemon juice to three parts water.

Get in the Game!

Team sports play up skills that last a lifetime

“Batter up!” When your child steps up to the plate, she’s developing valuable physical, emotional and social skills as well as having fun. And you don’t have to be a child to enjoy the game—team sports benefit people of all ages.

“Being on a team can motivate you to live a healthy lifestyle and stay in shape, even after the season is over,” says Jackie Svrcek, exercise physiologist at Lehigh Valley Hospital and Health Network. “You want to be ready for next year because you enjoyed it so much. Playing a sport doesn’t feel like exercise; it feels like fun.”

Fun is the name of the game, especially for children. “Young children who feel pressure from parents and coaches get disenchanted quickly,” says Svrcek’s colleague, pediatrician Jonathan Pletcher, M.D. “But if they’re having a great time, even if they don’t make a career of the sport (and very few people do), they’ll gain a storehouse of memories, friendships and life lessons.”

Team sports can shape all aspects of a child’s development, Pletcher says. “On a team, children learn social skills in a setting outside school or family. They learn about their own capabilities, and also about interdependence and having an entire team depend on and support them. Sometimes tough decisions force them to think about their core beliefs. This is all part of moral identity development, which is a huge part of becoming an adult.”

People who’ve played on teams also may find it easier to work with others and assume leadership roles. “Team sports teach you to accept differences in skills and abilities. You



A teamed-up family—The Wiselys of Macungie love sports: (l-r) mother Meg plays tennis and golf; Beth, 11, plays basketball and soccer; Frank, 17, is on his high school football and basketball teams; Trisha, 15, is also a high school athlete in basketball and soccer; father Frank coaches basketball in various leagues; and Matthew, 13, is a basketball and travel baseball player. For more on this active family, visit lvh.org/healthyyou or call 610-402-CARE.

learn sportsmanship and respect, and how to help and learn from each other,” says Jim Ezrow, a social worker at the hospital. Team members also learn how to play by the rules, and how to lose.

“Losing is a tremendous learning opportunity,” Pletcher says. “You figure out how to rebound, stick with it, evaluate your own role, and support each other so you don’t have that loss again.” And while too much competition at a young age can put a damper on the game, as children mature they learn how to use pressure to improve their performance.

Finally, team sports are a great way to meet new friends with similar interests. Team play teaches children and adults the value of doing something for the love of it and building a community. “In the end it’s not about the final score, it’s about what you’ve learned, how you’ve grown and the relationships you’ve developed,” Pletcher says.

If you think some team play would help you or your family, here’s how to get started:

Know what you want and look for a good match. Explore the various types of leagues in community recreation centers, YMCAs, private clubs and school districts. Some are more competitive than others. Consider skill level, goals of the team, coaching style and players’ ages in finding the league

Is Soccer Dangerous for Your Child?

It’s the fastest-growing sport among children, and like any sport, soccer has its injury risks. Learn why girls are more prone to knee injuries, why players under age 12 should not “head” the ball, and other valuable information for soccer moms and dads, from sports medicine physician Laura Dunne, M.D., and orthopedist Barry Berger, M.D.

Get the whole story on soccer injuries.

Visit lvh.org/healthyyou
or call 610-402-CARE.

that offers your best chance for success.

For children, look for a positive atmosphere that emphasizes fun, safety and skill-building appropriate to the child's age. Monitor how much they enjoy the experience and what they're learning. Make sure they get playing time.

Don't overspecialize by position—Stay versatile and remember, Babe Ruth started as a pitcher!

Learn about the sport—Time commitment, location, season, travel, rules.

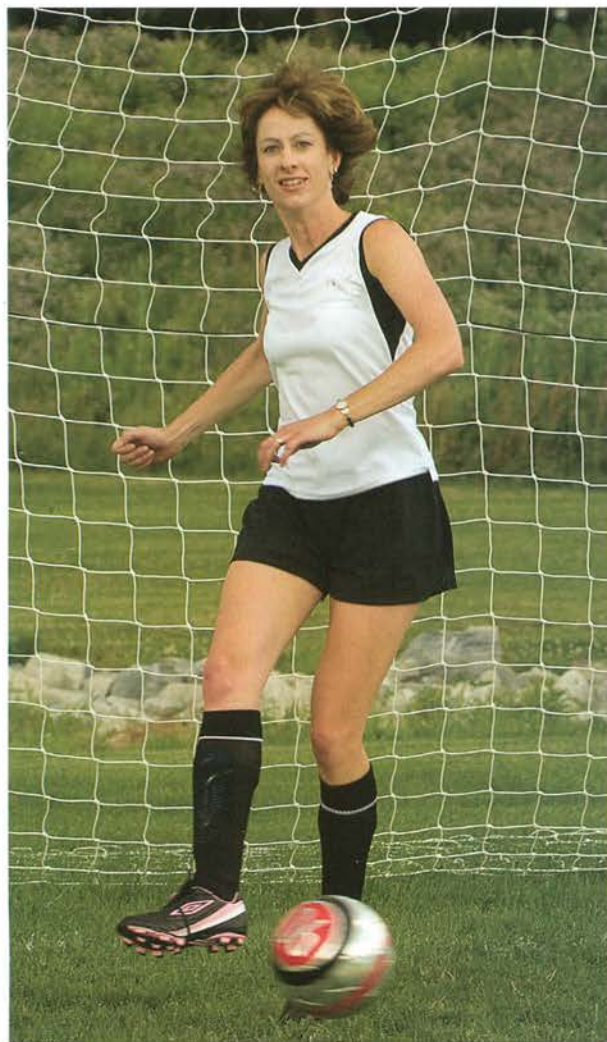
Consider facilities—Indoor/outdoor, year-round, availability, cost.

Get proper equipment for the player's size and age.

Ask others who've been on teams about their experience.

Get in shape if you've been inactive—As an all-around conditioner, brisk walking is hard to beat. ●

Want to Know More? For tips on being a good sports parent, call 610-402-CARE or visit lvh.org/healthyyou.



A soccer mom, in both senses—When she saw how much fun her sons were having playing soccer, 39-year-old Amy Riegel of Macungie decided to give it a try. Also a runner, Riegel found she loves the team aspect of soccer (and her boys love watching her play).



Benefits of Massage Therapy

It relieves stress, promotes relaxation and eases muscle tension

Many Americans think of massage as a luxury, not something their body actually needs—but they're mistaken. "Massage therapy has real physical, mental and emotional benefits," says certified massage therapist Scott Pellington of Lehigh Valley Hospital and Health Network.

There are many different types of massage, but the overall benefits are similar: it relieves stress and muscle stiffness, enhances calm thinking and creativity, improves circulation, eases discomfort during pregnancy and increases awareness of the mind-body connection. "Massage is an opportunity to give yourself time and space just for you," Pellington says.

Some types of massage involve a lighter, more relaxing touch, others employ deep pressure for tense areas. Massage can focus on specific regions such as the neck, back and shoulders, feet or hands. Specialty massages include hot and cold stone therapy, to soothe muscles and reinvigorate the body; and Reiki energy massage, in which healing energy is channeled through the therapist's hands.

To get the most out of your massage experience, be open with your therapist. "Speak up if the pressure is too strong or not strong enough," Pellington says. Also, let the therapist know how communicative you want to be. "Some people like to talk and others want to completely escape," he says.

If you feel shy about receiving your massage unclothed (and draped appropriately with a sheet), share your concerns. "Massage can be done fully or partially clothed," Pellington says. The most important thing is to be comfortable. ●

Want to Know More about the different types of therapeutic massage? Call 610-402-CARE or visit lvh.org/healthyyou.

Mark Your Calendar

Youthful You Institute

Open House

Sept. 15

Details on page 24

Breaking Poor Parenting Habits

It's easier than you think. In fact, it's common sense

Eric* was the disciplinarian, Carol* was more permissive—but no matter what they tried, their young son and daughter kept misbehaving. “We were parenting the way we were brought up,” Carol says. Clearly, it wasn't working.

The two were perfect candidates for a class called Redirecting Children's Behavior. “We help bring peace and fun back into the home by teaching simple, consistent parenting techniques,” says Shel Dougherty, who teaches the five-session program at Lehigh Valley Hospital and Health Network. “When parents aren't on the same page, it creates stress and kids get confused.”

Children misbehave, Dougherty says, because they're discouraged and trying to communicate something. “Children have basic needs—for example, to feel loved or powerful,” she says. “When these needs aren't met, they surface in the form of negative behavior.” By identifying which need your child is trying to fulfill, you can help him achieve it in a positive way.

Here's an example: Carol's son interrupted while she was on the phone because he mistakenly believed

that love means constant attention. “Hanging up and telling him to stop didn't work, because it got him the attention he craved,” Dougherty says. “Instead, I told Carol to gently rub his back while continuing her call.”

The need to feel powerful is why children often resist doing anything their parents want them to. When this happened, Carol would find herself nagging until the resistance escalated to yelling and fighting. “When parents nag,” Dougherty says, “children inevitably tune them out.”

The solution: a single calm word. “If your child comes in and kicks off his shoes in the middle of the room,” Dougherty says, “resist lecturing about where his shoes belong and his lack of manners. Firmly yet kindly say ‘shoes’ and walk away.”

You also can help your children feel more powerful by offering them a choice. Having options (even playful ones) gives youngsters a sense of control. For example: “Would you like a piggyback ride to bed or do you want to be a wheelbarrow?”

Not all misbehavior is about discouragement—it can be a sign of a serious health problem like sleep apnea or ADHD (attention deficit hyperactive disorder). “Symptoms associated with these disorders can be misinterpreted as bad behavior,” says Jarret Patton, M.D., a pediatrician with the hospital. “If your child is irritable, inattentive or overly impulsive at home and school, see your doctor.”

For garden-variety misbehavior, improved parenting skills should solve the problem—as they did for Eric and Carol, whose children are behaving much better now! ●

Want to Know More? For added parenting tips or to sign up for Redirecting Children's Behavior, call 610-402-CARE or visit lvh.org/healthyyou.

**Last name omitted to protect privacy.*

Sign Up Now!

Redirecting Children's Behavior

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How to handle phone interruptions—A back rub satisfies a child's need for attention and lets Mom continue her call, as Shel Dougherty demonstrates with son Nicholas, 4.

When your children fight over the TV

Don't...banish them to their rooms.

Instead...turn the TV off and say, “When you figure out how to solve this, I'll turn it back on.”

Because...you empower them to solve their own problems.

When your child tracks mud through the house

Don't...yell and clean it up yourself.

Instead...ask him to clean it up.

Because...it will teach him the consequence of his actions.

When your child continually forgets her school lunch

Don't...bring it to her when she calls.

Instead...tell her you won't deliver it.

Because...she'll realize she can prevent feeling hungry by remembering it tomorrow.

'When Can I?'

Helping your child on the path to independence

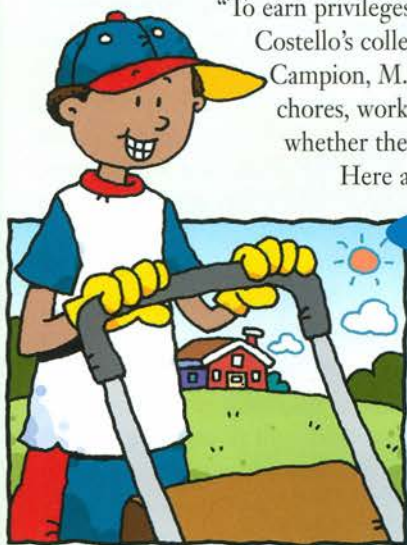
We watch with pride as our children grow and mature, but each step can feel like a kick in the gut for anxious parents. How can you foster independence while still making sure your child is safe?

It's all about preparation, says Kelly Costello, M.D., pediatrician at Lehigh Valley Hospital and Health Network. From toddlerhood through teens, a child's progress toward autonomy depends on the circumstances and the child's maturity. "As a parent, you have a responsibility to assess your child's readiness and teach her how to handle various situations," Costello says. "You also set the ground rules based on your comfort level. You don't have to let your child do something just because other parents do."

Physical and emotional maturity can vary greatly from child to child. Make sure your son or daughter has the physical strength for the task, exercises good judgment, doesn't panic at problems and knows how to be safe among strangers.

"To earn privileges, children should prove they're responsible," says Costello's colleague, child and adolescent psychiatrist John Campion, M.D. "With teens, look at whether they do their chores, work hard at school, are good citizens and respectful, and whether they can control their temper and impulses."

Here are guidelines for some common scenarios:



Mowing the lawn

Age 12 for push mower, 16 for riding mower. Requires strength and coordination to control mower, and judgment to handle terrain and speed.

- Use an auto-shutoff mower.
- Never allow passengers on mowers.
- Keep young children away from mowing area.



Biking or walking to a friend's house

Age 8-9 if safe neighborhood with little traffic.

- Plan a safe route and tell your child not to wander or talk to strangers.
- Have him call when he arrives.
- Practice bike safety.



Holding down a job

Age 12 for babysitting, neighborhood chores. Pennsylvania requires work permits for children ages 14-18 (except for work at a farm or private home). Starting age is lower for caddies (12) and entertainers (7).

- Make sure they keep up with schoolwork.
- Make sure they understand the job.
- Teach personal and babysitter safety for jobs in someone's home.

Going out with friends/dating

Age 13 in groups, 16 one-on-one. Child should be trustworthy and able to follow rules.

- Establish where they're going, what they're doing, with whom, and when they'll be home.
- Meet friends or dates and their parents.
- Teach stranger awareness and date risks.
- Encourage public activities where adults are involved.
- Set times to check in (consider a cell phone).

Want to Know More? For more information on dating safety, lawn-mowing guidelines or babysitter training, call 610-402-CARE or visit lvh.org/healthyyou.

Turning 30...40...50...

Oh, those milestone birthdays!

When we're children, we can't wait to grow up. Too bad the feeling doesn't last. By age 40 or 50, a "big" birthday is something most of us dread.

Partly, that's because of our youth-worshiping culture, says clinical social worker Pat Gordy of Lehigh Valley Hospital and Health Network. "Just look at all the products that will 'make you look 10 years younger,'" she says.

But there are plenty of other reasons why milestone birthdays can be stressful—from family issues to health worries to unmet life goals. Gordy and family medicine physician Pamela LeDeaux, M.D., explore the issues.

30 At this age you're still in the prime of youth, but you face big, scary questions: Have I found the right job? Do I like where I'm living? How well am I balancing work and social life? Shouldn't I be married by now?

40 Welcome to the "midlife crisis." As your body starts to show its age, you realize that if you want children or a new career, you'd better get busy. "At this stage, people start thinking about self-renewal and life enrichment," Gordy says. They also start taking their health seriously for the first time. "It's not just about getting a physical," LeDeaux says. "Wellness means taking care of yourself."

50 Even if you still feel vibrant, at 50 you can't pretend you're young anymore. Menopause, job insecurity, college costs and the needs of elderly parents are major concerns. On the plus side is the opportunity to explore new facets of your life; many 50-something women shift focus from caregiving to career, and men from work to relationships. Physically, poor health habits begin to take a toll. "But it's never too late to stop smoking, lose weight or make other healthy changes," LeDeaux says.

60 Retirement looms large now. While many of LeDeaux's patients have a healthy self-image in their 60s, "they do have concerns about financial security, life as a retiree and how to move gracefully toward this thing called old age."

Want to Know More? For a reading list on coping with milestone ages or a chart of the health screenings you need at each stage of life, call 610-402-CARE or visit lvh.org/healthyyou.

How to Cope

Whichever milestone birthday you face, you'll weather it better if you:

- **Explore your assumptions** and change any distorted thinking about what it means to be a particular age.
- **Take charge of your body.** Maintain a healthy weight, stay active, get enough sleep, learn to manage stress.
- **Live in the present.** Try to focus on what you have *right now* rather than mourning what's gone or fretting about the future.

Regrets About Sterilization

Couples seeking a second chance to conceive have several options

“You have to be absolutely sure.” Any man having a vasectomy or woman having her tubes tied would probably say, “I am sure.” But he or she may feel differently a few years later—life has a way of changing things.

The classic example of regret after sterilization is a person who goes on to marry a new partner after divorce. Couples who lose a child, or whose circumstances change in other ways, also may wish for more children. “Studies show that the biggest factors in female regret are being single and under age 30 when you choose sterilization,” says obstetrician/gynecologist Joseph Patruno, M.D., of Lehigh Valley Hospital and Health Network.

It is possible to reverse either a vasectomy or a tubal ligation, especially with today’s surgical techniques. But it’s also becoming less necessary. “There are good long-term contraceptive options such as IUDs,” Patruno says. And in vitro fertilization offers many advantages over reversal.

Reversal: His

Vasectomy is a simple, common and reliable form of sterilization, says Patruno’s colleague, urologist Daniel Silverberg, M.D. Reversal involves microsurgery (under anesthesia) to reconnect the severed ends of the tiny tubes that carry sperm. “It then takes several months for the testicles to start producing sperm again,” Silverberg says. The cost is about \$5,000.*

For a man who had his vasectomy less than five years ago, the chances of achieving pregnancy after surgical reversal average about 75 percent, Silverberg says; after more than 5-10 years, they drop to 50 percent. (If vasectomy reversal fails, sperm can be removed from the testes and used for in vitro fertilization.)

Reversal: Hers

For women, too, reversal means surgically stitching the tubes back together. First, there are exams to make sure ovulation is taking place, the uterus is normal and enough fallopian tube remains for reattachment. “There are different techniques for tubal ligation, and some are more likely to be reversible than others,” says Wendy Schillings, M.D., a fertility specialist at the hospital. Typically, the \$15,000* surgery is similar to a Cesarean sec-

tion in terms of scar size and recovery time, Schillings says. The chances of pregnancy afterward average 50-60 percent, depending on the woman’s age and other factors.

Going the IVF route

For about the same cost as a tubal reversal, a couple can have a cycle of in vitro fertilization (removing eggs from the ovary, fertilizing them in the lab and placing the resulting embryo in the uterus). “It’s less traumatic for you physically, we can select the most viable sperm, the success rates are comparable depending on age, and you may have embryos frozen for the future,” Schillings says. About three-quarters of her patients now choose IVF over tubal reversal.

While all these options are good news for people who need them, the bottom line is still clear: If you’re at all unsure, don’t choose sterilization. ●

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



Sign Up Now!

**Advanced
Technologies for
In Vitro Fertilization**

Oct. 10

Details on page 26

**Most Pennsylvania insurers do not cover sterilization reversal or IVF.*

Growing Up Adopted

There are issues, but for most families they're readily resolved

Adoptive parents and children have the same joys and problems as every other family. But they also face some unique issues that can be challenging for parent and child alike:

"Why didn't my other mother keep me?" Sooner or later, every adopted child asks that question—and there's no "right" answer, says adolescent medicine specialist and adoptive mother Sarah Stevens, M.D., of Lehigh Valley Hospital and Health Network. "Your response should be geared to your child's age and understanding," she says.

Stevens told her three children (born in Ecuador) that their mothers weren't able to take care of them and brought them to a place where they would be cared for. Before adolescence, she says, children usually can't comprehend the many circumstances that would make a mother give up her child in hopes of a better life for him. "Reassure him that his birth mother's decision had nothing to do with him," she says. "Help him understand that what matters is being in a loving family, and adoption is just another way of coming into a family."

"Where do I come from?" Heritage is an obvious issue for the 189,000 foreign children adopted into American families over the past 20 years. "It's important for these kids to have some connection with their cultural heritage, and with people from their country of origin, if possible," says Nicholas Jupina, therapist at the hospital's Adolescent Transitions program and father of two South Korean children. They use school projects as a way to learn about their home country and share it with classmates.

Heritage also can be an issue for American-born children. Those adopted by families of a different ethnicity have to sort out their racial identity. For all adoptees, there's the haunting question of where those blue eyes, athletic

abilities or musical talents came from.

"Who am I?" Forging a personal identity takes center stage in adolescence. Adopted teens have another whole layer of identity to figure out, and typically they don't have much information about their birth families to work with.

Even non-adopted teens sometimes fantasize about having parents who'd understand them better, so it's not surprising that adoptees tend to romanticize their birth parents, says Lehigh Valley Hospital and Health Network psychiatrist Laurence Karper, M.D. He advises delaying the search for birth families until the late teens or early 20s—and double-checking your child's expectations. "The reality rarely coincides with happy, tearful television reunions," he says. "The birth parent may not even want to meet the child."

Coming to terms with being adopted is harder for some than for others. "The child's age at adoption and his prior experiences definitely affect his adjustment," Karper says. "Still, a supportive family can overcome serious deficits, even genetic ones." And the passage of time helps. Being adopted is a big issue in young adulthood, and it may resurface when an adoptee becomes a parent and wants to share cultural or genetic information with the next generation, Jupina says. "But for most adults, being adopted is not their primary identifier. It's just one of many parts of who they are." ●

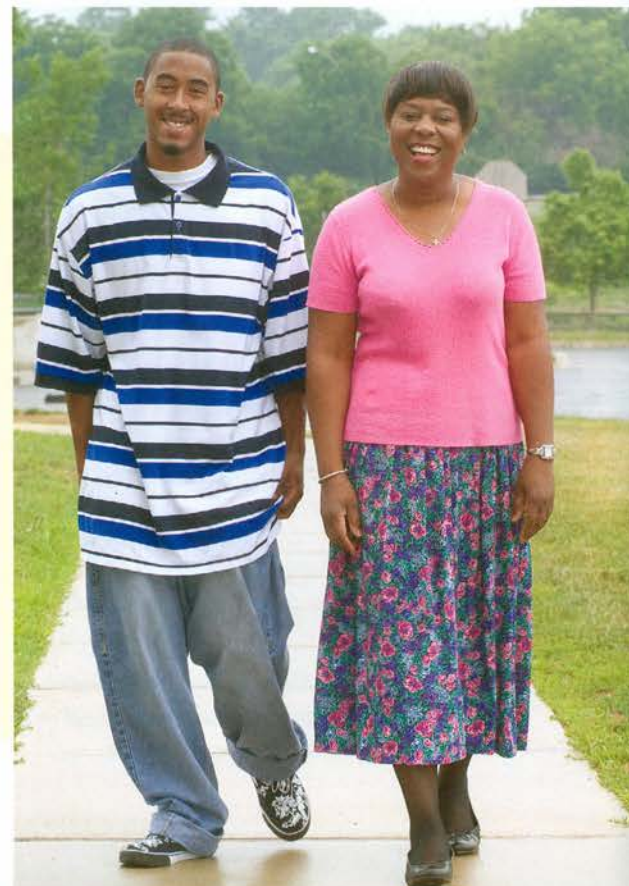
Want to Know More about coping with adoption? At 610-402-CARE or lvh.org/healthyyou, you'll find tips for teens and reassurance for parents worried about genetic health risks.

Carrying on a Family Tradition

When Debra Sellers of Bath was 4 years old, her mother left the family. Sellers was adopted by an older couple who were friends of her paternal grandmother. "Even though I was young, I realized my dad couldn't go to work and still take care of us," she says. "My adoptive mother was so loving, I immediately formed a strong bond with her."

Sellers maintained a relationship with her birth father, who visited regularly, and with two of her siblings. "Still, when I was growing up, it hurt not to know anything about my birth mother or her family," she says.

Though money was scarce, her adoptive mother valued and encouraged higher education, and Sellers went on to earn her R.N. degree. She gave birth to her son, Alvie, now 26. Then, in the same spirit of love as her own adoptive mother, she adopted a second child, Jeremiah, now 19 (strolling with her in photo). "I was just as excited when we brought him home as I was when our first son was born," she says.



Arthritis? Get Moving!

Staying active can help ease achy joints

If you're among the millions of Americans living with arthritis, you may wonder if exercise is your friend or foe. Many people with this condition fear that being active will damage their joints and invite more pain—and as a result, researchers have found, most people with arthritis don't exercise enough, and one-third of them avoid it altogether.

That's exactly the wrong approach, says internist Stacey Smith, M.D., of Lehigh Valley Hospital and Health Network. "What people don't understand is that exercise, in conjunction with medication, can reduce the pain of arthritis and improve their overall condition." You'll feel better if you keep those achy joints moving, and strengthening your muscles helps support the joints.

Ready for an anti-arthritis movement plan? It should include three components: flexibility, muscle-strengthening and aerobic (cardiovascular) exercise. Here's how to get going:

Start slow. "Stretching and brisk walking are a good way to begin. Then, gradually add more cardiovascular exercise such as biking or water workouts to your routine over time," says Smith's colleague, rheumatologist James Ross, M.D. Aim for 30 minutes of low- or no-impact exercise daily.

Be gentle. "Water aerobics and swimming are the best activities for knee or hip arthritis because water supports your weight, taking the stress off your joints," Ross says. Tai chi and yoga are good, gentle ways to increase flexibility.

Build strength. "Concentrate on strengthening the muscles around the arthritic joint," says Sanghoon Kim, M.D., a physiatrist (a specialist in physical medicine and rehabilitation) at the hospital. "If you have knee arthritis, focus on the thigh muscles." He recommends isometrics or light weights.

Don't overdo it. "If you have severe pain while exercising or pain that lasts for more than an hour after your workout, go a little lighter or try a different exercise," Ross says.

If you have severe arthritis or questions about how to get started, talk with your doctor, a physical therapist or other qualified health professional. ●

Want to Know More about coping with arthritis or places to exercise safely, including the new Healthy You Fitness Center? Call 610-402-CARE or visit lvh.org/healthyyou.

Can You Actually Prevent the Flu?

The #1 strategy to protect your family this flu season is very simple: Wash your hands (and don't share towels or washcloths!). "Good hygiene stops the spread of 90 percent of germs," says family medicine physician Brooks Betts, D.O., of Lehigh Valley Hospital and Health Network. Need to get your flu vaccine? See page 28.

Want other valuable flu-fighting tips?

Visit lvh.org/healthyyou
or call 610-402-CARE.



'It's helped me a lot'—Frances Polgar, 73, of Slatington eases her arthritis with aquatic exercises she learned in a class at the Jewish Community Center of Allentown.

Sign Up Now!

**Take Control,
It's Your Health—
Arthritis Summit**

Oct. 6

Details on page 27

Gender Matters

Who's the most prone to arthritis? Obesity, smoking, repetitive stress or joint injuries, and a family history of the disease all raise your risk. So does being female:

- Of the 100 different types of arthritis, 95 percent are more common in women, says rheumatologist James Ross, M.D. Shifting hormones (which can influence inflammation and pain) are thought to play a role.
- Women are up to three times more likely than men to develop rheumatoid arthritis.
- Of the 21 million people with osteoarthritis, about 16 million (three-quarters) are women.

Heart of Healthy You

How to Respond to a Heart Attack or Stroke

Know the warning signs and dial 9-1-1

Would you know what to do if you encountered someone who appeared to be having a heart attack or stroke? Your response could make a life-or-death difference. “With heart attack and stroke, time lost is heart muscle or brain cells lost,” says Robert Motley, M.D., a family medicine physician at Lehigh Valley Hospital and Health Network. “That’s why it’s important to get help as fast as possible.”

Step 1: Recognize the warning signs

Heart attack—The symptoms, which may be different in men and women, include:

- Discomfort, pressure, squeezing or pain in the chest, sometimes brought on by exertion or emotional stress
- Lightheadedness, fainting, sweating, nausea or shortness of breath
- Discomfort or pain that spreads to the shoulders, neck and arms
- Unexplained indigestion, heartburn or gas-like pain

Stroke—If someone is having a stroke, any of the following symptoms may occur *suddenly*:

- Numbness or weakness of the face, arm or leg, especially on one side of the body

- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or loss of coordination
- Severe headache with no known cause

Step 2: Call for help

Call 9-1-1 immediately if you’re with someone who has any of these symptoms, even if they’re subtle. “Keep the dispatcher on the phone and follow his or her instructions,” says Allentown paramedic Rob Rupert. “If there’s another person with you, have them go outside to flag down the ambulance. It might only save a few seconds, but seconds are crucial.”

Step 3: Care for the victim

The dispatcher will tell you to keep the person calm. Sit or lie him down and assure him help is on the way. People having heart attack or stroke symptoms are often in denial and reluctant or embarrassed to go to the hospital. Be firm. “It’s better to send someone to the hospital three times with a false alarm than to be regretful for not calling 9-1-1 once,” Motley says.



Fast Action Saved Her Life

Nancy Kohler was trying to get through the workday, but knew something was wrong. “It felt like my feet were sticking to the ground when I walked,” the 42-year-old Hamburg woman says.

Her co-worker, 50-year-old Lew Everdale of Pine Grove, found Kohler collapsed on the floor. “She was having trouble speaking and her left eye was sagging,” Everdale says. “She said she would be fine, but I called 9-1-1 anyway.” He sent another co-worker outside to flag down the ambulance and comforted Kohler until paramedics Debbie Naugle and Butch Howell (with her in photo) arrived.

Within minutes of Kohler’s arrival at Lehigh Valley Hospital, caregivers diagnosed a stroke with one of the largest blood clots they had ever seen. Fortunately, Kohler had arrived within the three-hour window of opportunity to receive the clot-busting drug tPA.

Four hours later, Kohler was moving her limbs. Five days after that, she went home nearly 100 percent cured. “Everyone calls me the ‘miracle patient,’” Kohler says.

Sign Up Now!

**What Happens
When You Have a
Heart Attack**

Oct. 4, 25
Details on page 25

Here are some other things you should know:

Heart attack—If the person has prescribed nitroglycerin tablets, give him one (follow the instructions on the label). Chewing an aspirin is beneficial, but not in people with an aspirin allergy. If you don't know whether the victim is aspirin-allergic, wait for the paramedics. "Administering an aspirin is the first thing we'll do anyway," Rupert says.

Stroke—Remember what time the symptoms began. "Clot-busting drugs (called thrombolytics) are sometimes given to patients with acute stroke, but they must be given within a few hours of the first symptoms," Motley says.

Paramedics diagnose a stroke by asking a patient to do three things: smile, lift both arms and speak a simple sentence. But leave this test to the professionals. "If you recognize the warning signs, asking questions and trying to validate what you see will only waste time," Motley says.

Step 4: Be prepared

• If you live with someone who's at risk for a heart attack or stroke, being prepared can save precious time. Keep a written list of the person's medications, allergies and doctors to give to the paramedics. "Knowing cardiopulmonary resuscitation (CPR) and how to use a portable defibrillator can save a life if someone stops breathing or has a cardiac arrest," Motley says. ●

Want to Know More about what happens after you call 9-1-1? Call 610-402-CARE or visit lvh.org/healthyyou.

Secondhand Smoke in Your Home

It harms everyone and everything it touches

If someone asked you to consume butane, cyanide and arsenic and inhale carbon monoxide, you'd think he was kidding. But when you're near a smoker, that's exactly what you're doing! "Secondhand smoke contains more than 4,000 chemicals, and 48 of them are known to cause cancer," says Jeanne Fignar, policy and research coordinator of the Coalition for a Smoke-Free Valley.

As numerous studies show, secondhand smoke has the same effect on nonsmokers as smokers. It causes heart disease, breathing disorders, and lung and other cancers. "Secondhand smoke kills 53,000 Americans every year, making it the third-leading cause of preventable death," Fignar says.

In your home, smoke stains walls and ceilings and gives clothes an unpleasant smell. "The smoker usually doesn't realize it, but visitors sure do," Fignar says. Opening the windows doesn't help—invisible toxic particles in tobacco smoke stay in the room up to four hours after a cigarette is extinguished, and ventilation systems carry these particles from room to room.

Read the boxes (at right) to see how smoking impacts the whole family. ●

Want to Know More? For information on how Lehigh Valley Hospital's Tobacco Treatment Program can help you quit, how you can encourage anti-smoking legislation, and a list of local smoke-free restaurants, call 610-402-CARE or visit lvh.org/healthyyou.

Illustration by Jane Ramsey

Older adults exposed to secondhand smoke for 30+ years are 30 percent more likely to develop dementia, according to a recent study. "Breathing secondhand smoke is very dangerous to elderly people," Fignar says. "Heart attack risk rises after just a half-hour of exposure because it causes arteries to stiffen and blood to thicken."

In pregnant women,

secondhand smoke deprives the fetus of oxygen. This leads to low birthweight, abnormal brain development and an increased risk for miscarriages and stillbirths.

Babies are at a greater risk for sudden infant death syndrome (SIDS). Secondhand smoke weakens children's lungs, making them prone to asthma, bronchitis and pneumonia. They also experience more middle ear infections and colds.

Pets are more likely to develop cancer. Cats grooming themselves get mouth cancer from licking the toxic particles trapped in their fur. Dogs, especially long-nosed breeds, develop cancer in the nasal sinuses.

Sign Up Now!

Tobacco Treatment Program

Details on page 26

Coping With Health Care Costs

Save money and stay healthy—the smart way

Bargain shopping is fun, but when it comes to health care, cheapest isn't always best. "Medical care can be expensive. Fortunately, there are safe ways to cut those costs," says family medicine physician Oscar O'Neill, M.D., of Lehigh Valley Hospital and Health Network. "It starts with taking care of yourself, ensuring you have good health coverage, and asking the right questions."

Here's where you can safely cut costs—and where you can't:



Illustration by Simon Shaw

DO

Know your insurance options. Do you want a high or low deductible? Can you get more affordable coverage through your spouse's employer? "When considering a plan, look at your age, health and family status," says Sandra Colon, patient accounting director at the hospital.

Consider disease-specific plans. Some insurers offer plans to cover conditions like cancer or heart disease. And, they may offer a cash benefit that goes directly to you (not the hospital or doctor) when you need it for medical and related costs.

Stay in your network. Seeking care from doctors or hospitals who accept your insurance will save you money.

Get guidance. An accountant can help you make decisions about insurance and medical bills. Lehigh Valley Hospital's financial counselors help uninsured and underinsured patients find coverage.

Look into PACE and PACENet. If you're 65 or older, you may qualify for these state-run plans offering discounted co-pays on prescription drugs. (Eligibility is based on income, not assets.)

Ask your pharmacist how to economize. (It may cost less to pay out-of-pocket than through your insurance.) Some pharmacies offer their own discount prescription plans.

Buy generic drugs. Once a drug's patent expires, it can be manufactured under a generic (versus brand) name and sold for much less.

Follow doctors' orders, especially with medications. More than 10 percent of hospitalizations occur because people don't take the correct dosages.

Practice wellness. Eat healthy, exercise and get your regular checkups.

Sign Up Now!

Finding the Right Health Insurance

Nov. 5

Details on page 26

DON'T

Don't go without insurance. You may save money short-term, but you're vulnerable if faced with a health crisis.

Don't fall for scams. Some people advertising "affordable" insurance aren't selling insurance at all. To find out if an insurer is reputable, call your hospital's business office.

Don't take herbal medications without consulting your doctor. These unregulated products can interact with other drugs you're taking.

Don't go to the emergency department for basic health care. Emergency visits cost much more than a doctor's office—even if you have insurance. They also create delays for people with true emergency needs.

Never skip tests or treatments. It could worsen your condition. Talk to your doctor about other options and payment plans. ●

Want to Know More about generic drugs, or counseling to help you with Medicare? Call 610-402-CARE or visit lvh.org/healthyyou.

When Neck Pain Is Serious

Today's surgical approaches are a boon for people with herniated discs

The problem first appeared after Carl Karchner spent a whole day raking stone. The 48-year-old Stroudsburg man had always been physically vigorous; he owned a construction business and had played sports all his life. But now, it was clear something was wrong with his neck. "If I tipped my head back, it was like flipping a switch and getting shocks in my arm and fingers," he says.

Arm pain or weakness, along with neck pain, is a classic sign of a "pinched nerve." It can be due to a herniated disc or bone spur from degenerative disc disease in the cervical (neck) spine, says orthopedic spine surgeon James Weis, M.D., of Lehigh Valley Hospital and Health Network. Degenerative disc disease is extremely common. "It's normal for the spine to degenerate with age," he says, "but some people develop a herniation or bone spur that pinches a nerve or compresses the spinal cord."

The condition runs in families. It also can result from accidental injury, sports (soccer pros who do a lot of "heading" are at high risk), and job-related factors like heavy lifting—the apparent culprit for Karchner.

After an MRI revealed the herniation, his doctor prescribed a series of treatments including steroid shots for the pain, physical therapy and chiropractic decompression. "We start with conservative measures whenever possible, and often that resolves the problem," Weis says.

If the diseased disc is actually pressing on the spinal cord, surgery is required, says Weis' colleague, neurosurgeon Chris Lycette, M.D. "Spinal cord compression is what makes cervical disc problems much more serious than pains in the lower back," he says. "The consequence of a further accident could be paraplegia."

Karchner's various treatments eased his pain—temporarily. Then his car was rear-ended, and while the physical impact wasn't serious, "It shook me up mentally," he says. "I realized my neck was vulnerable, and also that my personality was changing from the constant pain." He asked for a referral to a surgeon.

Both orthopedic surgeons and neurosurgeons perform cervical spine procedures. "The key is to find someone who is fellowship-trained as a spine surgeon or does a high volume of spine surgery," Lycette says. When Karchner arrived in his office, the two discussed his options.

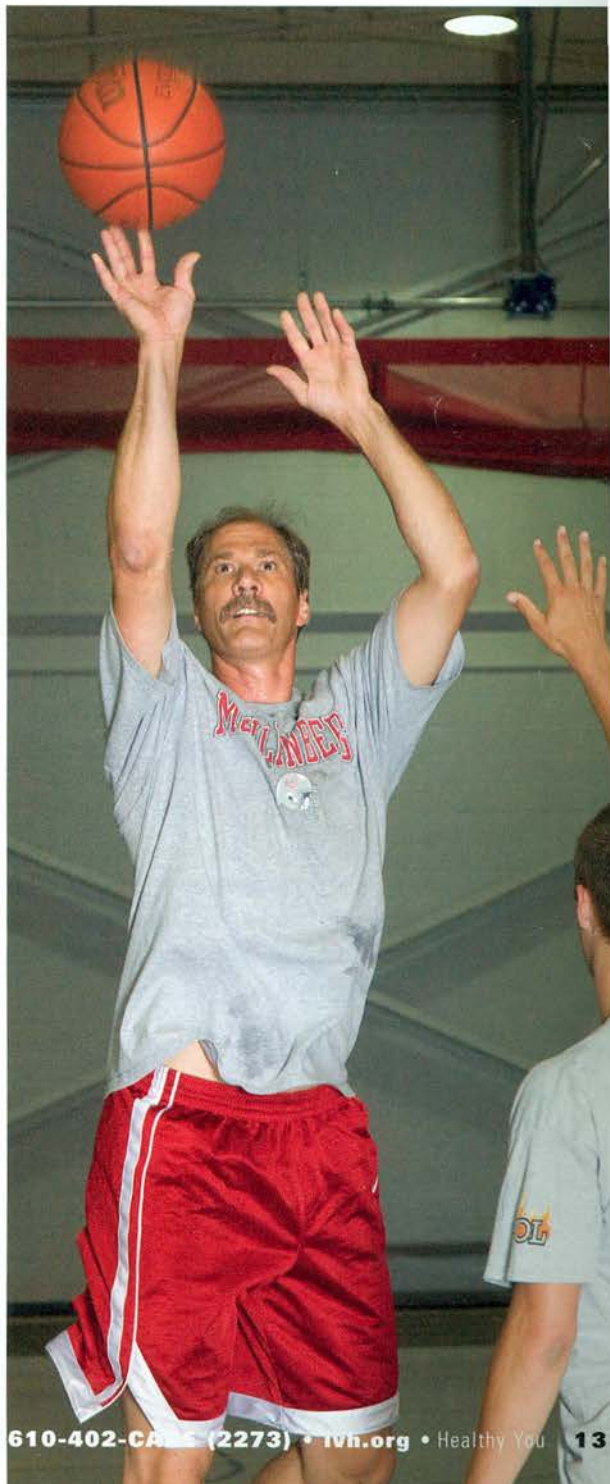
The classic surgical cure for badly diseased discs is fusion, a word that strikes fear into many patients. It shouldn't, Weis says: "Spinal fusion has a long and very successful track record. It's a great surgery—if the indications are there for the particular patient."

Working from an incision in the front of the neck, surgeons remove the diseased disc and insert a bone graft to act as scaffolding. Today's grafts use bone from a bone bank rather than from the patient's own hip (which was painful), and sophisticated stabilizing hardware. The titanium plate Lycette used in Karchner's neck is no bigger than a quarter. Many patients—including Karchner—go home the same day. "A fused vertebra won't move the same as a healthy one," Lycette says, "but when your pain is so severe you can't turn your neck, fusion can actually improve range of motion."

A newer option is the artificial disc. Made of metal backing and a moveable core of high-density plastic, the disc "functions pretty much like a natural disc," Weis says. "The other advantage is that unlike fusion, disc replacement puts no added stress on adjacent discs." Researchers are now studying multilevel disc replacement for the many people who have more than one diseased disc. ●

Want to Know More about Carl Karchner and other local people who've been treated for diseased cervical discs? Call 610-402-CARE or visit lvh.org/healthyyou.

Fusion hasn't slowed him down—Carl Karchner (with son Michael in foreground) is back on the court, thanks to skilled neck surgery and a determined attitude that helped him recover quickly. Freed from years of pain, he says, "I'm doing everything I want to in life."



Traveling With a Chronic Disease

Worried that a chronic illness will keep you from enjoying that long-awaited vacation trip? “Most people with chronic conditions such as arthritis, diabetes or lung disease can travel comfortably and safely,” says infectious disease specialist Mark Knouse, M.D., of Lehigh Valley Hospital and Health Network.

“The key is to understand your condition and how to take care of yourself,” says his colleague, family medicine physician Jack Lenhart, M.D.

See your doctor

Go early. At least six weeks before your trip, get your doctor’s OK and advice. “Make a list of your medications, dosages and why you take them, and review it together,” Knouse says.

Get it in writing. “Ask your doctor for extra prescriptions and a letter explaining your need for treatments such as insulin injections,” Lenhart says.

Create an action plan. Ask your doctor how to make travel and time-zone adjustments to your medication schedule. Know what symptoms signal a problem and how to respond.

Talk about fitness. If you’ve been sedentary, ask your doctor about getting into the best physical shape you can, so you’ll have more energy to enjoy your vacation.

Discuss cabin pressure. If you have shortness of breath or lung disease, ask your doctor how to deal with lower airplane cabin pressure.

Do your homework

Make a list. Carry contact information (including emergency numbers) for your pharmacy and all your doctors.

Call your insurance company. See if you’ll be covered away from home (if not, ask about travel coverage) and how to reach them in an emergency.

Check out your destination. “Make a list of doctors and emergency departments at your destination in case you need medical attention,” Lenhart says.

Make advance plans for oxygen and wheelchairs. “Most airlines insist you use their supplemental oxygen while onboard,” Knouse says. “Call your airline several weeks in advance for oxygen or a wheelchair.”

Order a special meal. At least 24-48 hours in advance, you

Should You Be Eating Six Meals Instead of Three?

Learn the best way to fuel your body throughout the day

Breakfast, lunch and dinner—it’s what most of us are accustomed to eating. Yet, some experts are challenging the three-square-meals-a-day tradition in favor of six smaller ones.

“Eating six smaller meals throughout the day, or eating every four hours, keeps your blood sugar stable and helps maintain your energy longer,” says registered dietitian Judy Holaska of Lehigh Valley Hospital and Health Network. “Overall, it keeps your body healthier and your brain sharper.”

The concept of six meals a day isn’t much different from the traditional three. You’re just spreading out your daily fuel, eating a smaller breakfast, lunch and dinner, and adding healthy snacks in between. “The key is limiting your portions, so you don’t overeat,” Holaska says.

It’s also important to balance nutrients. Your daily diet should consist of 50-60 percent carbohydrates, 20-30 percent fat and 10-15 percent protein. “By spreading out the carbohydrates, fat and protein with mini-meals throughout the day, you’ll feel full longer and eat less,” Holaska says.



Try a whole-wheat bagel with peanut butter for breakfast...



Sip a fruit smoothie midmorning...



Enjoy turkey on whole-wheat bread at lunch...

munch on ca...

can order a low-salt or low-fat airline meal. Verify it the day before your flight.

Know how to pack

Store your medications properly. Keep any critical or temperature-sensitive medications (such as insulin) in your carry-on.

Wear your medical ID in case of emergency, says diabetes educator Mary Cipolle, of the hospital's Helwig Health and Diabetes Center.

Bring extra medications and supplies. Pack at least twice as much as you think you'll need, in case of accidental loss or flight delays.

Don't rebottle. Carry drugs clearly labeled in their original containers.

Prepare for air travel

Prevent blood clots in your legs (deep-vein thrombosis, or DVT) by getting up and walking every hour during flights over eight hours. Consider wearing pressure stockings, and drink plenty of decaffeinated and nonalcoholic fluids.

Bring healthy snacks (sandwiches, granola bars, fruit) to stave off hunger or low blood sugar. Inflight meals are no longer routine, and airline snacks often aren't healthy.

Prepare for security checks. Allow extra time if you're carrying liquids or sharp objects for medical reasons or if you wear a pacemaker. (And remember that all carry-on liquid, lotion and gel containers can't exceed 3 ounces, and must fit into a 1-quart plastic bag.) ●

Want to Know More about medical ID bracelets, airline safety rules, finding a doctor abroad, inflight exercises or traveling with a child who has diabetes? Call 610-402-CARE or visit lvh.org/healthyyou



The impact of your eating pattern on blood sugar is striking, says Aaron Katz, M.D., a family medicine physician at the hospital. "When you wait more than four hours to eat or skip meals, blood sugar drops and your body craves sugar. If it doesn't get the sugar it's craving, it takes what is stored in your muscles, leaving you tired and irritable." (When cravings do strike, he says, have a carrot stick rather than a candy bar. Sweets cause blood sugar to shoot up again, like a yo-yo.)

Finally, waiting too long between meals makes you more likely to overeat late in the day or just before bed. "Night bingeing can lead to excess calorie consumption and unwanted weight gain," Holaska says.

Eating six small meals throughout the day takes planning. Instead of hitting the candy machine, stock up on

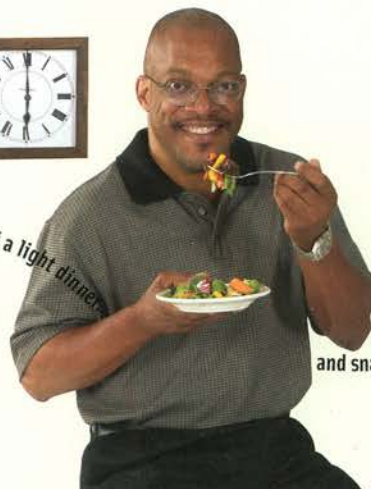
some of these healthy snacks:

- Red, green and yellow peppers with a low-fat vegetable dip
- Almonds or walnuts
- Low-fat yogurt with fruit or a fruit smoothie
- Fresh fruits such as cherries, berries, melon
- Peanut butter on celery or whole-grain bread/crackers
- Bean salad
- Whole-grain cereal bar ●

Want to Know More about healthy snacking and portion control? Call 610-402-CARE or visit lvh.org/healthyyou.



ticks midafternoon...



make a salad part of a light dinner



and snack on fresh fruit at day's end.

Inflammatory Breast Cancer

What you need to know about this rare disease

Lori Piltz, R.N., had just had her annual obstetrician/gynecologist exam and was conscientious about breast self-exams. Then the 36-year-old Allentown woman felt a large, painful mass in her breast and noticed the skin was pinker than usual. Thinking it was a bruise or pulled muscle, she ignored it for a few weeks—but grew more concerned when the pain didn't go away. Piltz consulted a surgeon and received a needle biopsy, mammogram and ultrasound. Soon afterward, she was diagnosed with inflammatory breast cancer (IBC).



“IBC is a rare and aggressive type of breast cancer,” says Aaron Bleznak, M.D., surgical oncologist at Lehigh Valley Hospital and Health Network. It’s caused by cancer cells blocking the lymphatic system in the breast. Because the system can’t drain fluids properly, the breast becomes inflamed (red) and swollen and may feel warm. Other symptoms are thickened skin, dimpled skin texture (like an orange), itching, pain or soreness. There may be a mass or an area of firm tissue, but not always. “If you have any of these symptoms, talk to your doctor about seeing a breast surgeon as soon as possible,” Bleznak says.

His support made all the difference—Lori Piltz says she couldn’t have made it through inflammatory breast cancer without the loving support of her husband, Mike. The two are rediscovering their love of travel, but Lori finds that “even ordinary life seems precious now.”

Be Aware of IBC

- Do a monthly breast self-exam so you’re familiar with what’s normal.
- Notice not only lumps or thickening, but also changes in skin texture or color.
- Don’t dismiss pain, swelling or itching.
- If your doctor prescribes antibiotics for a breast infection (mastitis) and the symptoms don’t disappear in a few days, get a referral to a surgeon immediately.

To Your Health

Teens Take Risk With Moonflower Seeds



Last fall, several Lehigh Valley teenagers became sick after eating seeds from the highly toxic moonflower plant (also known as jimson weed). “Teens are

learning on the Internet that eating the seeds causes hallucinations,” says Tim Munsch, director of the Lehigh Valley Drug and Alcohol Intake Unit. “What they don’t realize is it can cause organ failure, coma and even death.” The local teens

recovered after hospital care. Munsch hopes their experience is raising awareness in others about the seeds’ dangers.

Antibiotics May Trigger Intestinal Disease

You have a sinus infection and your doctor prescribes an antibiotic—but did you know this could lead to a serious intestinal infection? The infection, more common in older adults (though it can occur in children), is caused by a bacterium called *Clostridium difficile*, or *C. diff*. It can result from antibiotic use at home or in the hospital. “Antibiotics can harm the ‘good’ bacteria in the intestines, allowing

C. diff to multiply and release harmful toxins,” says infectious disease specialist Luther Rhodes, M.D., of Lehigh Valley Hospital and Health Network. If you develop diarrhea during or after using antibiotics, he says, call your doctor.

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

The Facts on Metamucil

Metamucil’s latest ads invite you to use the laxative regularly to add fiber to your diet, “beautify your inside” and (by implication) help you lose weight. A healthy idea? Hardly, says family medicine physician Linda Loffredo, M.D., of Lehigh Valley Hospital and

Piltz used Lehigh Valley Hospital's Breast Cancer Consultative (second-opinion) Service to help her understand the disease and its treatment. The team of specialists recommended that she immediately begin chemotherapy to kill any cancer cells throughout her body and shrink the cancer in her breast and skin. This would make the next step—a mastectomy—easier and more effective.

Sign Up Now!

A New Way of Thinking About Breast Cancer

Oct. 3

Details on page 25

After her surgery, Piltz had radiation treatments to kill any lingering cancer cells at the site of the mastectomy. Her total treatment took about nine months.

She's now returned to her job at Lehigh Valley Hospital and is considering breast reconstruction. "I'm lucky to be alive, because this cancer grows so quickly," Piltz says. "I'm glad I didn't wait longer to see my doctor."

Thanks to earlier detection and multiple-modality treatment (a combination of chemotherapy, surgery and radiation), IBC survival rates are improving every year, Bleznak says. Piltz is optimistic and hopeful. "I learned so much from this experience," she says. "I look for something positive in every day, and am grateful I'm here to enjoy it." ●

Want to Know More about the Breast Cancer Consultative Service? Call 610-402-CARE or visit lvh.org/healthyyou.

Health Network. "Metamucil should only be used to relieve constipation or help restore regularity," she says. "It's an insoluble fiber that draws water into the bowels, forming the bulk necessary to be easily passed."

You don't need Metamucil to get the fiber you need in your diet, Loffredo says—fruits, vegetables and whole grains will do the trick. And for weight loss, "there is no substitute for regular exercise and a healthy diet." So don't rely on laxatives as a diet shortcut, no matter what the ads say. "Although Metamucil is generally safe, overuse of stimulant-type laxatives can damage your colon and cause it to stop functioning properly," Loffredo says.

Want to Know More about the proper use of laxatives? Call 610-402-CARE or visit lvh.org/healthyyou.

Protect Your Pelvic Health

Tests help prevent pelvic inflammatory disease (PID), a leading cause of infertility

If you're sexually active and not in a long-term monogamous relationship, your gynecologist will probably suggest you get tested for sexually transmitted diseases (STDs) at your yearly exam. Don't take it personally. The STDs gonorrhea and chlamydia are often symptomless in the earliest stages. Without testing, you may not realize something is wrong until well after the bacteria have spread to the fallopian tubes, uterus or ovaries and you've developed a more painful and serious condition called pelvic inflammatory disease (PID).

An estimated 1 in 7 women will be treated for PID in her lifetime. In one-quarter of cases, PID is caught too late, after it has already scarred the fallopian tubes. Scarring can block the movement of fertilized eggs into the uterus, leading to infertility and raising the risk for ectopic pregnancy (pregnancy within the fallopian tube). PID also can cause chronic pelvic pain and, in rare cases, can be fatal.

Many types of bacteria besides those that cause gonorrhea and chlamydia can lead to PID. As a result, there is no definitive diagnostic test. Women with unexplained severe abdominal pain and/or vaginal discharge are usually treated for PID just in case, says Eduardo Lara-Torre, M.D., a gynecologist with Lehigh Valley Hospital and Health Network. "We tend to overtreat because of the severe consequences of missing it," he says.

If you are diagnosed with PID, your doctor or health provider typically will prescribe at least two antibiotics designed to kill multiple types of bacteria. When taken as directed, the antibiotics will clear up the infection, but they can't reverse scarring. That's why STD screenings are so important. ●

Want to Know More about sexually transmitted diseases, including one that causes cancer? Call 610-402-CARE or visit lvh.org/healthyyou.

One in Seven Women

Statistically, that's how many will get PID. Most at risk are:

- Women age 25 or younger. If your cervix is not fully mature, you're more susceptible to the spread of bacteria.
- Women who are sexually active but not monogamous. PID is spread through sexual contact. Using a condom reduces the risk for getting the disease.

Photo illustration by Barbara Field



Do Weight-Loss Drugs Work?

Only a few are proven, so don't be fooled

Whether you're concerned about the health risks of being overweight or just want to look better in your clothes, you've probably considered taking a weight-loss drug. There are dozens available—from over-the-counter pills and herbal supplements to prescription medications. But do they work?

Most over-the-counter products aren't worth buying, says weight-loss specialist Theresa Piotrowski, M.D., of Lehigh Valley Hospital and Health Network. However enticing the ads may be, nonprescription weight-loss aids like Hoodia and Dexatrim don't have a track record of effectiveness because they aren't regulated by the FDA. "If the ads sound too good to be true or feature patient testimonials, there's a 99 percent chance it's not effective," Piotrowski says.

Especially worrisome, she says, are over-the-counter drugs with potentially dangerous side effects. These include the stimulant ephedra (derived from a Chinese herb). Ephedra was pulled from the market in 2004 after being linked to several cardiac-related deaths and cases of permanent

disability. But some ephedra products—and supplements containing ephedra-like compounds, such as bitter orange—are still available on the Internet.

"The only really safe and effective weight-loss products are those prescribed by a physician," Piotrowski says. They come in two classes:

Stimulants such as sibutramine (Meridia) and phentermine (various brand names). These drugs stimulate the appetite-regulating part of the brain, producing a "full" sensation. Side effects include elevated blood pressure, so stimulants aren't recommended long-term or for people with heart disease.

Digestive inhibitors such as orlistat (Xenical). These drugs prevent the body from absorbing fat from foods and can be used longer-term. Side effects include abdominal discomfort and diarrhea.

Even reputable drugs like these should only be taken if you're seriously overweight, says Michael Columbus, a registered pharmacist with the hospital. You're in that category if you have a body-mass index (BMI) of 30 or more (27 or more if you have obesity-related risk factors like diabetes). "A lot of people just want to lose enough to look good in a swimsuit,"



Drugs Can't Do It All

A healthy diet and regular exercise are key to losing weight and keeping it off!

A New Option

This summer's big diet news was the appearance of Alli, the first FDA-approved over-the-counter weight-loss drug. Alli is a low-dose version of the prescription drug Xenical, with similar side effects (see below). It promises modest weight losses of 10 pounds over six months.

he says. "These drugs aren't designed for that."

Typically, using diet drugs will result in a 10-15 percent drop in body weight over a year. They work best when combined with a reduced-calorie diet, regular exercise and other types of behavior modification.

"Up to 85 percent of the time, people don't eat because they're hungry," Piotrowski says. "It's just emotional eating to deal with boredom or depression. These drugs are tools, and they will only work long-term if you're also willing to change your lifestyle and behavior." ●

Want to Know More about over-the-counter weight-loss supplements, how to calculate BMI or Lehigh Valley Hospital's weight management program? Call 610-402-CARE or visit lvh.org/healthyyou.

Considering Weight-Loss Surgery?

Lehigh Valley Hospital's weight-loss surgery program was recently approved as a Level 1A program by the American College of Surgeons. It's one of just two weight-loss surgery programs at this level of accreditation in Pennsylvania and fewer than 25 nationally. For information, visit lvh.org or call 610-402-CARE.



The Liver: Your Body's Processing Plant

Learn how to keep it healthy

Just under your right ribcage is one of your largest and most important organs—your liver. “It’s a giant warehouse and processing center for your body,” says Margaret Hoffman-Terry, M.D., an infectious disease specialist at Lehigh Valley Hospital and Health Network. “Everything you eat, drink, breathe and absorb through your skin eventually reaches the liver, where it’s either absorbed or gotten rid of.”

This football-sized organ stores sugar (glucose) and releases it when you need energy. It breaks down nutrients into products your body can use, which are then released into your bloodstream. It also breaks down toxic substances and helps flush them out.

“A healthy liver keeps your body healthy,” says Tanveer Imam, M.D., a gastroenterologist at the hospital. “While it’s very resilient, the liver is not indestructible, so it’s important to take care of it.”

Drinking too much alcohol is the most common cause of liver disease. It can lead to long-term damage such as cirrhosis (scarring and shrinking) and even liver cancer.

Hepatitis (type A, B or C) is another major threat—it causes the liver to swell and can result in cirrhosis or liver failure. Chronic hepatitis B or C increases your risk for developing liver cancer.

Here’s how to protect your liver:

Drink alcohol in moderation, if at all.

Don’t mix alcohol and medications.

Certain drugs, including acetaminophen (Tylenol), can be lethal when combined with alcohol.

Prevent hepatitis. Hepatitis A is fairly rare, but you can get it by eating food prepared by an infected person who didn’t wash his hands. Hepatitis B and C

are spread through exposure to infected blood or body fluids. Vaccinations are available for hepatitis A and B, so make sure you get them. (B is routinely given to children.) People who engage in risky behaviors should use condoms and never share needles, says Hoffman-Terry, who treats patients at the hospital’s Hepatitis Care Center.

Don’t eat too many fatty foods. They make your liver work harder.

What are the symptoms of liver problems? Call the doctor if you notice yellowing of the eyes and skin, chronic tiredness, swollen feet, abdominal pain and swelling, dark urine and/or pale stool, nausea or loss of appetite. Other warning signs are elevated liver enzymes (in a blood test) or evidence of gastrointestinal bleeding. ●

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

Illustration by Johanna Daniels

A Local Woman Is Treated for Liver Cancer

Less than a year after learning she was free of colon cancer, Barbara Crush of Whitehall got devastating news: the cancer had metastasized (spread) to her liver.

Her doctor, Lehigh Valley Hospital oncologist Dennis Giangliulio, M.D., recommended that Crush, 67, see a surgical oncologist about whether the tumor could be removed. Giangliulio’s colleague, surgical oncologist Paul Mosca, M.D., used a new technique: he “resected” (removed) the left part of her liver using special instruments through very small incisions. Then she had chemotherapy to kill any remaining cancer cells.

“Resection is the best option for patients with a healthy liver when the entire tumor can be removed,” Mosca says. “Within a few weeks, the liver regenerates and grows back nearly to its original size.” Before long, Crush was well enough to do what she loves most: bargain shopping with her husband, Harold. “We feel very blessed,” she says.



Move Your Way Through Menopause

Exercise relieves symptoms and protects your future health

For many women, menopause brings a new sense of freedom—no more menstrual discomforts or pregnancy concerns. But menopause also carries some baggage, says gynecologist Helene Leonetti, M.D., of Lehigh Valley Hospital and Health Network. “First, there are the immediate symptoms many women experience, such as hot flashes, insomnia and mood swings,” she says. “Then come the long-term health risks caused by reduced hormone levels: weight gain, heart disease and osteoporosis.”

The good news is that *all* of these can be improved through exercise. A recent study of women over age 55 who took part in a year-long exercise program (cardiovascular, stretching, strengthening and relaxation) showed big improvements in both their mental and physical health.

“From depression to insomnia, high blood pressure to bone loss, exercise is like a wonder drug,” says exercise specialist Connie Fehr of Lehigh Valley Hospital and Health Network. Inspired by the book *Moving Through Menopause* by Kathy Smith, Fehr designed a program she calls the Age-Proof Workout.



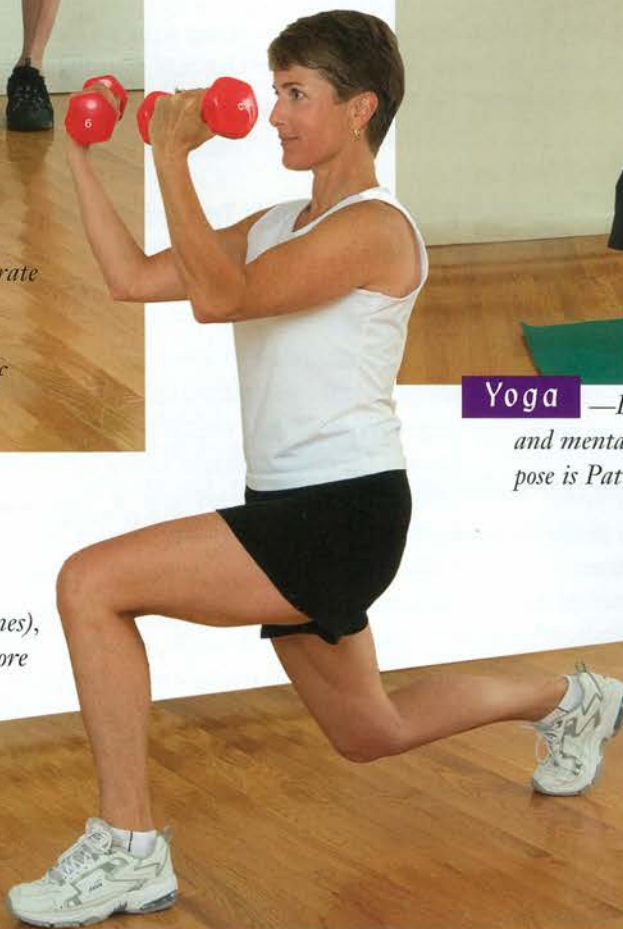
Aerobics —Revving up their heart rate in an Age-Proof Workout class are (l-r) Winnie Knight, 69, of Center Valley and Linda Epstein, 51, and Ilene Wood, 52, of Allentown.



Yoga —Improving her balance, flexibility and mental attitude through a “warrior” pose is Pat Mattes, 70, of Emmaus.

Strength-training

—Building muscle (and strong bones), Linda Epstein makes her lunge more challenging with hand weights.



The program has three components: aerobic activity, strength-training and yoga. Whether you take a formal class or not, you can create your own age-proof workout using these elements:

Aerobic activity—Release those feel-good endorphins by getting out for at least a half-hour of walking, dancing, biking, swimming, or using a treadmill or stair-climber. Aerobic activity (the kind that raises your heart rate) is not only helpful as a mood stabilizer and insomnia fighter, it's also good for your cardiovascular system and keeping your weight in check. If you don't have a half-hour at a given time, you can achieve the same results in smaller intervals—for example, three 10-minute aerobic activity sessions.

Strength-training—One reason it's easier to gain weight after menopause is that you lose fat-burning muscle mass. Fight back with strength-training a couple of times a week. When you lift weights or create resistance with rubber tubing or your own body weight, you not only build muscle mass and strength, you also increase bone density, reducing your risk for fractures. Have a professional start you out with the correct strength-training technique.

Yoga—This ancient practice can improve your mood and your ability to cope with stress and symptoms like hot flashes. The process of slowing down and focusing on breathing initiates the “relaxation response.” And some of the postures in yoga affect the endocrine and reproductive systems, which can help balance hormonal shifts. “With just 20 minutes a day of yoga stretches and strengthening poses, you should feel not only calmer, but more flexible and energetic,” Fehr says.

By building the three components of this workout into your life, you may well be ushering in your best years yet! ●

Want to Know More? See page 24 for details on other fitness classes.

Sign Up Now!

Age-Proof Workout

starting Nov. 6

Details on page 24

Women: Should You Be Taking Aspirin for Your Heart?

New guidelines raise questions

Studies have shown that a daily dose of aspirin helps prevent heart attacks and strokes in men, but what about women? Researchers are finally asking the question, and prompted by the latest findings, the American Heart Association (AHA) now urges some women to consider a daily aspirin. Is this the right move for you? It depends.

“As with any treatment, you have to balance the benefits and risks,” says cardiologist Bruce Feldman, D.O., of Lehigh Valley Hospital and Health Network. While aspirin can help protect the heart, it also can cause gastrointestinal problems and internal bleeding.

The first step in making *your* decision is to consult your doctor. “It’s very important, especially after age 50, to have your blood pressure, cholesterol and glucose tested and talk about other heart disease risk factors,” says Feldman’s colleague, internist Daniel Valancius, M.D. “Using various scoring tools, your doctor can develop an estimate of your chance for having a heart attack or stroke in the next 10 years.”

Aspirin is worth considering if...

- You already have heart disease or a past heart attack. (Aspirin’s value in preventing recurrence is clear.)
- You’re over age 65. Major research shows that aspirin helps prevent heart disease in this age group. (If you’re a healthy woman under 65, routine aspirin for heart problems isn’t recommended.)
- You have significant heart disease risk factors. “Diabetes alone is a significant risk factor,” Feldman says. “Other risk factors also can add up to be ‘significant’—for example, high cholesterol and high blood pressure coupled with a family history of premature heart disease.”

Aspirin is probably not worth it if...

- You’ve had a recent bleeding ulcer. “Once it’s healed, if you’d benefit from daily aspirin your doctor can reduce your risk for future gastrointestinal problems by having you also take a proton pump inhibitor (like Prilosec),” Valancius says.

When shopping for aspirin, buying generic rather than brand names will save you money. A “baby” dose (81 milligrams, the smaller pill in photo) is enough, unless you’re at high risk or already have heart disease; in that case, take 325 milligrams (larger pill in photo).

“And remember that aspirin is not a cure-all,” Valancius says. “Leading a healthy lifestyle is more important. Quit smoking, eat a low-fat diet and exercise regularly, and you’ll be well on the way to preventing that heart attack.” ●

Want to Know More about how to assess your heart disease risk? Call 610-402-CARE or visit lvh.org/healthyyou.



heart
HELP FOR
women.

The ABCs of CCRCs

Before you buy into a continuing care retirement community, use this checklist

The sparkling new facilities and neatly manicured lawns of a continuing care retirement community (CCRC) are appealing, but is a CCRC right for you? The answer could be yes—if you're an outgoing person, and if you can afford it.

Most people join CCRCs when they're still healthy and active. The arrangement allows them to progress as needed from independent living (in an apartment or small house) to assisted living (when they need help with activities like eating or bathing) to nursing home care—all on one campus. A CCRC truly is a community, with residents often eating together and enjoying shared activities.

However, CCRCs aren't cheap. "They're traditionally the most expensive long-term care option," says geriatrician Catherine Glew, M.D., of Lehigh Valley Hospital and Health Network. One-time upfront fees range from

\$150,000-\$600,000, and monthly fees from \$2,500-\$6,000.

If you're considering CCRCs, here are some points to keep in mind:

Understand all the costs (upfront and monthly) and make sure you can afford them. Find out if there are limits on fee increases, if your pension will rise proportionately, and if you can get a refund (often, you can't) should you change your mind. Review any contract with a lawyer or financial planner before you sign.

Think about your current community—"If you've lived there a long time, you may find you miss your neighbors, church or gym," says Glew's colleague, licensed clinical social worker Tom Miller. Consider a CCRC near your home, and one that allows you to keep a car.

Make many visits—You won't know everything after just one visit to one CCRC. Visit several, and ask if you can spend the night. Pay attention to the staff—are they friendly and responsive to residents' needs?

Assess the activities—Do you like to swim, do wood-working, get together with neighbors? Make sure the activities match your interests. "The most vibrant CCRCs have a strong community connection," Glew says.

Sample the food—You'll eat most of your meals there, so make sure menus are tasty and varied.

Ask about medical care—Find out if there are caregivers on site, and if they're affiliated with your own doctor's office or hospital.

Check your health insurance—You'll still be responsible for at least some medical bills, so make sure your insurance will be accepted.

Consider the "what ifs"—What if my spouse needs assisted-living care but I don't? What if the nursing home is full when I need it? What happens if the CCRC is sold? "These situations may never happen, but it's best to be prepared," Miller says.

Trust the experts—To assess the quality of a CCRC, visit Medicare.org and click on "Compare nursing homes in your area." High-quality CCRCs are accredited by the Commission on Accreditation of Rehabilitation Facilities. ●

Want to Know More? For a CCRC evaluation questionnaire, a list of local CCRCs and more information on long-term care insurance, call 610-402-CARE or visit lvh.org/healthyyou.

Choosing wisely—When Donald and Susan Moore retired from successful jobs in New York City in 1990, they headed to Tucson, Ariz. But a desire to be closer to their children—and away from Tucson's stifling summer heat—spurred them to investigate CCRCs in the Northeast. To learn how they chose a local CCRC, visit lvh.org/healthyyou or call 610-402-CARE.



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 lvh.org. We may need to cancel a program or class if not enough people enroll. You'll get a full refund.



Aging Well

NEW Healthy Aging Expo

- Tue., Oct. 9; 10 a.m.-2 p.m.
At LVH—Muhlenberg
FREE admission!

Four hours packed with wellness! Enjoy a free mini spa session, get important health screenings and learn how to keep your heart healthy. Free boxed lunch, refreshments. Raffle prizes.

Know Your Numbers

- 10:15 a.m.

Understand what your numbers mean—like blood pressure and cholesterol—and how they can help you and your doctor determine your risk for heart disease.

Deborah Sundlof, D.O., cardiologist

Ongoing programs

Medicare Counseling FREE

- Walk-in hours most Fridays; 1-3 p.m.
At LVH—17, CHA

Benefits CheckUp FREE

- First, third Mon. of month; 1-3 p.m.
At LVH—Muhlenberg, pharmacy
- Second, fourth Wed. of month;
12:30-4:30 p.m.

At LVH—17, CHA

55-Alive Driver Safety Program

- \$10; Free with Vitality Plus GOLD
- At LVH—17, CHA or
LVH—Muhlenberg
- For details, call 610-402-CARE.

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.



Class illustrations by Sally Onoga

Managing Your Weight

The NEW You



Medical Weight Loss

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

Weight-Loss Surgery

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

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

- Thu., Sept. 27; 7-8:30 p.m.
- Wed., Oct. 24; 7-8:30 p.m.

Surgery Support Group—Education and sharing of personal experiences. Meet the plastic surgeon: Randy Wojcik, M.D. **FREE**

- Wed., Sept. 19 and Oct. 17;
6-7:30 p.m.

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.

- Tue., starting Oct. 30; 7:15-8:15 p.m.
- Thu., starting Nov. 1; 7:15-8:15 p.m.

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

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 and flexibility. • \$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 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

Healthy You Fitness Center

1243 S. Cedar Crest Blvd., 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.
Trexlertown

2166

S. 12th St., Allentown

Community Locations

Bethlehem Township

Community Center

2900 Farmersville Rd., Bethlehem

Cedar Crest College

100 College Dr., Allentown

Crowne Plaza

904 Hamilton St., 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

Wind Gap Middle School

1620 Teals Rd., Pen Argyl

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 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™—Participants combine rhythm instruments and movement for an uplifting workout.

Preview • \$10
• Sat., Oct. 20; 11:15 a.m.-12:15 p.m. (B)

7 classes • \$49
• Mon., starting Oct. 29; 7:30-8:15 p.m. (B)

Tabya, dance instructor

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

8 classes • \$56
• Mon., starting Sept. 24; 4-4:45 p.m. (A)
• Thu., starting Oct. 4; 6-6:45 p.m. (A)

Belly Dancing for Fun and Fitness—Belly dancing stimulates senses, tones muscles, builds coordination, boosts creativity.

8 classes • \$56

Intro

• Tue., starting Oct. 9; noon-1 p.m. (A)
• Fri., starting Oct. 12; 12:15-1:15 p.m. (A)

7 classes • \$49

• Mon., starting Oct. 29; 6:15-7:15 p.m. (B)

Level II

• Tue., starting Oct. 9; 1:15-2:15 p.m. (A)
• Fri., starting Oct. 12; 11 a.m.-noon (A)

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
• Mon., starting Sept. 24; 9:30-10:15 a.m. (A)
• Sat., starting Oct. 6; 10:15-11 a.m. (A)

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

8 classes • \$64
• Wed., starting Oct. 3; 6:30-7:30 p.m. (A)
• Sat., starting Oct. 6; 7:45-8:45 a.m. or 9-10 a.m. (A)

Pilates Express—Deep muscle conditioning builds core strength.

8 classes • \$48
• Mon., starting Oct. 1; 10:30-11:15 a.m. (A)
• Tue., starting Oct. 2; 5-5:45 p.m. (A)
• Wed., starting Oct. 3; 5:15-6 p.m. (A)

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

24 classes/8 weeks • \$66
• Mon., Wed., and Fri., starting Sept. 17 or Nov. 12; 10-11 a.m. (LM)
16 classes/8 weeks • \$44
• Tue. and Thu., starting Nov. 6; 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 Nov. 6; 8:30-9:45 a.m. (A)
See related article on page 20.



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

Monthly fee • \$30; \$26 with Vitality Plus GOLD
Monthly fee • \$34; \$30 with Vitality Plus GOLD—effective Oct. 1
• 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.

6 classes • \$42
• Mon., starting Nov. 5; 7-8 p.m.
• Wed., starting Nov. 7; 7-8 p.m.

At Healthy You Fitness Center

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



16 classes/8 weeks • \$64
• Mon. and Wed., starting Sept. 17 or Nov. 12; 8:30-9:15 a.m. (A)
• Tue. and Thu., starting Oct. 4; 7-7:45 p.m. (B)
• Mon. and Thu., starting Oct. 11; 5-5:45 p.m. (A)

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; 4-6 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.



Looking Good



NEW

Youthful You Institute Open House

Enjoy a day of pampering! Free massages, UV facial skin analysis, makeup demonstration and more.

• Sat., Sept. 15; 10 a.m.-1 p.m.

At LVH—Muhlenberg, Youthful You Institute

For details, call 610-402-CARE.

See related article on page 3.

Ongoing programs

Anti-Aging Mineral Makeup

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

• Tue., Sept. 18; 6:30-7:30 p.m.

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

• Tue., Oct. 16; 6:30-7:30 p.m.

Natural Mineral Makeup

Application—Learn the benefits and techniques of mineral makeup in a hands-on workshop. • \$25

• Sat., Oct. 20; 10 a.m.-1 p.m. (by appointment)

Corrective and Protective Skin

Care—Hands-on workshop focuses on skin problems of aging and solutions for your skin type. **FREE**

• Tue., Nov. 6; 6:30-7:30 p.m.

All above at LVH—Muhlenberg, 1st floor conference room

Laura Transue, licensed cosmetologist and Youthful You Institute staff

Caring for Mind and Body

NEW Partner-Assisted Yoga

Experience yoga poses (Asana) in a deeper, more therapeutic way.

• \$30/two • Mon., Sept. 24; 6-7:30 p.m.

At **Healthy You Center**

Juanita Carra-Budzek, R.N., yoga instructor

NEW I've Tried Everything, Now What?

Learn about alternative therapies now available for treating headaches. **FREE**

• Wed., Oct. 24; 6 p.m.

At **LVH—Cedar Crest, classroom 1**

Gary Clauser, M.D.



Ongoing programs

Mindfulness-Based Stress Reduction

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

• Tue., starting Sept. 18; 6-8 p.m.

At **LVH—17, CHA**

• Wed., starting Sept. 19; 7-9 p.m.

At **Health Center at Bethlehem Twp.**

For fee, details and to schedule an evaluation, call 610-402-CARE.

Reiki Workshop I

Learn about Reiki—its history, what it can and can't do, and its benefits. • \$99

• Sat., Oct. 6; 10 a.m.-3 p.m.

At **LVH—Mublenberg, Banko Center**

Scott Pellington, certified massage therapist/Reiki master

Medical Massage—How It Helps—

Find out how therapeutic massage can relieve pain, reduce stress, and improve health and well-being. **FREE**

• Mon., Oct. 15; 7-8 p.m.

At **LVH—Mublenberg, 1st floor conference room**

• Tue., Nov. 13; 7-8 p.m.

At **LVH—17, School of Nursing,**

parlor A

Scott Pellington, certified massage therapist

Partner Massage I, II and III—Learn how to communicate, de-stress and enjoy the benefits of massage together. • \$65/couple

Level I—Health of Touch

• Sat., Oct. 13; 11:45 a.m.-2:15 p.m.

Level II—Trigger Points (Level I prerequisite)

• Sat., Oct. 27; 11:45 a.m.-2:15 p.m.

Level III—Stretching (Levels I and II prerequisites)

• Sat., Nov. 10; 11:45 a.m.-2:15 p.m.

All above at **LVH—Mublenberg, Banko Center**

Scott Pellington, certified massage therapist

Intro to Rhythms—Frame Drum

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

Preview • \$10

• Sat., Oct. 20; 10-11 a.m.

7 classes • \$49

• Mon., starting Oct. 29; 5:15-6 p.m.

At **LVH—Mublenberg, Banko Center**

Tahya, dance instructor

Discover Relaxation Within, Parts

1 & 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.

Massage Therapy—Improve circulation, relax muscles and soothe your mind and body. Options include: relaxation, pregnancy, and hot and cool stone. Prices \$30-\$115. Gift cards available.

At **LVH—Mublenberg, 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.

See related article on page 3.

Caring for Mind and Body at HealthSpring

At Health Center at Bethlehem Twp.

Integrate body, mind and spirit by focusing on stretching, breathing and relaxation in these classes.

Back Care—8 weeks

• Tue., starting Oct. 30; 5:45-6:45 p.m.

Tai Chi—7 weeks

• Mon., starting Nov. 5; 9-10 a.m.

Yoga—8 weeks

• Wed., starting Oct. 10; 5:30-6:45 p.m.

7 weeks

• Mon., starting Oct. 29; 4:30-5:45 p.m.

For details, call 610-402-CARE.

Tai Chi, Yoga and Yogalatte

Build flexibility and strength, ease stress, rejuvenate energy and rebalance your life.

Everyday Tai Chi

8 weeks • \$76

• Wed., starting Oct. 24; 10-11:15 a.m.

At **Healthy You Center**

Yoga

8 classes • \$80;

\$75 with Vitality Plus GOLD

Relaxing

• Mon., starting Oct. 8; 6-7:15 p.m.

• Thu., starting Oct. 11; 10-11:15 a.m.

At **Healthy You Center**

Energizing

• Tue., starting Oct. 2; 7-8:15 p.m.

• Thu., starting Oct. 4; 7:30-8:45 p.m.

At **Healthy You Center**

Yogalatte

8 classes • \$48

• Tue., starting Oct. 2; 6-6:45 p.m.

At **Healthy You Center**

• Thu., starting Oct. 11; 4:45-5:30 p.m.

At **LVH—17, School of Nursing, auditorium**



Just for Women

NEW Eating and Exercising for Your Heart Health

Two things you can control—what you eat and how you exercise. Learn from experts—plus an added attraction, the first annual Heart Help for Women Award. **FREE**

• Mon., Sept. 17; 6-7:30 p.m.

At **LVH—Cedar Crest, auditorium**

Deborah Sundlof, D.O., cardiologist

Robin Gayle, registered dietitian

Cathy Odom, exercise physiologist

Jane Serues, founder, First Strides

To register, call 610-402-CARE.

heart
HELP FOR
women.

NEW What Happens When You Have a Heart Attack—Minutes Matter!

You control the decision to call 9-1-1. Learn symptoms that should prompt your call, and all about lifesaving techniques in the ambulance and at the hospital. **FREE**

• Thu., Oct. 4; 6-7:30 p.m.

At **LVH—Cedar Crest, auditorium**

Joan Homan, M.D., cardiologist

Marna Greenberg, D.O., emergency

department physician

James Burke, M.D., interventional

cardiologist

• Thu., Oct. 25; 6-7:30 p.m.

At **LVH—Mublenberg, 1st floor**

conference room

Deborah Sundlof, D.O., cardiologist

Plus an interventional cardiologist and

emergency department physician

To register, call 610-402-CARE.

See related article on page 10.

NEW Evening News for Women

Learn how you can prevent disease and live healthier from an expert in women's cancer. You'll enjoy this humorous approach to improving your health. **FREE**

• Thu., Sept. 20; 6:30-8 p.m.

At **Wind Gap Middle School**

Richard Boulay, M.D., gynecologic oncologist

NEW A Woman's Knee

Considering knee replacement surgery? Hear about the benefits of the latest implant designed just for women, including a quicker recovery.

• Wed., Sept. 26; 7-8 p.m.

At **LVH—Mublenberg, educational**

conference center

Prodromos Ververeli, M.D., orthopedic

surgeon

NEW A New Way of Thinking About Breast Cancer

Learn what you can do to prevent breast cancer.

Explore your risk, how to lower it, early detection and new advanced treatments. **FREE**

• Wed., Oct. 3; 6:30-8 p.m.

At **LVH—Mublenberg, educational**

conference center

Aaron Bleznak, M.D., surgical oncologist

See related article on page 16.



Raising a Family

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



NEW CLASSES

NEW Obesity in Children— Preventing Type 2 Diabetes

Surprising answers to questions about diet and exercising for your child. A must-attend event for parents of children struggling with losing weight. **FREE**

• Mon., Oct. 22; 7-8 p.m.

At **LVH—Mublenberg**

Arnold Slyper, M.D., pediatric endocrinologist

NEW Advanced Technologies for In Vitro Fertilization

Join us for an evening of information and informal discussion on the latest treatment options offered by our infertility program. **FREE**

• Wed., Oct. 10; 7-8 p.m.

At **LVH—Mublenberg**

Wendy Schillings, M.D., reproductive endocrinologist and fertility specialist
Kathryn Worriow, Ph.D., lab director
See related article on page 7.

Ongoing programs

Redirecting Children's Behavior (RCB)

Series

Want more peace and fun in your home and to raise confident, responsible, self-motivated children? Five-week course offers practical skills to be a more effective, calmer parent to toddlers through teens.

\$199/person; \$250 couple

Workshops

These two-hour sessions apply the RCB philosophy to some hot parenting topics.

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

Terrible Twos

• Fri., Sept. 14

Sibling Rivalry

• Tue., Sept. 25

Power Struggles

• Mon., Oct. 15

Parenting as a Team

• Wed., Oct. 17

For details, call 610-402-CARE.

See related article on page 4.

Happiest Baby on the Block

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

At **Healthy You Center**

For details, call 610-402-CARE.



Nutrition and lifestyle change for 8-12-year-olds and their parents.

\$81

For details, call 610-402-CARE.

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

- **Pregnancy 101**
- **Prepared Childbirth Series** (family favorite)
- **Weekend Prepared Childbirth**
- **Prepared Childbirth Refresher**
- **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 Finding the Right Health Insurance

If you're thinking about early retirement or own a business, you likely have many health insurance options. Health care financial experts can help you decide which is right for you. **FREE**

• Mon., Nov. 5; 7-8 p.m.

At **LVH—Mublenberg**

Sandra Colon, director, patient accounting
Marjorie Nader, financial counselor
See related article on page 12.

NEW Hereditary Breast and Ovarian Cancer Syndrome Discussion Group

For individuals and family members. **FREE**

• Tue., Oct. 16; 6:30-8:30 p.m.

At **LVH—Cedar Crest, Morgan Cancer Center**

Richard Boulay, M.D., gynecologic oncologist

Ongoing programs

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.

Ornish Self-Directed Community Support Group

For details, including 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.

Tobacco Treatment Program—

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 11.

HOPE for Osteoporosis—

6-week program will help you prevent or manage osteoporosis through exercise, nutrition and treatment options. • \$75

• Mon., starting Oct. 8

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

CPR

Fundamentals of Basic Life Support—One- and two-person, child and infant CPR. 2-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.



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:

- Healthy Living: Reducing Your Risk
- Nutrition for Your Good Health
- Steps to a Healthier You
- De-stress for Success
- Blood Pressure Makeover
- High Cholesterol: a Sticky Situation

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

Coping With Illness



NEW Families Coping With Mental Illness

Learning about treatments, insurance and mental health law can help you negotiate the system from a place of strength. **FREE**

- Mon., Oct. 29; 7-8:30 p.m.

At **LVH—Mublenberg**

Gail Stern, administrator, department of psychiatry

Jody L. Benner, executive director, National Alliance on Mental Illness—Lehigh Valley

NEW Look Good, Feel Better®

Cancer treatment can affect a woman's self-esteem. Learn from cosmetology professionals. Includes free makeup, refreshments. **FREE**

- Mon., Sept. 24; 1 p.m.

At **LVH—Mublenberg**

Sponsored through the American Cancer Society

NEW Take Control, It's Your Health

Women's Health Summit for Arthritis

Learn how to take control of arthritis and all about latest treatment options and finding support within your community.

\$10/person; \$15/two; includes breakfast and lunch buffet

- Sat., Oct. 6; 8 a.m.-1:30 p.m.

At **Crowne Plaza, Allentown**

Mark Maebler, D.P.M., podiatrist
Patrick McDaid, M.D., Jay Talsania, M.D., orthopedic hand surgeons

For details, call 610-402-CARE.

See related article on page 9.

Ongoing 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**

- Tue., Oct. 2, Nov. 6; 9:30-11 a.m.
- Thu., Sept. 20, Oct. 18, Nov. 15; 2-3:30 p.m.

At **LVH—Cedar Crest**

- Thu., Oct. 11; 1:30 p.m.

- Wed., Nov. 7; 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**

ALS Association Support Group **FREE**

- Tue., Sept. 25, Oct. 23, Nov. 27, Dec. 18; 6:30-8 p.m.

At **LVH—Cedar Crest, president's room**

For details, call 610-402-CARE.

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

For details, call 610-402-CARE.

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

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 troubleshooting.

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 details, 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

Health Insurances for Small Businesses (of 2-50)

Learn about options through insurers contracted with Valley Preferred, including health savings accounts/health reimbursement arrangements. **FREE**

- Tue., Nov. 13; 1:30 p.m.

At **LVH—Mublenberg, Banko Center**

To register, call 610-402-CARE.

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**



Around Our Community



NEW Health Care Career Discovery Night

Teens, is a health care career for you? Explore areas including physical, occupational and respiratory therapy, burn and emergency care, in vitro fertilization, surgery, medicine, nursing, pharmacy and behavioral health. Learn how to be a volunteer. Sign up to win a prize, for tours and one-on-one shadowing with a caregiver in your area of interest. **FREE**

• Thu., Sept. 27; 7-9 p.m.

At **Lower Macungie Twp. Community Center**

Space is limited; call 610-402-CARE to register.

NEW How to Be Safe While in a Car

Mark J. Young Medical Challenge

When Maria picks up her little brother from school, she forgets to check his seat belt. See whether or not they get home safely at this exhibit on car safety. Learn about topics such as safe-driving behaviors, checking tire pressure, distractions while driving and the physics of a crash, while also learning about different health careers.

FREE with Center admission.

- Starts Sat., Oct. 27
- Mon.-Sat., 9:30 a.m.-5 p.m.;
- Sun., noon-5 p.m.

At **Da Vinci Science Center**

For details, call 610-402-CARE.



Women's 5K Classic and Health Expo

At the Expo, learn about local resources for women with breast and other female cancers—prevention, diagnosis, treatment and support.

• Fri., Oct. 12; 3-7 p.m.

At **Cedar Crest College**

At the 5K Classic, join other women in an inspiring run/walk to benefit female cancer research.

• Sat., Oct. 13; 9 a.m.

At **Lehigh Parkway, Allentown**

For details, call 610-402-CARE.

Helwig Annual Community Event

Tools to Live Well With Diabetes

Join us for education sessions, demonstrations, panel discussions, displays and the chance for door prizes and giveaways. **FREE**

• Sun., Nov. 11; noon-5 p.m.

Cathy Feste, author, The Power to Be Well
To register and for location, call 610-402-CARE.

See related article on page 14.

Ongoing programs

Behind the Scenes

On this hour-long tour, learn about food service, pharmacy, outpatient and emergency care, and more. Ages 13 and over; under 16 requires adult. LVH—Muhlenberg. **FREE**



Community Exchange and You

Find out how to make connections by sharing your skills, services and stories. **FREE**

• Mon., Sept. 17, Oct. 15; 2-4 p.m.

At **LVH—17, CHA**

Need a Speaker?

Our professionals can speak on a variety of health-related topics. **FREE**

For a speakers' list, call 610-402-CARE.

Would a Support Group Help?

Our dozens of different groups offer comfort and support from others who've "been there." **FREE**

For complete list, call 610-402-CARE.

NEW Easy Soaps for Holiday Gift-Giving

Make your own signature soaps with your favorite scent, a simple mold and a microwave oven. **FREE**

• Mon., Nov. 5; 2-4 p.m.

At **LVH—17, CHA**

Sue Kittek



Any comments concerning this publication may be sent to:

Healthy You

Attn: Marketing & Public Affairs
Cedar Crest & I-78, P.O. Box 689
Allentown, PA 18105-1556
Call 610-402-CARE (2273) or
e-mail 402CARE@lvh.com.

Visit Lehigh Valley Hospital's Web site at lvh.org

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Healthy You is published by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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Cancer Services
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For referral, call 610-402-CARE(2273) (888-LVH-CARE) • lvh.org



Open House

9 a.m.-1 p.m. Saturday, Sept. 8 FREE

Meet our fitness professionals and discover how exercise and lifestyle changes can help you lead a healthy life.

- Strength and flexibility screenings
- Group fitness (9:30 a.m., 10:45 a.m.) and strength equipment (11:30 a.m.) demonstrations
- Refreshments and tours
- Free gift to those who join the fitness center during the open house
- Preview of rehabilitation services available on-site

For more information, call 610-402-CARE.

National Kudos for Women's Health and More

Thanks to leading-edge treatments and technology in women's health care, Lehigh Valley Hospital is listed among America's Best Hospitals in gynecology for the first time by *U.S. News & World Report*. This year—it's 12th consecutive year on the Best Hospitals list—the hospital also was recognized for its programs in cancer, digestive disorders, endocrinology, geriatrics, and heart care and heart surgery.



Your heart's in the right place...

when you come to the Healthy Aging Expo

It's never too late to reduce your risk for heart disease. That's why this year's Healthy Aging Expo is all about heart health. Join us on Oct. 9 for fun, freebies and valuable heart health information.

Find out why you should Know Your Numbers. Get free health screenings. Learn how to turn back the clock with the Dr. Dean Ornish Program for Reversing Heart Disease, and enjoy a delicious cooking demonstration.

Plus, pamper yourself with a free mini spa session. And don't forget the free boxed lunch, great prizes, refreshments and interesting booths. Come early and stay late, because you won't want to miss anything at the Healthy Aging Expo.

Healthy Aging Expo

Tuesday, Oct. 9, 10 a.m.-2 p.m.

Lehigh Valley Hospital—Muhlenberg

FREE admission!

For information and to register for heart health sessions, call 610-402-CARE.

Come Early and Enjoy Everything

FREE Mini Spa

- Seated chair massage
- Hand massage
- Tango foot massage

Learn about heart health

- Sessions begin at 10:15 a.m.*
- Know Your Numbers/Know Your Risk with cardiologist Deborah Sundlof, D.O.
 - Dr. Dean Ornish Program for Reversing Heart Disease
 - Healthy cooking demonstration

FREE screenings

- Body-mass index
- Blood glucose
- Cholesterol
- Carbon monoxide
- Osteoporosis
- Blood pressure

FREE for everyone

- Boxed lunch
- Refreshments
- Raffle prizes

Plus more than a dozen booths!

Learn about these community organizations

- RSVP (Retired Senior Volunteer Program)—Benefits CheckUp
- TRIAD (The Right Information and Direction) of Lehigh Valley
- Community Exchange
- Northampton County Area Agency on Aging
- Lehigh Valley Alliance on Aging (United Way)
- Alzheimer's Association
- Meals on Wheels



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

**LEHIGH VALLEY HOSPITAL—
MUHLENBERG**
Route 22 & Schoenersville Road
Bethlehem

lvh.org

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