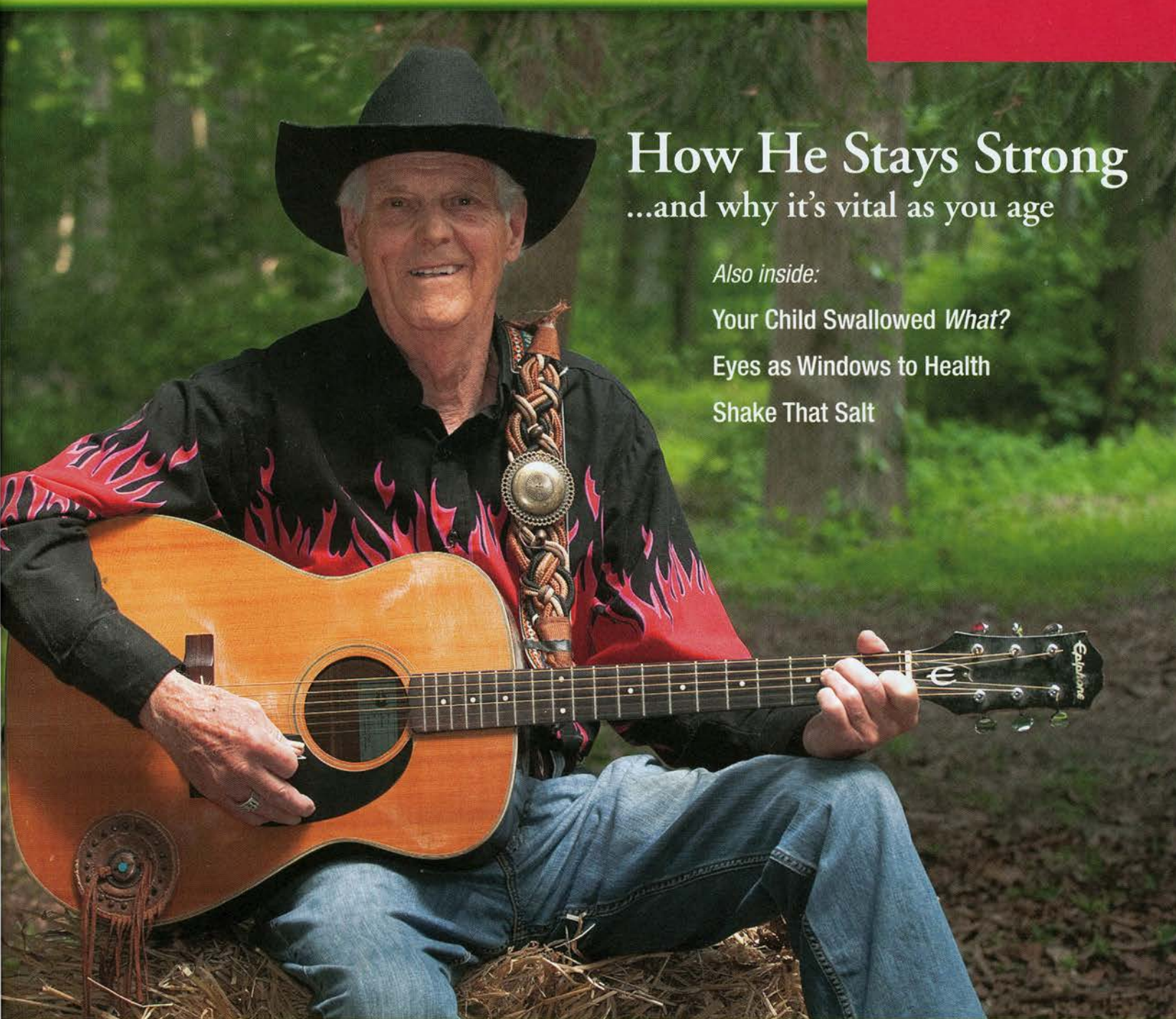


Healthy **YOU**

SEPTEMBER | OCTOBER 2010



How He Stays Strong ...and why it's vital as you age

Also inside:

Your Child Swallowed *What?*

Eyes as Windows to Health

Shake That Salt

A PASSION FOR BETTER MEDICINE.™

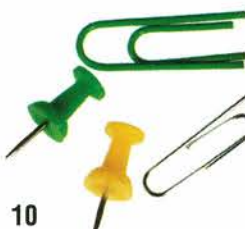
 **Lehigh Valley
Health Network**

Healthy **YOU**

SEPTEMBER | OCTOBER 2010



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Country musician Charlie Reifinger is unusually fit for his age, and it helped him recover from a potentially deadly heart problem. Read his story on page 8.

Photo by Mary Frederick, Amico Studios

Using Your 'Medical Family Tree'

How a health history helps you assess and respond to your risks

Some of the things you inherit from your family, like Mom's olive skin or Dad's blue eyes, are plain to see. But it pays to be aware of the less-obvious traits as well—like high blood pressure, asthma and depression. These and many other health conditions can run in families.

"Compiling a family medical history gives you important clues about what you can expect in the future," says Amy Steigerwalt, D.O., a family medicine physician with Lehigh Valley Health Network. It allows you and your doctor to:

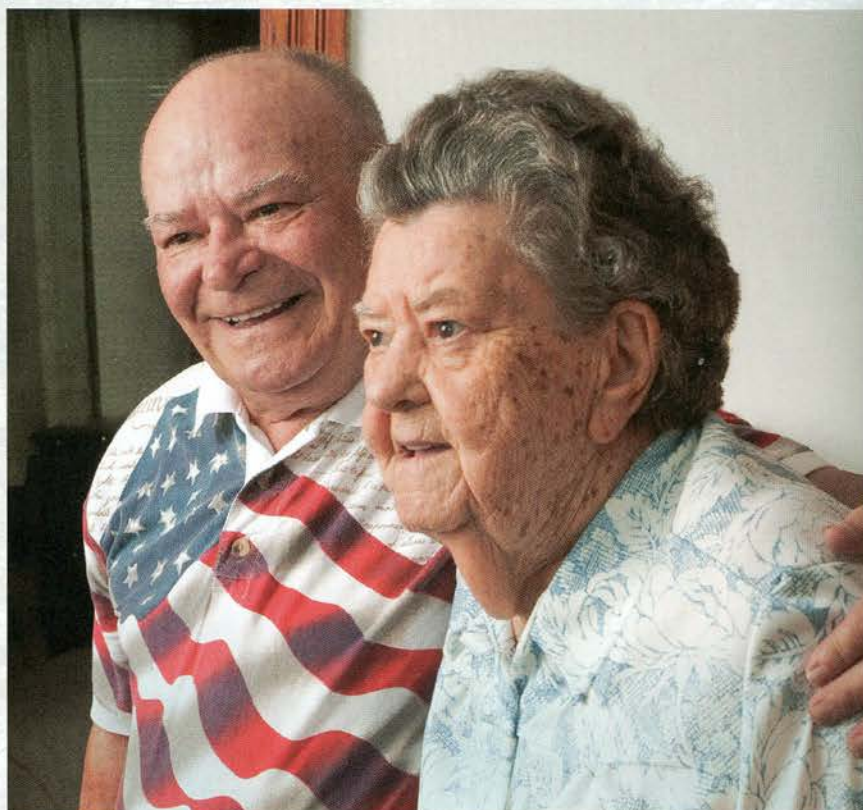
Assess your risk for various diseases—Not everyone who develops cancer or heart disease has a family history of it (and vice versa), but your chances are greater if close relatives have the condition. "If you have parents or siblings with coronary disease, the likelihood is very high that you have the same risk factors," says Sanjay Mehta, M.D., a cardiothoracic surgeon with the health network.

Plan ways to offset the risk—"A heart-healthy diet and regular exercise are important for everyone, but especially if you're at risk for heart disease," Mehta says. He tells his patients to "first and foremost, get rid of the things that are bad for you, like smoking, obesity and inactivity." Your doctor also may adjust treatments based on your risk—for example, avoiding oral contraceptives if you have a family history of blood clots, or recommending a blood pressure drug sooner if there's hypertension in the family.

Determine what tests you need—Doctors often are more aggressive about routine screenings if your family history warrants it. "I start colon cancer screening earlier in patients who have a close relative with colon cancer or polyps," Steigerwalt says. More specialized tests can be valuable if you want to start a family but worry about passing on a health problem. "Genetic tests can tell you if you're a carrier for cystic fibrosis, muscular dystrophy and other serious inherited diseases," says Courtney Burans, a health network genetic counselor.

Provide reassurance—Knowing what's normal in your family can be as helpful as knowing the diseases. "If your son is short for his age, or your teen daughter hasn't begun menstruating," Steigerwalt says, "knowing that this was the pattern for the parents, too, allays worries and may prevent unneeded testing."

Protect your family—Some areas of health risk—for example, the presence of cancer genes—aren't always welcome knowledge, and you need to be sensitive when offering to



A family history of heart valve disease—Both Leon Paulus, 72, and his mother, Beulah Paulus, 90, have had aortic valve replacements. That's not a preventable condition, but diabetes—also in the family—certainly is. "I'm careful about what I eat and go to the gym three times a week," says Leon, who lives near his mother in Easton.

share your findings with siblings or offspring. But when it comes to preventable problems like diabetes and heart disease, sharing can help everyone live a healthier, happier life.

How to compile that family history? "Just start talking," Steigerwalt says. "Elders usually enjoy discussing their health. It can be a good way to get to know them better." Include both sides of the family, and go out as far as you can. "Risks tend to decrease the further back you go," Burans says, "but conditions like diabetes can continue for generations."

Next Step: If you need a doctor to help you understand your family health history, call 610-402-CARE.

Shake That Salt Out of Your Diet

Are you getting too much? Most Americans do

A pinch here, a dash there—it doesn't seem like we add much salt to food. The problem is that many packaged foods are loaded with salt before we ever take a shaker to them. Experts are so concerned that the Institute of Medicine recently recommended putting sodium limits on commercial food packagers.

It's not that salt (chemically, a combination of sodium and chloride) is a bad thing. Your body needs sodium to regulate fluid balance, transmit nerve impulses and operate muscles. "Without it, your heart wouldn't beat and you wouldn't have any blood pressure," says cardiologist David Goldner, M.D., of Lehigh Valley Health Network. But too much sodium causes your body to retain fluid, making your heart work harder and eventually leading to stroke, heart attack and congestive heart failure.

What you actually need is no more than 1,500 milligrams of sodium a day, according to the newest suggested government guidelines. The typical American consumes about 3,400 milligrams. One reason: You can

Where does salt lurk?

Some prepared foods are so salt-laden that a single meal—sometimes a single item—can meet your sodium needs for an entire day. Among the biggest culprits:

- Soft drinks
- Condiments such as ketchup, soy sauce and garlic salt
- Preservatives (the M in MSG stands for "monosodium")
- Breakfast cereals, especially instant oatmeal
- Deli meats, even relatively healthy sliced turkey
- Commercial soups
- Prepared rice products
- Pasta sauce
- Cheese

How to halt the salt

Avoid and substitute—those are the two basic approaches to sodium subtraction, says dietitian Robin Landis. Here are her do's and don'ts:

Steer clear of frozen dinners and "instant" anything.

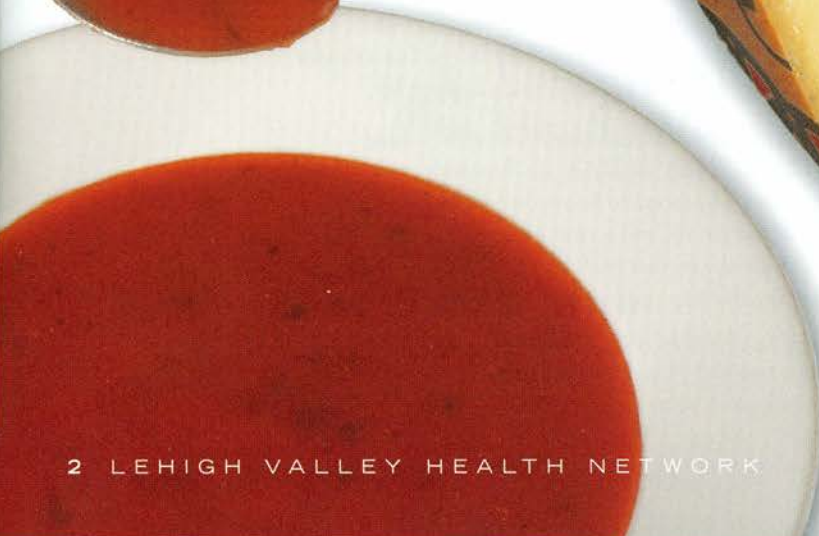
Eat natural. Build your diet around fresh or frozen veggies, fruits, meats, fish and poultry.

Drain and rinse. Running fresh water over canned goods reduces the sodium up to 25 percent.

Compare products. One item's sodium content could be half that of its neighbor on the grocery shelf.

Cook flavorfully. Searing, sautéing and roasting enhance the taste of foods more than steaming or microwaving.

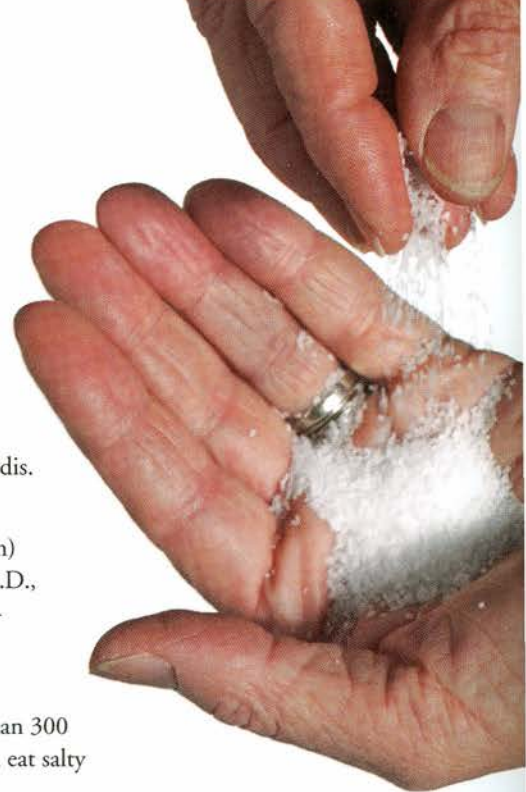
Override the instructions. Even if the recipe calls for it, don't add salt when cooking. "You'll get more intense flavor with less sodium if you salt (lightly) at the table," Landis says.



acquire a “salt tooth.” “It’s almost like an addiction,” says health network registered dietitian Robin Landis. “The more you eat, the more you like it.”

Studies show that children raised on salty foods have a greater risk for high blood pressure (hypertension) as adults. “We’re even seeing overweight children who already have hypertension,” says Joselito Ouano, M.D., a family medicine physician with the health network. “Salt affects kids partly by making them thirsty—but they drink soda, not water. That provides excess calories and contributes to obesity and high blood pressure.”

Ready to reduce all that excess sodium? One approach is to avoid any food containing more than 300 milligrams. Another is to keep track of how much sodium you accumulate throughout the day. You can eat salty foods occasionally, as long as your daily total doesn’t exceed 1,500 milligrams.



Rice and Vegetable Pilaf

Cut back slowly to let your taste buds adjust. After about two months, food will still taste great with less salt.

Enjoy salt substitutes. Herbs and spices provide flashes of flavor without sodium. Here are some good pairings:

Beef: Bay leaf, marjoram, nutmeg, onion, pepper, sage

Pork: Garlic, onion, sage, oregano, pepper

Chicken: Ginger, paprika, rosemary, tarragon, marjoram, sage, thyme

Fish: Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

Tomato: Basil, bay leaf, dill, marjoram, onion, oregano, pepper, parsley

Next Step: Learn more about what terms like “reduced sodium” on food labels really mean. Call 610-402-CARE or visit lvhn.org/healthyyou.

Serves 6

1 cup low-sodium chicken broth

1/2 cup long-grain rice

1 cup chopped fresh mushrooms

1 cup shredded carrots

1/2 cup chopped fresh parsley sprigs

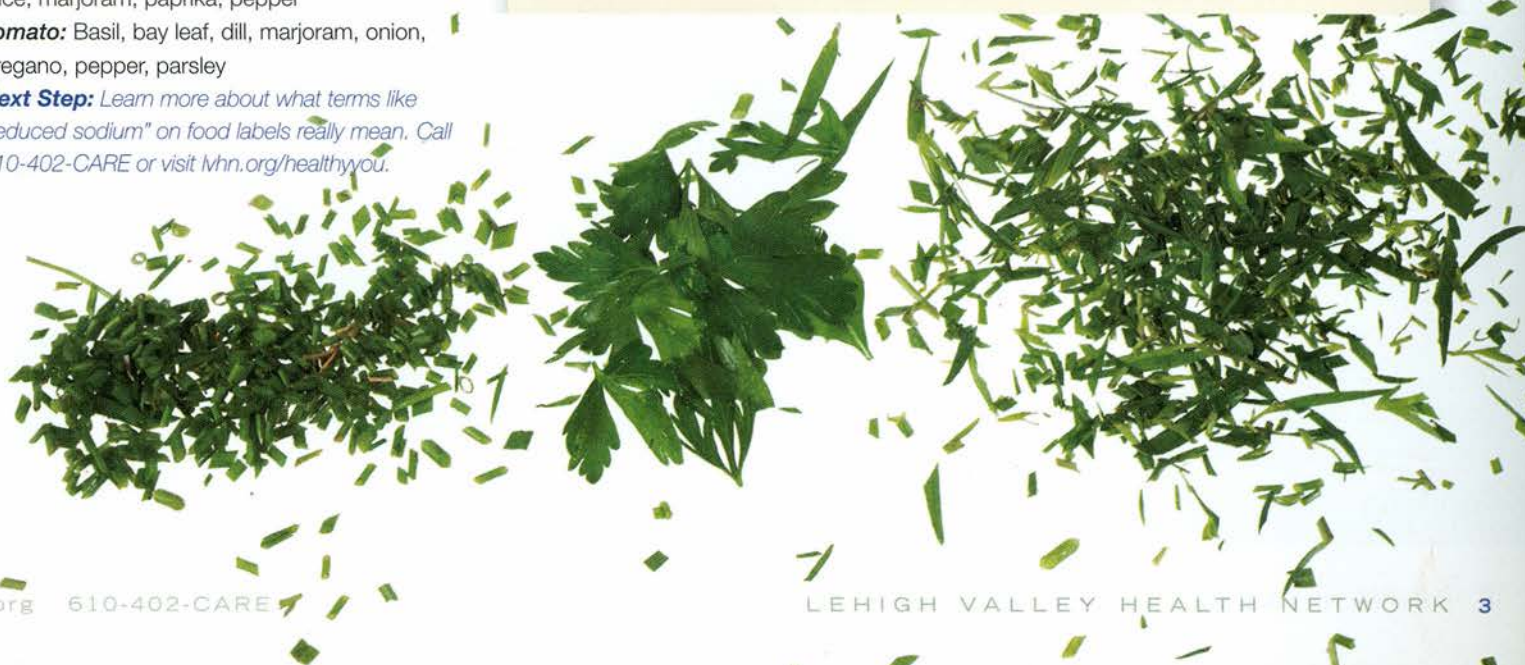
1/4 cup sliced green onions, with tops

1/4 teaspoon freshly ground black pepper

Directions:

In a medium saucepan over high heat, bring chicken broth to a boil. Add rice and cover. Reduce heat and simmer 20 minutes.

Remove from heat and let stand 5 minutes. Stir in remaining ingredients. Return to low heat and cook another 5 minutes. Fluff with a fork and serve immediately.





Fighting a Monster Infection

One person's H1N1 survival story

Few will forget Dennis and Celena Romero's wedding reception.

It took place last Halloween at Allentown Brew Works, and the costumed guests were greeted by a skeleton in a tux. Dennis came as Frankenstein, Celena as the monster's bride. "It was a second marriage for each of us, and we just wanted to have fun," Celena says. Little did they know the event would become a real-life horror story.

Dennis had felt under the weather for several days. The H1N1 influenza epidemic was making headlines, so Celena handed out hand sanitizer and face masks. She wasn't worried about Dennis, who rarely got sick. But as the party wore on, he felt progressively worse and eventually decided he'd better get to Lehigh Valley Hospital—Cedar Crest.

"Every so often, you get a case you'll remember for the rest of your life," says Jaan Naktin, M.D., an infectious disease specialist at the hospital. "This was one of them." Dennis tested positive for H1N1, and the raging infection was shutting down organs as he went into septic shock. "His blood pressure was low and his heart rate was high—signs of a very serious infection," says intensivist Jennifer Rovella, D.O. "This was one of the sickest people I've ever treated."

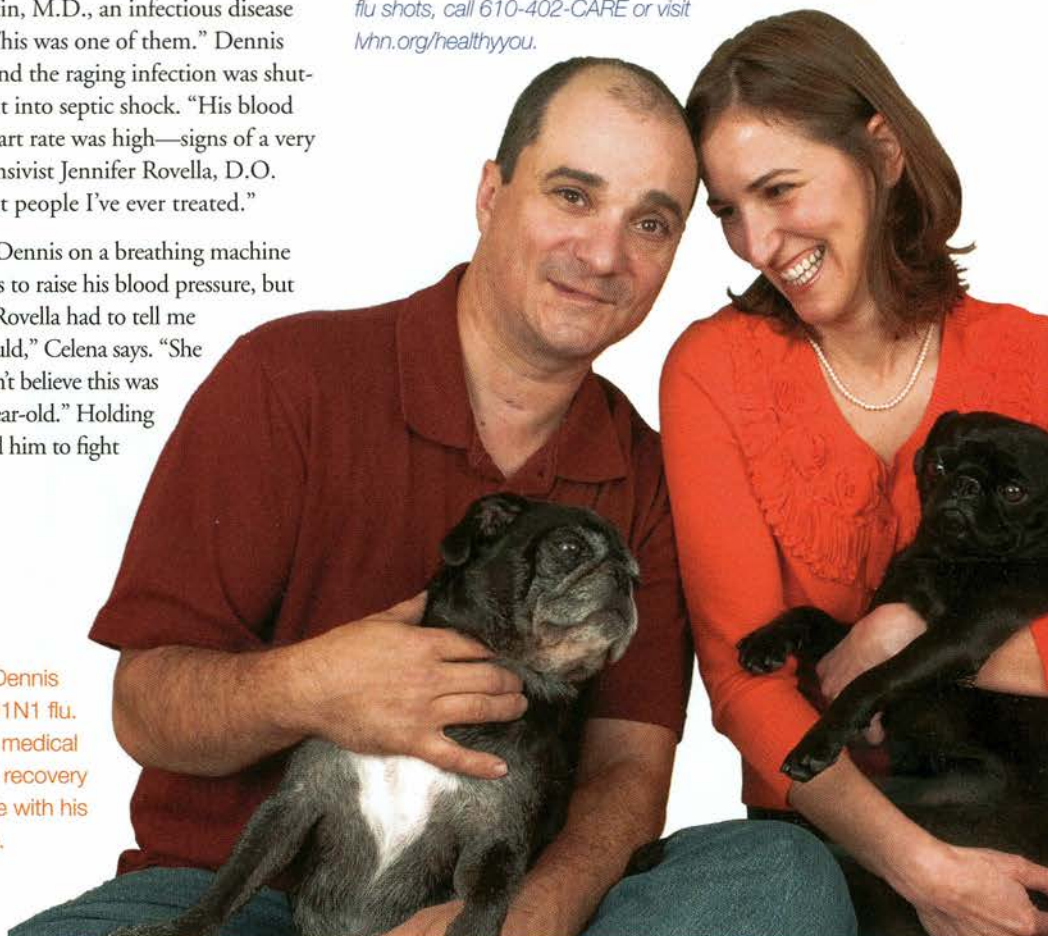
The ICU team quickly put Dennis on a breathing machine and six different medications to raise his blood pressure, but he was rapidly fading. "Dr. Rovella had to tell me she'd done everything she could," Celena says. "She had tears in her eyes. I couldn't believe this was happening to a healthy 47-year-old." Holding Dennis' hand, Celena begged him to fight for his life.

A close call—Newlywed Dennis Romero nearly died from H1N1 flu. Thanks to a quick-thinking medical team, he's well along in his recovery and once again enjoying life with his wife, Celena, and the pugs.

And so he did. The two-month battle included infection-related kidney failure, liver problems, bowel obstruction, a small heart attack and a collapsed lung. The infectious disease team administered peramivir, a new experimental medication that can be used to fight H1N1 infection. "That helped his fever come down so his body could begin to recover," Naktin says. Dennis had another thing going for him: the hospital's "tele-intensivist" technology allowed specially educated physicians to monitor him 24/7.

Slowly recuperating over several more months, Dennis now feels he's had a new beginning. "I can't put into words the gratitude I feel for the quick thinking and problem-solving of my medical team," he says. "They saved my life, and now I'm enjoying every minute of every day."

Next Step: This year's annual seasonal flu vaccine will include the H1N1 strain. Learn about our drive-thru seasonal flu vaccines (Nov. 6-7) on page 17. For more information about flu shots, call 610-402-CARE or visit lvhn.org/healthyyou.



She Didn't Believe It Was a Stroke

Local woman is saved when her knowledgeable massage therapist calls 9-1-1

Looking back to the afternoon of her stroke, Sandra Eisenbise says she never suspected what was happening to her. The 67-year-old Bethlehem woman felt fine while getting a massage. "I didn't notice any symptoms at all," she says. Fortunately, her massage therapist detected one: Eisenbise was slurring her words.

"Since my speech sounded perfect to me, I didn't believe her," she says. "To convince me, she told me to turn over. When I couldn't move, I knew I was in trouble." Right then and there her therapist, also a longtime friend, made the lifesaving call to 9-1-1.

Eisenbise was suffering an ischemic stroke, the most common type. It occurs when a blood vessel leading to the brain becomes blocked, cutting off blood supply to the brain and depriving it of oxygen. (A less common but more deadly type, called a hemorrhagic stroke, occurs when a weakened vessel in the brain ruptures, resulting in uncontrolled bleeding.)

Stroke is the third-leading cause of death and the number-one cause of disability in the United States. "But it doesn't have to be that way," says Soraya Jimenez, M.D., a neurologist at Lehigh Valley Health Network. One major reason is that people don't heed the warning signs and seek treatment swiftly enough. "When the clot-dissolving drug tPA is given within three hours of the appearance of symptoms, some patients show immediate recovery," Jimenez says, "and studies have shown that those treated with tPA are less likely to have a disability three months later."

Fortunately, Eisenbise arrived at Lehigh Valley Hospital–Cedar Crest within that window of time, and within two months her life was back to normal. "I didn't want to make a big deal about symptoms I couldn't see for myself," she says. "Now I know you shouldn't fight the person who's telling you something is wrong."

Next Step: Learn more about women and strokes by calling 610-402-CARE or visiting lvhn.org/healthyyou.



Signs of Stroke

Call 9-1-1 immediately if you see or experience these symptoms:

- Sudden, blinding headache with no known cause
- Trouble talking, confusion or slurred speech
- Sudden numbness, tingling or weakness on one side of the body
- Sudden vision loss or double vision
- Dizziness or loss of balance and coordination
- Brief loss of consciousness or fainting

Also be alert for less dramatic signs, particularly in women. It's not unusual for female stroke victims to have nausea, confusion or the sudden onset of flu-like symptoms.

Keeping Young Athletes Safe

How to help your child prevent injuries or return to the game

Remember the old days, when you'd bump your head or twist your ankle while playing a sport and your coach would say, "Shake it off and get back in there"? Only in the last 10 years have sport-related injuries—especially injuries to the head—gotten the more cautious approach they deserve.

Lehigh Valley Health Network trauma surgeon Robert Barraco, M.D., has one message for folks who cling to the "shake it off" mentality. "If you're injured, report it," he says. "It's better to miss one game than a season, or a life."

The risks are real: More than 3.5 million American children and teens are treated annually for sport-related injuries. They're more susceptible than adults because their bones, muscles, tendons and ligaments aren't fully developed. (Injuries to growth plates, regions of cartilage where bone is still growing, can be particularly serious, Barraco says.)

But little athletes can be just as competitive as big ones. "Youngsters who are physically less mature than their peers may try to perform at levels they aren't capable of," says John Graham, director of Healthy You Fitness Centers. If you have a young athlete in your family, here are some strategies for you and your coaches:


Don't overdo it—When a child focuses exclusively on one sport and practices the same movements year-round, it can cause a series of small injuries that lead to minor fractures, muscle tears and bone deformities. To help prevent overuse injury, encourage your child to play multiple sports. "Not only will he be more successful and desirable to college coaches, training for multiple sports gives his body a change, helping him train more safely," Graham says. He encourages three-season athletes to train for the season they're in, then practice whichever sport they like best during the summer.

You can help your child prevent injuries by having her wear protective gear that fits properly and is well-maintained. Stretching before a game or practice, staying hydrated, eating a well-balanced diet and getting enough rest also are important. And strength and conditioning exercises help keep youngsters injury-free.

Be prepared and proactive—Because no sport is guaranteed injury-free, it's important to know how to respond. "Prompt treatment from a specialist can keep a minor injury from getting worse or causing permanent damage," Barraco says. Whether or not your child's injury requires surgery, make sure rehabilitation is part of her treatment, to get her back in the game as quickly and safely as possible.

Returning to action too soon can have serious consequences in the case of a concussion or head trauma. Physical and occupational therapists at Lehigh Valley Health Network use two tests to determine if a young athlete is well enough to return. "The IMPACT test uses a computer-based program to measure visual perception and coordination, short-term memory and processing speed," says physical therapist Jennifer Roeder. "The Smart Equitest measures dynamic balance and stability by standing the patient on a platform and moving the floor and walls. The test can detect subtle balance problems that might result from head injury." Therapists compare the results to the person's baseline (pre-injury) score or to other people the same age, to help the doctor decide if the athlete can safely resume play.

Next Step: Learn more about the head injury tests, or sign up for one, by calling 610-402-CARE.



Back on the field—When Emmaus High School senior Bridget DeSandis heard her knee "pop" during a lacrosse game, she thought, "This can't be happening!" Just months before she was to join Columbia University's field hockey team, one of her greatest fears had come true—a torn anterior cruciate ligament (a major connector in the knee). After surgery DeSandis began physical therapy with the outpatient rehabilitation specialists at Lehigh Valley Health Network. She continued her recovery with the professionals in the Healthy You Fitness Center, working up to endurance runs, agility drills and eventually Columbia's training regimen. Her "best day ever" was when she got the OK to practice with her new team. A week later, she played in her first game. The 19-year-old says rehab was sometimes frustrating, but she trusted her specialists. "If you don't do the exercises, you're shooting yourself in the foot," she says. "The simple things are what you need to focus on if you want to get better."



Stay Fit as Long as You Can

Being in shape helps older adults recover from illness, live well



Charlie Reifinger had just finished cleaning his horse barn when he was struck with excruciating chest pain. Thinking it was a heart attack, he crawled 100 yards and called his grandson at a neighbor's. They called 9-1-1. When he arrived in the emergency room at Lehigh Valley Hospital—Cedar Crest, Reifinger learned he'd suffered an aortic dissection—a tear in the body's largest artery.

It's a common but deadly heart problem, says Theodore Phillips, M.D., the cardiothoracic surgeon who operated on Reifinger. "About half of people who suffer an aortic dissection don't survive."

One reason Reifinger did survive, Phillips says, was his fitness level. The retired Macungie schoolteacher, now age 79, leads nature walks several times a week at the Wildlands Conservancy. He rides his horse, hunts, mows his lawn and tends his gardens. Reifinger also is a singer-songwriter who performs annually at the Inspirational Country Music Awards in Nashville. His songs have been played on Christian Country Top 100 radio.

Staying strong helps older adults recover more quickly from surgery or illness, but that's just one of many benefits, says Lehigh Valley Health Network nurse practitioner Heidi Singer, C.R.N.P. "Anything that keeps your joints and muscles moving also will keep your heart, lungs and other vital organs in good shape," she says. "Staying active helps prevent or minimize heart disease, diabetes and osteoporosis."

Strengthening your core muscles can improve posture, balance and flexibility, and prevent falls, she says. "Exercise also keeps your brain sharp and helps control blood sugar and weight. That protects your knees and hips. Every pound you carry puts three pounds of weight on your knee joints."

Inspired to start getting fit? Singer recommends exercises that are easy on the joints, like



He beat the odds—Only half the people who suffer a torn aorta survive. Charlie Reifinger was one of the lucky ones, thanks in part to the active lifestyle—horseback riding, hunting, gardening and performing country music—that keeps him fit and strong.

aquatic programs, tai chi, biking (outdoor or with a stationary bike) and walking. Start by getting a pair of comfortable, well-fitted shoes. Consider exercising with friends—you'll get added social and emotional rewards.

"It's never too late to start taking care of yourself," Singer says. See your doctor first if you've been inactive or have a health condition. Get an assessment from an exercise specialist, and build up to strenuous activity gradually.

Reifinger is staying active while following his doctor's advice to pace himself. "My body's getting older, but my spirit is young," he says. "I still have dreams, like having a mainstream artist record one of my songs. It's important to use the gifts you have to help others, and to pay attention to diet and health. That's how I stay strong."

Next Step: Get a fitness assessment at the Healthy You Fitness Center. Call 610-402-CARE or visit lvhn.org/healthyyou.

Prevent 'The Silent Threat'

It often goes undiagnosed because many people don't experience symptoms. Yet hypertrophic cardiomyopathy (HCM)—a condition that thickens heart muscles—can lead to a potentially deadly heart rhythm. It affects one in 500 people, with the highest risk for sudden death in the young. If your parent or sibling has it, there's a 50 percent chance you do too. Learn more from Lehigh Valley Health Network cardiologist Matthew Martinez, M.D., HCM Association founder Lisa Salberg and other experts at "Hypertrophic Cardiomyopathy: A Silent Threat," at 6 p.m., Oct. 27, Lehigh Valley Hospital—Cedar Crest. To register, call 610-402-CARE.

A Hidden Risk for Older Women

Urinary tract infections can be serious

If you're caring for an older relative and she suddenly seems confused and lethargic, don't jump to conclusions. Surprisingly, one cause might be a urinary tract infection (UTI), says urogynecologist F. Stephen Tugbiyele, M.D., of Lehigh Valley Health Network.

More familiar symptoms of a common UTI include painful and frequent urination, urinary urgency or blood in the urine. Symptoms such as fever, back or side pain, nausea or vomiting may be evidence of a more complicated upper UTI. In the elderly, confusion may be a symptom of these infections. Lethargy also may be a symptom in older people, and fever may not always be present.

"The infection, often caused by e coli bacteria, can migrate from the bladder to the kidneys and into the bloodstream, so it's very important to get prompt medical attention," Tugbiyele says.

Both men and women are more susceptible to UTIs as they age, but women are the more common victims. Partly this is because the female urinary tract is located closer to the anus and its bacteria. Also, the vaginal area becomes thinner and more vulnerable with the decrease in estrogen after menopause. Women with a history of UTIs in their younger years are at higher risk for recurrence.

Early diagnosis is critical. A quick urine test in the doctor's office may not give an accurate reading; get a more definitive result by asking the doctor to perform a urinalysis or culture the urine sample. Treatment involves a course of antibiotics, the length depending on whether or not the infection keeps coming back.

To prevent UTIs or keep them from recurring:

- Stay well hydrated by drinking at least six glasses of non-caffeinated fluids daily. Urine should be pale yellow in color.
- When using the toilet, always wipe from front to back.
- After menopause, consider using a vaginal estrogen cream, pill or ring.
- Keep health conditions (especially diabetes) under control.
- Drink cranberry juice or take cranberry supplements daily to acidify the urine.

Next Step: To learn about vaginal changes after menopause, call 610-402-CARE or visit lvhn.org/healthyyou.

[illegible]

If you saw what your child ingested, here are guidelines on how to respond:

Call 9-1-1

Medications or vitamins—Certain types of drugs are life-threatening to a child. “We refer to those as ‘one pill can kill,’” says Eric Bruno, M.D., emergency medicine physician with the health network. Among the dangerous drugs are those used to treat high blood pressure, diabetes, iron deficiency and depression.

Batteries—“A button battery like those used in watches and hearing aids can burn its way through the esophagus and stomach lining and cause serious medical issues,” Bruno says.

Magnets—One magnet may not pose a serious risk, but swallowing more than one can be severely damaging as the ingested magnets attract each other.

Poison, chemicals or alcohol—“Keep these highly toxic items out of reach and behind doors with child-safety locks,” Dimick says.

Call the doctor

Coins and buttons—Usually these items pass all the way through the child’s system. “They become an issue if the object gets lodged, causing problems in the esophagus or respiratory tract,” Bruno says.

Plants—Many plants don’t cause anything worse than a bad taste. But some potentially dangerous ones can be found right in your backyard, including jimson weed and poisonous mushrooms. Call Poison Control (1-800-222-1222) if you’re unsure.

Jewelry—Small items usually are harmless unless they get lodged or contain lead (which is toxic to a child).

Hair—Some children suck on their hair for comfort. Ingesting a few hairs isn’t dangerous, but habitual hair swallowing can result in a hairball in the stomach that can’t be digested and might cause obstruction.

Watch and wait

Crayons and Play-Doh—These items are designed to be safe if ingested.

Bugs—Backyard critters may look and taste gross, but there’s usually no need to worry if your child accidentally eats one.

Gum—You may have heard that swallowed gum forms a large impassable ball. Don’t worry; it’s an old wives’ tale.

Pet food—If it’s small enough to swallow, there’s no need for concern. Most pet foods won’t harm your child.

Ask Our Expert...

How Do Doctors Choose Their Doctor?

Q: As a physician, what do you consider the most important things in choosing a doctor?

A: First and foremost, I want someone who is board-certified. This shows me that the doctor is dedicated, capable and committed to staying up-to-date on the latest medical developments. I also want a physician who is compassionate, listens to me and can help me navigate the health care system.

Q: Does the doctor's philosophy about care make a difference to you?

A: Everyone is different in this area. Some people want a physician who emphasizes preventing disease, others want a focus on treatment. Some people want conservative care, others want aggressive care. The key is finding someone you feel comfortable with talking about your health and your life. Once you have that comfort level, you can talk openly about your needs and expectations.

Q: What do you tell family and friends who are looking for doctors?

A: If they live locally, I tell them to call 610-402-CARE. Let's say you would prefer a female physician who is board-certified, works at a practice in your neighborhood and has weekend hours. The professionals at 402-CARE can help you find a perfect fit. If I were talking with someone outside our area, I'd suggest they ask their friends, neighbors and colleagues about physicians they like, or look at the websites of hospitals in their region (most have a "Find a Doctor" search function).

Q: Is there one specific question you would ask when searching for a doctor?

A: Yes, and it's a question our practice often gets from new patients. I would ask if the physician uses electronic medical records. If (like most people) you have more than one care provider, this system makes it easier for them to share information and track your health.

Next Step: See Dr. Jennifer Keller in a video about choosing your doctor, at lvhn.org/healthyyou. Learn about the wide variety of primary and specialty care physicians in Lehigh Valley Health Network by calling 610-402-CARE or visiting lvhn.org/healthyyou.

About our expert—Jennifer Keller, D.O., is a board-certified family medicine physician with Lehigh Valley Health Network.



Should I Take a Generic Drug?

Generics are a safe and money-saving alternative to name-brand drugs most of the time. But there are instances when they are not the best answer.



About our expert—

Gnanaprakash Gopal, M.D., is a board-certified family medicine physician with Lehigh Valley Health Network.

Switching is not advised for certain conditions. Generic versions of diabetes, cholesterol, high blood pressure and most other medications are fine. But some drugs, such as those used to treat thyroid and seizure disorders, require very precise and consistent dosages. If the generic and name-brand versions vary even slightly in the dosage, problems can arise when you change. Either version can be effective, but don't switch between the two without talking to your doctor.

Be cautious about buying generics from other countries. Drugs manufactured in Canada, India, China, Mexico or other countries may not be as well regulated as those made in the United States, so you don't always know what you are getting. A good example is the tainted Heparin made in China a few years back that caused many people to become sick and even die. Any reputable pharmacy can tell you where your medication was manufactured.

Next Step: Learn more about generic drug safety by calling 610-402-CARE or visiting lvhn.org/healthyou.

Do I Need a Mammogram?

Q: I've heard that the guidelines changed on mammograms.

A: A task force of health professionals (none of whom were experts in breast imaging) issued new guidelines last year, recommending that women start mammograms at age 50, not 40; have a screening mammogram every two years, not yearly; and stop mammograms at age 75. These guidelines were denounced by most major breast cancer organizations as a step backward in our progress toward early breast cancer detection. Early detection saves lives.

Q: So I shouldn't wait until I'm 50 to get a mammogram?

A: The American Cancer Society and most other health organizations still recommend starting annual mammography at age 40. The youngest breast cancer patients often have the most aggressive tumors, and an early diagnosis is the best chance to treat these.

Q: What about getting screened every two years instead of yearly?

A: Bad idea! Interval cancers, those that develop between one screening study and the next, are very common. Delayed diagnosis could result in more extensive disease.

Q: Should I stop receiving mammograms when I turn 75?

A: Women over 75 can still benefit from screening mammograms. The "one size fits all" approach is not appropriate when determining whether a woman needs a cancer screening—we need to consider many variables.

Next Step: Schedule your mammogram at one of several convenient Lehigh Valley Health Network locations. Call 610-402-CARE.



About our expert—Kenneth Harris, M.D., is the director of breast imaging for Lehigh Valley Health Network.



Your Eyes as Windows to Your Health

Regular eye exams can offer clues about conditions elsewhere in your body

You can tell a lot about someone's mood by looking into her eyes. But eyes also reveal clues to health problems throughout the body—sounding an early warning about developing diseases or existing ones that are getting worse.

“Many health conditions show themselves in the eyes,” says ophthalmologist Avani Shah, M.D., of Lehigh Valley Health Network. “That’s because the eyes are the only part of the body where you can see bare nerves, arteries and veins. They are sometimes the first place where damage happens.”

Just by looking in the mirror, you can detect the bulging eyes typical of an overactive thyroid (hyperthyroidism). And yellowing of the whites of the eyes may signal liver disease. Other health problems are only uncovered during an eye exam. Many are blood vessel diseases that also affect the tiny vessels in the retina.

Here are some of the conditions an eye doctor may discover:

Hypertension (high blood pressure)—An eye exam often reveals the first hints of this silent killer. The doctor may see a corkscrew effect in the retinal vessels at the back

of the eyes, indicating blood vessels under pressure elsewhere in the body. Out-of-control blood pressure can lead to hypertensive retinopathy, which causes tiny bulges in the eye vessels (microaneurysms), bleeding and vision loss. “Sending retinopathy patients to the hospital immediately can result in treatment that prevents heart attacks, strokes and other cardiovascular problems,” Shah says.

Carotid artery disease—Small pieces of plaque—clumps of cholesterol and cellular debris that restrict blood flow—in the carotid arteries of the neck can break off and lodge in retinal arteries. “In the eyes they’re called Hollenhorst plaques, which indicate carotid artery disease,” says Jonathan Bortz, D.O., an internist with the health network. Patients are sent for immediate treatment to prevent a stroke.

Diabetes—Too much glucose coursing through blood vessels eventually damages them, including in the eye. This is called diabetic retinopathy, which can show up as microaneurysms in its early stages. Doctors can take steps at that point to better control diabetes and prevent eye damage. Later, retinal vessels become

blocked, and fragile new ones develop that bleed and form scar tissue, causing irreversible vision loss. "That's why we regularly examine the retinas of patients with known diabetes or those recently diagnosed," Bortz says.

Tumors—When a doctor sees abnormal eye movements or different-sized pupils, it sometimes signals tumors of the brain or optic nerve, and occasionally brain aneurysms and strokes.

Autoimmune conditions and infections—Inflammation in the uvea (middle part of the eye including the colored iris) is called uveitis. This is often the first sign of autoimmune conditions such as rheumatoid arthritis, lupus and Crohn's disease. Uveitis also can result from exposure to toxins including pesticides.

Clearly, it's wise to keep an eye on your eyes. "If you've never had vision problems, get an eye exam by age 40," Shah says. "If your eyes are healthy, get rechecked every two years."

Next Step: Learn more about diabetic retinopathy by calling 610-402-CARE or visiting lvhn.org/healthyyou.

A Final Wish Come True

Hospice helps a local family

Jahna Haldeman Foland was just 26 when she was diagnosed with a rare form of lung cancer. She was newly wed and starting what promised to be a successful career in the United States Air Force. After a short period of aggressive medical treatment, her life ended much too soon...but not before her last wish was fulfilled.

Jahna knew she was dying. "She didn't want to lie in a hospital thousands of miles from home," says Sandra Haldeman of Allentown, Jahna's mother. "Her final goal in this journey was to die in the home she grew up in, surrounded by her family and friends."

As a nurse, Sandra knew the family could care for Jahna. But wanting "to make sure her final days were pain-free and filled with comfort and peace," she contacted Lehigh Valley Hospice. The service provides support and care for patients who are no longer responding to medical treatment.

The goal of the hospice staff is to control pain, reduce anxiety and offer spiritual and emotional support to patients and their families—whether in the home or in a hospice facility or nursing home. "As people begin their end-of-life journey, we do all we can to prevent them from suffering," says Bruce Ellsweig, M.D., medical director of Lehigh Valley Hospice.

"Jahna's goal was to die in the home she grew up in, surrounded by family and friends."

The team first reduces or eliminates the patient's physical pain by administering and adjusting pain medications as needed. Next, social workers provide counseling and support to help patients deal with the emotional aspects of dying. "Often, we guide people through an end-of-life review of all they've accomplished and contributed," Ellsweig says. "It's a way to put them at peace knowing the legacy they've left behind."

Spiritual counselors listen and ask questions—but don't preach—as patients explore their feelings of devotion.

The hospice team even uses a variety of complementary medicine techniques to help reduce distress. "Above all, we listen to our patients and families. No request should be too much when we are dealing with preserving someone's dignity and grace," Ellsweig says.

Right from the start, the hospice staff worked to make Jahna physically comfortable. As her condition worsened, her pain grew so severe that oral medications no longer helped. Eventually she was put under conscious sedation, a treatment typically administered in the hospital. Because they wanted to honor her final wish, Jahna's mother and sister, Leahna Haldeman (also a nurse), asked that they be allowed to handle her sedation at home. The treatment requires a high level of monitoring, so the request was unconventional, Ellsweig says. But he honored it, inspired by the family's courage, love and support for Jahna.

"When the time came in her journey," Sandra says, "thanks to hospice, she was right where she wished to be."

Next Step: Attend a lecture on hospice care Oct. 11; see page 17 for details.

When Teen Moods Are Something More

Ups and downs are normal, ongoing irritability is not

It can be a shock when your pleasant child becomes an argumentative teenager—but to a certain extent, that's to be expected. "Teens' bodies are changing, they're dealing with hormones, and they're trying to exert their independence," says Valerie Lewis, M.D., adolescent medicine specialist with Lehigh Valley Health Network. "Fluctuations in mood and arguments with parents are normal."

It's not normal if these things persist to the point where they affect a teen's ability to cope with daily activities and relationships. "If your child is having a bad day every day and is in a negative mood for an extended period of time, that's problematic," says Danielle Goodwin, Psy.D., a clinical psychologist with the health network. Red flags include:

- Difficulties at school
- Withdrawing from friends and activities
- Sexual promiscuity or regular drug or alcohol use
- Increased aggressiveness
- Threatening to harm themselves or others
- Changes in eating or sleeping habits
- Prolonged negative mood or anxiety
- Extreme mood swings
- Decreased concentration

Sometimes parents just have a gut feeling something is wrong. "For example, you may feel like you're walking on eggshells around your child all the time," Lewis says. Not all depressed teens feel sad; some just get irritable.

Parents may put off seeking help because they think the moodiness is just a phase, or they worry about their child being labeled depressed. "It helps to know your adolescent is not alone; others have similar issues," Goodwin says. "If we get them professional help now, they'll learn to effectively cope with their stress and be able to function better in the future."

Choosing a mental health provider to assess your child can be confusing. Your family doctor (or the nurses at 610-402-CARE) can explain the differences among psychiatrists, psychologists and social workers, and recommend providers who specialize in treating adolescents.

Next Step: Learn how an adolescent medicine specialist can help your teen. Call 610-402-CARE or visit lvhn.org/healthyyou.

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

'I had to get rid of the pain.'

Gayle Cavallo doesn't know if the car accident in 2003 or the tumbles she took while rollerblading with her daughter caused the chronic pain she suffered for years. It radiated from her neck down her right arm, often causing numbness or tingling.

The 55-year-old Bethlehem woman had tried pain injections and physical therapy, but they brought only temporary relief. Then her internist, Hugo Twaddle, M.D., sent her to neurosurgeon Chris Lycette, M.D. (with her in photo), a colleague at Lehigh Valley Health Network. The timing was perfect: Lycette was able to offer a new kind of fusion surgery to treat all three of Cavallo's diseased spinal discs.

"I was always scared of surgery," she says, "but once he explained the procedure to me, I said,

'Just do it.'" In the process, she made history as the first patient in the world to benefit from the new three-level titanium device. Its smaller size allows for a smaller incision, shorter surgery time and less postsurgical discomfort. "I'm feeling much better," Cavallo says, "and I'm back to doing almost everything I did before."

Lehigh Valley Health Network's neurosurgery program offers:

- Fellowship-trained neurosurgeons
- Minimally invasive spine surgery techniques
- Advanced neurovascular capabilities
- Region's only neuroscience intensive care unit



Ready to take charge of your health?

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

WHAT'S NEW

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

Age-Related Hearing Loss

Learn how auditory mechanism changes as we age affect the ability to communicate. **FREE**

- Sept. 21; 2-3 p.m.
At LVH-Cedar Crest

Autumn Assembly MS Program

For patients and caregivers, learn all the latest information. Includes light dinner. **FREE**

- Oct. 21; 5-8 p.m.
At LVH-Cedar Crest

Drive-Thru Seasonal Flu Vaccines (will include H1N1)

No insurance cards necessary. Children must be accompanied by parent or guardian. Please no pets. **FREE**

- Nov. 6; 9 a.m.-3 p.m.
At Dorney Park, Allentown
- Nov. 7; 9 a.m.-3 p.m.
At Coca-Cola Park, Allentown

Foot Massage Workshop for Couples

Learn to use ergonomically correct foot massage techniques for stress reduction, relaxation and pain relief.

- Oct. 10; 2-3:30 p.m.
At LVH-Cedar Crest
- Nov. 7; 2-3:30 p.m.
At LVH-Muhlenberg

Healthy Bones Series

Three-week series discusses keys to keeping your bones healthy.

Osteoporosis and You

- Oct. 12; 6-7:30 p.m.

Osteoporosis Nutrition, Exercise and Well-Being

- Oct. 19; 6-7:30 p.m.

Osteoporosis Treatment—Meet the Doctor

- Oct. 26; 6-7:30 p.m.
At LVH-Muhlenberg

Hypertrophic Cardiomyopathy: A Silent Threat

Learn about a genetic heart condition. Speakers: cardiologist Matthew

Martinez, M.D.; HCM Association founder Lisa Salberg; other experts.

- Oct. 27; 6 p.m.
At LVH-Cedar Crest

La Vida Es Salud, Cuidate (Latina Women's Health Conference)

Topics include women's heart disease, cancer, obesity and diabetes; panel discussions and question-and-answer sessions.

- Sept. 18, 9 a.m.-2:30 p.m.
At LVH-17th Street

Nature of Suffering

Author Eric Cassell discusses the hospice approach to caring for patients in their last days of life. Sponsored by Harry and Ro Lukens. **FREE**

- Oct. 11; 6 p.m.
At LVH-Cedar Crest

Parkinson's Symposium

For patients and caregivers, learn all the latest information.

- Sept. 25; 8:30 a.m.-2 p.m.
At Sheraton Four Points, Allentown

Stop the Pain Couples Workshop

For emergency pain relief, learn how to alleviate certain causes of shoulder and low-back pain.

- Oct. 24; 1-5 p.m.
At LVH-Cedar Crest

You've Had a Stroke—What Now?

A group session to discuss home therapy, aphasia tips, depression and emotions, time planning and setting goals. Stroke Center nurse answers questions.

- Sept. 22; 9:30-11 a.m.
At LVH-Cedar Crest

Virtual Gaming for Physical Fitness

How Wii and Wii Fit systems can improve balance, strength and endurance in seniors; chance to try system in class. **FREE**

- Oct. 19; 2-3 p.m.
At LVH-Cedar Crest

AROUND OUR COMMUNITY

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

2010 Lehigh Valley Start! Heart Walk

Raise awareness about heart disease. More info at heartwalk.kintera.org.

- Sept. 19; 8:30 a.m.-noon
At Lehigh Valley Industrial Park IV, Bethlehem

Women's 5K Classic

Health expo prior to next day's walk/run teaches prevention, treatment and support for female cancers.

- Health Expo—Oct. 15; 3-7 p.m.
At Cedar Crest College
- 5K—Oct. 16; 9 a.m.
At Lehigh Parkway, Allentown

Community Festivals

Coopersburg Community Day

- Sept. 18; noon-4 p.m.
At Southern Lehigh Living Memorial Community Park

Lyons Fiddle Festival

- Sept. 19; noon-3 p.m.
At Lyons Community Park

Ongoing Programs Be Safe in a Car

Mark J. Young Medical Challenge Learn how to be a good driver. **FREE** with Center admission

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

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

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

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

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

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

STAYING FIT

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

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

• Starting Sept. 14, Nov. 9

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

• Starting Oct. 19, Oct. 21

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

• Starting Sept. 14, Sept. 15, Sept. 17

Art of Healing—One-day workshop designed as a gentle movement activity to add fluidity and grace to daily activities.

• Oct. 9

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

• Starting Sept. 16, Sept. 17

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

• Sept. 14

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

• Starting Sept. 15, Sept. 17

Boot Camp—Be prepared to sweat with challenging strength training and cardio workout.

• Starting Sept. 23, Sept. 27, Oct. 23

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

• Starting Sept. 27

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

• Starting Sept. 20

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

• Starting Oct. 2

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

• Starting Sept. 15



FlashFit—Circuit training to boost energy and burn fat.

• Starting Sept. 15

Healthy You Exercise Sampler—Not sure which workouts are for you? Sample eight different workouts in eight weeks with a variety of instructors.

• Starting Oct. 2, Oct. 5

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

• Starting Oct. 21

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

• Starting Sept. 22

Mother-Daughter Zumba—Get fit together dancing to Latin-influenced music.

• Starting Oct. 23, Oct. 27

PUMP—Muscle strength/endurance workout using progressive resistance.

• Starting Sept. 15

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

• Starting Oct. 25

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

• Starting Sept. 21, Sept. 22

Yodates—Combines yoga, dance and Pilates all in one class.

• Starting Sept. 21, Sept. 23

Zumba—Join this Latin dance-influenced aerobics class.

• Starting Sept. 22, Sept. 23, Oct. 11, Oct. 27

CARING FOR MIND AND BODY

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

Corrective and Protective Skin Care—Solutions for aging skin. Review of products and ingredients. **FREE**

• Oct. 19

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

Discover Relaxation Within—Ease stress through relaxation techniques.

Part 1 starting Sept. 15

Part 2 starting Oct. 13

Everyday Tai Chi—Vertical flowing movements combined with rhythmic breathing.

• Starting Sept. 30

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

• Sept. 18

Healthy Hands and Nails—Give your hands some TLC with moisturizing and strengthening. **FREE**

• Sept. 21

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

Mindfulness-Based Stress Reduction—Internationally recognized program uses meditation and group support. Most insurances accepted.

FREE Introductory Session Sept. 15

• Sessions starting Sept. 28

• Retreat—Nov. 6

Reiki I—Learn benefits of channeling physical healing energy.

• Oct. 2, Nov. 6

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

• Oct. 23

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

Energizing—Stimulating flow of poses

• Starting Sept. 14, Oct. 14

Relaxing—Gentle flow of poses

• Starting Sept. 20, Oct. 28

Very Gentle—Poses adaptable to chair and/or mat.

• Starting Sept. 14

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

• Starting Sept. 14, Sept. 15

AGING WELL

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

College of Knowledge **FREE**

Delirium—Differentiating among delirium, dementia and memory loss.

• Oct. 13; 11 a.m.-noon

Normal Age-Related Changes—Normal vision, bone healing, physical and cognitive changes that occur with aging.

• Nov. 10; 11 a.m.-noon

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

• Starting the first of each month

APPRISE Medicare Counseling—By appointment.

• Tue., 10 a.m.-noon

• Fri., 1-3 p.m.

LIVING WITH DIABETES

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

• Diabetes and Technology

• Diabetes in Pregnancy

• Diabetes: Moving Beyond the Basics

• Insulin Pump Support Group

• Intensive Management

• Medical Nutrition Therapy

• Pre-Diabetes

• Sugar-Free Kids Support Group

• Sweet Success: Living Well With Diabetes Discussion Group

• Type 1 Self-Management

• Type 2 Self-Management

RAISING A FAMILY

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

After-Delivery Parent Gathering

For support and discussion on adjusting to a new baby.

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

Parenting Workshops—Focus on hot parenting topics.

Handling Power Struggles—Sept. 14

Homework Without Hassles—Sept. 20

Survivors' Guide to Toddler

Years—Oct. 5

Siblings Without Rivalry—Oct. 18

Safe Ride—Car Seat

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

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

Pregnancy and Childbirth

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

Caring for Baby

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

COPING WITH ILLNESS

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

Get Up and Go—Group exercise for those with Parkinson's disease or other movement disorders.

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

• Sept. 15, Oct. 5, Oct. 20, Nov. 2

At LVH—Cedar Crest

• Sept. 23, Oct. 21

At LVH—Muhlenberg

For Cancer Patients

Adolescent Support Group **FREE**

Bereavement Support Group **FREE**

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

Lymphedema Support Group **FREE**

• Oct. 5

Look Good, Feel Better—Boost self-esteem during and after cancer treatment. **FREE**

• Oct. 18

At LVH—Muhlenberg

• Nov. 15

At LVH—Cedar Crest

With the American Cancer Society

Men Facing Cancer **FREE**

Metastatic Breast Cancer Support Group **FREE**

• Meets second Monday of the month

Preparing for Breast Cancer Surgery **FREE**

For Epilepsy Patients

Monthly Support Group **FREE**

• Meets second Thursday of the month

For Huntington's Patients

Support Group **FREE**

• Oct. 30, Dec. 4

For MS Patients

Dinner and Discussion **FREE**

For Stroke Patients

Aphasia Group

Communication Skills Group

Cognitive Linguistic Skills Support Group

Stroke Support Group **FREE**

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

A National Leader in Care

For the third consecutive year, Lehigh Valley Hospital ranks among the nation's best for saving the lives of heart attack patients.

The Centers for Medicare and Medicaid Services' "Hospital Compare" data released in July ranks the hospital in second place in survival rates for heart attack patients among the 4,100

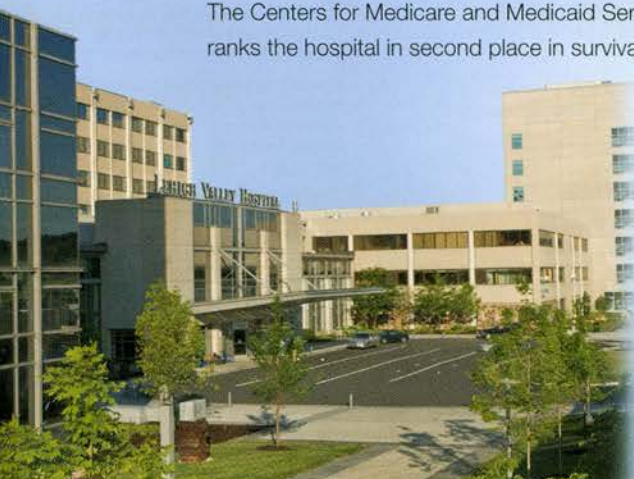
hospitals in the United States. (Learn more at hospitalcompare.hhs.gov.)

Lehigh Valley Hospital received recognition in 2008 as the nation's top hospital for heart attack survival, and as the top hospital in Pennsylvania for heart attack survival in both the 2009 and 2010 report.

This recognition for heart attack care is one of many honors Lehigh Valley Hospital has received this year.

Lehigh Valley Hospital is:

- Ranked No. 2 in the nation and No. 1 in Pennsylvania in heart attack results
- Ranked among *U.S. News & World Report's* America's Best Hospitals for 15 consecutive years, this year in geriatric care
- One of The Leapfrog Group's 37 Top Hospitals for quality and patient safety



PROTECTING YOUR HEALTH

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

Cessation, What Works?

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

• Oct. 20

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

• Oct. 14

Tobacco Treatment Program

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

CPR

- BLS Renewal
- Fundamentals of Basic Life Support
- Heartsaver AED and First Aid
- Heartsaver Pediatric

Coalition for a Smoke-Free Valley

- Advocacy
- Keep Us Healthy
- Secondhand Smoke

SCREENINGS

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

HIV **FREE**

Anonymous and confidential.

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

At LVH-17, AIDS Activities Office

Keep Fit and Stay Healthy

Cholesterol and Glucose Screening

- Oct. 18; 5-7 p.m.
At Healthy You Fitness Center—Cedar Crest
- Nov. 15; 5-7 p.m.
At Human Performance Center

UV Facial Skin Analysis

- Sept. 20; 5-7 p.m.
At Healthy You Fitness Center—Muhlenberg

Lung Cancer

Osteoporosis—Heel Screening **FREE**

Vascular Disease

Stroke
Abdominal Aneurysm
Peripheral Arterial Disease

MANAGING YOUR WEIGHT

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

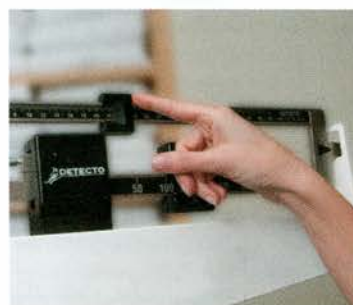
Weight-Loss Surgery

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

- Sept. 15, Oct. 7, Oct. 20

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

- Sept. 29, Oct. 27



Weight Management Services

Individual

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

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

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

Group

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

Part 1 starting Sept. 9, Oct. 16

Part 2 starting Oct. 14

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

- Starting Sept. 7



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish *Healthy You* magazine—to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you. Send your comments to:

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

Publishers
Charles G. Lewis,
senior vice president, development,
marketing and public affairs

Susan Hoffman, vice president,
marketing and public affairs

Follow us on:



Strategic Editor

Pamela Riddell

Editors

Kyle Hardner, Kathryn Hobbie

Medical Editor

Mark Wendling, M.D.

Staff Writers

Amy Koch, Rick Martuscelli

Contributing Writers

Erin Alderfer, Sue Bohme,
Amy Hines, Richard Laliberte,
Joy Overstreet, Paula Rasich,
Sidney Stevens

Creative Manager

Teressa Colbaugh

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Jeanne Stock

Web Editor

Kathryn Armstrong

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Thomas F. Amico

Contributing Photographers

Mary Frederick

Distribution & Production

MAGAZINE COORDINATOR

Alane Mercer

PRODUCTION ASSISTANTS

Barbara Field, Kathryn Fones,
Cory Prohaska

Contributing Advisors

CANCER CARE Gregory Harper, M.D., Neddly Mack, R.N.,
Melissa Wright

CHILDREN'S HEALTH Debra Bubba, Chrystal Ritter,
Deanna Shisslak, John Van Brakle, M.D.

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For information or a referral to any of the professionals featured in *Healthy You*, call 610-402-CARE or visit lvhn.org/healthyyou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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

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

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'I knew I was in good hands.'

The last thing 57-year-old April Peachey remembers is her husband asking what kind of soup she planned to make that weekend. When she awoke almost two days later, she was in a bed at Lehigh Valley Hospital–Cedar Crest.

There, she learned from neurosurgeon Mei Wong, M.D., that she had passed out and suffered multiple seizures because of a tumor deep in her brain. "I was shocked, and yet I had a sense of calmness," says Peachey, a resident of Lake Wynonah in Schuylkill County. "Dr. Wong explained everything so clearly and with such compassion."

Wong removed the tumor and pathology tests revealed it was non-cancerous. Thankfully, Peachey didn't need any additional treatment. Today she's back to her soup pot; she and her husband, Jim, do the cooking and catering for a local VFW post. They also enjoy landscaping, traveling and playing with their Maltese dog, Tigger. "I'm so thankful to Dr. Wong that my life has returned to normal," Peachey says.

Lehigh Valley Health Network's neurosurgery program offers:

- **Fellowship-trained neurosurgeons**
 - **Minimally invasive and no-incision brain surgery**
 - **Advanced techniques for brain tumors located close to areas of the brain that control speech and motor skills**
 - **Region's only neuroscience intensive care unit**
-



Lehigh Valley Health Network
P.O. Box 689
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LEHIGH VALLEY HOSPITAL—MUHLENBERG

Our passion for heart care.
Your passion for life.



Our passion for providing the very best has made us the region's top heart care system. Lehigh Valley Hospital—Muhlenberg brings you access to hundreds of heart specialists; the most advanced open-heart surgery; cardiac catheterization to analyze blood flow and open blocked arteries; and an electrophysiology lab to diagnose and treat abnormal heart rhythms.

Our specialized ER fast track beats the critical 90-minute national gold standard for speed in treating heart attacks and provides therapeutic hypothermia—a lifesaving cardiac arrest treatment offered only at America's leading heart centers. No wonder our network has the best heart attack outcomes in the entire state. Passion in action, right where you live.

A PASSION FOR BETTER MEDICINE.™



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