

# Healthy You

Lehigh Valley Hospital and Health Network

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# Healthy You



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**On the cover:** Joey Gallagher of Allentown shows off her newborn daughter, Lexie. Learn about pregnancy do's and don'ts (and see Lexie again) on pages 6-7.

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# Be a Safe Pedestrian!

It's a challenge in the Lehigh Valley, where drivers are aggressive

**O**f all his face-offs as a pedestrian, Bill McQuilken most vividly remembers the dump truck. McQuilken, trauma prevention coordinator at Lehigh Valley Hospital and Health Network, was halfway across a clearly marked crosswalk, but the onrushing truck "wasn't going to stop even though I had the right of way," he says. "I yielded, and he whizzed right past the front of my legs." To the driver's dismay, police officers waiting down the street pulled him over.

McQuilken was crossing busy streets for a pedestrian safety study by the hospital and the Bethlehem police department and health bureau. "A lot of motorists screamed at me in crosswalks for—according to them—being in their way," McQuilken says. "There were so many violations the police couldn't keep up."

Clearly, pedestrian safety is a major concern locally. Last year the hospital treated 101 pedestrian injuries, most often to the head and neck. They're the sixth most common type of trauma for both adults and children. Research shows that pedestrian-vehicle crashes are more often fatal in the Lehigh

Valley than elsewhere in Pennsylvania, and that motorists are more aggressive toward pedestrians here than in other parts of the country.

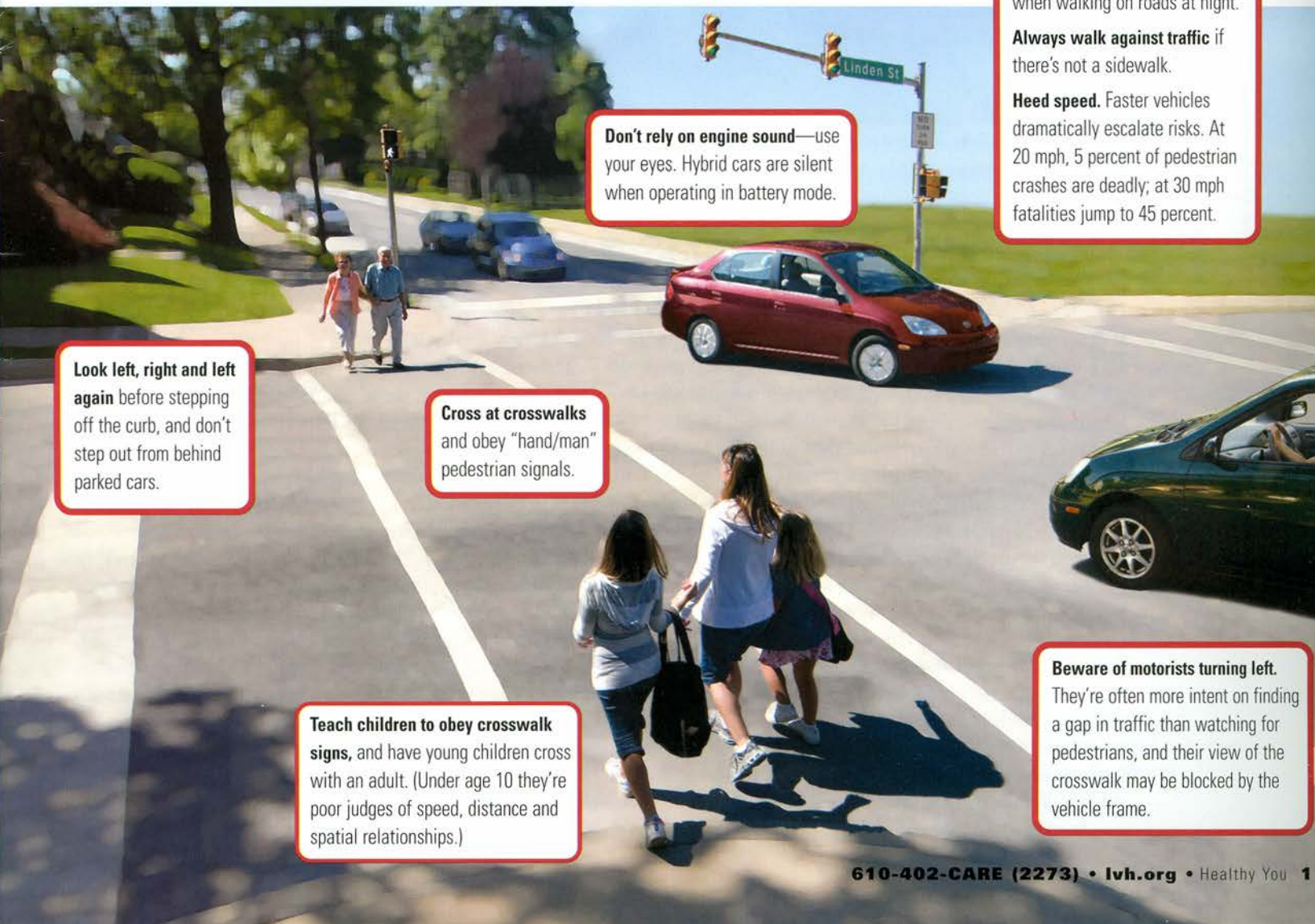
Most victims are struck while crossing a lane of traffic. Impatience and poor judgment on both sides often contribute. "Pedestrians think, 'I can make it—he sees me and he'll stop,'" says Frank Barron, public works traffic coordinator for the City of Bethlehem. "But motorists often don't see you or aren't willing to yield."

To keep your family safe on streets, especially as children venture out for Halloween, follow the guidelines below. ●

**Want to Know More?** The most dangerous intersections combine high traffic volume, dense population and businesses. For a list of Lehigh Valley intersections with high rates of pedestrian injuries, call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

*Special thanks to Tom Edinger, transportation planner for the Lehigh Valley Planning Commission.*

Photoillustration by Barbara Field



**Look left, right and left again** before stepping off the curb, and don't step out from behind parked cars.

**Cross at crosswalks** and obey "hand/man" pedestrian signals.

**Teach children to obey crosswalk signs**, and have young children cross with an adult. (Under age 10 they're poor judges of speed, distance and spatial relationships.)

**Don't rely on engine sound**—use your eyes. Hybrid cars are silent when operating in battery mode.

**Wear light or reflective clothing** when walking on roads at night.

**Always walk against traffic** if there's not a sidewalk.

**Heed speed.** Faster vehicles dramatically escalate risks. At 20 mph, 5 percent of pedestrian crashes are deadly; at 30 mph fatalities jump to 45 percent.

**Beware of motorists turning left.**

They're often more intent on finding a gap in traffic than watching for pedestrians, and their view of the crosswalk may be blocked by the vehicle frame.



## Do Your Push-ups

This simple activity is a great strength-builder

**A**s a measure of fitness, nothing surpasses the simple push-up. Push-ups can help you stay fit without any equipment, right at home.

When you get down to do a push-up, in essence your body forms a stiff plank that tightens every muscle. "It's a whole-body workout," says exercise physiologist Chris Leavy of the Human Performance Center in Allentown. "Push-ups build the chest muscles, shoulders and triceps. They also work your core (torso) and legs."

Push-ups can help prevent injury if you fall, says Mitchell Cooper, M.D., an orthopedic surgeon at the

hospital. "When you lose balance, you try to catch yourself by straightening your arms and bracing for impact. The motion of falling forward even looks like a push-up. But you're far more likely to get hurt if you don't have that upper-body strength."

Push-ups are a great strength-builder for people of all ages, says Cooper's colleague, family medicine physician Kevin McNeill, M.D.

"While you may not necessarily need to start doing push-ups at an

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*Perfect form—Robert Entiero of Emmaus demonstrates how to do a classic push-up. For an easier version, keep knees on the floor.*

## Steroids and Young Athletes

Winning at all costs can be a losing proposition

**M**any young athletes are so focused on winning the game, topping their personal best or pleasing coaches and parents they're willing to do almost anything—including using performance-enhancing drugs like anabolic steroids.

"They perceive, often incorrectly, that their opponents use these drugs, so they must use them to stay competitive," says John Graham, exercise physiologist at Lehigh Valley Hospital and Health Network. "Coaches and parents sometimes contribute to the problem by having unreal expectations."

Steroids are a faster and easier way to gain strength and body mass than old-fashioned sweat, says Graham's colleague, sports medicine specialist Laura Dunne, M.D. But they are dangerous. They can cause physical and psychological problems (see box), and put athletes at greater risk for injuries to muscles, ligaments, tendons and joints.

"And they're illegal if not prescribed by a doctor for medical reasons," Dunne says. "Young athletes who obtain steroids illegally risk jail, infection and toxic overdose."

In spite of that, steroid use is on the rise among college,

high school and even middle school athletes. Recreational players and those wanting to improve their physique also turn to this quick fix.

Steroids are readily available online and from dealers in gyms and other places—sometimes even from unethical coaches and health professionals.

Can athletes really compete *without* steroids?

"Absolutely," Graham says. "You can maximize performance through proper nutrition and strength-training. An experienced trainer develops realistic goals based on your sport, skills and abilities, and monitors your progress. You learn how to strength-train properly and increase your speed, agility and power."

Unfortunately, the people who need the highest level of

### Health Risks of Steroid Use

- Depression, mood swings, steroid rage
- Hormone imbalances
- Thyroid problems
- Arthritis
- Heart disease
- Cancer



early age, you should be doing some sort of strength-training when you're younger. If you maintain a good strength level throughout your life, it can help prevent chronic health problems down the road."

How many push-ups can you do? National guidelines recommend 27 for a 40-year-old man and 16 for a woman that age—but few Americans meet the standard. In recent years we've emphasized cardiovascular exercise, not muscle strengthening. That's a pity, as our bodies naturally lose muscle mass with age.

If you can't do a regular push-up, begin with gentler versions. For example, you can build your "plank" from the knees rather than the feet. "Or lean against the wall—or a table, chair or counter—and push yourself off as you would from the ground," Leavy says. "You still get some resistance. Over time, these exercises will help you build that upper-body strength, and they only take a few minutes out of your day." ●

**Want to Know More** about current government fitness standards or push-up alternatives? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

coaching often get the least, says Jay Hoffman, Ph.D., of The College of New Jersey, a national expert on steroid abuse. "Because people who work with children are not required to be certified, it's important for you to be part of your child's training," he says. "Make sure teachers, coaches and trainers are educated to work with young athletes. Ideally, they should have an exercise science background and be a certified strength and conditioning specialist. Become educated with your children, and have them share with you what they learn. Then relax and enjoy the game." ●

**Want to Know More** about nutrition and strength-training for young athletes and warning signs of injury? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## Hot Water Can Hurt You

How to keep your family safe from scald burns

**S**he wanted to give her "Mimi" a hug. But when 7-year-old Lily ran up and threw her arms around her grandmother's waist, she didn't realize Mimi was draining a pot of just-cooked pasta. "When I bumped into her, some of the boiling water splashed on me," Lily says.

Lily suffered burns to her right arm, hand, chest and neck. Fortunately, her family promptly did all the right things: Mimi took off the child's wet dress, immersed her arm and hand in a pot of cool water and wrapped her injuries with a dish towel, and Lily's aunt called 9-1-1. After treatment by Lehigh Valley Hospital's burn team, Lily made a full recovery.

Not all children are as lucky. Scalds are the leading cause of accidental death in the home for children up to age 4, and account for 40 percent of children's burn injuries up to age 14. Many survivors carry permanent scars.

"If a scald burn covers more than the surface of half a child's arm, seek immediate care at an emergency room or regional burn center," says burn surgeon Sigrid Blome-Eberwein, M.D., of Lehigh Valley Hospital and Health Network. Burns on the face or neck can cause swelling that affects breathing. And burns over a large area of the body (10 percent or more in children, 15 percent or more in adults) can lead to infection, fluid loss and shock.

"Immediate care also is important because burns can actually become deeper over time and more serious to treat," says Scott Rice, M.D., a pediatrician at the hospital.

How can you help prevent scald injuries in your home?

- Keep toddlers out of the kitchen when you're cooking.
- Cook on the back burners.
- Put a childproof guard on the front of your stove to keep curious hands from reaching up.
- If you have a toddler, don't use tablecloths—they can be pulled, spilling hot drinks.
- Don't give hot liquids to a child. "Be especially concerned with microwavable cups of noodles or soup," Blome-Eberwein says. "Because the Styrofoam cup stays cool, children misjudge how hot the food is and may panic and spill it on themselves."

■ Set your hot water heater no higher than 120 degrees Fahrenheit. If you can't change the water heater temperature, install temperature-control valves on the bathtub and shower faucets. "A child's wandering hands can quickly turn a faucet toward hot," Rice says. Older people also can get in trouble if they slip in the shower and grab at the faucet. ●

**Want to Know More** about burn first aid? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).



**A hospital scrapbook**—Lily reminisces with her mother, Abigail Pasterski of Topton (center) and grandmother ("Mimi"), Mary Lou Kolonyi. The Lehigh Valley Hospital burn team used artificial skin to cover Lily's wounds, ease the pain and minimize scarring. "We never thought of the Burn Center until we needed it," says her grateful mother.

### Treating Burns of Every Degree

If you suffer a burn and come to the Lehigh Valley Hospital emergency room, a specialized team is on-hand to analyze the severity of the injury. Severely burned patients are admitted to the Regional Burn Center. But the hospital also operates an outpatient Burn Recovery Center, where you have access to the same type of specialty caregivers.



# HOW REALISTIC IS 'THE BIGGEST LOSER'?

The show may be compelling TV, but that doesn't make it healthy

**From couch potato to race runner**—Kevin Kelly of Stroudsburg took control of his health when his doctor told him he was developing diabetes. "That was my wake-up call," says the 31-year-old, who was 100 pounds over his ideal weight. Lehigh Valley Hospital's medical weight loss program taught him how to eat properly and exercise safely. Losing at a healthy 2 pounds a week, he's 90 pounds lighter today and recently finished a 5K race. (He's shown here with his wife, Annika, son Michael and daughter Catherine.) "I'm challenging myself to do things I never dreamed I could," he says. That includes beating diabetes. *Read Kelly's full story at [lvh.org/healthyyou](http://lvh.org/healthyyou).*

**It's one of today's most popular reality TV shows.** Contestants on "The Biggest Loser" follow a strict diet and exercise plan to lose remarkable amounts of weight in a single three-month season. Some lose more than 100 pounds—a whopping 10 pounds per week!

But is it truly "realistic" to lose so much weight in so short a time? "It's possible, but not healthy," says Theresa Piotrowski, M.D., a weight-loss specialist (bariatrician) at Lehigh Valley Hospital and Health Network.

That dramatic loss is possible because TV contestants are in a very structured environment. "They live with nutritionists who prepare healthy meals for them and exercise specialists who help them work out," Piotrowski says. "Obviously, that's not how life is in the real world."

In reality, if you start eating right and exercising regularly you should lose 2-2 1/2 pounds a week. Anything more is unwise. "If you lose weight too fast, you lose not just fat but muscle," Piotrowski says. Muscle tissue burns calories better than fat does, so losing muscle means you can't eat as many calories without gaining weight.

As for your ultimate weight-loss goal, trimming 10 percent of your body weight without a deadline is a reasonable target. "It may not sound like much, but 10 percent is very significant," says hospital internist Howard DeHoff, M.D. "It can reduce the amount of medication you take, and improve your blood-sugar levels if you have diabetes."

Not everything about the TV show is unrealistic. It does demonstrate that if you change your lifestyle, work hard and remain dedicated, you'll lose weight. "It also shows the importance of having a support group around you," DeHoff says.

One thing's for sure: by shedding those excess pounds, you'll be the biggest winner! ●

**Want to Know More** about healthy weight loss? For information about the hospital's medical weight loss program, call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

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**Survival of the Fittest**

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## Good Additives in Your Food

**To most people, "food additives" bring to mind chemicals** or artificial sweeteners that might be bad for you. But some substances now being added to foods may have significant health benefits.

"There's an opportunity to use food as medicine every time you put something in your mouth," says Brian Stello, M.D., family

medicine physician at Lehigh Valley Hospital and Health Network. Healthy additives are substances that occur naturally (in tiny amounts) in certain foods. They're being added to food products so you can easily get larger quantities shown to boost your well-being. Here are some of the most important.

**Plant sterols**—Found in the membranes of fruits, vegetables, nuts, seeds, soybeans and wheat, these substances are chemically

similar to cholesterol. As a result, they compete with "bad" LDL cholesterol in the body, preventing it from being absorbed. "Sterols can lower your cholesterol by as much as 15 percent—almost as much as statin drugs," Stello says. Foods can't provide the 2 grams a day suggested by the American Heart Association, so sterols are added to things like fortified cereal, margarine, orange juice, milk and yogurt.

**Probiotics**—Most of the estimated 500



# LOSING THE LAST 10 POUNDS

It may be tough, but with extra effort you can succeed!

**Whether you're just slightly overweight or near the end of a larger weight loss,** it can be tough to shed those last 10 pounds. But with a fresh look at your behavior and a little extra effort, you can get there.

**First, make sure your weight goal is reasonable,** says internist James Wertz, D.O., of Lehigh Valley Hospital and Health Network. Consider getting a reality check from a health care professional, he says. "If you're 55 and have had three kids, it's probably unrealistic to strive for the figure you had at 20."

**Then take a look at your habits.** "People often plateau because their commitment softens," says Wertz's colleague, registered dietitian Robin Gayle. Keeping a truthful food and exercise diary can point out trouble spots.

**It also may help to get a metabolic test.** You'll find out how many calories your body burns at rest, adjusted for your activity level. A nutrition counselor can then suggest ways to rid your diet of hidden calories.

**Update your exercise routine.** "If you keep following the same routine, your muscles become efficient at that level of activity and burn fewer calories than when the activity was new," says exercise physiologist Jackie Svrcek of the hospital's Healthy You Fitness Center. Variety also helps you challenge different muscle groups. For example, if you only walk, add resistance training. Or step up your walk with 30- to 60-second bursts of higher-level effort.

**Make sure you're getting enough protein to fuel that exercise.** Otherwise your body will burn muscle, not fat, and with less muscle mass your resting metabolism slows down.

**Step on the scale no more than once a week.** "Much weight variation is due to water," Svrcek says. As your body composition trades fat for muscle, you actually may gain weight—but you'll look trimmer and may go down a clothing size or two.

**Stay positive.** Take small steps every day toward improving your diet and fitness, and don't give up. Happiness shouldn't be gauged by what you read on the scale, our experts agree: What's most important is how strong and healthy you feel. ●

**Want to Know More** about varying your exercise program or getting a metabolic test at Lehigh Valley Hospital's Weight Management Center? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## Born-again exerciser —

That's what Michelle Yocom calls herself, and she firmly believes that "if I can do it, others can too." Her clients at the Healthy You Fitness Center can't believe this

svelte 37-year-old exercise physiologist was once a 60-pounds-overweight, exercise-hating, stay-at-home mother of three. She decided it was time to take action when she glimpsed herself in the mirror a few years ago. The first 45 pounds came off with diet and moderate exercise, but then Yocom hit a plateau. "To lose the rest, I had to get serious about exercise," she says. Inspired by her own success, she enrolled at Penn State and is now working on a master's in health and exercise science. *Read her inspiring story and exercise tips at [lvh.org/healthyyou](http://lvh.org/healthyyou) (or call 610-402-CARE).*



species of bacteria in your body are good for you. In part, that's because they control "bad" bacteria, easing digestion and reducing your risk for infection (including yeast infections). When you're ill or on antibiotics, it can throw off the balance between good and bad bacteria. But eating probiotic foods like certain yogurts, soy, miso, kief and fortified breakfast cereals replenishes the good bacteria, improving your digestion, reducing diarrhea and keeping you regular. Some

research even suggests that probiotics may reduce heart disease risk. "One cup of probiotic yogurt a day is an easy and reasonable goal," says Elizabeth Stark, registered dietitian at the hospital's Weight Management Center.

**Omega-3 fatty acids**—Essential fatty acids found in fish such as salmon reduce inflammation and heart disease risk. But few people eat enough fish to get the 1,000 milligrams a day of two key omega-3 fats

(DHA and EPA) that Stello recommends. Added amounts are available not only in supplements, but in omega-3-fortified eggs and milk. ●

**Want to Know More?** For a list of products containing healthy food additives, call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).





# Is This Affecting My Baby?

A guide to pregnancy 'shoulds' and 'shouldn'ts'

**W**orry—it's pregnancy's middle name. How much caffeine is too much? Can I use cleaning products? Is it safe to exercise?

"Worrying about the health of your unborn baby is completely natural," says obstetrician Amanda Flicker, M.D., of Lehigh Valley Hospital and Health Network. "You are responsible for a new life."

If you're unsure about how a decision will impact your baby, talk to your doctor, says Kara Coassolo, M.D., a maternal-fetal medicine specialist at the hospital. Meanwhile, Flicker and Coassolo ease

your fears with these guidelines:

**Caffeine**—Although no studies show clearly that caffeine causes miscarriage or preterm labor, it's probably wise to limit yourself to one or two coffees a day.

**Artificial sweeteners**—Aspartame (Equal or NutraSweet) and sucralose (Splenda) are safe in moderation. If in doubt, stick to old-fashioned sugar.

**Fish**—One to two servings weekly provide healthy omega-3 acids for you and your baby, but avoid fish containing high levels of mercury (shark, swordfish, mackerel, tilefish, some types of tuna). It can harm the baby's developing nervous system. Also avoid raw shellfish (oysters, clams).

**Weight gain**—If you're average-weight, expect to gain 25–35 pounds by the end of your pregnancy. Avoid gaining more by consuming a healthy diet and exercising 30 minutes a day. Excess weight raises your risk for diabetes, pre-eclampsia and



*The baby arrives—And the pregnancy worries are over for Tricia Singh of Jim Thorpe (photo left) with baby James and Tiffany Lopez of Catasauqua (right) with baby Reece.*

## Stop the Cycle of Pelvic Pain

Prompt treatment can head off a spiral of conditions

**C**hronic pelvic pain isn't your typical party conversation topic, but if Amanda Sellers of Slatington had her way, people would talk about it more. The 22-year-old Miss Pennsylvania contestant suffered from the condition for years before finding relief. Now, she advocates awareness of chronic pelvic pain as her pageant platform.

"I reached an all-time low last year when I woke up and could barely walk," says Sellers, a recent Cedar Crest College graduate. "I thought to myself, 'This is crazy. I feel like I'm 90 years old.' I knew I needed to find someone who could help me."

She found a specialist who explained how the pelvic structures operate as a unit. "Because all the muscles and nerves are interconnected, if one area is irritated it can lead to problems in other areas," says pelvic pain specialist Joseph Patruno, M.D., of

Lehigh Valley Hospital and Health Network.

Sellers had irritable bowel syndrome as a child, and was diagnosed with endometriosis (a painful, scar-producing uterine condition) in college. By her senior year, she had interstitial cystitis (chronically inflamed bladder wall) and a variety of other pelvic problems.

Sadly, her experience is a common one. "The majority of my patients with pelvic pain have multiple conditions," Patruno says. "Many have been from gynecologist to urologist to gastroenterologist to psychiatrist. By the time they see me, pelvic pain has become the biggest problem in their lives, affecting them physically and psychologically."

Because these conditions often occur in clusters, there is no single miracle cure. "The good news," Patruno says, "is that when all the 'pain generators' are attended to, improve-





health problems in the baby.

**Exercise**—It's safe as long as there is no risk for falls or injuries (avoid in-line skating, skiing or powerlifting). Try walking, running, yoga, Pilates or swimming.

**Massage**—Find a therapist with experience in prenatal massage who will avoid trigger points that can stimulate preterm labor.

**Hair coloring**—Because so little dye is apparently absorbed through the skin, hair coloring is generally considered safe for pregnant women.

**Household cleaning products**—They're generally safe, but consider wearing gloves and make sure there's good ventilation (or go natural with baking soda and vinegar).

**Ultrasounds and X-rays**—There's been no demonstrated risk from ultrasounds, and you'll probably have one or more to check the baby's growth and development. X-ray tests also may be done during pregnancy; your doctor can determine what level of radiation is safe.

**Amniocentesis**—Some women choose to have this test to reveal conditions such as Down syndrome. A needle is inserted into the uterus to withdraw amniotic fluid. There is a small risk for miscarriage afterward; discuss it with your

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doctor or genetic counselor.

**Pain medications**—It's fine to use acetaminophen (Tylenol) in standard doses. High doses can damage your liver. Avoid ibuprofen (Advil, Motrin) and naproxen (Aleve), which can decrease amniotic fluid and affect an important blood vessel in the baby's heart.

**Air travel**—Flying is generally safe, but talk to your doctor and check the airline's policy—most allow pregnant women to travel until about a month before their due date. The airport security metal detector won't harm you or your baby. On the plane, choose an aisle seat so you can easily get up to go to the bathroom or stretch your legs.

**Worrying**—If you're extremely anxious or have a specific concern about your baby's health, talk to your doctor. Part of taking care of your baby is keeping yourself as relaxed and stress-free as possible. ●

**Want to Know More** about what to expect during pregnancy? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou). Watch for a story on pre-eclampsia in the next issue.



*Another happy outcome*  
—Lexie Gallagher is a healthy 2-day-old.  
(See her and her mother on our cover.)

ment will occur, although it may take some time. Often you have to look outside the box in managing patients with chronic pelvic pain."

For Sellers, relief came with a combination of medication, lifestyle changes and especially physical therapy. "When something is not right in your body, the nearby areas get out of harmony or have a sympathetic response to the initial medical problem. This is a huge issue in pelvic pain," says her physical therapist, Karen Snowden of Lehigh Valley Hospital and Health Network. "Physical therapy can relieve conditions from urinary incontinence to painful intercourse by strengthening and conditioning the pelvic floor muscles."

After therapy, Sellers was able to walk again like a normal young woman. "Once I realized relief is possible, I became empowered," she says. "So many women suffer who don't have to. If their pelvic pain is new, I tell them to call a doctor quickly before it leads to something else. If they've been suffering awhile, I tell them to find a specialist. My experience changed my life and it continues to fuel my quest to educate others." ●

**Want to Know More** about Kegel (pelvic floor) exercises and how to practice them correctly? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).



*A picture of beauty*—Amanda Sellers overcame chronic pelvic pain with medication, physical therapy and lifestyle changes—including yoga. Her experience led her to a health career; she's earning an M.S. in counseling and clinical health psychology at Philadelphia College of Osteopathic Medicine.





## Looking Ahead to Menopause

Lay the groundwork now for good health after age 50

**T**here are life's little transitions, and then there are the whoppers—like the one you're facing if you're a woman in her 40s. "Menopause can be as big a transition as puberty," says family medicine physician Elizabeth Stanton, M.D., of Lehigh Valley Hospital and Health Network. The average woman hits it at 52, but "perimenopause"—the hormonal changes that precede the actual end of menstruation—can begin years earlier.

What can you do now to lay the groundwork for a healthy life postmenopause? Here are strategies from Stanton and her colleagues, gynecologist Alexandria George, D.O., physical therapist Lauren Garges and registered dietitian Judy Holaska.

**Know what to expect**—Your periods will get shorter and less frequent as they wind down. Beyond that, some women suffer hot flashes, mood swings and sleeplessness while others breeze through menopause. For clues on what to expect, ask Mom. "Mothers and daughters tend to have similar symptoms," George says.

After menopause, you'll be at higher risk for heart disease, osteoporosis and vaginal dryness because of lower estrogen levels. You'll have a slower metabolism and more tendency toward the "apple" shape (belly weight).

**Rev up the exercise**—Those extra pounds are easier to lose now than later. Regular cardiovascular exercise—the kind that raises your heart rate—will help you trim down, protect your heart and relieve stress.

But the treadmill isn't the whole story. "There's a natural tendency to lose muscle mass as you age," Garges says, "so strength-training is essential." Start working with weights to keep yourself strong, prevent osteoporosis and maintain that healthy weight.

Finally, don't forget pelvic muscle tone.

Especially if you've given birth, doing daily Kegel exercises (to strengthen pelvic floor muscles) can prevent later problems such as incontinence or pelvic organ prolapse.

**Rethink your diet**—There's no way around it, a slower metabolism needs fewer calories. "Get in the habit of controlling calories now," Holaska says. "Build your diet around fruits and veggies, whole grains, low-fat dairy products and lean meats." A multivitamin/mineral supplement is probably a good idea, and make sure you're getting enough bone-protecting calcium and vitamin D. Spread the calcium out over the day, since your body can't absorb it all at once.

**Get those screenings**—At this stage in life, it's important to begin tracking your blood pressure and cholesterol. Get a baseline bone density screening, especially if there's osteoporosis in your family, and have a mammogram and stool test (for colon cancer) every year. "Ask your doctor about thyroid screening too," George says. "Thyroid problems are common at menopause."

**Have a good doctor**—A primary physician who knows you well is a real asset now. Report unusual bleeding and don't be shy about asking questions. Speak up if you feel really depressed or anxious. "It's probably hormone-related, and short-term antidepressant or hormone therapy can help," George says.

**Think positive**—A hormonal transition is tough. "But thanks to your life experience, you can weather it better now than in your teens," Stanton says. In fact, many women feel reborn after menopause as they become freer to travel, study, enjoy grandchildren or pursue other dreams. ●

**Want to Know More** about the screenings women need and how much calcium you should be getting? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).



# Teaching Your Child to Drive: Who Gets the Job?

## Do-it-yourself versus hiring a professional

**W**hen 16-year-old Stephen Golden gets behind the wheel, his mother, Kristina, is confident he'll drive safely. She's sure because Stephen passed Parkland High School's driver education course. "As he learned to drive, he picked up things I wouldn't have thought to teach him," the 44-year-old Allentown woman says. "He became a confident driver, and I became confident in his abilities."

The Goldenes are lucky to have a school that offers driver education. If that's not an option where you live, is it worth spending money to hire a professional, or is "home-schooling" your teen equally effective? Here are some factors to consider:

**Preparation**—Professionals already know the ropes, but if you're going to be your child's instructor you'll need to learn how. There are resources available to help you—for example, the ALERT Partnership offers a free brochure.

**Cost**—Prices for a professional run from as little as \$50 for a school program like Parkland's to as much as \$300 or more for a private teacher. The car insurance discount you'll get when your teen completes the course will defray some of that cost (how much depends on your insurance).

**Safety**—"In our cars, instructors have their own brake and mirrors and can put the car in neutral in dangerous situations," says Bonnie Bortz, chairperson of Parkland's driver education department. Clearly, that's not true of the family car.

**Psychological wear and tear**—It takes patience and discipline to teach a young person to drive, and emotional issues can get in the way when the student is your child. "Remember that your teen will make mistakes, but will learn from

them," says family medicine physician Jyoti Gopal, M.D., of Lehigh Valley Hospital and Health Network.

Even if you go the professional route, you'll still need to be involved in the learning process. Once the lessons are over, it's practice time with Mom or Dad: Pennsylvania law requires permit-holders to have at least 50 hours of supervised driving time before they test for their license.

And you're in charge of when it's time for that test: "If you're not comfortable riding blindfolded with your teen, he or she is not ready to drive alone," says Robin Rivera, coordinator of ALERT's safe teen-driving program.

Even after your son or daughter is the proud owner of a driver's license, stay involved. Operating a vehicle is a privilege in Pennsylvania, and parents have the right to revoke a child's license if they choose. "Go for periodic rides with your children to answer their questions and make sure they don't pick up any bad habits," Rivera says. Parents play an ongoing role in creating a safe driver. ●

**Want to Know More?** For ALERT's guide, tips to keep young drivers safe and information on the Da Vinci Science Center's interactive safe-driving display, call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).



*He earned his keys—Stephen Golden (shown with parents James and Kristina) learned the ins and outs of safe driving at Parkland High School with instructor Bonnie Bortz (bottom photo).*







## Why Am I Always Late?

It may be more than just poor judgment

**Y**ou slip into workout class at the last moment, turn in projects post-deadline and arrive at Thanksgiving dinner just in time for dessert. Face it: Your habitual lateness may be more than just a last-minute lapse of judgment.

Upbringing can be a factor. "Habits are imprinted over time, so if you come

from a tardy family, what you learned at home may be governing your decisions now," says family therapist Nicholas Jupina of Lehigh Valley Hospital and Health Network.

To get to the root of the problem, ask yourself:

**Do I have attention issues?** "People with ADD or chronic anxiety often lack organizational self-talk in their head that prompts them to be on time," Jupina says. "They can be distracted by virtually anything."

**Do I have trouble saying no?** People pleasers can get overloaded with so many obligations that at some point in the day their schedules break down.

**Am I too casual?** Sometimes it's an asset, but at other times a laid-back nature can work against you.

**Am I harboring resentment?** If you're feeling ill will toward a family member or job responsibility, it can turn into passive-

aggressive behavior, Jupina says: "You don't want to offend the person so you go along with the request. But you hold in the resentment, and eventually it surfaces as lateness, sarcasm or avoidance."

What do you do about all this? It's worth finding a solution—habitual lateness can stress you out, damage your career and ruin friendships. Here are tips for getting there on time, from Jupina and his colleague, psychiatric case worker Lisa Canada:

**Make rules.** "It's tempting to try to squeeze in 'just one more thing,'" Canada says. "Start overestimating how long it will take to get somewhere, and be disciplined about allowing yourself that extra time."

**Use prompts.** "If you have a short attention span, build reminders into your day," Jupina says. "Wear a watch, set the alarm, put your commitments in a calendar and check it every morning, send voice-mail messages to yourself."

**Recruit support.** Find someone trustworthy to meet up with before you're due at an event.

**Give yourself outs.** Can't say no? Have three ready-made responses you can pull out on demand, such as "Let me get back to you after I check my calendar."

**Stop sabotaging yourself.** "If you're holding a grudge, challenge yourself to deal with your personal frustrations head-on, in constructive ways," Jupina says. Counseling can help.

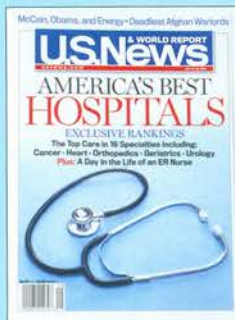
One of the best reasons to learn promptness is to set a good example for your children, Canada says: "Instill in them as young as possible that being on time shows respect toward other people as well as yourself." ●

**Want to Know More** about dealing with people who frustrate you? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## To Your Health

### Hospital Again in 'America's Best'

Lehigh Valley Hospital ranks among the nation's top hospitals for the 13th straight year, according to the 2008 *U.S. News & World Report* guide to "America's Best Hospitals." The hospital was recognized this year for gastrointestinal disorders, geriatrics, and—for the eighth time—heart care and heart surgery. Lehigh Valley Hospital has been honored in a total of 28 specialty areas in the past five years alone.



### A Green Hospital

The two newest buildings at Lehigh Valley Hospital—Cedar Crest are certified by Leadership in Energy and Environmental Design (LEED), the national benchmark for green buildings. The seven-story Kasych Family Pavilion and four-story Center for Advanced Health Care are constructed with recyclable materials and large windows, allowing for more natural light. They also use energy-efficient appliances, reflective roofing and smart water management.



# The Terrible Twos

Understanding child development can help parents through this inevitable stage

**O**ne moment they're agreeable and adorable. The next they're throwing the worst temper tantrum ever. Don't worry—your child isn't the only little gremlin on the block.

"Almost all children go through the terrible-twos stage sometime between 18 and 30 months," says pediatric educator Cathy Rutman, R.N., of Lehigh Valley Hospital and Health Network. "Expect problems, and realize it's not a reflection of your parenting."

The terrible twos mark your toddler's first crossroads: He's advanced enough that he can do anything he wants physically, but he doesn't yet understand the consequences. He yearns to express his independence, yet desperately wants your approval. And his vocabulary is growing, but not quickly enough to articulate every want and need.

This is a recipe for frustration. "How bad it gets depends on your child's innate temperament," Rutman says. "If he's very active, strong-willed or doesn't adapt well to change, this stage could be difficult."

Two-year-olds are beginning to comprehend the "when/then" rule. For example, *when* you jump on the sofa, *then* you can fall and hit your head. Or *when* you kick the dog, *then* mommy or daddy will put you in "time out." Just saying "no" or "stop" is

no longer enough, says Debra Carter, M.D., a pediatrician with the hospital: "Two-year-olds are able to understand when you explain why they can't do something."

Focus on respecting the rules ("Don't bite your brother or you'll go into time out"), but pick your battles. "You can't use time out for everything or it has no meaning," Carter says.

During the learning curve, your child may dish out some Oscar-worthy drama. Here are tips to cope:

- **Don't make a big deal of it.** Tell her you'll come back when she's quiet.

- **Use a timer** during time out so she can direct her anger at that instead of you.

- **Allow her to express independence** in safe ways, like choosing which top to wear.

- **Make sure discipline is consistent** from all your child's caregivers.

- **Talk to her doctor** if she is violent or speech is delayed.

Remember, this stage is dubbed the "first adolescence." It's a good chance to practice for the next one. ●

**Want to Know More** about your child's temperament? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).



## Is Your Child Safely Seated?

Proper use of car seats can save children's lives. Here's what you need to know:

- Children under age 13 should always ride in the back seat.
- Use a **rear-facing seat** for babies weighing up to 20 pounds (about age 1).
- Use a **forward-facing seat** for children 20-40 pounds (about age 4).
- Use a **booster seat** after that for children up to 4 feet, 9 inches tall (about age 8).
- When children are tall enough (4 feet,

9 inches) for an adult seat belt, make sure the lap belt lies across the upper thigh and the shoulder belt across the chest.

- Read the child safety seat instructions and your vehicle's owners manual.
- Don't use car seats that are secondhand or more than six years old, or have been in a crash.

**Want to Know More** about how to use car seats? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou). For details on Lehigh Valley Hospital's free car seat safety checks, see page 26.



*Strapping him in—Francisco Ortiz of Allentown makes sure his son, Ethaniel, 5, has a safe ride.*





# When Children Have 'Adult' Diseases

Early diagnosis and treatment are important

**A**n infant with arthritic joints, a fifth-grader complaining of migraines, a teenager with type 2 diabetes—what's going on? "Children and adolescents can and do get diseases usually associated with adults," says pediatrician John Van Brakle, M.D., of Lehigh Valley Hospital and Health Network.

Some of these conditions can be prevented and all can be treated. "The key is to get regular checkups so your child's doctor can spot indicators of a developing illness," Van Brakle says. "Prompt treatment is important in helping children with a chronic disease live as normal a life as possible." Read about some of the more common diagnoses on

these pages, with insights from Van Brakle and his colleagues. Lehigh Valley Hospital, unlike most, has a full team of pediatric subspecialists even in less common areas such as endocrinology and rheumatology. ●

**Want to Know More?** Children also can develop ulcers, gastric reflux, fibromyalgia and chronic fatigue. For more on those conditions or on preventing type 2 diabetes, call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## Juvenile Rheumatoid Arthritis (JRA)

**Who's at risk**—Girls more than boys, and children whose families have autoimmune disorders. JRA affects about 300,000 children in the United States.

**Cause**—The body's immune system mistakenly attacks healthy cells in the joints.

**Symptoms**—Recurring joint pain, joint swelling, fever and/or rash.

**Treatment**—Oral or injectable medications (often immunosuppressant), physical therapy and exercise.

**Prevention**—There is no way to prevent most autoimmune disorders.

**Outlook**—"With regular checkups and medication, most children with JRA lead healthy, active lives," says pediatric rheumatologist C. April Bingham, M.D.

## Migraine Headaches

**Who's at risk**—Children (especially girls) with family history of the problem. Migraines affect 5 percent of elementary schoolers and 20 percent of teens.

**Cause**—Probably a combination of low serotonin levels, blood vessel dilation or constriction, and other factors. Menstrual periods, certain foods and skipping meals are potential triggers.

**Symptoms**—Pounding headache with nausea; light and sound sensitivity.

**Treatment**—Have the child lie down in a cool, dark room and give prescribed medication as soon as the headache begins. Don't overuse drugs. "The problem may resolve just by evening out your child's sleep pattern, meals and fluid intake," says pediatric neurologist Boosara Ratanawongsa, M.D.

**Prevention**—A food diary helps identify triggers to avoid (such as processed meats, chocolate and cheese). Also avoid caffeine.



**Walking for health**—Robbie, age 9, of Coopersburg has had juvenile rheumatoid arthritis since age 3. Regular injections of two drugs keep his joints flexible and ease pain. "I might be a little slower," he says, "but I can do everything the other kids do." In photo above, he prepares for the Lehigh Valley Children's Arthritis Walk with his parents, Shani and Frank Fassbender, and sister Shelby. In photo left, they're joined by Robbie's doctor, pediatric rheumatologist C. April Bingham, M.D.



# Coping With Your Parents' Divorce

It's not easy, even when you're all grown up

## Type 2 Diabetes

**Who's at risk**—Overweight teens and children.

**Cause**—A diet high in the wrong carbohydrates and fats, heredity, lack of exercise.

**Symptoms**—Your child won't feel sick, but obesity is a warning sign—20 percent of obese teens are prediabetic.

**Treatment**—Lifestyle change, medication, insulin if needed.

**Prevention**—Healthy diet (vegetables, fruits, whole grains, lean meats) and daily exercise.

**Outlook**—"People who develop type 2 diabetes as teens face a future of health problems including heart disease if the condition is not well-controlled," says pediatric endocrinologist Arnold Slyper, M.D.

## Low Bone Mineral Mass

**Who's at risk**—Anorexic girls and boys, undernourished female athletes, people with celiac disease, inflammatory bowel disease and conditions requiring long-term steroid use. The theory that carbonated beverages (especially colas) raise fracture risk is not proven.

**Cause**—Lack of calcium and other bone-building minerals.

**Symptoms**—No early symptoms, though stress fractures may be a red flag. Doctors can test bone mineral density.

**Treatment**—Calcium-rich diet, calcium supplements, vitamin D, exercise.

**Prevention**—Make sure your child gets plenty of calcium (dairy foods, etc.) and weight-bearing physical activity.

**Outlook**—Osteoporosis in adulthood and increased risk for broken bones. "Bone-building happens from childhood into early adulthood. After that, you can't regain what you failed to build," says adolescent medicine specialist Sarah Stevens, M.D.

**L**ooking back, 35-year-old Tracy\* realizes there were hints of problems in her parents' marriage long ago. But they seemed such a model family that when her father walked out at age 60, "everyone's jaw dropped," she says.

Months later, Tracy is still adjusting to the rush of emotions and issues facing adult children of divorce. One of the major feelings is grief, says clinical social worker Pat Gordy of Lehigh Valley Hospital and Health Network.

"When your parents divorce, you lose your family home and traditions," she says. "You may start to question every part of your past, even the happy memories." Tracy lost the trust in her father that formed the bedrock of her childhood. "They stop being parents and become completely human," she says.

Anger is another common emotion, especially if the divorce was not a mutual decision. Tracy's father, it turned out, had a long history of infidelity. "I'm still very angry with him, and also with her for staying with him and burying what she knew," Tracy says.

Many divorcing parents try to confide in their children, creating confusion about roles and putting the child—whose loyalties are divided—in a tough position. Tracy was treated as a confidante by both parents. She knew her father wanted a divorce even before her mother knew it.

Grandchildren add another layer of concerns. "My 5-year-old thought the sun rose and set on her grandfather," Tracy says. "Now she wants to know where he's gone."

Finally, a late divorce can raise worries about the parents' future security. Children may be thrust into helping their parents solve financial or housing issues and even (as in Tracy's case) working through the divorce with them.

How to cope with all these challenges? Here are Gordy's strategies:

**Recognize that you can't save your parents' marriage.**

**Allow yourself to grieve.** Just as in a death, you'll go through the stages from shock to denial, sadness, anger and finally acceptance.

**Draw support** from your siblings.

**Don't let the divorce taint your happy memories** or cause you to doubt your own marriage.

**Stay out of the middle.** If one parent starts bad-mouthing the other, say "I don't want to hear this."

**Set early boundaries with a needy parent.** You're not the therapist. Encourage him or her to seek help through church or community resources.

**Build a relationship with each parent.** Be creative about staying in touch—the time it takes may be well worth it.

**Plan ahead how you'll celebrate holidays.** Try new traditions and stay flexible.

**Consider short-term counseling** to help you cope with the transition.

Is your parents' divorce easier when you're an adult? "It's different," Gordy says. "When you're a child, your parents draw the road map. As an adult you have to create your own." "The shell shock is tough," Tracy says. "It helps to remember that this needed to happen and they'll be happier someday." ●

**Want to Know More?** If you're interested in a support group for adult children of divorce or how to create a "good divorce," call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

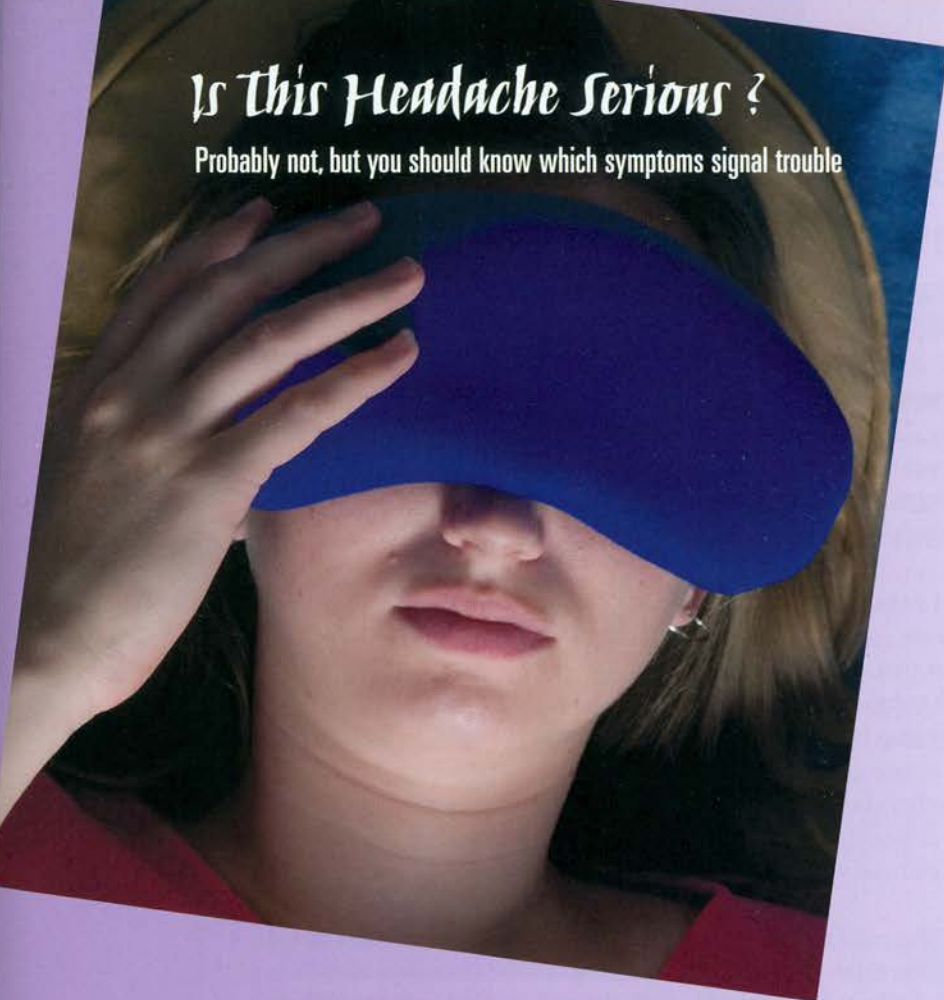
*\*Tracy is a local woman whose name was changed to protect the family's privacy.*





# Is This Headache Serious?

Probably not, but you should know which symptoms signal trouble



**I**f you're among the millions of headache-prone Americans, you may be living in pain far too often. Tension and migraine are the most common types of headaches, but there are more than 100 different kinds that can send you scurrying for relief.

## The symptoms to worry about

Although life-threatening headaches are rare, there are certain symptoms you should never ignore, says neurologist Peter Barbour, M.D. If you or someone you know develops these symptoms, seek medical attention right away:

**Sudden, severe headache**—"It's as though a rubber band broke in your brain or you were whacked on the back of the head with a board," Barbour says. "People describe these as 'the most severe headache of my life.' They may be accompanied by other symptoms typical of a stroke."

**Slow-evolving headache**—"Headaches that gradually evolve over weeks or months and are accompanied by weakness in one side of the body or a personality change may signify a tumor," Barbour says.

**Fast-evolving headache**—"This type has the same characteristics as a slow-evolving headache but evolves over weeks rather than months. It may indicate a brain infection such as an abscess," Barbour says.

**Change in headache pattern**—"If you have frequent headaches and

you experience a significant change in the headache—for example, it has a different feel or location—have it evaluated," Barbour says.

## Pinpointing the problem

For sufferers of chronic (ongoing) headaches, a little detective work can help uncover the mystery behind the pain. "If you carefully track your headaches and the factors they're linked to, we can narrow down the cause more quickly and treat it," says internist Stacey Smith, M.D. Here's how:

**Keep a headache diary.** "Your diagnosis depends on symptoms, and each class of headache has different symptoms," Smith says. Keeping a record will help your doctor pinpoint the problem.

**Examine your emotions.** Are you holding onto emotional pain? "Recurring headaches may be related to issues such as depression or anger," says psychiatrist Edward Norris, M.D. "Talk about it with your physician."

**Look at what's going on in your life.** Periods of unusually high stress can make headaches more likely. "Often, it's not just one thing but a whole combination," says gynecologist Helene Leonetti, M.D.

## Relieving the pain

The simplest treatment for a common headache is a pain-relieving drug—taken promptly. "The earlier you take nonsteroidal anti-inflammatory drugs such as aspirin or ibuprofen, the more effective they are," Smith says.

See your doctor if you're having more than two to three headaches a month or they seriously impact your life or work, he says. "Some headaches can be treated with medicine you only take as needed, such as ibuprofen (Advil, Motrin). For others, you can take medication every day to prevent them from coming back."

"Getting lasting pain relief often calls for a multi-pronged approach, not a single solution," Leonetti says. "For example, if you experience headaches as a result of changing hormones or ongoing stress, the best way to reduce your vulnerability is to strengthen your system and restore your body's balance." Start with the basics: regular exercise, 7-8 hours of sleep a night, a healthy diet, and meditation or yoga for stress relief. "Avoid aspartame (NutraSweet) and caffeine, and drink plenty of water," Leonetti says. "Water alone can prevent headaches." ●

**Want to Know More** about different types of headaches and medication options? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

**Sign Up Now**

**Is It a Mini-Stroke?**

Sept. 17

Details on page 26

## Signs of a Stroke

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

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or loss of coordination
- Severe headache with no known cause

*All these physicians are with Lehigh Valley Hospital and Health Network*



# All About Nosebleeds

They're usually (though not always) just a minor nuisance

**I**t feels like a runny nose, but within moments you realize this is no head cold—it's a nosebleed. Don't fret. Nosebleeds are rarely cause for alarm.

Clinically called *epistaxis*, a nosebleed can affect anyone, young or old, and for a variety of reasons. Injury to the face, over-dry air, colds and allergies all can damage the nasal membranes, resulting in a bleed. Nose picking and blowing your nose too hard also can prompt bleeding, and you're more susceptible if you have high blood pressure or regularly use blood thinners such as aspirin or coumadin.

With young children, "there's always the possibility of a foreign object," says family medicine physician Robert Blauser, M.D., of Lehigh Valley Hospital and Health Network. "I've removed beads, beans, popcorn—all sorts of things from children's noses."

Though startling, nosebleeds usually look worse than they are and can be controlled readily at home. Sit in a comfortable position and tilt your head slightly forward. (Tilting back can cause nausea from swallowing blood.) Then pinch the nostrils together and hold gently for 15-20 minutes.

"By this time a clot will have formed, plugging the ruptured vein," Blauser says. "After the bleeding stops, avoid any strain on the clot. If you blow your nose right afterward, you may be back to square one."

If you have a heavy, uncontrollable nosebleed, don't hesitate to go to the emergency department. For nosebleeds that occur more than once a week and are difficult to stop, see an ear-nose-throat specialist. Recurrent bleeds may signal a bleeding disorder or tumor, says Blauser's colleague, ear-nose-throat specialist Ted Gaylor, M.D.

For the most part, though, nosebleeds are as easy to prevent as they are to control. Blow gently and don't irritate your nose. A humidifier in the bedroom, saline nose drops or sprays, and petroleum jelly in the nostrils can help keep nasal passages moist. ●

**Want to Know More** about nosebleeds in children? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## Robotics Help Fight Cancer

**T**he most effective treatment for cervical, uterine or prostate cancer may involve surgery—and today, space-age technology is helping surgeons at Lehigh Valley Hospital perform these procedures in a new way.

The da Vinci® S HD™ Surgical System takes innovations developed by NASA and applies them to the operating room. Guided by high-definition images, surgeons work a console to control four robotic arms that mimic the precise movement of a surgeon's hand.

"The system improves our visualization and dexterity and allows for a full range of motion within a confined area," says urologic oncology surgeon Joseph Trapasso, M.D. Another benefit: surgeons can work through very small (1-2 centimeter) incisions, with better results for the patient. "Patients experience less blood loss, pain and discomfort, and they recover faster and are able to return to normal activities sooner," says gynecologic oncology surgeon Martin Martino, M.D.

Surgical teams at the hospital use da Vinci for prostate cancer and other urologic procedures, laparoscopic hysterectomies and fertility-sparing cervical cancer surgery. The system is also useful in the treatment of uterine fibroids, kidney and bladder cancers, and ovarian abnormalities such as complex cysts. Your doctor will determine if robotic surgery is right for you. ●

**Want to Know More** about other "minimally invasive" surgeries? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## New Breast Cancer Option

**M**any women diagnosed with breast cancer want to take care of the disease quickly—destroying the tumor is their top priority. Many also worry about the appearance of their breast, but believe these two concerns can't be addressed simultaneously.

Oncoplastic breast surgery, a new program at Lehigh Valley Hospital, combines the expertise of cancer surgeons and plastic surgeons. "It allows us to perform optimal cancer surgery with preoperative planning—and added efforts when necessary—to achieve the best possible cosmetic results," says surgical oncologist Aaron Bleznak, M.D.

The patient who chooses oncoplasty meets with both specialists right from the beginning to learn about her surgical and reconstructive options. "The program adds a new level of sophistication to breast cancer surgery," says plastic surgeon Robert X. Murphy Jr., M.D., "and we hope it will reduce the emotional turmoil that comes with a breast cancer diagnosis." ●

**Sign Up Now**

**Take Five**

Oct. 9

Details on page 25



Illustration by Johanna Hantell





# The Benefits of Tea

A 'cuppa' not only tastes good, it may help prevent disease

**W**hether you drink tea as an afternoon pick-me-up or use it to relax at bedtime, you may be surprised to learn that this familiar beverage might actually prevent heart disease and cancer.

"Several common types of tea have high amounts of polyphenols, which act as disease-fighting antioxidants in your body," says registered dietitian Karen Yerger of Lehigh Valley Hospital and Health Network. Antioxidants help prevent free radicals (unstable oxygen molecules) from damaging your cells.

The leaves of green, black, white and oolong tea all come from the same species of plant. "It's the way they're processed that accounts for their difference in flavor, color and antioxidant levels," Yerger says. Which teas pack the most benefit? Here's a breakdown:

## White tea

- Growing in popularity
- Least-processed variety
- Highest antioxidant level
- Boosts immune system, protects against certain cancers, reduces skin cell damage, prevents dental plaque

## Green tea

- Most widely studied for health benefits
- Minimal processing
- High antioxidant level
- Protects against certain cancers and heart disease, may prevent or slow arthritis, natural fluoride helps prevent tooth decay

## Black tea

- Highest caffeine level
- High antioxidant level
- Common varieties: Darjeeling, Earl Grey, English Breakfast
- Same health benefits as at left

## Oolong tea

- A refreshing mix of green and black tea
- Similar health benefits



"To get the maximum advantage from any of these teas, try to drink 4-6 cups a day," Yerger says. An 8-ounce cup of tea has only 50 milligrams of caffeine (versus 80-135 for a cup of coffee). If you're sensitive to caffeine choose decaffeinated varieties. And watch the sugar and cream, which can add calories to an otherwise calorie-free beverage.

What about herbal teas? These usually aren't tea but rather infusions of herbs, spices, roots, flowers and other parts of plants. They don't have the same health benefits as regular teas, but since they're naturally decaffeinated and luscious-tasting, they can soothe and relax you. ●

**Want to Know More** about the health benefits of other drinks? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## Is Chantix Safe?

Two years ago, a new drug named varenicline (Chantix) seemed to hold much promise in helping smokers quit. Earlier this year, the FDA issued safety warnings about potential psychiatric side effects. What's the latest on Chantix?

Learn from our experts.

Visit [lvh.org/healthyyou](http://lvh.org/healthyyou)  
or call 610-402-CARE.

## What Smoking Does to Your Heart

**M**ost of Nicole Sully's patients know that smoking damages their lungs. When she tells them the risk to their heart is even greater, "it's sometimes surprising news," says Sully, D.O., a family medicine physician with Lehigh Valley Hospital and Health Network.

But it's a fact: Of the 500,000 deaths a year caused by smoking, the majority are from heart disease, not emphysema or cancer.

What makes this habit so damaging to your heart? "Cigarettes have so many different chemicals that we don't know all their effects yet," says Gerald Pytlewski, D.O., a cardiologist at the hospital. "But we do know that nicotine constricts the blood vessels." They're designed to dilate (and boost blood flow) when you exercise, but in smokers this doesn't happen.

"The short-term effect on your blood vessels from smoking two cigarettes is equivalent to eating a very high-fat meal," Pytlewski says.

Long-term, the nicotine and carbon monoxide in cigarettes also cause inflamma-



## 'What I Learned From My Heart Attack'

Local woman would have made changes had she known what was coming

**N**ancy Zosky was lucky. When she felt nausea, sweating and chest discomfort last March, her husband, Pete, called 9-1-1 right away. At Lehigh Valley Hospital, cardiologist David Cox, M.D., opened her blocked artery within 18 minutes. Despite suffering a serious heart attack, she had no permanent damage—and now she's reflecting on what she would have done differently had she known what was coming.

**'I would have looked at my risk factors.'** "I'm young and thin, so people can't believe I had a heart attack," Zosky says. Even though her father had died from heart failure, she didn't think about her own risk. She'd lost 45 pounds five years earlier and gotten her blood pressure and cholesterol under control. She'd changed her diet, exercised every day and saw her doctor regularly. But her family history of heart disease, smoking habit and stress level were enough to tip the balance.

"Every woman should see her doctor to determine her risk for heart problems," says Deborah Sundlof, D.O., a cardiologist at the hospital. "It's not too early to start thinking about this in your 20s or 30s. The sooner you start a healthy diet and exercise lifestyle, the easier it is to stick with it."

**'I would have gotten serious about quitting smoking.'** Despite doing so many things right, Zosky smoked for 20 years. (See story below about the impact of smoking on your heart.)

**'I would have let go of what I couldn't control.'** Stress on the job and at home had been Zosky's constant companion for the past few years. "Even if I do everything else right but don't get rid of stress, I'm still at risk," she says.

**Sign Up Now**

**Heart Help for Women**

Oct. 27

Details on page 25

"Now I rely on my colleagues to tell me if I'm getting too stressed out."

**'I would have taken better care of me.'** Like so many women, Zosky "worried about everyone else" and ignored her own well-being. When she took charge of her health, she did herself and her family a favor, since women typically set the tone. "If you lead a healthy lifestyle and make time for yourself, you'll help your family develop healthy habits too," Sundlof says.

A key component in Zosky's recovery was cardiac rehabilitation. "Rehab gave me confidence," she says. "I learned what I could do in a monitored, safe environment. I also learned that you're not in this alone. Whatever you need, there are people to help you." ●

**Want to Know More** about women and heart disease? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou). Watch for a story on cardiac rehabilitation in the next issue of *Healthy You*.

*She's got a lot to live for—Nancy Zosky (right) is taking better care of herself after learning the hard way about her heart health. One of her favorite ways to have fun: going to a country music concert with her sister, Jayne Dzienis of Bethlehem.*



tion in the blood vessels, which leads to cholesterol deposits and plaque. And some of the other toxins in cigarette smoke lower good cholesterol (HDL) and raise the bad kind.

**Smoking is particularly dangerous for certain groups.** "If you have diabetes, you're already at higher risk for heart disease. Cigarettes really compound the risk," Sully says. Smoking is also a special concern in those under age 50. "Younger people typically don't have blood pressure or cholesterol problems," Pytlewski says. "Smoking is the one heart disease risk factor they may have—and they can and do have heart attacks."

Smoking's effects are cumulative, meaning the more you smoke and the longer your habit, the greater your chances of a heart attack. That's what makes starting in your teens so dan-

gerous, Pytlewski says. And smoking affects not just the health of the smoker, but of everyone who lives with him or her. "Many of my women patients who smoke are more motivated to quit when they realize how much it will protect their children," Sully says.

Quitting isn't easy. "Nicotine is a highly addictive substance," Pytlewski says. "The good news is that we have very effective quitting techniques today." Counseling, group support and new medications could help you kick the habit and do your heart a lifelong favor. ●

**Want to Know More** about diabetes and heart disease, the effects of passive smoke, or how to quit? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

**Sign Up Now**

**Clear the Air**

Sept. 16, Nov. 4

**Cessation—  
What Works?**

Oct. 8, Nov. 20

Details on page 26



# The Pacemaker Q & A

How these tiny devices keep your heart beating steady

**T**hey're small enough to hold in your hand, but when your heart needs a kick-start they do big things. Lehigh Valley Hospital and Health Network electrophysiologist Robert Malacoff, M.D., answers your questions about pacemakers.

## **Q** Who needs a pacemaker?

People with an electrical problem in their heart that causes it to beat too slowly. A slow heart rhythm causes fatigue, dizziness and fainting spells.

## **Q** How does a pacemaker work?

It's implanted under the skin near the shoulder. A thin internal wire (lead) connects it to the heart. A pacemaker is like a clock programmed to detect a heartbeat within a certain period of time. If the heartbeat doesn't happen, the pacemaker creates one with a small, precisely timed electrical pulse. You can't feel the pulse and it causes no damage to your heart, even if you've had a pacemaker for a long time.

## **Q** How long do pacemakers last?

Pacemaker batteries last 8-10 years; the lifespan depends on how heavily the pacemaker is used. The battery's strength is checked regularly, and more frequently as it ages. People with a pacemaker have a device that checks battery strength and transmits data to their doctor over the phone. When the battery becomes weak, the old pacemaker is replaced with a new one.

Pacemaker leads are extremely reliable, but sometimes have to be changed if they break or cause infection. Laser technology (used regionally only at Lehigh Valley Hospital) dissolves the tissue that grows where the lead attaches to the heart, allowing the wire to be removed safely.

## **Q** Can anything interfere with a pacemaker?

Household items (microwaves, cell phones) don't affect pacemakers, but some medical equipment, like MRI scanners, can cause them to malfunction. If you have a pacemaker, tell your doctor and dentist.

## **Q** What are the latest developments in pacemaker technology?

While old pacemakers kept your heart beating at a steady rate, new models are rate-responsive. They determine what your heart rate should be from moment to moment by detecting your body movement and breathing rate. For example, when you take a brisk walk, the pacemaker detects the increased motion and faster breathing and keeps your heart beating faster.

Modern pacemakers also record your heart's activity. Doctors can download information from the pacemaker into a computer to learn how often the pacemaker was used, and when and how high the heart rate increased. ●

**Want to Know More** about heart rhythm disorders and treatments for a too-fast heartbeat? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).

## Implantable Devices to Help Your Heart



**For a heartbeat that's too fast**, an implantable cardioverter defibrillator (ICD) delivers energy to the heart muscle to normalize the rhythm.



**For a heartbeat that's too slow**, a pacemaker sends tiny electrical pulses to keep the beat steady.



**For unexplained fainting, dizziness or palpitations**, an insertable loop recorder (ILR) monitors and records heart rate and rhythm to find the cause.



# Representing Your Loved One in the Hospital

Eight things you should know when you need to be a 'patient advocate'

**Y**our father just had knee surgery, and he'll be in the hospital for a few days. Knowing that he won't be feeling well and may be reluctant to speak up about his needs, what should you do to help him while he's there?

"Representing a loved one in the hospital is a big responsibility," says Mary Jo Moerkirk, R.N., of Lehigh Valley Hospital and Health Network. "But if you're prepared, you can help ensure he gets the right care." Here's how:

**1. Know your loved one's condition.** Some hospital visits are planned, others aren't. You always can be prepared by keeping a list of Dad's recent medical history, drug allergies and medications (prescription and other) including dose and frequency. Share the list with caregivers.

**2. Know your rights.** All hospitals have a Patient Bill of Rights, including the right to be treated with respect, to have your privacy protected, and to ask the hospital's patient representative for help if needed. When should you ask? "If you feel you aren't being listened to, or you're frustrated and caregivers can't help," says Jack Lenhart, M.D., a family medicine physician with the hospital.

**3. Designate one representative.** You have six siblings, and all are concerned. But choosing one to represent Dad is best. "That way, caregivers know who should get regular updates," says hospitalist Michael Pistoria, D.O. The designee can update the rest of the family.

**4. Know your main doctor.** "Who's in charge depends on why your loved one is hospitalized," Lenhart says. For surgery patients, it's the surgeon; for most others, it's a hospitalist, a specialist who cares for people while they're in the hospital and communicates with their family doctor. "If you're unsure about your point person, ask a nurse," Moerkirk says. Doctors typically visit hospital patients once a day. "If you can't be at the bedside when that happens, ask the nurse to have the doctor call you," Pistoria says.

**5. Write it down.** Your mind will be full of questions. Record them so you won't forget to ask something important, and record the answers too, so you can share them with the family.

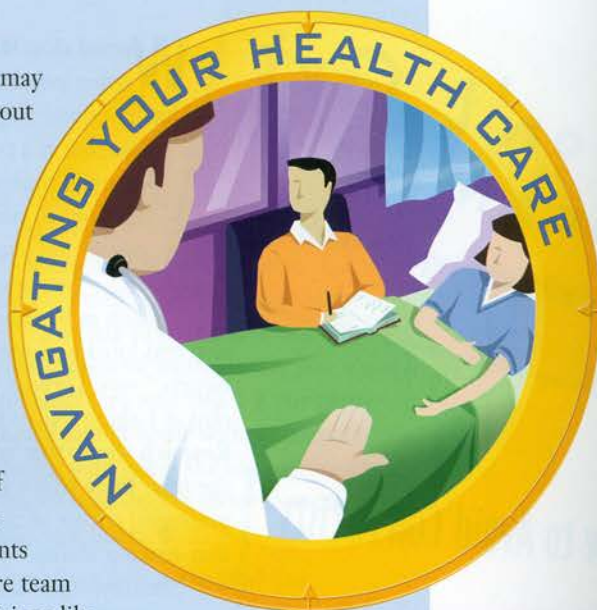
**6. Get personal.** Has Dad been upbeat or depressed? Is he enjoying his favorite activities? "When we know your loved one's personal habits and activities, it helps us deliver better care," Moerkirk says.

**7. Know your loved one's health goals.** If Dad is in good health, a full recovery is likely, but if he has many chronic

conditions his goals may be different. Talk about this with him, then tell his caregivers. For a patient who isn't expected to recover, your role as representative is different. "Most important is to know whether he has a living will or health care power of attorney," Moerkirk says. These documents help you and the care team deal with tough decisions like stopping treatment.

**8. Think about next steps.** When his hospital stay is over, Dad may be going home or he may need care elsewhere. Case managers (also called discharge planners) will meet with you to discuss the options. ●

**Want to Know More** about your loved one's care team or about making difficult health care decisions? For information on advance directives, call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).



*On hand to provide support—Mayra Quinones of Kunkletown stayed overnight when her sister, Maria Ildefonso of Tobyhanna, was hospitalized in the new Kasych Family Pavilion at Lehigh Valley Hospital.*



# Childproof Your Home...Again

A refresher course for new grandparents

**G**randparenting offers many pleasures, but if you haven't cared for a baby in decades, you may be surprised all over again at how much preparation and attention it takes.

"Babies are curious about everything," says emergency physician Jennifer Zambo, D.O., of Lehigh Valley Hospital and Health Network. (What does that dead bug on the carpet taste like? Would this bottle of detergent make a good toy?) "They're fast, too," she says. Once a baby starts cruising he can get across a room in the blink of an eye.

Obviously, if you're a new grandparent it's time for some childproofing. Here are tips from Zambo and her colleagues, pediatrician Kelly Costello, M.D., and pediatric nurse Loretta Gogel, R.N.

**Get down on your hands and knees** for a babies'-eye view of temptations, Costello says. Look for electrical cords that could pull a heavy appliance off a stand, knickknacks that could break, remote controls with little batteries that could be pried out, cigarettes and lighters, toxic substances under the sink. Use your imagination.

**Install childproof locks** on low cabinets and plastic covers on electrical outlets.

*A kitchen that's safe for the kids—Rita and Tom Doherty of Allentown often care for their twin grandchildren, 5-year-old Meghan and Brendan. Knives are kept out of reach, cooking is on the back burner, and Grandpa keeps a watchful eye on the little ones.*

**Keep all medications out of reach.** It doesn't take much of a prescription drug to harm a small body, Gogel says. "Flip-top weekly pill dispensers are particularly dangerous because it's hard to figure out exactly what was swallowed, so it's best to keep your medications in their original containers with childproof tops."

**Have emergency phone numbers on hand**, for the pediatrician or family doctor and the National Poison Control Hotline (800-222-1222).

**Never leave a child unattended** in the tub or near water. Drownings have occurred in buckets and toilets.

**Gate your stairways** and consider a playpen.

**Make sure your crib and car seat meet current safety standards.** Crib mattresses must fit tightly, and slats should be no more than 2-3/4 inches apart. (See story on car seats, page 11.)

**Make sure drapery and blind cords** aren't within reach, from the ground or from a chair or crib.

**Watch for burn potential**—a hot pot (or handle) that's within reach on the stove, space heaters, ceramic stovetops that look like the counter, etc. (See story on scalds, page 3.)

**Lock up all firearms** and store knives and scissors out of little ones' reach. ●

**Want to Know More** about making your home safe or introducing pets to a new baby? Call 610-402-CARE or visit [lvh.org/healthyyou](http://lvh.org/healthyyou).





## How Do I Get There?

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

### Lehigh Valley Hospital and Health Network Locations

#### LVH—Cedar Crest

Lehigh Valley Hospital  
Cedar Crest and I-78, Allentown

#### LVH—17

Lehigh Valley Hospital  
17th and Chew Sts., Allentown

#### LVH—Muhlenberg

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

#### CAHC—Center for Advanced Health Care

1250 S. Cedar Crest Blvd., Allentown

#### Healthy You Center

3401 Fish Hatchery Rd., Allentown

#### HYFC—Healthy You Fitness Center—Cedar Crest

1243 S. Cedar Crest Blvd., Allentown

#### HYFC—Healthy You Fitness Center—Muhlenberg

1770 Bathgate Rd., Third floor, Bethlehem

#### CHA—Center for Healthy Aging

LVH—17

#### Health Center at Bethlehem Township

2101 Emrick Blvd., Bethlehem

#### Health Center at Trexlertown

Rt. 222 and Lower Macungie Rd.  
Trexlertown

#### Human Performance Center

250 Cetronia Rd., Allentown

1770 Bathgate Rd., Bethlehem

1243 S. Cedar Crest Blvd., Allentown

2166 S. 12th St., Allentown

### Community Locations

#### Bethlehem Township Community Center

2900 Farmersville Rd., Bethlehem

#### Cedar Crest College

100 College Dr., Allentown

#### Da Vinci Science Center

Hamilton St. bypass and Cedar Crest Blvd.  
Allentown

#### Good Shepherd Rehabilitation Hospital

631 St. John St., Allentown

#### Hanover Township Community Center

3660 Jacksonville Rd., Bethlehem

#### Lower Macungie Township Community Center

3400 Brookside Rd., Macungie

#### Whitehall Township

Schadt Avenue Park  
1975 Schadt Ave., Whitehall

# Healthy You

## Health Improvement Programs

### Registration is required!

Class space is limited. To secure your spot, call 610-402-CARE or visit lvh.org. If we have to cancel a program or class due to low enrollment, you will be notified and receive a full refund.



Class illustrations by Sally Onopa

## Aging Well

### NEW Senior Crime Prevention University

Learn how to avoid fraud, scams and being victimized. Find out why you should alert law enforcement when you are concerned about your safety and well-being. **FREE**

• Wed., Oct. 15; 9:30-10:30 a.m.

At LVH—Muhlenberg, room B

Joyce O'Brien, community liaison

See related article on page 20.

## Ongoing programs

### 55-Alive Driver Safety Program

\$10; Free with Vitality Plus GOLD

At LVH—17, CHA

For details, call 610-402-CARE.



### Medicare Counseling **FREE**

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

At LVH—17, CHA

### BenefitsCheckUp **FREE**

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

At LVH—Muhlenberg, pharmacy

• Second, fourth Wed. of month;

12:30-4:30 p.m.

At LVH—17, CHA

## Managing Your Weight

### Weight-Loss Surgery

We offer comprehensive preoperative programs, support groups and educational programs on a variety of topics with long-term follow-up.

#### Surgery Information Night—Monthly

program on what to expect, from a surgeon and others. **FREE**

• Thu., Sept. 11, 24, Oct. 9, 22; 7 p.m.

At LVH—Cedar Crest

• Thu., Oct. 2; 7 p.m.

At LVH—Muhlenberg

#### Monthly Support Group—Join us for

support and information on a variety of weight-loss surgery topics. **FREE**

**Postoperative Coach**—Get the guidance you need from a weight-loss surgery veteran in a one-on-one setting.

### Weight Management Services

**Supportive Weight Loss Program**—Six-month program for nonsurgical weight loss includes a team of registered dietitians, lifestyle management professionals and exercise physiologists. • \$415

**Metabolism/Nutrition Counseling**—Measure metabolism and develop goals with a dietitian. • \$89

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

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

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

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

**Eating Well for Life (Parts 1 and 2)**—Learn healthy food choices to improve your well-being and help manage your weight long-term. Includes grocery tour. 4 sessions each • \$60 per part

#### L.E.A.R.N. to Lose

**Weight**—Use **L**ifestyle, **E**xercise, **A**ttitude, **R**elationships, **N**utrition to manage your weight. Tools, strategies, grocery tour, follow-up. 12 weeks • \$95

**FitKidz Plus**—See page 26

For details on all of these programs, including possible insurance discounts, call 610-402-CARE.



### Weight Loss Without Surgery

**Information Session**—Meet with bariatrician Theresa Piotrowski, M.D., to discuss nonsurgical weight loss options. **FREE**

For details on any of these programs, call 610-402-CARE.





## Staying Fit

### NEW Survival of the Fittest

Learn the dangers of a sedentary lifestyle. Explore the benefits of regular exercise. Find out how medically supervised fitness can benefit you. **FREE**

• Thu., Oct. 2; 7-8:15 p.m.

**At LVH—Cedar Crest, Kasych**

*John Graham, director, community and corporate fitness*

*See related article on page 4.*

### NEW Interval Express

Pressed for time? Alternate short bursts of intense cardio moves with active recovery in a 45-minute workout.

16 classes/8 weeks • \$64

• Mon. and Thu., starting Oct. 16; 5-5:45 p.m.

**At Healthy You Center**



## Ongoing programs

You'll find the right workout here! You need to register (610-402-CARE) and fill out a health readiness questionnaire. Age 16 or older.

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

**Aqua-New**—Seriously overweight and sedentary? This aqua exercise program is designed for you. 8 classes/8 weeks • \$64  
16 classes/8 weeks • \$128  
• Tue., starting Oct. 21; 7:15-8:15 p.m.

**At Human Performance Center**

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

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

**At Rodale Aquatic Center, Cedar Crest College**

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

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

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

8 classes • \$56  
• Thu., starting Oct. 2; 6-6:45 p.m. (A)

### Belly Dancing for Fun and Fitness

Belly dancing stimulates senses, tones muscles, builds coordination, boosts creativity.

8 classes • \$56

#### Intro

• Tue., starting Sept. 16; noon-1 p.m. (A)  
• Fri., starting Sept. 19; noon-1 p.m. (A)  
• Mon., starting Oct. 6; 6:15-7:15 p.m. (B)

#### Level II

• Mon., starting Oct. 6; 7:30-8:30 p.m. (B)  
• Fri., starting Sept. 19; 10:45-11:15 a.m. (A)

#### Belly Danse Elite

(Intro and Level II prerequisites)

• Tue., starting Sept. 16; 1:15-2:15 p.m. (A)

*Tabya, dance instructor*

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

8 classes • \$56  
• Mon., starting Oct. 20; 7-8 p.m.  
• Wed., starting Oct. 22; 7-8 p.m.

**At HYFC—Cedar Crest**

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

8 weeks • \$56  
• Sat., starting Sept. 20; 10:15-11 a.m. (A)

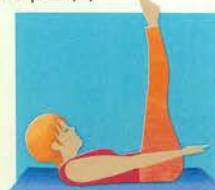
**PUMP**—Challenging muscle strength/endurance workout targets major muscle groups using progressive resistance.

8 classes • \$64

• Wed., starting Sept. 17; 6:30-7:30 p.m. (A)  
• Sat., starting Sept. 20; 7:45-8:45 a.m. or 9-10 a.m. (A)

**Pilates Express**—Deep muscle conditioning builds core strength.

8 classes • \$48  
• Wed., starting Sept. 17; 5:15-6 p.m. (A)  
• Tue., starting Sept. 30; 5-5:45 p.m. (A)



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

Monthly fee \$34 per session;  
\$30 with Vitality Plus GOLD  
• Mon., Wed., Fri., 8-9 a.m. (LM)  
• Mon., Wed., Fri., 9-10 a.m. (W)

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

16 classes/8 weeks • \$64

• Mon. and Wed., starting Sept. 17; 8:30-9:15 a.m. (A)  
• Tue. and Thu., starting Oct. 16; 7-7:45 p.m. (B)

**Staying Strong**—A functional strength class combining low-impact cardio moves with resistance to improve endurance, tone muscles and slow bone loss.

16 classes/8 weeks • \$44

• Tue. and Thu., starting Sept. 18; 5:45-6:45 p.m. (B)

24 classes/8 weeks • \$66

• Mon., Wed., and Fri., starting Nov. 5; 10-11 a.m. (LM)

**Gym Class for Kids**—Active and exciting exercise class for ages 8-12. Learn how the body works while exercising in a safe and fun environment.

8 weeks • \$64  
• Thu., starting Oct. 2; 7-8 p.m.

**At HYFC—Cedar Crest**

## Looking Good

### NEW Advanced Affordable Techniques in Skin Care

See a live skin-care demonstration and learn what tri-level peel can do for your skin. Gift basket raffle for skin care and makeup products, refreshments. **FREE**

• Wed., Sept. 24; 6-8 p.m.

**At LVH—Cedar Crest, Kasych, room 6**

*Jennifer Anllo, licensed medical esthetician*

## Ongoing programs

*All at LVH—Mublenberg, south entrance, 1st floor conference room  
Laura Transue, licensed teacher of cosmetology, and staff, Youthful You Institute*

### Healthy Hands and Nails

Your hands deserve TLC. Preview our moisturizing and strengthening education program. **FREE**

• Tue., Sept. 16; 6:30-7:30 p.m.

### Natural Mineral Makeup

Hands-on workshop to learn the benefits and techniques of mineral makeup.

\$25

• Sat., Oct. 4; 10 a.m.-1 p.m. (by appointment)

### Corrective and Protective Skin Care

Focuses on skin problems of aging and solutions for your skin type. Products and ingredients reviewed. **FREE**

• Tue., Oct. 21; 6:30-7:30 p.m.





# Caring for Mind and Body

## Ongoing programs

### Mindfulness-Based Stress

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

Free information session  
• Tue., Sept. 9; 6-7:30 p.m.

8 classes  
• Tue., starting Sept. 30; 6-8 p.m.

*At LVH—17, CHA*

• Wed., starting Oct. 1; 6:30-8:30 p.m.

*At Health Center at Bethlehem Twp.*

**Healing Dance**—A program for women recovering from surgery, designed to promote creative spirit for relaxing and healing.

4 weeks • \$28

• Mon., starting Oct. 6; 5:15-6 p.m.

*At 1770*

*Tabiya, dance instructor*

**Reiki Workshop I**—Become a Reiki practitioner and learn its history, what it can and can't do, and its benefits.

\$100

• Sat., Oct. 4; 10 a.m.-3 p.m.

*At LVH—Muhlenberg, educational conference center*

*Scott Pellington, Reiki master/teacher*

### The Health of Touch series—

Hands-on workshops for couples to learn correct massage techniques to reduce everyday stress.

\$65/couple per workshop

#### Partner Massage I

• Sat., Sept. 20; 11:45 a.m.-2:15 p.m.

#### Partner Massage II—Trigger Points—

Reduce pain with pressure to specific muscles. Prerequisite: Partner Massage I

• Sat., Oct. 18; 11:45-2:15 p.m.

### Partner Massage III—Stretching—

Techniques for greater flexibility.

Prerequisites: Partner Massage I and II

• Sat., Nov. 8; 11:45 a.m.-2:15 p.m.

*All at LVH—Muhlenberg, Banko*

*Center*

*Scott Pellington, certified massage therapist*

### Medical Massage—How It Helps—

Find out how therapeutic massage

can relieve pain, reduce stress, and

improve health and well-being. **FREE**

• Mon., Oct. 20; 7-8 p.m.

*At LVH—Muhlenberg, educational conference center*

*Scott Pellington, certified massage therapist*

### Discover Relaxation Within,

**Parts 1 & 2**—Learn to ease your stress through a variety of relaxation techniques.

4 sessions each • \$50 per part

*For details, including possible*

*insurance discounts, call*

*610-402-CARE.*

### Massage Therapy—Options include

neck, back and shoulders, relaxation, therapeutic, pregnancy, foot, hot and cool stone, Thai yoga, headache comfort, Reiki energy. Times range from 25-120 minutes; prices \$30-\$120. Gift cards available.

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

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

### Everyday

#### Tai Chi—

Focus on

graceful, flowing movements combined with breathing.

8 weeks • \$76; \$66 with

Vitality Plus GOLD

• Tue., starting Sept. 23; 10-11:15 a.m.

*At 1770*

• Wed., starting Nov. 12; 10-11:15 a.m.

*At Healthy You Center*

8 weeks • \$75

• Mon., starting Nov. 3; 9-10 a.m.

*At Health Center at Bethlehem Twp.*

**Yoga**—Build flexibility and strength, reduce stress and rebalance your life through series of postures.

8 classes • \$80; \$75 with

Vitality Plus GOLD

**Relaxing**—gentle flow of poses

• Wed., starting Sept. 24;

5:45-7 p.m.

*At 1770*

• Thu., starting Oct. 9; 10-11:15 a.m.

• Mon., starting Nov. 10; 6-7:15 p.m. or

7:30-8:45 p.m.

*At Healthy You Center*

**Energizing**—stimulating flow of poses

• Thu., starting Sept. 25; 7:30-8:45 p.m.

• Tue., starting Sept. 30; 7-8:15 p.m.

*At Healthy You Center*

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

8 classes • \$48

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

• Wed., starting Oct. 1; 4-4:45 p.m.

*At Healthy You Center*



## Screenings

### NEW Lung Cancer

*For details, call 610-402-CARE.*

### LVH—Muhlenberg

#### Osteoporosis **FREE**

• First Thu. of each month; 4-6 p.m.

### LVH—17, AIDS Activities Office

#### HIV Testing

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

#### Walk-in hours

• Tue., 1:30-3 p.m.

• Thu., 10-11:30 a.m.

### 1243 S. Cedar Crest, Suite 300

#### Osteoporosis **FREE**

• First Mon. of each month; 9-11 a.m.

• Third Wed. of each month; 1-4 p.m.

#### Vascular Screenings

Painless testing for vascular disorders in those age 50+ with high cholesterol, high blood pressure or family history of vascular disease.

**Stroke • \$40**

**Abdominal Aortic Aneurysm • \$40**

**Peripheral Arterial Disease • \$15**

#### Peripheral Arterial Disease • \$15

• Third Thu. every month;

9-11 a.m. or 1-4 p.m.

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

## Just for Women

### NEW Women's Health Summit for Arthritis

Learn to take control of arthritis. Find support, meet local practitioners, learn about new treatments and what's available in your community.

\$10/individual; \$15 for two

• Sat., Oct. 4; 8:30 a.m.-1:30 p.m.

*At Holiday Inn, 9th and*

*Hamilton Sts., Allentown*

*Albert Abrams, M.D., Nicole*

*Chiappetta, D.O., Marie O'Brien, D.O., rheumatologists*

*Wayne Dubov, M.D., physiatrist*

*Francis Salerno, M.D., geriatrician*

*For details, call 610-402-CARE.*

### NEW Mom and Me

Experts offer advice on the emotional and physical changes of adolescence. Spend a special day with your preteen daughter (for ages 10-12). Registration required. **FREE**

• Sat., Nov. 1; 8:30 a.m.-12:30 p.m.

(lunch included)

*At LVH—Cedar Crest, Kasych, rooms 6-8*

*Sarah Stevens, M.D., adolescent medicine specialist*

*Gail Brown, R.N., pediatric nurse practitioner*

*Judy Illingworth, licensed clinical social worker*

*Mikki Felix, adolescent therapist*

*Judy Hesketh, R.N., adolescent medicine*

*To register, call 610-402-CARE.*

### NEW Take Five

Enjoy some pampering and learn about women's health issues like breast and ovarian cancers. Tips on healthy eating, relaxation techniques, and how to look and feel good. Special oncoplasty presentation on maximal breast cancer surgery with the best cosmetic result. **FREE**

• Thu., Oct. 9; 7-9 p.m.

*At Hanover Twp. Community Center*

*Aaron Bleznak, M.D., surgical oncologist*

*Breast Health Services staff*

*To register, call 610-402-CARE.*

*See related article on page 15.*



## go Minutes That Could Change Your Life!

This event is chock-full of information to improve your heart health. Learn about **The Skinny on Fats in Foods; Your Body—Move It to Improve It; Assess Your Stress.** Enjoy a heart-healthy cooking demonstration. Get a free screening: blood pressure, BMI (body mass index), body fat, fingerstick cholesterol (limited to 25 people, requires 12-hour fast for accurate reading; 5-6 p.m., reserve your space now!). Free gifts and fun drawings. Registration required. **FREE**

• Mon., Oct. 27; 6-7:30 p.m.

*At LVH—Muhlenberg, educational conference center*

*Deborah Sundlof, D.O., cardiologist*

*To register, call 610-402-CARE.*

*See related article on page 17.*





## Raising a Family

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

### Ongoing programs

#### Redirecting Children's Behavior (RCB)

**Series**—Enjoy a peaceful home with responsible children. Five-week course to be a more effective, calmer parent to toddlers through teens.

\$200/person; \$275/couple  
(payment plan available)

At LVH—Cedar Crest

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

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

**Survivors' Guide to the Toddler Years**—

Learn to minimize the tantrums and tears and respond effectively. Great for parents of children ages 18 months to 4 years.

• Fri., Sept. 26; 6:30-8:30 p.m.

At Healthy You Center

To register, call 610-402-CARE

See related article on page 11.

#### Safe Ride— Car Seat Safety

Make sure your child is safe while riding in the car.

Our certified technicians will show you how to correctly install car seats and properly secure your child. **FREE**

• Tue., Oct. 7; 11:30 a.m.-2 p.m.

• Thu., Oct. 23 and Nov. 13;  
11:30 a.m.-2 p.m.

At Healthy You Center

For details, call 610-402-CARE.

See related article on page 11.



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

\$160

For details, call 610-402-CARE.



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

- **Pregnancy 101**
- **Prepared Childbirth Series**  
(family favorite)
- **Weekend Prepared Childbirth**
- **Prepared Childbirth Refresher**
- **Pregnancy Massage**
- **Diabetes in Pregnancy**  
(see page 27)
- **Fit to Be a Mom**
- **Expectant Parent Tour**
- **My Baby and Me Sibling Tour**
- **Baby Care**
- **Breastfeeding Baby**
- **Breastfeeding Monday Morning Moms**
- **CPR for Family and Friends**



- **Safe Sitter**
- **Safe Ride—Car Seat Safety**
- **Depression After Delivery—  
Postpartum Support**
- **Adolescent Cancer Support Group**  
(see page 27)
- **Secondhand Smoke**
- **Keep Us Healthy**
- **Got a Minute?**
- **Sugar-Free Kids Diabetes Support  
Group (ages 6-12)**
- **Health Care Careers**

## Protecting Your Health

### NEW Is It a Mini-Stroke?

Learn the signs and symptoms of a transient ischemic stroke (TIA), also known as a mini-stroke, and how to reduce your risk. Light breakfast provided. **FREE**

• Wed., Sept. 17; 9-10 a.m.

At LVH—Cedar Crest, Kasych, room 5

To register, call 610-402-CARE.

See related article on page 14.

### NEW Clear the Air

One-session program prepares you to quit tobacco use when you're ready. Get tools and resources to help you take action, stay motivated and quit for good.

\$15

• Tue., Sept. 16 or Nov. 4; 6:30-8:30 p.m.

At 1243, Suite 300

Suzanne Smith and Dianna Mulhern

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

### NEW Cessation—What Works?

Learn how you can succeed in beating one of the most powerful physical and psychological addictions—tobacco. Tips for quitting and improving your health. **FREE**

• Wed., Oct. 8; 6:30-7:30 p.m.

At LVH—Cedar Crest, Kasych, room 5

• Thu., Nov. 20; 6:30-7:30 p.m.

At 1243

Suzanne Smith and Dianna Mulhern

See related article on page 16.

### Ongoing programs

**Ornish Advantage**—6-week prevention and management program to learn lifestyle guidelines of the nationally recognized Dr. Dean Ornish Program for Reversing Heart Disease®.

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

**Ornish Self-Directed Support Group**—Weekly ongoing support for those following positive lifestyle guidelines of the Dr. Dean Ornish Program for Reversing Heart Disease®.

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

**HOPE for Osteoporosis**—6-week prevention/management program with exercise, nutrition, treatment options.

\$75

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

#### Tobacco Treatment

**Program**—12-month program of individual counseling and ongoing support can help you quit smoking.

For details, call 610-402-CARE.

#### Coalition for a Smoke-Free

**Valley**—Offering community programs like these all year, in English and Spanish:

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

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

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

Plus opportunities for task force volunteers.

For details, call 610-402-CARE.



#### CPR

**Fundamentals of Basic Life Support**—

One- and two-person, child and infant CPR. 2-part course

**BLS Renewal**—To attend you must have a current BLS Health Care Provider card.

**Heartsaver Pediatric**—Focus on infant and child CPR.

**Heartsaver AED and First Aid**—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness.

At 2166

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



## Coping With Illness

### NEW Frankly Speaking About Lung Cancer

Learn the latest treatments for lung cancer, their side effects and management, and tools to overcome social and emotional challenges. **FREE**

- Wed., Sept. 17; 5:45 p.m., light dinner; 6:30 p.m., program  
*At LVH—Cedar Crest, Kasych Eliot Friedman, M.D., medical oncologist*  
*Ulla Martz, licensed clinical social worker*  
To register, call 610-402-CARE.

### Look Good, Feel Better

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

- Mon., Sept. 22; 1 p.m.  
*At LVH—Mublenberg*  
*In partnership with the American Cancer Society*  
To register, call 610-402-CARE.

## Ongoing programs

### Joint Replacement Preparation

—For those scheduled for total knee or hip replacement surgery. What to expect in hospital, during rehabilitation. **FREE**

- Tue., Oct. 7, Nov. 4; 9:30-11 a.m.
- Thu., Sept. 18, Oct. 16, Nov. 13; 2:30-4 p.m.

*At LVH—Cedar Crest, Morgan Cancer Center*

- Thu., Oct. 9; 1:30-3 p.m.
- Wed., Nov. 12; 8:30-10 a.m.

*At LVH—Mublenberg*

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

- 4 weeks • \$20
- Every Mon.; noon-1 p.m.

*At 1770*

For Cancer Patients and Their Families

### NEW Lymphedema Support

**Group**—For those who have lymphedema (fluid retention caused by a compromised lymphatic system) in any body part due to cancer and/or cancer treatment. Will meet three times per year. **FREE**

- Mon., Oct. 6; 7-9 p.m.
- At LVH—Cedar Crest, Kasych, room 9*  
To register, call 610-402-CARE.

### Psychotherapy to Manage

**Insomnia**—Strategies, skills for those with cancer suffering from insomnia.

### Preparing for Breast Cancer

**Surgery**—Learn what to expect after surgery and how to better prepare through exercise.

- First and third Tue. of month; 4 p.m.

*At LVH—Cedar Crest, Morgan Cancer Center*

- Second and fourth Thu. of month; 10 a.m.

*At LVH—Mublenberg*

### Lehigh Valley Chapter of the National Ovarian Cancer

**Coalition**—Promotes education, awareness and advocacy.

### Bereavement Support Group

For family and friends coping with a death. Monthly topics vary.

### Adolescent Support Group

For teens who have lost a loved one to cancer.

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

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

- Support group meets first Mon. of month.



For Stroke Patients and Their Families

### Stroke Support Group **FREE**

- Second Thu. of month; 7 p.m.

### Stroke Exercise/Educational Program

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

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

*At Good Shepherd Rehabilitation Hospital*

For details, call 610-402-CARE.

For MS Patients and Their Families

**MS School**—What you need to know when newly diagnosed. Registration required; refreshments. **FREE**

**Lunch 'n' Learn**—Programs for patients and caregivers. Registration required. **FREE**

- Fri., Sept. 19, Nov. 21; noon

### Dinner and Discussion With

**Q&A**—Sessions are based on years of treatment. Registration required. **FREE**

- Thu., Nov. 6; 5 p.m.

### Fall Forum **FREE**

- Sat., Oct. 18; 8 a.m.-noon
- At LVH—Cedar Crest*

For details on all, call 610-402-CARE.

## Living With Diabetes

### NEW Balancing Life With Diabetes

Health screenings and Q&A with medical professionals. Learn about community resources. **FREE**

- Sun., Nov. 9; noon-4:30 p.m.  
*At Holiday Inn Conference Center, Fogelsville*



## Ongoing programs

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

**Type 1 Self-Management**—Individualized ongoing support and education to improve diabetes control.

**Type 2 Self-Management Education**—Updated program focuses on healthy eating, being active, monitoring, taking medications, problem-solving, healthy coping and reducing risks.

**Diabetes Follow-up**—Ongoing diabetes education to improve self-management skills for type 1 or type 2, including diabetes control and surfing the Internet for help.

**Medical Nutrition Therapy**—On Medicare with diabetes or non-dialysis kidney disease? Meet with a dietitian.

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

**Insulin Pump Training**—Hands-on instruction and troubleshooting.

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

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

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

**Discover Relaxation Within, Parts 1 & 2**—See page 25 for details.

### Adult Diabetes Support Group

- Third Thu. of month; 6:30-8 p.m.

### Insulin Pump Support Group

- Third Mon. every other month; 6:30-8:30 p.m.

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

## Keeping Up to Date

### Health Insurance for Small Businesses (2-50)

Health insurance educational sessions, including information on consumer-driven health plans, are available at your office or Valley Preferred. **FREE**

For details, call 610-402-CARE.





## Just for Women

### Take Five

Enjoy some pampering while you learn about women's health issues like breast and ovarian cancers.

**Get tips on healthy eating, relaxation techniques, and how to look and feel good.**

- Also, special presentation on breast cancer surgery with improved cosmetic results.

**Thursday, Oct. 9; 7-9 p.m.**

At Hanover Township Community Center **FREE**

### 90 Minutes That Could Change Your Life!

This event is chock-full of information to help you get heart-healthy.



Featuring

- Cardiologist Deborah Sundlof, D.O.
- Educational talks
- Free health screenings
- Heart-healthy cooking demonstration
- Free gifts and fun drawings

**Monday, Oct. 27; 6-7:30 p.m.**

At Lehigh Valley Hospital-Muhlenberg **FREE**

Details on page 25.

To register, call 610-402-CARE.



**Lehigh Valley Hospital**

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

**Lehigh Valley Hospital-Muhlenberg**

Route 22 & Schoenersville Road  
Bethlehem

**lvh.org**

610-402-CARE (2273)

888-584-2273



### Your chances of surviving breast cancer

are greatly improved when it's detected early. Mammography is the best way to find breast cancer in its earliest and most curable stage. That's why you should look closer at the breast health services provided by Lehigh Valley Hospital and Health Network. Our dedicated radiologists far exceed national averages for early detection of breast cancer.

With five convenient locations throughout the Valley offering readily available appointments and the latest in digital technology, Breast Health Services offers you both timely and accurate results. In fact, nearly 50,000 women trust Lehigh Valley Hospital and Health Network for their mammograms every year.

### It's your call (or click).

If you're over 40 and it's been a year since you've had a mammogram, call 610-402-CARE to make an appointment with Breast Health Services today. You also can learn more about breast health and the benefits of early detection at lvh.org.



Lehigh Valley Hospital

PO Box 689

Allentown, PA 18105-1556

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