

# Healthy **YOU**

NOVEMBER | DECEMBER 2010

## A (Short) Winter's Nap

Learn how it's good for your health

*Also inside:*

9 Common Medication Mistakes

Women and Back Pain

Stop Texting!

A PASSION FOR BETTER MEDICINE.™

 **Lehigh Valley  
Health Network**

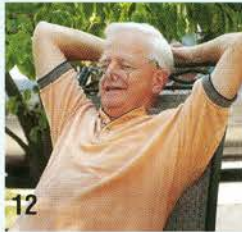


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Ed Schmidt of Coplay knows a secret to wellness—taking a daily “power nap.” Read his tip—and tips from other readers—on page 12

Photo by Mary Frederick, Amico Studios



# Get Him to Stop Texting

When someone you love is a distracted driver

**It's not just a teenage thing.** People of all ages drive while talking or texting on a cell phone. It's especially frustrating if your loved one has the habit. "Research shows we can't multitask the way many people think we can," says emergency medicine physician Gavin Barr, M.D., of Lehigh Valley Health Network. "The brain just doesn't work that way."

So how can you persuade your loved one to drop that cell phone? One way is to start with some facts. Each year, 6,000 Americans die in car accidents caused by distracted driving—and cell phone use is by far the greatest distraction. Studies indicate that talking on a mobile device quadruples your risk for an accident (raising it to the same risk level as driving drunk). "If you're text messaging, you are *eight* times more likely to crash," says health network trauma surgeon Robert Barraco, M.D.

Other ways to get your son, daughter or spouse to stash the phone while driving:

**Have a heart-to-heart.** "Don't be reluctant to express your concern about the problem," Barr says.

**Know the laws in your area.** Many cities and towns—including Allentown and Bethlehem—ban cell phone use while driving. Knowing they risk getting a fine or citation helps discourage law-breakers.

**Cite the numbers.** "Challenge your loved one's pre-existing concepts of risky behavior," Barraco says. "For example, if she's afraid of being struck by lightning, tell her the chances of that are 1 in 500,000, while the odds of a car accident are 1 in 80. This makes it real."

**With young drivers, set rules**—Tell them they must keep cell phones out of reach (for example, in the trunk) while driving.

**Be a good role model.** "If you yourself don't talk or text while driving," Barr says, "you demonstrate to your children from an early age that this is not a safe practice."

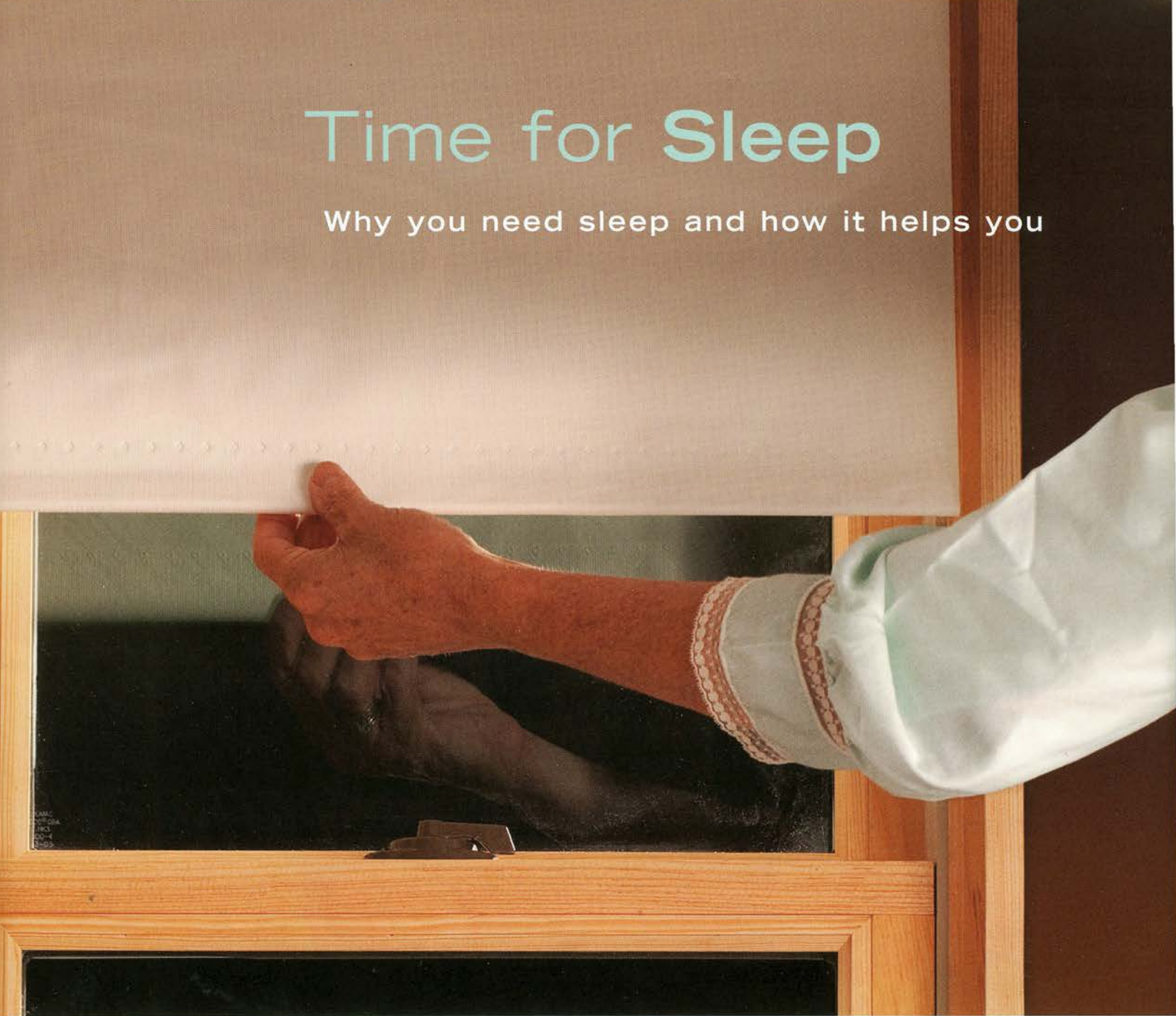
**Next Step:** Share the message! Visit [celllimitzero.com](http://celllimitzero.com). "Like" Lehigh Valley Health Network on Facebook. Get a car magnet by calling 610-402-CARE. Also call if you'd like to schedule a presentation from the Distracted Driving Team for a Lehigh Valley region high school.





# Time for Sleep

Why you need sleep and how it helps you



**Does sleep matter?** In a word, yes. “It helps your body recharge and keep all its systems in balance,” says family medicine physician Victorino Sandoval Jr., M.D., with Lehigh Valley Health Network. According to experts at the National Sleep Foundation, sleep is just as important to your overall health as diet and exercise.

If you’re not getting enough sleep, you’re not alone. Most of us have trouble sleeping for a few good reasons:

**It’s programmed into us**—As the day progresses, a brain chemical gradually builds and eventually triggers drowsiness.

**It’s the rhythm of life**—The cycle of light and darkness and your own personal sleep rhythms play into your sleep pattern. “Some people naturally wake up early and crash by early evening, while others pick up steam as the day goes on,” says health network psychiatrist Shanthi Lewis, M.D. “Most of us get by with our natural tendency and cues like work schedule and the sun.”



## So Why Can't I Get Enough Sleep?

Here are the things that get in the way of sleep, and how you can avoid them:

**Too much to do**—"Many of us are sleep-deprived because of overly busy lives," Lewis says. "Americans are focused on constant productivity, without the support of extended families that you find in other cultures."



**Caffeine**—You'll find this common stimulant in coffee, many sodas and energy drinks, tea and chocolate. Limit or eliminate caffeine, especially late in the day, Sandoval says.

**Health conditions**—Sleep apnea (a breathing-related sleep problem often related to obesity) and other sleep disorders can play havoc with a good night's rest and even raise heart disease risk. Two clues: loud snoring and feeling tired during the day.

**Emotional problems**—"Poor sleep can be the first symptom of a psychiatric illness," Lewis says, "and improvements in sleep are a sign the patient is getting better." Getting enough sleep can reduce the risk for relapse for conditions like depression, anxiety disorders and mania.

**Poorly controlled pain**—You may not realize how much you're waking up due to a chronic backache or other discomfort.

**Long naps**—Prolonged daytime sleeping makes it hard to drop off or stay asleep at night.

### Before You Try That 'All-Nighter'

—consider the numbers. **Working without a sleep break for 20 hours is equivalent to a .08 blood alcohol level.** "That would get you arrested for drunk driving," Sandoval says.



**Next step:** Having trouble sleeping? A talk with your primary care doctor may help. If you need a doctor, or want information about the health network's Sleep Disorders Center, call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

**Light or noise**—"In the days before electricity, we lived in tune with nature," Sandoval says. "Today the bright lights, noise and activity can be constant."

**Alcohol or medications**—A drink may make you feel drowsy, but often will disturb your sleep later. Many drugs also affect sleep; ask your doctor or pharmacist.

**Letting pets share the bed**—Chances are their sleep pattern isn't the same as yours.

## How Much Is Enough?

Though some may thrive on five hours a day, here's a good guide for how much sleep you really need:

<b>Adults</b> .....	7-8 hours
<b>Teens</b> .....	8 ½-9 ½ hours
<b>School-age children</b> .....	10-11 hours
<b>Preschoolers</b> .....	11-13 hours
<b>Toddlers (age 1-3)</b> .....	12-14 hours
<b>Infants</b> .....	14-15 hours

Remember that if you perform hard, physical work, are under stress or getting over an illness, you may require a little extra sleep.

## Can Sleeping Pills Help?

**They're a temporary fix only,** Lewis says. "They help you sleep longer, but may block important stages such as REM (rapid-eye-movement, or dream-stage) sleep. You need the normal sleep cycle of stages to feel refreshed the next day."



# My Nurse Navigator and Me

## Help during breast cancer treatment

**Questions raced through Patricia Zubia's mind once she received a breast cancer diagnosis earlier this year.** How would she tell her 13-year-old daughter? What about her boss and co-workers? Could she manage treatment while juggling job and family responsibilities?

Then the 45-year-old Orefield woman met Diane McHugh, R.N., a "nurse navigator" at Lehigh Valley Health Network, and began to feel more at ease. McHugh assured Zubia and her husband, Eric, that the cancer (a common type) was very treatable—and that she would have support every step of the way.

McHugh discussed Zubia's treatment options by phone after Zubia visited surgical oncologist Aaron Bleznak, M.D. When Zubia expressed concern about preserving her

appearance, McHugh sent her information on the pros and cons of various procedures. She also referred Zubia to the health network's Support of Survivors (SOS) group, where breast cancer patients share their experiences. "She even put me in contact with a nutritionist," Zubia says.

When Zubia's daughter, Lizzie, began bottling up her feelings and pretending nothing was wrong, McHugh encouraged Zubia to discuss her diagnosis honestly. She sent books on how to talk to teens about breast cancer.



**A close bond**—Thanks to advice from nurse navigator Diane McHugh, R.N. (above), Patricia Zubia of Orefield talked openly about her breast cancer journey with her daughter, Lizzie (left).



## Ask Our Expert...

# Can I Prevent Breast Cancer From Recurring?

"Diane was the voice of reason and my sounding board," Zubia says. "I'd call and say, 'Here's what I heard today. Does it make sense?' She'd either confirm it was true or set me straight. But she never told me what to do—everything was my decision."

Zubia ultimately decided to have two simultaneous surgeries: a lumpectomy (the standard for most breast cancer patients today) and reconstruction to restore the breast to its original shape. She attended a pre-surgery class led by McHugh. "It really curtailed my fears and allowed me to ask candid questions," Zubia says.

After the procedure and during the seven weeks of subsequent radiation, McHugh called Zubia regularly to check on her progress, answer questions and discuss the benefits and risks of follow-up hormone therapy with tamoxifen. (Zubia decided in favor of the therapy to help prevent a recurrence.)

The two don't need to be so closely in touch now that Zubia is well along in her recovery. "I'm doing pretty well now," she says. "It was so nice having someone who knew the lingo and the hospital protocols. If I needed a blood test or help making an MRI appointment, Diane was there. She made it a whole lot less scary."

**Next Step:** *Learn more about Lehigh Valley Health Network's nurse navigators and Breast Health Services by calling 610-402-CARE or visiting [lvhn.org/healthyyou](http://lvhn.org/healthyyou).*

**When you've had breast cancer, the fear of it coming back is real;** studies show that more than 70 percent of survivors share this worry. But researchers are learning more about how to prevent recurrence. For women with hormone-receptive tumors (the majority of tumors), drugs like tamoxifen and aromatase inhibitors dramatically lower the risk. You also can help prevent recurrence through lifestyle choices:

**Maintain a healthy weight**—Obesity is strongly linked to lower survival rates and breast cancer recurrence. Excess fat tissue promotes higher hormone levels, especially in postmenopausal women, and hormone level is a breast cancer risk factor.

**Limit or eliminate alcohol**—Drinking more than a "moderate" amount (a small glass of wine daily) raises your risk for new and recurring breast cancer. This is a tricky topic, because research shows modest alcohol consumption may be good for your heart. If you drink, use moderation.

**About our expert—** Heiwon Chung, M.D., is a cancer surgeon with Lehigh Valley Health Network.

**Avoid hormone replacement therapy**—After a breast cancer diagnosis, I advise against hormone pills, patches, rings or other products. If you haven't had cancer, it's OK to use hormone replacement to relieve menopausal symptoms as long as you taper off and quit within five years.

**Follow a low-fat, high-fiber diet**—Eating plenty of fruits and vegetables isn't proven to prevent breast cancer recurrence, but a prudent diet does prevent other conditions including heart disease. It also protects against weight gain and makes it easier for your body to regain full health. You may have heard soy (in moderation) has tumor-preventive qualities. Animal research suggests this, but human findings aren't definitive.

**Exercise regularly**—Studies show that you can reduce your risk for breast cancer recurrence by 45 percent if you walk 3-5 hours weekly (or the equivalent).

**Tell your cancer specialist about everything you're taking**—Vitamins, antioxidants and other supplements may do more harm than good for breast cancer patients. For example, phytoestrogens (naturally occurring compounds found in plants) can interfere with the action of tamoxifen, and antioxidants should be avoided during radiation or chemotherapy treatments.

**Be mindful about mind-body treatments**—Support groups, acupuncture, stress management techniques and other types of "complementary" therapy aren't proven to actually reduce cancer recurrence. They can be valuable in relieving tension and pain and promoting your well-being but should not be used instead of conventional treatment. Discuss such complementary therapies with your physician.

**Next Step:** *Learn more about individualized therapy for breast cancer. Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou).*

# Women and Back Pain

It's common if you're pregnant or after menopause

**"Oh, my aching back."** It's a statement nearly all of us utter at some point in our lives. And while men and women are equally affected by back pain, there are two times in life—during pregnancy and postmenopause—when women are more susceptible to that aching back.

## During pregnancy

"About two-thirds of pregnant women experience back pain during their second and third trimesters," says obstetrician Suzanne Basha, M.D., with Lehigh Valley Health Network. It's more likely for moms who are either over age 35, have prior back conditions, carry multiples or have had several past full-term pregnancies.

What causes the pain? The stress the baby places on the muscles near your lumbar spine (low back). It's compounded by the stretching and weakening of your abdominal muscles as your pregnancy progresses. Water retention can add to the pain. All of these factors create painful days and sleepless nights for some moms.

Where to turn? One option—rehabilitation therapy designed specifically for moms-to-be.

You will learn different postures for sitting, standing and sleeping, along with stretching exercises. "Some women may benefit from using a maternity belt (a special back support) to help ease the discomfort," says health network physical therapist Jonathan Borger.

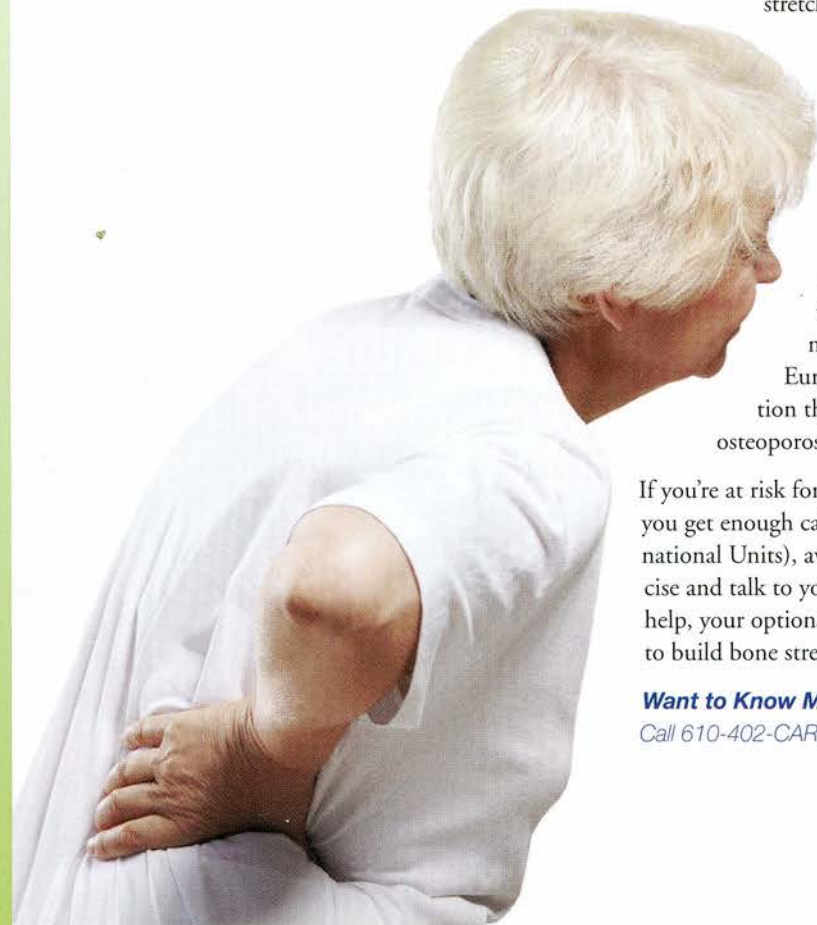
*The good news:* Pregnancy-related back pain often resolves soon after delivery.

## Postmenopause

Women can lose up to 20 percent of their bone mass in the five to seven years after menopause. "That's why women are four times more likely to develop osteoporosis than men," says health network neurosurgeon Mei Wong, M.D. Women of northern European descent are at the highest risk for osteoporosis, a condition that results in brittle, easily fractured bones. Common areas for osteoporosis-related fractures include your spine, hips, arms and legs.

If you're at risk for osteoporosis, prevention is your first line of defense. Make sure you get enough calcium (1,200-1,500 milligrams) and vitamin D (400-800 International Units), avoid tobacco and alcohol, engage in regular weight-bearing exercise and talk to your doctor about a bone-density screening. If you need additional help, your options may include surgery for compression fractures or rehabilitation to build bone strength.

**Want to Know More** about how you can get a bone density screening?  
Call 610-402-CARE or visit [lvhn.org](http://lvhn.org).





A young child wearing a blue winter jacket, a striped hat, and dark pants is walking in the snow. The child is holding a large snowball in their hands. The background is a snowy landscape with some trees in the distance.

## Snow Safety for Children

Follow a few precautions, then let the fun begin

**Twisted ankles, broken bones, frostbite**...if you're a parent who worries, winter has its share of scary scenarios. But there's no reason you and your children can't enjoy outdoor fun this season, says pediatrician David Meehan, M.D., with Lehigh Valley Health Network: "You just need to take some simple safety precautions."

### Dress to protect

Layers keep your child warm and dry when it's cold outside, Meehan says.

*Inner layer:* Thermal underwear or nylon leggings, wool or nylon socks and mitten liners all help keep moisture away from the body. Thin synthetic fabrics are best; cotton absorbs sweat and stays wet.

*Middle layer:* Sweatsuits, pants and sweaters trap heat.

*Outer layer:* Waterproof boots, a nylon or down jacket, a hat and mittens shield against the elements and help prevent frostbite and friction-type injuries. And don't forget an SPF 30 sunscreen. Sunburns don't just happen in summer.

### Prevent danger

Whether your child fancies snow tubing or figure eights on the ice, your job is to pick a safe location. Find a spot free from safety hazards such as trees, rocky ledges, debris or steep hills covered in ice, says health network trauma surgeon Robert Barraco, M.D. At night, ensure the area is well-lit and children wear a reflective outer layer. For ice-skating enthusiasts, outdoor rinks and public parks are best. Avoid unfamiliar ponds and lakes.

Make sure all equipment is fitted properly and in good repair. Never use items like garbage can lids or pool floats as substitutes for a sturdy sled. Have your children wear sport-appropriate helmets and eye protection for higher-speed activities. "If you take some smart steps beforehand, you'll reduce the risk for concussions and other serious injuries associated with winter sporting activities," Barraco says.

### Pay special attention to little ones

"Children under 7 tend to lose heat and get chilled more quickly," Meehan says. "Add an extra layer of clothing and check on them every half-hour. If they get wet, have them change into dry clothes immediately." Shivering signals it's time to head inside.

Plastic tubes, discs and flyers are off-limits at this age because they can be dangerously fast, Barraco says. A safer choice is a wooden sled, which is slower and more easily steered. Teach children how to stop themselves by dragging their feet—or, for the very young, stay in control by pulling them around the yard yourself.

**Next Step:** Learn more about outdoor safety and preventing frostbite by calling 610-402-CARE or visiting [lvhn.org/healthyyou](http://lvhn.org/healthyyou).





# 9 Common Medication Mistakes

Avoid them for safer, more effective treatment

**Your doctor writes a prescription, you fill it and take your medicine.** Straightforward, right? Not quite, says family medicine physician Kimberly Sheets, M.D., of Lehigh Valley Health Network: “At least half my patients have some kind of problem taking medications, especially if they’re on multiple prescriptions or take more than one dose a day.” You’ll make your treatment more effective, reduce side effects and prevent potential dangers by avoiding these nine common mistakes:



**1 Double dosing**—If you have multiple doctors, you could end up with two prescriptions for the same medicine, especially if one physician prescribes a brand-name and another a generic.

**2 Creating interactions**—Drugs often affect each other. “For example, the antibiotic Biaxin makes the cholesterol drug Zocor more potent, and more likely to cause side effects,” Sheets says. The caution applies to over-the-counter drugs too. Taking ibuprofen on top of a prescription anti-inflammatory could make stomach upset worse.

**3 Stopping too soon**—Don’t quit an antibiotic once you feel better. “If you don’t complete the treatment, the infection could come back,” Sheets says.

**4 Taking other people’s drugs**—It’s tempting when you have a similar problem. But the drug might be completely wrong when you factor in your actual diagnosis, other medications and health history.

**5 Overlooking food instructions**—Some drugs work better if you take them with food, others if you don’t. And sometimes you should avoid certain foods (such as grapefruit if you’re on certain cholesterol-lowering medication).

**6 Thinking supplements don’t count**—They’re not benign. For example, vitamin E thins blood, St. John’s wort interferes with antidepressants and red yeast rice affects cholesterol.

**7 Skipping doses**—When swallowing multiple pills a day, it’s easy to lose track of whether you’ve taken them all.

**8 Not understanding your drugs**—Leaving the doctor’s office with multiple prescriptions can leave you confused about which does what. “Many people only know they take a white pill in the morning and a blue one at night,” says pharmacist Brian Lenich of the health network’s Health Spectrum Pharmacy Services.

**9 Storing drugs in the bathroom**—“Moisture breaks down tablets and pills faster,” Lenich says.

**Next Step:** *Lehigh Valley Health Network pharmacies can provide a wallet-sized card to help you track your medications. Call 610-402-CARE or visit [lvhn.org/healthyyou](http://lvhn.org/healthyyou) for locations.*

## How to Take Medications Safely

**Read the prescription information sheet.** “It tells you all you need to know in easy-to-understand language,” Lenich says.

**Keep your doctor informed** about all the medications and supplements you’re taking.

**Keep an updated prescription list.**

**Have your primary physician coordinate** with any other health professionals you’re seeing.

**Stick with one pharmacy.** Having records in one place helps your pharmacist spot problems.

**Use a weekly pill box** to organize what you need to take when.

**Know exactly why you’re taking your medication.** Some medications have multiple uses (for example, some seizure medications also are used for migraines). Ask your doctor why she’s prescribing a particular medication for you.



# New Weight-Loss Surgery

'Sleeve gastrectomy' turns local woman's life around

**A muscle disease that settled in Anne Kayes' lungs left the 51-year-old short of breath and dependent on an oxygen tank.** While a lung transplant offered hope, the Shenandoah woman wouldn't be eligible for the surgery unless she lost at least 50 pounds of the excess weight she'd gained from her medication and years of inactivity.


"I tried many times and many ways to lose weight, but never succeeded in keeping it off," Kayes says. She resigned herself to the oxygen tank—until her grandson was born. "As he got older he'd say, 'Race you, Nanny,' and I didn't want to have to say no," she says. "I decided enough was enough."

At a weight-loss surgery seminar at Lehigh Valley Health Network in April 2009, Kayes learned about a new option called sleeve gastrectomy. "About 75 percent of the stomach is removed through laparoscopic (small-incision) surgery. What remains is a narrow tube or sleeve of stomach," says bariatric (weight-loss) surgeon Richard Boorse, M.D. "This limits the amount of food you can eat and helps you feel full sooner. It also allows for normal digestion and absorption, so you get the nutrients and vitamins you need."

Sleeve gastrectomy also causes a reduction in ghrelin, a hormone that sends signals to your brain prompting you to eat. Because the surgery doesn't involve rerouting the intestines, it's a simpler operation than gastric bypass. And unlike adjustable gastric banding, it doesn't require inserting an artificial device into the abdomen or around the stomach.

Kayes received insurance approval, then completed a six-month pre-surgery program before having the procedure in October 2009. "The first month after my operation I lost 30 pounds, and for the first time in my life I couldn't wait to get on the scale," she says. Over the next nine months she lost nearly 90 pounds. This took so much pressure off her lungs, she also shed the five-pound oxygen tank and no longer needs a transplant. "I am loving life and the fact that I'm actively enjoying things with my grandson I never thought possible," she says.

**Next Step:** Learn more about sleeve gastrectomy and other weight-loss surgeries by calling 610-402-CARE or visiting [lvhn.org/healthyyou](http://lvhn.org/healthyyou).



**Reaching her 'goal'**—Sleeve gastrectomy helped Anne Kayes lose 120 pounds. Now she can enjoy soccer games and other activities with grandson Korbyn, 6.



# Leaving the Hospital

## Questions you should ask

**Receiving the news that you're going to be discharged from the hospital can make you feel relieved, anxious—or both.** After getting round-the-clock care, it's only natural to be uneasy about doing things on your own, especially vital tasks like taking medications or changing wound dressings.

"That's why the discharge process is just as important to us as the admission process," says hospitalist Michael Ehrig, M.D., with Lehigh Valley Health Network. "Patients need the right information and resources so they can continue healing."

Here are four key questions to ask yourself when you're leaving the hospital.

### Do I know enough about my condition?

"Teach Back" is a method Lehigh Valley Hospital nurses use to help you manage your condition and recognize the warning signs of a problem. "After we teach our patients or their caregivers about their condition, we have them repeat in their own words what they learned," says Jill Peoples, R.N. Patients with heart failure, for example, need to fully understand the importance of taking their medication and regularly monitoring their weight.

### What medicine or equipment will I need?

Before you're discharged, your nurse will sit with you to review your instructions and medication list (including name, dose and time you should take each prescription). If your insurance won't cover a medication or medical supplies, your case manager can help. "We link patients with community agencies and available services," says health network case manager Deb Lowry.

### What kind of care will I need after I'm discharged?

Your care team will help you determine if you can manage at home or need a rehabilitation facility. For home care, "we help you understand your medications, schedule your follow-up care, draw blood for lab tests, change bandages and make sure your home is safe," says Lehigh Valley Home Care's Debbie Sipos, R.N. High-tech home care equipment can even electronically transmit your vital signs to a nurse for review.

### What follow-up care will I need?

Follow-up tests or appointments help ensure you're recovering as expected. "We make sure your family doctor receives all the information related to your hospital stay," Ehrig says. "We want patients to have everything they need when they're discharged to recuperate and stay healthy so they don't have to return to the hospital."

**Next Step:** Learn more about home care services—or other services available at Lehigh Valley Health Network—by calling 610-402-CARE or visiting [lvhn.org/healthyyou](http://lvhn.org/healthyyou).

**Teacher and student**—Through Teach Back, hospital patients like Daisy Torres of Telford can tell Jill Peoples, R.N., why it's important to weigh herself daily to properly manage congestive heart failure.

**'Patients need the right information and resources so they can continue healing.'**





# 'The One Thing I Do'

Readers share healthy tips to live by

Grandma always said her quilting circle was key to her health and happiness, and Uncle John insisted his apple a day really did keep the doctor away. Were they onto something?

Many people swear by daily habits and routines—and often they're grounded in sound medical science, says internist Monika Mahajan, M.D., of Lehigh Valley Health Network. This summer at various Lehigh Valley IronPigs games, we asked *Healthy You* readers to tell us the one thing they do to improve their health. Here are a few of our favorites, and Mahajan's advice on how our readers' tips enhance well-being.

## 'Take a nap every day.'

Ask Ed Schmidt of Coplay why he's smiling, and he'll likely tell you it's because he took a nap today. Actually, he's napped every day for the past 20 years. A retired postal worker, Schmidt learned how to "power nap" during his daily 20-minute afternoon break. "I can fall asleep quickly," he says. "Just 20 minutes or so leaves me feeling refreshed." Afraid you can't borrow his pattern? "Don't fight it when your eyes get heavy," Schmidt says. "Pretty soon, you'll find napping is part of your routine too."

**The doctor says:** Schmidt is right—napping makes you refreshed and happy. "Sleeping for just 20-30 minutes can help improve your alertness, performance and mood," Mahajan says. "It reduces mistakes and accidents too."



## 'Eat fresh, buy local.'

**That's the motto of Thea Prostko—and she extends her passion to all segments of her life.** Prostko and her husband, Mark, own the Weaversville Inn in Northampton. "We buy from local farmers and try to serve the freshest produce, cheeses, eggs and meats," she says. "Fresh, local, in-season foods taste better, have more nutrients and are better for the environment."

It's a lesson Prostko shares in her other job, running the St. Andrews Nursery School in Allentown. Her little pupils take field trips to local farms to learn where food originates. "They learn the importance of eating healthy foods," she says, "and it introduces more families to the 'eat fresh, buy local' movement."

**The doctor says:** "Local food is generally fresher, riper, better-tasting and higher-quality than commercially produced food that's been shipped thousands of miles," Mahajan says. "And because it's locally distributed, it requires minimal preservatives or processing."





# Stave Off the 'Holiday Ten'

## Make time for fitness to avert those unwanted pounds

### So you only gained a pound or two over the holidays.

Not bad, right? Well... Most of us don't actually pack on as much as we fear from Thanksgiving to New Year's. The real problem comes afterward, when we don't lose what we gained. Over time, that yearly weight increase can push up the scale by 10, 20 or even more pounds.

That's why it's crucial not to let your fitness routine slide during the holidays. Granted, no amount of exercise will compensate for overeating—and it doesn't take much. Just 175 extra calories a day (about half a pie slice) can add one pound in three weeks. Fortunately, with enough exercise you can enjoy a slice of that tasty torte.

"Most people only exercise once or twice a week in the winter," says family medicine physician Suzanne Widmer, D.O., of Lehigh Valley Health Network. "If you bump it up with more aerobic exercise to boost your heart rate, you probably can take in a few extra calories."

To maintain your weight, she advises exercising for 30 minutes 3-4 times a week. To lose weight, go for 30-60 minutes most days. If you're eating extra, exercise even longer and harder.

Health network exercise physiologist Erin Bloodworth recommends scheduling regular fitness time into your day. Some creative ways to do this during the holidays:

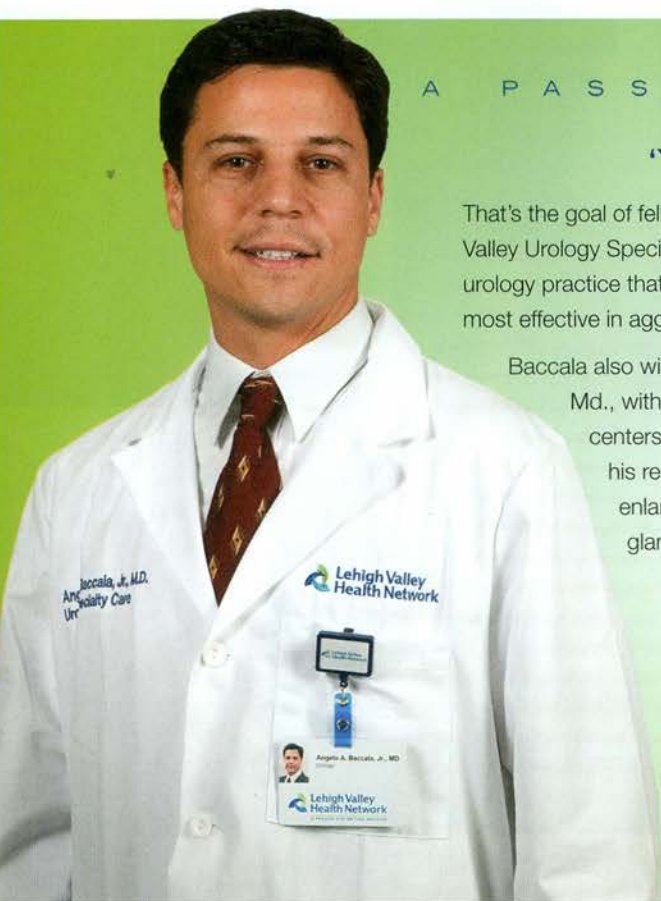
**Squeeze it into another activity**—Hop on the treadmill while the turkey roasts, power-walk at the mall before shopping, lift weights while watching football.

**Incorporate it into family time**—Take the gang out skating or sledding. Walk, don't drive, to admire neighborhood holiday lights.

**Break it up**—Exercising in 10- or 15-minute segments throughout the day works just as well as one longer workout.

**Make chores more strenuous**—Carry shopping bags instead of using a cart. Put on music and dance while you clean.

**Next Step:** *Stay in shape over the holidays. Sign up for a fitness class. See page 18, call 610-402-CARE or visit [lvhn.org/healthyou](http://lvhn.org/healthyou).*



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

### 'You'll see a team of specialists in the same day.'

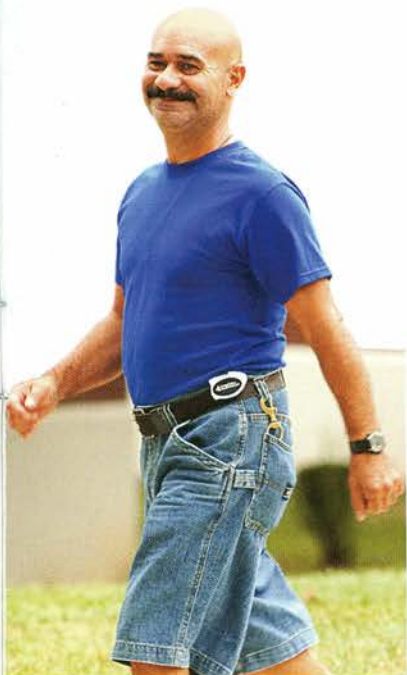
That's the goal of fellowship-trained urologic oncologist Angelo Baccala Jr., M.D. He recently joined Lehigh Valley Urology Specialty Care, a practice of Lehigh Valley Health Network. He's creating a comprehensive urology practice that works together with other specialty areas, such as radiation oncology. This approach is most effective in aggressively and successfully treating cancer.

Baccala also will bring advanced clinical trials to the region. He most recently practiced in Bethesda, Md., with the National Institutes of Health (NIH), one of the world's foremost medical research centers. Baccala graduated from Johns Hopkins University School of Medicine and completed his research and training at The Cleveland Clinic. His specialty areas include benign prostatic enlargement, and cancer of the kidneys, bladder, prostate, testicles, penis, urethra, adrenal glands and upper urinary tract.

#### At our Cancer Center:

- A team of specialists will review your case and offer the best treatment recommendation.
- You can be confident in the quality of your care. Our cancer center is selected as a site for the NIH's National Cancer Institute's Community Cancer Centers Program (NCCCP).
- You'll have access to the latest advances in technology, such as robotic surgery, and you'll benefit from our active involvement in clinical research.





## Musikfest Winner Shares His Tips

Manuel Freytes went to Musikfest to enjoy the annual summer event. The 58-year-old retired New York City traffic cop also walked off with a big prize—concert tickets to a show of his choice at Musikfest 2011. Out of 600 participants, the Bethlehem resident logged a contest-best 23,100 steps with his pedometer in Lehigh Valley Health Network's walking competition. Here's his story:

**My motivation:** After picking up the pedometer from a health tent, my wife and I noticed the trail at Sand Island. We walked to the one-mile marker and back, then kept going through the rest of Musikfest.

**My next step:** I want to see how far I can go on the Sand Island trail. Who would believe I'd be getting into this after retirement?

**My support:** My wife, Nancy. She walks the trail with me and even bought special walking sneakers for both of us.

**My tip for others:** Just do it. Many people think it's too hard, but it's not.

## 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](http://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.

### Country Line Dancing

Learn popular line dances set to country music.

- **Starting Nov. 16**  
At Healthy You Fitness Center—Cedar Crest

### Fall Prevention

Falls should not be an inevitable part of aging. Learn strategies to reduce them and live better and longer. **FREE**

- **Nov. 16; 2-3 p.m.**  
At LVH—Cedar Crest

### Funtastic Fit Kidz

Fun-filled program for children 6-12 to promote healthy lifestyles through non-competitive physical activity.

- **Starting Nov. 30, Dec. 2; 6-7 p.m.**  
At Healthy You Fitness Center—Cedar Crest

### Helwig Diabetes Center's Annual Community Event

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

- **Nov. 14**  
At LVH—Cedar Crest

### Early Morning Core 'n' More

Morning (5:30 a.m.) strength class incorporates low-resistance, high-repetition weight training for body toning.

- **Starting Nov. 16**  
At Healthy You Fitness Center—Cedar Crest

### National Clinical Research Education Day

Learn if clinical research is right for you at this "AWARE for All" free public information event. **FREE**

- **Nov. 6**  
At LVH—Cedar Crest

### Sunrise Cardio/Strength

You won't get bored at this early morning (5:30 a.m.) full-body workout.

- **Starting Nov. 15, Nov. 18**  
At Healthy You Fitness Center—Cedar Crest

### Winter Sports Injury Prevention

Helpful tips for staying healthy by keeping your muscles and joints in top shape despite cold weather. **FREE**

- **Dec. 21; 2-3 p.m.**  
At LVH—Cedar Crest



## AROUND OUR COMMUNITY

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

### Drive-Thru Seasonal Flu Vaccines (with protection against 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

### Health Center at Moselem Springs Open House

Learn about the comprehensive health care services available, including walk-in care. Find out why this health center is a model for care in the future. See a historic timeline that shows how this landmark property has

been used as a gathering place throughout the decades. **FREE**

- **Jan. 8; 11 a.m.-4 p.m. (tentative)**  
Snow date Jan. 9  
At Health Center at Moselem Springs, Routes 222 and 662

### 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 Jan. 4

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

• Starting Jan. 11, Jan. 13

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

• Starting Nov. 16, Nov. 17, Nov. 19

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

• Starting Nov. 16

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

• Starting Nov. 17, Nov. 19

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

• Starting Nov. 18, Dec. 6

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

• Starting Dec. 6

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

• Starting Nov. 15

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

• Starting Nov. 27, Dec. 16

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

• Starting Nov. 17

**FlashFit**—Circuit training to boost energy and burn fat.

• Starting Nov. 15

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

• Starting Jan. 4

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

• Starting Nov. 17

**PUMP**—Muscle strength/endurance workout using progressive resistance.

• Starting Nov. 17

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

• Starting Nov. 16, Dec. 20

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

• Starting Nov. 17

**Zumba**—Join this Latin dance-influenced aerobics class.

• Starting Nov. 17, Nov. 18, Dec. 6, Dec. 22

## CARING FOR MIND AND BODY

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

**Anti-Aging Mineral Makeup Seminar**—Learn how advanced makeup and antioxidants can nurture your skin. **FREE**

• Nov. 16

**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 Nov. 24

Part 2 starting Jan. 5

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

• Jan. 12

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

**Stop the Pain Couples Workshop**—For emergency pain relief, learn how to stop certain causes of shoulder/low-back pain.

• Nov. 21

**UV Facial Skin Analysis Seminar**—Skin care professionals use a skin scope to identify sun damage, skin type and pigmentation. **FREE**

• Dec. 7



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

**Energizing**—Stimulating flow of poses

• Starting Nov. 16, Dec. 16

**Relaxing**—Gentle flow of poses

• Starting Nov. 15, Jan. 6

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

• Starting Nov. 16

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

• Starting Nov. 16, Nov. 17

## 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.

**Survivors' Guide to Preteen/Teen Years**—Nov. 16

**Top 10 Ways to Get Your Kids to Listen**—Dec. 8

**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](http://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



**AGING WELL**

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

**College of Knowledge** *FREE*

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

- Nov. 10; 11 a.m.-noon

**Dementia**—Dealing with behaviors associated with the condition.

- Jan. 12; 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

**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*

- Nov. 17, Dec. 7, Dec. 15, Jan. 4  
At LVH—Cedar Crest
- Nov. 18, Dec. 9  
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*

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

- Nov. 15, Jan. 17  
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*

**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

**'I'm passionate about making my patients feel good about themselves.'**

That's the philosophy of Jennifer Anlo, licensed medical esthetician with Lehigh Valley Health Network. As a facial skin care specialist, she works with a wide range of patients—from women concerned about aging to victims of traumatic accidents.

Anlo's patients get a thorough skin care analysis before treatment. On any given day, she may perform a chemical peel or laser treatment; apply eyebrows to a chemotherapy patient bothered by hair loss; perform microdermabrasion to improve a young man's acne scarring; or give makeup lessons to someone recovering from a burn.

Anlo also is committed to educating her patients and helping them preserve the integrity of their skin.

She believes follow-up care is part of that. "I encourage my patients to call me if they have any questions or concerns at all," she says.

**Lehigh Valley Health Network's medical esthetician offers:**

- A comprehensive approach to facial skin care including analysis, treatment and follow-up
- Customized, medical-grade products for conditions like acne and rosacea
- Pre- and post-surgical skin care including appropriate cosmetics
- Confidential care in an emotionally supportive environment





## PROTECTING YOUR HEALTH

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

### Cessation, What Works?

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

• Nov. 24

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

• Nov. 17

**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

### Partnership for Tobacco-Free Northeast

- Tobacco treatment services available for individuals and businesses

## 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

**Blood Sugar and Cholesterol Screening.** Testing by Health Network Labs. **FREE**

- Nov. 15; 5-7 p.m.  
At Human Performance Center

- Dec. 13; 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**

- Nov. 16, Dec. 2, Dec. 15

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

- Nov. 17, Dec. 22 (Holiday celebration)



### 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
- Part 2

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



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

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

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

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

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Visit Lehigh Valley Health Network's website at [lvhn.org](http://lvhn.org)  
TDD General Information 610-402-1995  
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## 'If they hadn't caught it, I'd be in big trouble.'

Barry Sell didn't expect a serious diagnosis when he went to his doctor for an earache. But primary care physician Joseph Matus, D.O., of Lehigh Valley Health Network heard a heart murmur during a routine exam. "He said it was probably nothing, but recommended I see a cardiologist," Sell says.

So the 46-year-old Allentown man saw cardiologist Larry Jacobs, M.D. An ultrasound and transesophageal echocardiogram (TEE)—a test that provides three-dimensional moving images of the heart in real time—showed that mitral valve flaps between Sell's left upper and lower heart chambers weren't closing properly, allowing backflow of blood in the heart, which was enlarged. "Dr. Jacobs said I needed to get it taken care of sooner rather than later," Sell says.

Cardiac surgeon Raymond Singer, M.D., surgically repaired the valve, and Sell returned to work as a freelance technical director for Comcast within two weeks. "I only missed covering three Phillies games," Sell says. "The surgery seemed straightforward to Dr. Singer but was incredible to me. I'm glad they found the problem and fixed it when they did."

### **Lehigh Valley Health Network's heart care program:**

- Is home to the region's only Heart Valve Center, with the best heart valve surgery results in Pennsylvania ([phc4.org](http://phc4.org))
- Offers TEE tests
- Is the third-largest heart program in Pennsylvania
- Has doctors, nurses and staff considered among the nation's best and most experienced



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# A Symphony of Care

COMMUNITY ANNUAL MEETING

*Wednesday, Dec. 1*

LEHIGH VALLEY HOSPITAL-CEDAR CREST  
MEETING AT 5 P.M.  
HEALTH EXPO AT 6:30 P.M.  
RESERVE YOUR FREE SEAT—  
CALL 610-402-CARE BY NOV. 23.

 **Lehigh Valley  
Health Network**  
A PASSION FOR BETTER MEDICINE.

