

JAN 28

Healthy You

JANUARY/FEBRUARY 1999

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Good sleep, good health



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LEHIGH VALLEY

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Check this new feature designed to help you locate by topic the articles that interest you and your family.

Get the Skinny on Low-Fat, Low-Calorie Coffee

Tracy Miller (L) and Kristi Bollinger (R) serve "skinny drinks" at Espresso Express, located in the John and Dorothy Morgan Cancer Center and at Muhlenberg Hospital Center. Coffees and cappuccinos can be prepared with fat-free milk and sweetened with cocoa or spices instead of sugar. "They're our specialty for people who don't want the extra fat or calories," says Bollinger, who owns the stand with her husband, Randy.



A Drink a Day?

Study after study has shown that alcohol, particularly red wine, lowers the risk of heart disease. It's also been linked to a lower risk of Alzheimer's disease and dementia, and may even ease arthritis pain. But before you reach for a drink to celebrate, consider these sobering facts:

- Most studies support only moderate drinking (two drinks a day for men, one for women). Drinking more than that erases the benefits and raises the risk of heart disease, stroke, hypertension and certain cancers.
- For women, particularly before menopause, drinking significantly raises the risk of breast cancer.
- Drinking can be dangerous if combined with certain medications. ●



Illustration by Rob Williams

Carbon Monoxide A Deadly Home Hazard



Most of us think of carbon monoxide poisoning only in connection with keeping the windows open in an idling car. But it can also be a threat in the home—as Nancy Trice knows too well.

Trice, a licensed practical nurse from Jim Thorpe who works at Lehigh Valley Hospital, lost her 17-year-old son, Kevin, to carbon monoxide poisoning two years ago. "It happened in a friend's home, on a heavy, snowy night when the fumes from the coal stove couldn't escape through the chimney," she says. Kevin died in his sleep; several of his friends almost met the same fate.

The tragic accident turned Trice into a safety crusader. "If you live in a well-insulated home with a coal, wood or gas stove, you are at risk," she says. "Even a car running in the garage can cause problems in your home." Trice urges homeowners to:

- Install one or more carbon monoxide detectors, available at hardware and home stores for \$40-\$100.
- Have stoves and chimneys inspected yearly.
- When the stove is going, keep a window cracked open.
- Know the symptoms of carbon monoxide poisoning. (Symptoms disappear when you go outdoors.)

Want to Know More?
For a fact sheet on chimney and fireplace safety, call (610) 402-CARE.

Symptoms of Carbon Monoxide Poisoning

Slight: Headache, nausea, vomiting, fatigue, flu-like symptoms

Moderate: Severe headache, drowsiness, confusion, rapid heart rate

Severe: Unconsciousness, convulsions, heart or respiratory failure

A SUPER BOWL OF HEALTHY SNACKS



Time out! Did you know that the average person consumes more than 60 grams of fat and 2,000 calories when snacking on Super Bowl Sunday? Retire the Buffalo wings, cheese nachos and ring bologna to the sidelines at your Super Bowl party and score a touchdown with these healthy snacks instead:

- **Chicken quesadillas.** Make them with flour tortillas, low-fat refried beans, black beans and sour cream. "It's okay to use guacamole instead of cheese," says Lehigh Valley Hospital and Health Network dietitian Elizabeth Brown. "The monounsaturated fat in guacamole is good for you."

- **Tomato pie.** "Order the Sicilian pizza without the cheese," Brown says. "It's just as tasty as regular pizza without all the grease."

- **Fruit and vegetable dips.** "Prepare them with low-fat yogurt or sour cream," Brown says. "Puree strawberries and blueberries for the fruit dips, or use dried soup packages for vegetable dips."

- **Turkey barbecue.** "Roasted turkey only has about 3 grams of fat for every 3 ounces, whereas ground beef has about 13 grams," Brown says.

- **Vegetarian chili.** Skip the beef, and throw in pinto, black and navy beans.

And for those extra "three points," get some exercise, too. "Do more than throw things at the television," Brown says. "Take advantage of half-time and play a game of touch football in honor of your favorite team." ●

During the cold winter months, many of us turn to indoor exercise activities to stay fit. But that doesn't make it any easier to find time. Here's an exercise tip that may help you make time:

Put your exercise equipment where it's visible. If you stash your equipment out of sight in the basement, it may be difficult to remember. But put it in plain sight and you'll have a constant reminder.

INSIDE Lehigh Valley Hospital and Health Network

A New Device for Unexplained Fainting

Fainting is a widespread medical problem, and the cause can be difficult to pinpoint. A new heart monitor—the first ever designed to be inserted under the skin—offers hope to patients with unexplained fainting spells. Lehigh Valley Hospital cardiologist Steven Zelenkofske, D.O., has performed the area's first implant of the tiny device.

The monitor/recorder produces an electrocardiogram (ECG) by continuously "listening" to the patient's heart for up to a year or more. Thus, it is far more likely to catch symptoms that don't occur frequently, and also far more comfortable for the patient than bulky external ECG monitors. ●

Stroke Center Responds to Urgent Local Need

Many people in our region are affected by stroke, says Lehigh Valley Hospital and Health Network neurologist John Castaldo, M.D. In fact, the hospital is 12th in the nation in the number of patients admitted with strokes.

In response, Lehigh Valley Hospital has created a stroke center that recently became the only facility in the region granted membership in the stroke center network, a program of the the National Stroke Association. Patients have access to rapid, state-of-the-art treatment as well as prevention and rehabilitation.

For more information on strokes, see "Brain Attack" on page 22. ●

For information about stroke risk assessment see page 35.

Pennsylvania Has One of Highest Rates of Diabetes

Nearly one in 11 residents of Pennsylvania has diabetes. That's one of the highest rates in the country—and it's increasing. Further, our death rate from diabetes and its complications (about 12,000 deaths in 1997) is second only to Ohio and West Virginia. What are the factors behind this alarming situation?

Age — Pennsylvania ranks second nationally in the statewide proportion of people over age 65. Type 2 (adult-onset) diabetes is most likely in those over age 45, and the risk rises by 20 percent or more after age 65.

Obesity — It's another major risk factor for type 2 diabetes, and a problem for more than one-quarter of Pennsylvanians, according to federal guidelines. Clearly, our tendency toward a high-fat diet and inactive lifestyle has serious consequences.

"New medications and new knowledge about how to control the diabetes allow many people with the disease to lead active, fulfilling lives," says Kim Sterk, R.N., a certified diabetes educator with Lehigh Valley Hospital and Health Network. "Good professional care and healthy lifestyle choices are a must." ●

Want to Know More? One-third of people with diabetes don't know they have the disease. For a free diabetes risk questionnaire, call (610) 402-CARE.

Kid Zone on the Web



To transport injured people to the hospital quickly and over large distances, Lehigh Valley Hospital and Health Network uses the University MedEvac helicopter. Children and adults can find out more about MedEvac by visiting the Kid Zone on our web site. Take a photographic tour of the aircraft, see the helicopter in action and get

answers to some of the most frequently asked questions.



Healthy You

Interested in topics from past issues?

Call (610) 402-CARE for free article reprints or visit us on our web site at

www.lvhhn.org.

You'll find timely topics like:

- Your Winter Survival Kit
- Bouncing Back After a Heart Attack
- Women and Anger
- Diabetes: Are You at Risk?
- Using Antibiotics Wisely

Clinical Trials You Should Know About

Breast cancer prevention – The John and Dorothy Morgan Cancer Center has been chosen as a "nucleus site" in the nation's second major breast cancer prevention trial. This one compares the drug tamoxifen (recently proven very effective for breast cancer prevention) with raloxifene, a similar drug. If you are 35-plus, past menopause and at increased risk of breast cancer, you may be eligible.

Heart rhythm device – Lehigh Valley Hospital is one of 10 research sites in the country testing a new device to identify and treat heart rhythm disturbances. It combines the capabilities of a defibrillator and a pacemaker and is implanted under the skin of the chest in a minor surgical procedure. The trial is open

to people with heart arrhythmia or heart muscle abnormality.

Psychosis drug – Psychiatrists at Lehigh Valley Hospital are investigating a new drug that promises to help psychotic patients quiet the voices in their heads and to ease other symptoms preventing them from leading normal lives. It does not cause the side effects associated with existing treatments. The trial is open to those with chronic schizophrenia, severe manic depression or depression that causes psychosis. ●

For more information about any of these trials, call (610) 402-CARE.

The Ages of Sleep

How much
your child
needs—
and how you
can help

Sleep may seem like a luxury to busy parents, but for your kids' health it's as essential as the food they eat. That's why it's important to help your children develop good sleeping habits. The first step: recognize that a child's sleep needs and patterns vary considerably from infant to teen.

Newborns are notoriously fickle sleepers. "At about 3 to 4 months of age, they move to more predictable patterns, with the longest sleep period occurring at night and naps becoming more regular," says Robert Miller, M.D., a pediatric pulmonologist at Lehigh Valley Hospital and Health Network.

At this time, sleep begins to alternate between well-defined stages of REM (rapid eye movement) sleep, when we dream, and deeper sleep called slow wave or delta sleep. Children and adults need a combination of these stages to feel rested.

Preschool sleep problems

From ages 2 to 6, children may have night terrors and, less often, sleep walking and head banging. Unlike nightmares, which wake children during REM sleep, night terrors occur when children are in such a deep delta sleep that they don't waken. They sit up, often confused and sweating, but usually can't be comforted. Young children have long periods of delta sleep during the first four hours of bedtime. They usually grow out of night terrors by about age 6, when REM sleep increases and delta sleep decreases.

Bed-wetting also is common during the preschool years, when bladder control may not be fully developed. If your child is a bed-wetter, you first should have the child examined for a urinary infection or other bladder or kidney problem, says family practitioner David Glueck, M.D., of Lehigh Valley Hospital and Health Network. Normal bed-wetting—which most kids outgrow—can be controlled with antidiuretic hormones (given in a nasal spray or pill) or antidepressants taken at bedtime, Glueck says. You can also retrain the child's system with a special alarm that detects moisture in the underwear.

Growing teens

Although they may not act like it, adolescents still have a critical need for sleep because growth hormones are most active when they're sleeping. "Their bodies are going through tremendous change, and they have a



Infants Infants sleep about 16-17 hours a day, but their sleep is active and does not fall into predictable patterns for a few months.



6 months - 5 years Toddlers and preschoolers sleep 10-11 hours a night and nap another few hours. They have long periods of deep sleep and may wet the bed or have night terrors.

lot of new pressures that can affect their sleep patterns,” Miller says. “Often they stay up late and may have a hard time waking up. On weekends, they may want to sleep all morning.”

This pattern may or may not be a problem for your teen. “What parents really need to look at is the performance of the child,” Miller says. “If he or she isn’t doing well in school or is excessively tired or irritable, lack of sleep may be one of the causes.”

Setting healthy sleep patterns

Regardless of age, you’ll probably notice that each child has a different sleeping pattern – an internal clock called a circadian rhythm. Some toddlers fall asleep early, no matter where they are or how noisy it is, and wake early in the morning. Other youngsters are reluctant to go to bed and may require an extremely regular schedule and a consistent, non-stimulating bedtime ritual.

Once your child’s body gets used to sleeping and waking times, it’s very difficult to change them. Here are Glueck’s suggestions for ways to help your child develop healthy sleeping patterns:

- Be consistent with bedtime.
- Don’t put a television in the bedroom.

bedroom.

- Make the bedroom conducive to sleep, including the proper temperature and a dark and quiet environment. ●

Want to Know More? For a brochure on sleep apnea or information on upcoming lectures on the topic, call (610) 402-CARE.



6-12 years This age group should sleep about 10 hours a night without major problems. Naps are usually no longer needed.



13-19 years Teens need a minimum of eight hours of sleep a night, but physical and social changes create new pressures that may lead to lack of sleep.

ADD or Sleep Apnea?

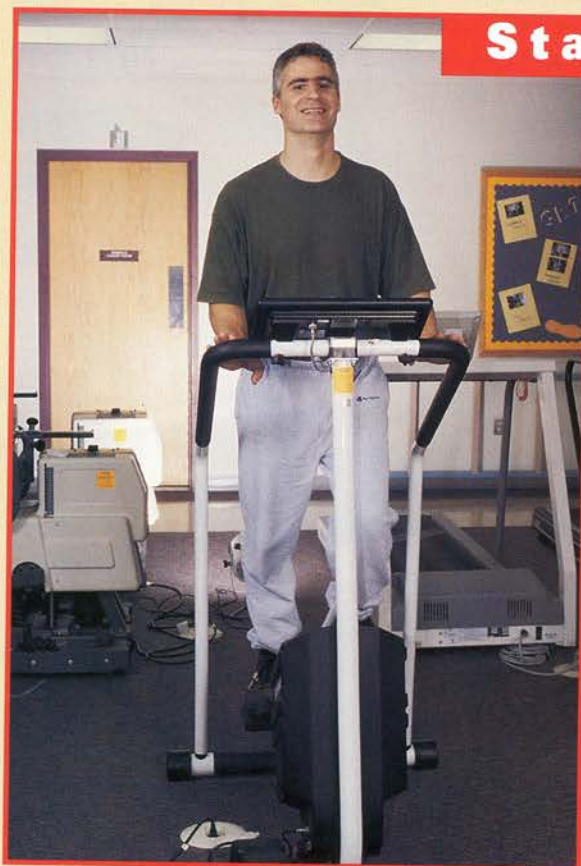
You may associate sleep apnea with infants and middle-aged men who snore, but recent studies have found it affects children as well. Apnea is a condition in which breathing stops briefly during sleep and, for adults, it creates fatigue in waking hours.

For children, sleep apnea has the opposite effect. It causes the kind of hyperactivity and lack of attention often associated with attention deficit disorder (ADD), says JoBeth Newhard, clinical coordinator at the Sleep Disorders Center at Lehigh Valley Hospital and Health Network. As a result, the child may have behavioral or school performance problems.

The most common symptoms of childhood sleep apnea, Newhard says, are snoring and enlarged adenoids and tonsils, which obstruct breathing. Removing the adenoids and tonsils usually cures the problem.

Which Exercise Machine

Healthy You writers investigate the most popular workout choices



Stair Climber

(Lower Body)

Pamela: There's nothing more dreadful than climbing an endless flight of stairs. But determination to tone my quads makes me take it on. Like many people, I have a tendency to cheat by leaning on my arms, risking a back injury. It's tough to get into the groove of this exercise, but it's a good one for anyone who wants "knock 'em dead" legs.

Gary: The up-and-down motion felt awkward, and I was warned not to lean forward or I could aggravate an old back injury. But it was a great workout. After 10 minutes, I was winded and I could feel it in my legs. I also liked the controls: Go faster and they add cardiovascular benefit; slow down and they add resistance.

Cross-Country Ski Machine

(Whole Body)

Pamela: Even some cross-country skiers have trouble getting this gliding action down pat. I had a ball trying to master the skill! However, once perfected, it quickly became boring. Although it's a great low-impact, full-body exercise, I get more satisfaction from lifting weights. The real thing in the snow is probably more fun.

Gary: I'd also rather be out in the snow, but the concentration it took to coordinate my arm and leg movement made this more challenging and fun than the stair climber. And I liked the workout on my upper as well as lower body. It reminded me of the benefit I got from using a rowing machine.



for You?

There's no shortage of exercise machines today, so how do you choose which one is right for you? To answer this question, *Healthy You* sent writers Gary Kimball and Pamela Maurer to check out the most popular machines.

With the help of Affinity

fitness therapist Tracy Ritter, our writers learned they should work out for 30-40 minutes, and could use a combination of machines as long as they didn't rest in between. Most important, they learned to begin with this question: "What do you want to accomplish with your workout?" Here's what they found out:

Pamela's goals:

- Tone legs and lower body
- Maintain weight
- Increase endurance for outdoor activities

Gary's goals:

- Keep cardiovascular system healthy
- Ward off middle-age weight gain
- Complement strength training and build endurance

Climber

(Whole Body)

Pamela: What a hip machine! And fun! This should get me in shape for spring activities like rock climbing and hiking, and relieve my worries of slowing down my friends on these excursions. And of course, anybody who faithfully does this workout should be looking buff, too.

Gary: This was the best workout of the bunch. It was challenging, more interesting than everything but the cross-country ski machine, and the motion felt very natural. The only drawback was that I had to keep my steps short or it aggravated an old knee injury.

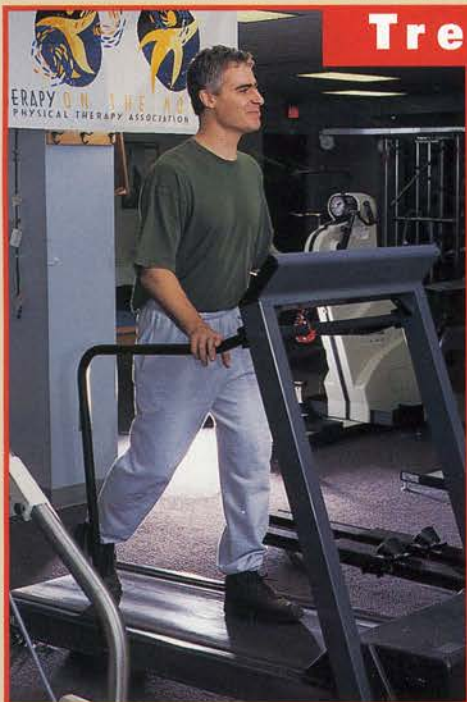


Treadmill

(Lower Body)

Pamela: When things get challenging on the treadmill, it's too easy just to switch it off. I find this machine beneficial for an occasional warm-up or for those days when you need to squeeze in some exercise. But to get the most out of a run, I'd rather hit the road.

Gary: I stopped running outdoors because the pounding aggravated my lower back, but this machine is supposed to absorb some of the impact. So I'd give it a shot for running. Walking felt awkward and bored me, but I can see the lure in bad weather. The controls that let you create inclines and declines make it more interesting, and I like being able to measure distance and calories burned.

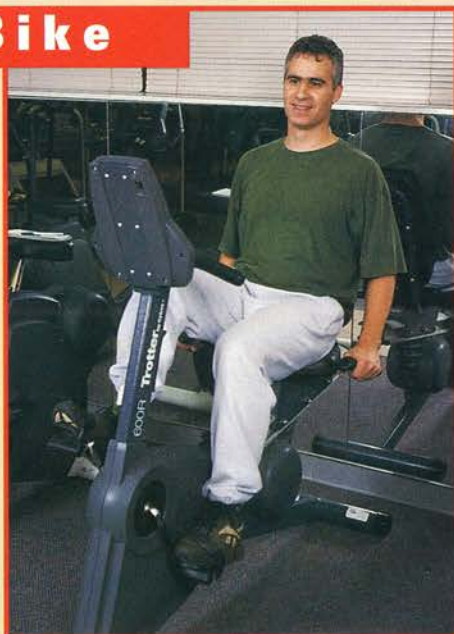


Recumbent Bike

(Lower Body)

Pamela: Exercise in a chair? Not for me. It just makes me want to sit back and relax. There's no extra benefit from this bike compared with a traditional one, so I'll save my lazy pedaling for a cool-down.

Gary: What a difference—it cut down the strain on my back and was much smoother and more comfortable than the regular bike. And it had the same type of controls I liked. I never thought I'd sit down to exercise, but this bike changed my mind. I could stay on this one for a while.

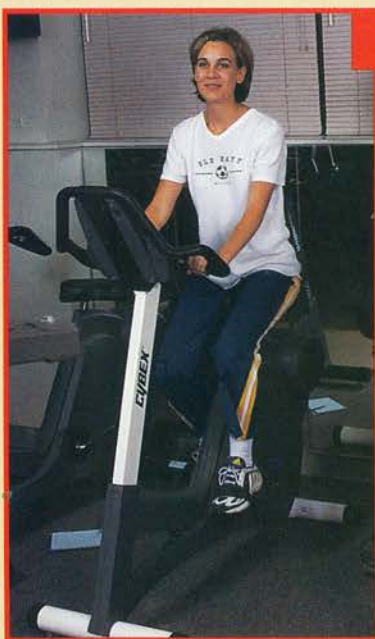


Exercise Bike

(Lower Body)

Pamela: Get going on this machine and I won't have to curse the vending machine. Most bikes measure calories, miles and pulse, which allows me to set goals each time—and more important, I'll know when I burned off that candy bar. Another perk is the variety of courses (shown on the monitor) most gym bikes offer. This will always be my favorite cardiovascular exercise.

Gary: Like the treadmill, I found this boring, but I liked the controls that let me create inclines and monitor my heart rate and calories burned. The biggest negative was sitting without back support. I had a tendency to slouch, which is bad for my lower back.



Want to Know More? Many exercise machines are made for home use, but some may not be durable or safe. For a free evaluation by an exercise physiologist who can recommend home fitness equipment, or to receive a guide to buying exercise equipment for the home, call (610) 402-CARE.

Pamela's ideal workout (40 minutes)

- 5-minute warm-up
- 10 minutes on stair climber
(long steps with high resistance for toning benefits)
- 10 minutes on climber
- 10 minutes on bike
- 5-minute cool-down on recumbent bike

Gary's ideal workout (40 minutes)

- 5-minute warm-up
- 10 minutes on recumbent bike
- 10 minutes on climber
- 15 minutes on treadmill (running, then walking to cool down)



Caffeine

We can't live without it, but is it dangerous?

We love caffeine. Few of us go a day without it in coffee, tea, chocolate or soft drinks. And why not? It

provides the boost we need to get going in the morning, get over a mid-afternoon nod or meet a late-night deadline.

Drink just a few cups of coffee a day and you know the feeling. Within minutes, your metabolism increases and you're less tired and better able to concentrate. The downside: you urinate more often and may feel an increase in temperature, breathing and stomach acid. Caffeine also shortens the length and reduces the quality of sleep.

But is it dangerous? Not for most people, says Jonathan Munves, M.D., a Muhlenberg Hospital Center internist. The link between caffeine and diseases such as cancer, heart disease and high blood pressure has not been established. And although caffeine robs your bones of calcium, proper amounts of calcium in your diet will counter any increased risk of osteoporosis. For some people, caffeine actually has health benefits: moderate use can reduce the symptoms of asthma.

"A few cups of coffee a day are fine, as long as you don't have any underlying medical conditions," Munves says. "But if you have an ulcer, heart palpitations, irregular heartbeat, high blood pressure, insomnia or anxiety, you should avoid caffeine."

The key to a successful relationship with caffeine is moderation.

While the primary impact is short-term, caffeine does create dependence. The stimulating effects wear off in three to four hours and may turn to drowsiness, irritability, nervousness, depression and headaches. That makes you want more. Moderate to heavy caffeine users often have to endure days of severe headaches when they decide to quit. ●

Want to Know More? Caffeine levels in coffee vary depending on blends and brewing methods. Teas and sodas vary also, and you'll find significant caffeine in chocolate and some medicines.

For a guide to caffeine content, call (610) 402-CARE.

Healthy Eating on

You work 50 hours a week with back-to-back meetings. So when your stomach grumbles, the only thing you can pencil in is the vending machine or fast-food joint.

Laura Hafer, who works at Air Products and Chemicals, Inc., has been there—but she's changed her ways. "I loved chips and sweets, but it was temporary satisfaction," she says. "Later, I just didn't feel good, especially when my clothing wasn't fitting. Now I eat fruit, yogurt and low-fat snacks."

Hafer's secret to healthy eating on the job? "Planning ahead," she says. "I buy healthy foods I like, and when I pack lunches for my children, I make one for myself."

If the schedule below looks familiar, read on for some advice from Hafer and Lehigh Valley Hospital and Health Network dietitian Elizabeth Brown.

7:30 a.m.

**Hustle out the door for work.
No time to eat.**

Whoa, not so fast! Breakfast is a meal you should never skip—as Hafer knows. "In the morning, my body tells me, 'You have to eat.' A bagel, yogurt or cereal satisfies my hunger and gets me started," she says.

Grabbing a couple of crackers or a piece of fruit on the run won't do, Brown says. "You need something significant. Cereal is quick, and provides at least 25 percent of most vitamins and minerals, but leftover pizza or a sandwich will also suffice."

10 a.m.

**Another birthday celebration.
Chocolate cake galore!**

Workplace etiquette requires attendance at these shindigs, so to resist temptation, Hafer brings her own snack. "With 75 people in my office, there are always goodies around," she says. "I usually have low-fat cookies. If I do splurge, I watch my calorie and fat intake for the rest of the day."

For those who give in more easily, eating a small piece of cake or two cookies once a week is okay, Brown says. Better yet, encourage co-workers to bring in low-fat treats. "Most of them will be dieting at some point, so it shouldn't be difficult getting them to agree," she says. "Angel food cake, pudding and fresh fruit are tasty options."



the job

Noon

The meeting's running overtime. Everyone orders Chinese food.

If Hafer doesn't pop a low-fat dinner into the microwave, she just might order with the rest. "I can't get obsessive about it," she says. Brown's suggestion on Chinese food: skip the oily stir-fry in favor of steamed vegetables and chicken. "Soy sauce makes it tasty," she says. "Eating chicken or shrimp, not just vegetables, is important because the protein slows digestion of all foods. You won't be hungry again so soon."

3 p.m.

A craving is approaching. The vending machine looks pretty good.

Chilled water does the trick for Hafer. "I freeze a bottle the night before and drink it all day," she says. "It fills me up."

That might not satisfy everyone. "Most people get hungry every three or four hours, and late afternoon is when it really hits," Brown says. "Keep a supply of graham crackers and hot chocolate mix in your desk. Or try a tablespoon of peanut butter on "lite" bread. It's a great low-calorie source of protein and carbohydrate, with just the right amount of fat."

If you must go to the vending machine, get pretzels. Don't be fooled by "low-fat" candy. "Candy provides the carbohydrate you need for energy, but has no nutrients," Brown says. "It's like giving a car gas but no oil."

Are you so busy you skip meals and snacks altogether? Don't! "Job performance and alertness are much better if you eat the right foods," Brown says. "You just have to find a plan that works for you." ●

Want to Know More? For ideas for quick and healthy lunches, call (610) 402-CARE.



Facing a Crunch for Lunch?

Faster than you can say "gimme a cheese-burger and large fry," the cafe at the new Health Center at Trexlertown can serve you a healthy meal. So instead of the fries, go for a mixed green salad and grilled chicken wrap sandwich.

"It used to be difficult to find a healthy lunch in a hurry," says Janet Schuch, the Wood Company's director of clinical services of the hospital division. "Now that the cafe is open, people have many nutritious choices. The menu is never stagnant."

The cafeteria-style eatery, next to the Trexler Mall, offers a variety of healthy soups, salads, sandwiches and hot meals for dine in or take out. "The prices and speed of service are comparable with fast-food restaurants," Schuch says. "And we open at 6:30 a.m., just in time to grab breakfast on your way to work."

DIABETES
and your
heart:



"BIG THREE"

Blood sugar isn't
the whole story.

Blood pressure and
cholesterol are
also key—and
there are new med-
ications to help.

You have **type 2 diabetes**, but with medication and a careful diet, you keep your blood sugar near normal levels. You have no cause to worry, right?

Wrong. If you're overweight—as 90 percent of people with type 2 diabetes are—you probably have elevated cholesterol and high blood pressure. Those two things combined with diabetes put you at much higher risk of a heart attack or stroke, says endocrinologist Larry Merkle, M.D., of Lehigh Valley Hospital and Health Network.

Type 2 diabetes is the most common form of the disease, accounting for 90 percent of cases. It's most likely to occur in people over age 45, people who are overweight, among African Americans or Hispanic Americans, and those with a family history of the disease. In type 2 diabetes, the body may make insulin (the substance needed to control blood sugar) but can't use it efficiently. About 40 percent of people with type 2 diabetes eventually require insulin injections.

It used to be that controlling blood sugar was the entire focus of diabetes treatment. Today, specialty facilities like the Helwig Diabetes Center at Lehigh Valley Hospital and Health Network focus on blood pressure and cholesterol as well. "We've gone from looking at type 2 diabetes as a disease of blood sugar regulation to a disease of metabolism in general," Merkle says.

What can you do to control your diabetes-related heart disease risk? Here's a summary:

The basics: diet, exercise and lifestyle

As everyone knows, it's vital that you eat the right types of foods in the right amounts. A variety of low-fat, low-sugar and low-salt foods, including plenty of vegetables, fruits and grains, will help control blood sugar, cholesterol and blood pressure. Along with a regular exercise program, it will also help you lose weight. That alone may be enough to get you off medication. And if you are a smoker, one of the best things you can do to lower your risk of heart disease is to quit smoking.

Medications—including some new options

To control blood sugar, most of those with type 2 diabetes who don't need insulin injections have had one choice: hypoglycemic agents in pill form. "These stimulate the pancreas to secrete insulin," says Monica Yost, registered pharmacist with Lehigh Valley Hospital and Health Network. "The most common side effect is hypoglycemia, or too-low blood sugar." Until recently, if you couldn't tolerate the drug or its effects wore off over time, your alternative was insulin injections.

“Today we have new medications that work differently,” Yost says. “These medications (antihyperglycemics) work to lower blood sugar levels but don’t cause the same side effects when used alone, and some also enhance weight loss and help lower cholesterol.” As an alternative to insulin injections, she says, a combination of medications is often used to get the maximum benefits from each, but that calls for careful monitoring by a trained health care provider.

To control blood pressure, there are a variety of medications that can be tailored to the individual patient and the stage of the disease. “For example, one of the common complications of diabetes later in life is kidney disease,” Yost says. “Certain drugs can delay or slow kidney complications. On the other hand, you may want to avoid certain blood pressure medications like beta blockers, which can mask the signs of high blood sugar.”

To control cholesterol, there are specific medications to lower LDL (so-called “bad” cholesterol) and triglyceride. Physicians often prescribe a group known as statins. Cholesterol-lowering drugs are most effective when used in combination with careful blood sugar control, a healthy diet and regular exercise. “And to protect yourself from drug interactions, make sure you’re under the care of someone who is expert in diabetes care,” Yost says. ●

Want to Know More? The key to successful diabetes control, specialists agree, is educating yourself and taking charge of your own care. For information about how the Helwig Diabetes Center can help, call (610) 402-CARE. See also the health screenings on page 35.

Illustrations by Teressa Colbaugh

“Having diabetes doubles or even quadruples your risk of cardiovascular disease. This risk remains even if you don’t smoke, don’t have high blood pressure, and have normal cholesterol levels. But your risk of cardiovascular disease increases dramatically when you have diabetes plus any of the other risk factors.”

AMERICAN DIABETES ASSOCIATION

TEST GOALS: Target Numbers for People With Diabetes



Blood sugar before meals	80-140 mg/dL*
Blood sugar at bedtime	100-160 mg/dL
Blood pressure	under 130/85
LDL (“bad”) cholesterol	100 mg/dL or under
HDL (“good”) cholesterol	35 mg/dL or over
Triglyceride	200 mg/dL or under
Hemoglobin A-1-C	under 7.5%

* milligrams per deciliter of blood
Sources: American Diabetes Association;
Eli Lilly and Company

A Family's Story

Together they face
the challenges of mental disability

The Perrin women are getting down to business: girl talk about boyfriends. "He smiles at me when I'm bowling," Kris Perrin says.

"Tell me more," younger sister Beth says, giggling as their mother, Judy, and sister Jenny listen with anticipation.

"Well, I always hold his lucky towel for him," Kris says, "and he says, 'Thanks, Hon!'"

This is one close family.

Bringing them even closer is Kris, who has Prader-Willi syndrome, a type of mental retardation. "Kris and I have the best

time," Beth says. "We go shopping, go to the movies. People sometimes think of her as a child because of her disability, but she is 28 and deals with the same issues every adult does—aspirations, jobs, relationships."

Like all people with Prader-Willi, Kris also faces other issues: an insatiable appetite, a learning disability and resistance to change. "The biggest challenge for people with Prader-Willi is weight control," says Kris' physician, Lehigh Valley Hospital and Health Network internist Mark



The Perrin family: Kris (middle) with parents Judy and Don and sisters Jenny (left) and Beth (right).



"I have a great job!" Kris says. At the Association for Retarded Citizens, she answers phones, delivers messages and helps with computer work.

Kender, M.D. "It raises their risk of heart disease, high blood pressure and diabetes."

Kris, who lives with her parents, needs constant supervision mainly due to her appetite. "My husband, Don, and I are in this together," Judy Perrin says. "We take it one day at a time and give her lots of unconditional love."

Prader-Willi is genetic but not inherited. "It appears to be caused by a missing piece of a chromosome," Kender says.

"It's different from Down's syndrome, which is caused by an extra chromosome."

Only about 1 in 10,000 people have Prader-Willi, one of the hundreds of types of mental retardation that affect 2 to 3 percent of the population. Like Kris, about 87 percent of people with mental retardation are moderately affected and able to participate in the community and hold jobs. "Many are good at repetitive activities," Kender says. "You can rely on them. They give far more to the people around them than they take away."

Kris volunteers at the Association for Retarded Citizens, serves on the Lehigh County Mental Retardation Committee and helps at Cloud Nine Country Kennel in Macungie, her favorite activity. "I walk each dog and play with the cats and rabbits," she says. "I prayed about this for a long time, and it came true!" She also makes crafts and practices swimming and bowling for the

Special Olympics.

Today, children with mental retardation are entering regular classrooms, and people in state institutions are being integrated into the community. "It's of great benefit because they have so many skills to contribute," says John VanBrakle, M.D., chairman of the Lehigh County Mental Retardation Committee and chief of pediatrics at Lehigh Valley Hospital and Health Network. "It's important for us to think of the person, not the syndrome. Each person has unique challenges and strengths."

Kris' mother agrees. "We never assume that Kris has reached her full potential," she says. "And we will always try to help her get there."

A special milestone in the Perrin family was Kris' high school graduation. To this day, Judy Perrin's eyes well with tears as she remembers the Henry David Thoreau quote they chose for her commencement invitation: "If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away." ●

Want to Know More? For a list of tips and resources for families of people with mental retardation, call (610) 402-CARE.



"When I get in the pool, I take off!" says Kris, whose swimming won her four gold medals in the Special Olympics.



Your "Glo

Cleansers,
moisturizers,
astringents
and masks...

Do you really need
all those skin care
products?

In the advertising Olympics, the skin care industry surely takes the gold. Stroll through any drug or department store and the array of products—and claims—will

make you dizzy. What does your skin actually need? Here are some answers from dermatologist Marc Levin, M.D., of Lehigh Valley Hospital and Health Network.

Cleansers/soaps. "Cleansing, in my opinion, is the most overrated aspect of skin care. Your skin cleanses and renews itself naturally. Cleansing once a day is perfectly sufficient; do it in the evening if you use makeup. Choose a mild, non-irritating cleanser, and use your hands rather than a washcloth. Keep the water temperature lukewarm and pat, don't rub, dry."

Astringents, clarifiers and "deep cleansers." "These products dry and damage the skin to prompt it to repair itself. They can give you a smooth, pink, tighter and 'younger' look, but if you don't counteract the drying effect with a moisturizer, you may develop sore, red or irritated skin. If you like the results of these products, go ahead and use them, but don't overdo it. They're generally unnecessary and can be damaging to sensitive, aging or sun-damaged skin."

Moisturizers. "Moisturizing, which prevents water loss through evaporation, is one of the best things you can do for your skin. An excellent choice is petroleum jelly applied thinly after cleaning your face at night. But most women want some-

wing Complexion”

thing more aesthetic than that.

“Commercial moisturizers are basically petroleum jelly, mineral oil or lanolin with added emulsifiers, water, preservatives, fragrance and color. Creams are generally more effective than lotions. Some moisturizers include humectants to draw water up into your skin, or exfoliants to promote the natural sloughing off of skin cells.”

Sun protection. “This is the other best thing you can do for your skin. Sun exposure causes far more skin damage than aging does. There is no such thing as a safe tan! Although sun is less of a concern in winter than summer, a moisturizer with built-in sunscreen is always a good idea. But make sure you have a ‘broad spectrum’ product that protects against UVA as well as UVB rays. The SPF rating only applies to UVB, the shorter rays that cause burning and tanning. UVA rays are longer and more penetrating, and may be a bigger cause of premature aging. Another point: if your makeup is SPF 7 and your moisturizer SPF 15, they don’t add up to SPF 22; in fact, they dilute each other’s effectiveness.”

Alpha hydroxy. “This newer product, usually found as an addition to moisturizers, acts as a humectant and exfoliant. The higher the acid content, the more effective—and the more irritating—the product will be. The label will tell you acid concentration, but probably won’t tell you pH (overall acidity), and that determines how much acid is actually available to your skin. The safest course is to start with a recognizable brand in a ‘gentle’ or ‘mild’ formulation and gradually work up.”

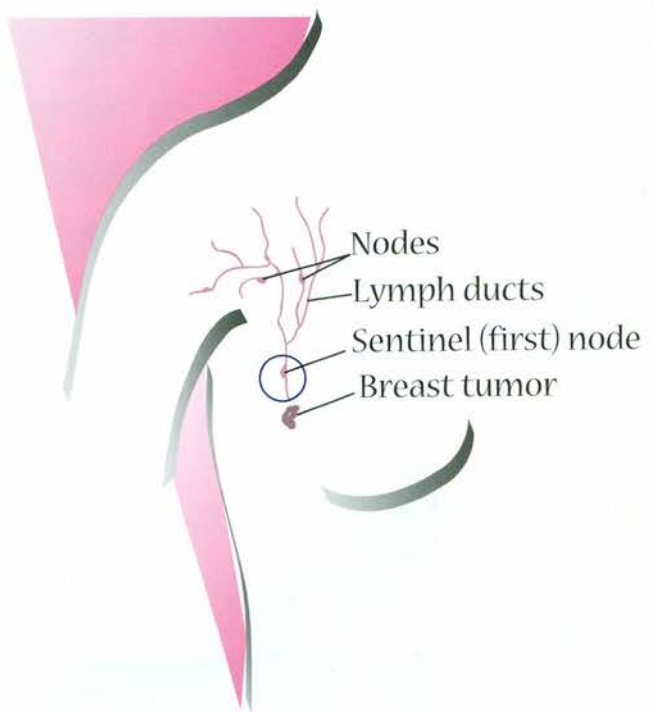
Antioxidants. “The antioxidant vitamins A, E and C are reputed to minimize or reverse sun damage. How well over-the-counter products work as skin creams is debatable. I use them, but you need a preparation that keeps the vitamin stable and allows it to penetrate the skin in a way the cells can use. The prescription forms such as Renova, Retin-A and Avita are very effective but may be quite irritating.”

Masks. “I use these mainly for acne, to draw debris out of clogged pores. If a mask feels good, doesn’t hurt and you like the results, go ahead and use it. But be aware that many commercial products make unsupportable claims.” ●

Want to Know More? For information on peels, collagen injections, laser resurfacing and other professional skin treatments, call (610) 402-CARE.

Moisturizing
and sun
protection are the
best things you can
do for your skin.

A New Approach to Breast Cancer Diagnosis



A key part of breast cancer diagnosis is finding out whether the cancer has spread to the underarm lymph nodes. “It makes a big difference in the treatment plan,” says surgeon Marian McDonald, M.D.

Until recently, the only way to tell was to remove surgically as many as 20 of the lymph nodes for biopsy. That procedure, for many women, proves more troublesome than the actual breast surgery. It can cause numbness, tingling and sometimes permanent swelling of the arm, wrist or hand.

Now, McDonald and her colleagues at Lehigh

Valley Hospital and Health Network are offering their patients a new and far gentler approach.

“Sentinel node mapping” is based on the concept that cancer from a primary tumor spreads by flowing through the lymph system to the first node in its path. If that node shows no malignant cells, the surgeon can assume the nodes beyond are also cancer-free. Sentinel node mapping has become the standard of care in melanoma (skin cancer) treatment.

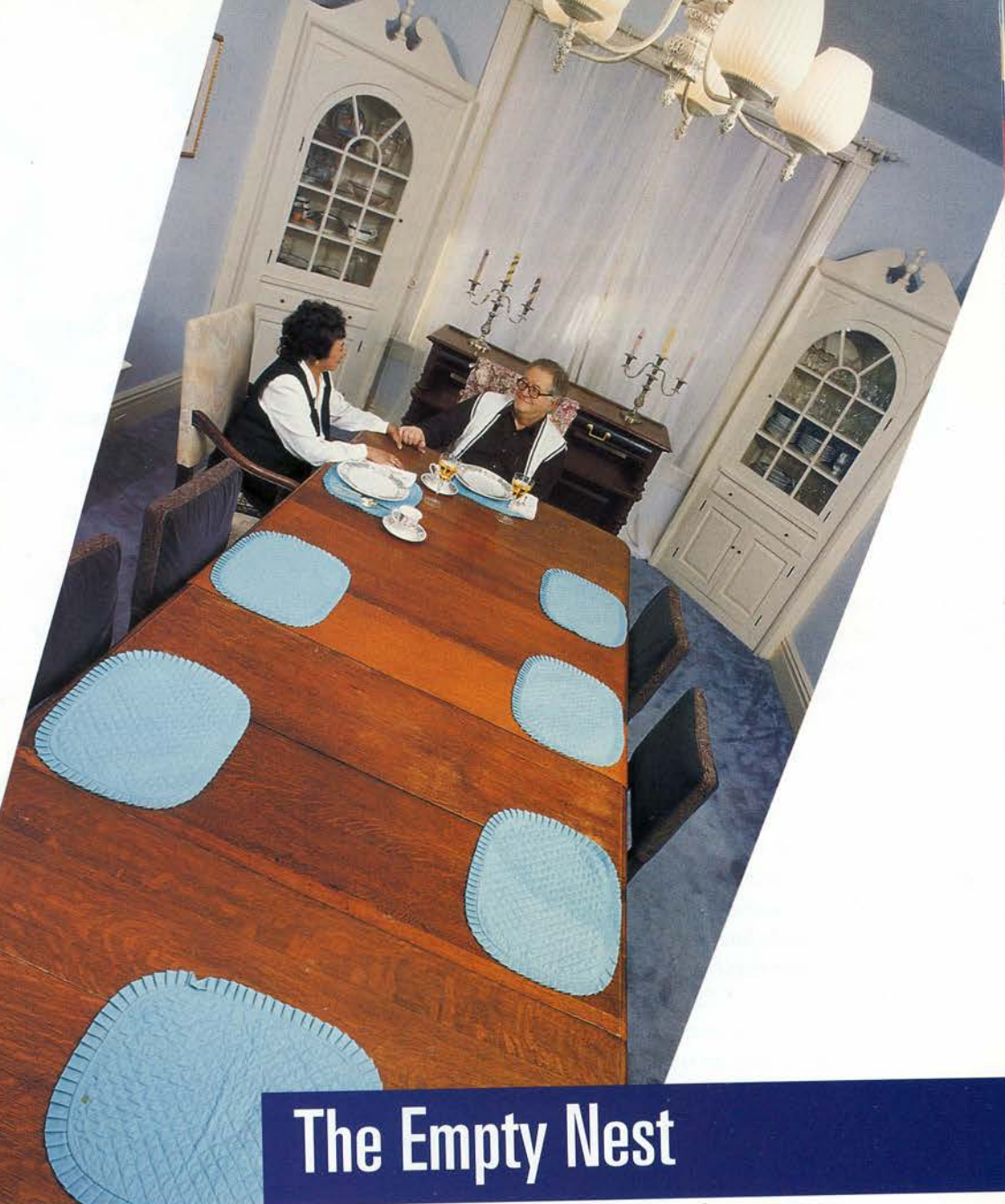
The trick is detecting the sentinel node. “We inject a small amount of radioactive tracer around the cancer, which is retained in the sentinel node before reaching other nodes,” McDonald says. “As an added visual aid, we inject a blue dye that follows the tracer. We then use a probe similar to a Geiger counter to locate the node, which is removed through a small incision.” If the biopsy is negative, the patient may not require further therapy.

“National studies show sentinel node mapping is better than 98 percent accurate,” McDonald says. “The detection rate is higher because we can examine the node in much finer detail.” She and her colleagues did their own study, confirming the value of the new procedure and leading her to predict that it will soon replace full lymph node surgery.

For the individual women involved, anything that relieves some of the pain of a breast cancer diagnosis is good news indeed. ●

Want to Know More? For the names of surgeons who perform sentinel node mapping, call (610) 402-CARE.

“Sentinel node mapping” spares women the pain of lymph node surgery



The Empty Nest

It's a tough transition, but one that can open exciting new possibilities—including a more mature relationship with your children

Sally Peters* faces a “double whammy” next fall. Her daughter leaves home to begin college, and her son transfers from the local to the main campus of Penn State. When that nest empties all at once, she says, “I know I’ll have a hard time letting go.”

Although she works part-time, Peters is at heart a “stay-at-home mom.” She dreads how empty home will feel, especially when her husband, Guy, is away on business. Then there’s the question of “what am I going to do with my life?” Says Peters: “I feel like I had the best job in the world, and suddenly after 18 years, I’m getting fired.”

Actually, Peters is doing just the right thing in preparing herself ahead of time, says psychologist Jeffrey W. Knauss, Ed.D., program director of the adolescent inpatient psychiatric unit at Lehigh Valley

Hospital and Health Network. "Whether your kids are leaving for college, military service, a job or marriage, this is a big transition," he says. "And it occurs at about the time of life when women face other big transitions, such as menopause, aging parents and a sense of their own mortality."

The departure of children is unlikely in itself to have serious mental health effects, Knauss says: "In a study comparing childless couples, couples with grown children living at home and couples whose children had left, depression was rarest and most short-lived in the empty-nesters." But like any change, it's scary and uncomfortable. Here are Knauss' ideas on how to cope:

■ **Recognize that leaving home is an important part of growing up.** "College is a more gradual way of doing it, because most students are home for periods of time. However, by the end of adolescence, we all have to achieve what the social scientists call separation and individualization."

■ **Get yourself a support system.** For Peters, it's a group of friends who regularly go to lunch. "It helps to know we're not in this alone," she says. Others find solace in formal support groups. "The point is, if you're having difficulties, you need to talk about it," Knauss says.

■ **Pay attention to your relationship with your spouse.** Guy Peters shares his wife's concern, and the two are already planning trips together. Knauss applauds them. "A healthy marriage reduces the risk of separation problems. Start taking vacations without your kids as they get into their teens. It's good for the kids' growing independence and for the two of you."

■ **Explore new opportunities for yourself.** Peters is taking piano lessons, exercising more and considering volunteering at a nearby hospital. For other women, the answer might be full- or part-time work, travel or a college degree. "This is the time to ask yourself what sparks your interest," Knauss says.

■ **Keep communication open with your kids.** "Obviously, it's not healthy to tell them you're going to fall apart when they leave. Nonetheless, your kids should be aware that you'll miss having them around and want to stay in contact. Whether you use phone calls, visits or e-mail, negotiate a level of communication that works for both parties."

■ **Look on the bright side.** "We tend to fall into all-or-nothing thinking: when my child moves away she'll never need me again," Knauss says. "That's nonsense! Adult children go on needing their parents' advice and support. As the relationship becomes more like a very nice friendship, you may even feel closer than you did when your kids were young. And, you can look forward to grandparenting!"

Peters is not quite that cheerful yet. "Letting go of someone you love is one of the hardest things you'll ever do," she says. "I know the dread is probably worse than the reality. I know we'll be going to football games and talking on the phone. Do you know what it really comes down to? After all those years of raising them, my kids turned out so nice I just want to be sure we stay close." ●

** A resident of the Lehigh Valley whose name and details have been changed for confidentiality.*

Want to Know More?

For a list of volunteer opportunities around the Lehigh Valley, call (610) 402-CARE. Empty-nesters age 50 and over will find many social and learning opportunities in the Vitality Plus program; see page 33.

Resolved: No More Resolutions!

For most of us, New Year's resolutions are an exercise in guilt and frustration. Then there's Richard Holben of Allentown. In 1977, he resolved to quit smoking, and in 1989, he gave up alcohol. He hasn't touched either one since. "On Jan. 1, 1996, my husband resolved to go for a walk every day," says Jeanne Holben, "and he didn't miss a single day all year, including the big blizzard."

Psychologist and family therapist Joanne Cohen, Ph.D., marvels at such a record—and admits that this man is one in a million when it comes to will power. "It's been said that will power is like trying to keep a muscle tense forever," says Cohen, who works with the family practice department and The Guidance Program, Lehigh Valley Hospital and Health Network. "Most people can't sustain it very long."

So, are New Year's resolutions a bad idea? "Not necessarily; it's all in how you make them," Cohen says. "Resolutions are about changing yourself, and research shows us that change takes time. To be successful, you need to progress through the contemplation and planning stages before taking action. The typical New Year's resolution, by contrast, is impulsive and last-minute."

It's natural, she points out, to reflect on your life as you watch the ball drop at midnight. "But think as broadly as possible; see the big picture. Ask yourself, if this were my last year on earth, what would I want to do? One of my clients, after doing that exercise, finally allowed himself to take piano lessons at age 60-plus!" ●

Want to Know More?

This story first appeared in Vitality Plus, a newsletter free to members of this low-cost program for people age 50 and over. See page 33 for more information.

Making a Change THE RIGHT WAY

Take time to think it over carefully.

What will you gain and lose in making this change—and is the "cost/benefit ratio" worth it? What support will you need to sustain the change?

Begin with a very small change,

so you can be successful and feel good about it.

Realize that the permanent changes

are usually the ones you do gradually.

Take a broad perspective. Good health is not just about losing weight, it's also about having a more enjoyable life. Consider taking a class, joining a club, going to a concert or volunteering.

Be kind to yourself. New Year's resolutions don't have to be tough; they can be fun.

Brain Attack

Knowing the signs of stroke—and getting quick treatment with a “clot buster” drug—saved one woman’s life

It was 7 a.m. on a Monday last January, and Althea Urffer was up and about, making her husband breakfast. But when she reached into the freezer, something wasn’t right. “My left hand wouldn’t cooperate with me,” Urffer says. “I saw this happen to my mother when she was having a stroke. I just knew it was happening to me, too.”

Urffer, 72, called her daughter, who immediately took her to the emergency room at Lehigh Valley Hospital. She was fortunate she acted quickly and went to a facility that is part of the stroke center network of the National Stroke Association. (Lehigh Valley Hospital is the only member of this network in the region. See story on page 2.)

“People have no pain during a stroke, so they have a tendency to shrug it off,” says Lehigh Valley Hospital and Health Network neurologist John Castaldo, M.D. “It’s not like a heart attack, when it feels like an elephant is sitting on your chest. Instead, maybe your arm, face or tongue goes numb for a minute or your vision is temporarily blurred. If you don’t recognize the symptoms, they could be fatal.”

Stroke is the nation’s third-leading killer and the leading cause of disability. It’s a “brain attack” caused by fatty deposits or blood clots blocking an artery. When a stroke occurs, it cuts off blood and oxygen to the brain cells that control everything from speaking and walking to breathing.

“When the brain can’t get blood, it dies, and many people who survive end up severely impaired,” Castaldo says. “They can be paralyzed or unable to speak.” Because Urffer recognized the signs and got to the hospital quickly, doctors were able to save her from any disabling effects. They diagnosed her through a CAT scan, then gave her a clot-busting agent called tissue plasminogen activator, or TPA. The drug dissolves clots, restoring blood flow to the brain.

“For the clot-busting agent to work, we need to apply it within three hours,”

Castaldo says. “It’s imperative to call 911 immediately, and tell the emergency crew that you think you’re having a stroke. That way, they can take you to a properly equipped hospital and notify the staff to prepare for your arrival.”

Clot-busting drugs, available for about two years now, give patients a better

Warning Signs of Stroke

- Unexplained, severe headaches
- Trouble talking or comprehending speech
- Sudden weakness or numbness
- Dimness or loss of vision, especially in one eye
- Dizziness or unsteadiness



Recovered from her stroke, Althea Urffer enjoys making ceramics for friends and family.

chance of improvement than most treatments, but still are not perfect, Castaldo says. Only about 30 percent of people are likely to have minimal or no disability, and the drug's effectiveness is usually not known for 90 days.

On the forefront of research are several other promising treatments, such as “brain-saving” neuroprotective agents, which disrupt the processes that kill brain cells during stroke. “Remember, though, that prevention is much better than a cure,” Castaldo says.

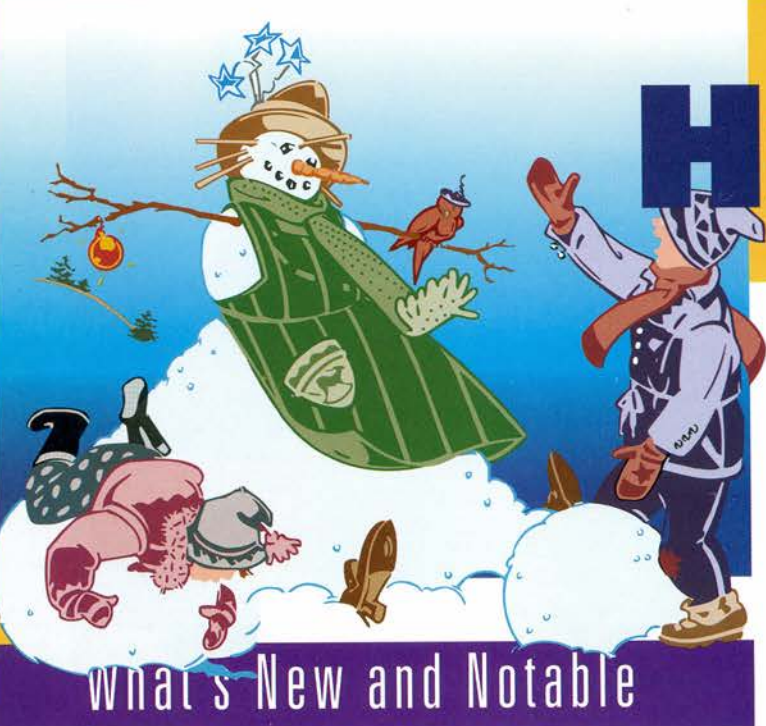
People older than 65 are most susceptible to stroke, but about 28 percent of people who have a brain attack are younger than that. Men, African Americans and people with diabetes or heart disease are at highest risk.

People like Urffer—who has diabetes, high cholesterol, high blood pressure and a family history of stroke—must be vigilant all their lives. “People think lightning doesn’t strike twice, but people who have a stroke are at great risk of having another,” Castaldo says.

To stay well, Urffer participates in a diet and exercise program at Lehigh Valley Hospital and Health Network. She also volunteers in the kitchen at the Upper Milford Fire Company, mows the lawn, and is active around her house and garden.

“Had I not gotten to the hospital so quickly, I wouldn’t be able to do these things,” she says. “I feel like I never even had a stroke. But believe me, I’m taking care of myself so it doesn’t happen again. It was a real wake-up call.” ●

Want to Know More? For a stroke “pocket card” that lists risk factors and symptoms, call (610) 402-CARE. And for dates of important health screenings, including a stroke risk assessment, see page 35.



What's New and Notable

Healthy Eating

- **Cooking Healthy in the Fast Lane *NEW***

Page 26

Learn to organize your time efficiently in the kitchen and prepare healthy, whole-food meals ahead of time. (See also an article on page 10.)

- **Seasonal Foods for Wellness: Winter *NEW***

Page 26

Discover the best foods to enhance health and warmth during the winter season, based on Oriental health philosophy.

- **Nutrition Prescription *NEW***

Page 26

Meet one-to-one with a registered dietitian and receive a personal eating plan for weight management or healthy nutrition. Body composition analysis included.

Fitness

- **Strength Training: Get the Max from Your Muscles *NEW***

Page 27

Strength training will give your body more horsepower, so you can burn more calories and do more work with less effort.

- **Easy Moves *NEW***

Page 27

An exercise and relaxation program incorporating gentle movements for the large joints, performed to quiet music.

Free Offerings

Some *Healthy You* classes and lectures have a registration fee (fees are per person unless otherwise noted), but many are provided at no cost. Check each listing.

Mind and Body

- **Don't Get Mad, Get Funny! *NEW***

Page 28

This playful and practical workshop will help you manage stress before it mismanages you.

- **Yield to Relaxation Workshop *NEW***

Page 28

Picture yourself with less stress and more control. You'll learn and practice meditation, music, guided visualization and more.

- **Aromatherapy One-to-One *NEW***

Page 29

In a personal consultation, learn how using essential oils of flowers and herbs can heal, beautify and soothe your body and mind.

- **Reflexology One-to-One *NEW***

Page 29

This holistic practice releases tension throughout the body by gently stimulating reflex points in the feet.

Sweetheart Shoppe

So your sweetheart hates chocolates and is allergic to flowers. Where does that leave you on Valentine's Day? Select a gift or gift certificate that promotes love and a healthy life. (We'll gift-wrap your selection.)

- **Sixty-minute therapeutic massage** (\$45)
- **Thirty-minute therapeutic massage** (\$30)
- **Aromatherapy candle/CD set for serenity** (\$18)
- **Happy Heart hand-held massager** (\$10)

To place an order or for more information, call (610) 402-CARE.

To select a gift certificate in person, stop by the Health Center at Trexlerton on Friday, Feb. 12; 9 a.m.-7 p.m. and Saturday, Feb. 13; 9 a.m.-noon.

Health Improvement Classes

January-March 1999



You're invited to visit **Healthy You on the web.**

Some of the topics on our web site that can augment the health and wellness classes offered in this issue of *Healthy You* include:

- **Fibromyalgia**—what it is, how it is treated and support group information.
- **Thyroid Disease**—symptoms, how to check for it and different conditions it may cause.
- **Parenting**—information for before childbirth through the adolescent years.

Use the address <http://www.lvhn.org> to go to the home page of the web site. From there, you can browse the site's sections, use the table of contents link at the bottom of the page to get an overview of the entire site, or type a word or phrase into the search to help you locate specific information.

Visit our calendar and you can register online for any of these classes.

● **Hands-On Health Workshop**

NEW

Page 29

Escape for three hours to expand your mind and challenge your body. You'll learn techniques including facial massage and foot reflexology.

● **Healing Movements for the Seasons:**

Winter NEW

Page 29

Movements based on Tai Chi can balance and invigorate you during cold weather and chase away the winter blues.

● **Aikido NEW**

Page 29

You're never too old or too weak to benefit from this non-aggressive self-defense discipline.

Parenting

● **Media and Your Child**

NEW

Page 29

Learn about the dynamics of the entertainment media, their powerful

impact on children, and how you as a parent can use the media as a positive force.

Spirit of Women

Women's Health

● **Living Well With Fibromyalgia NEW**

Page 30

A two-session workshop on coping with fatigue, stress, sleeplessness and pain. You'll learn the benefits of yoga and hear a fibromyalgia success story.

Disease Care

● **Thyroid Disease: the Sneaky Culprit NEW**

Page 35

The symptoms of thyroid disease are so common, they're often mistaken for other problems. Learn how this sneaky disorder can affect moods, memory, concentration and coping ability.

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Your mother was wrong!

Hanging out in the mall can be good for you. Health improvement classes are offered at Lehigh Valley Hospital and Health Network's new Health Center at Trexlertown, located in the Trexler Mall. Classes and lectures are also held at other convenient hospital and community locations. See pages 26-27 for a complete listing and an explanation of abbreviations used in each listing.

Healthy Eating

Eating to Lower Your Cholesterol

If your blood cholesterol is too high, we can help—with recipe ideas and cooking tips for a tasty, heart-healthy diet. *Please bring your latest cholesterol test results with you. Pre-registration required.*

Free

- Tuesday, Jan. 12; 9-10 a.m.
- Tuesday, Feb. 9; 9-10 a.m.

Class meets at TX.

Holistic Nutrition Series - Seasonal Foods for Wellness: Winter **NEW**

Discover the best foods to enhance health and warmth during the winter season, based on the Five Element Theory of Oriental health philosophy. (See also Healing Movements for the Seasons under Mind and Body.) *Pre-registration required.*

Free

- Monday, Jan. 25; 7-8:30 p.m.

Class meets at TX.

Diane Kunsman, holistic nutritionist

Cooking Healthy in the Fast Lane **NEW**

No time to cook? Learn ways to organize your time efficiently in the kitchen and prepare foods ahead. The result? Healthy, whole-food meals that can be ready in 15 minutes. *Pre-registration required.*

Free

- Monday, Feb. 22; 7-8:30 p.m.

Class meets at TX.

Diane Kunsman, holistic nutritionist

Amy Virus, registered dietitian

"Exercise for Life" Classes for Adults

If you've neglected physical activity, these classes are a great way to get started. Offered at various times; for information, call (610) 402-CARE.

Thirty "Healthy" Minutes Classes

Thirty-minute classes can lower blood pressure, reduce cholesterol, help prevent osteoporosis, heart disease and adult-onset diabetes, improve heart attack recovery and ease arthritis.

Sixty "Fitness" Minutes Classes

Move up to 60 minutes and you'll improve heart/lung capacity for more energy, build up lean muscle, stretch your limits and improve well-being.

Monthly fees:

\$22 for unlimited 30-minute classes at any location
OR

\$28 for unlimited 60-minute classes at any location

Nutrition Prescription **NEW**

Do your food choices measure up to your health needs? Meet one-to-one with a registered dietitian to assess your calories, vitamins and minerals, and receive a personal eating plan for weight management or healthy nutrition. A body composition analysis is included. *Pre-registration required.*

\$95

- Daytime and evening appointments available

Sessions held at TX.



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.

Lehigh Valley Hospital and Health Network Locations

CC • Lehigh Valley Hospital, Cedar Crest & I-78, Allentown

17 • Lehigh Valley Hospital, 17th & Chew Streets, Allentown

MHC • Muhlenberg Hospital Center, 2545 Schoenersville Rd., Bethlehem

AMC • Allentown Medical Center, 401 N.17th St., Allentown

MCC • Morgan Cancer Center, Cedar Crest & I-78, Allentown

SON • School of Nursing, 17th & Chew Streets, Allentown

1243 • 1243 S. Cedar Crest Blvd., Allentown

1251 • 1251 S. Cedar Crest Blvd., Allentown

TX • Health Center at Trexlertown, Trexler Mall, Rt. 222, Trexlertown

Locations:

- Allentown Jewish Community Center
- Whitehall Township, Zephyr Park
- Muhlenberg Hospital Center
- Health Center at Trexlertown

**Fitness****Exercise for Life Free Tryout**

Want to see if Exercise for Life is for you? Try it on for size in a free 30-minute exercise session, followed by a 30-minute educational program with a medical fitness expert. *Pre-registration required.*

Free

- Wednesday, Jan. 13; 6:30-7:30 p.m.
- Wednesday, Feb. 10; 10:30-11:30 a.m.
- Wednesday, March 10; 6:30-7:30 p.m.

Class meets at MHC, Banko Family Community Center.

- Wednesday, Feb. 3; 6:30-7:30 p.m.
- Wednesday, March 3; 10:30-11:30 a.m.

Class meets at TX.

Community Locations

**Allentown Jewish
Community Center**
702 N. 22nd St., Allentown

Whitehall Township, Zephyr Park
Schadt Avenue and Campus Drive

Easy Moves *NEW*

This unique exercise and relaxation program incorporates gentle movements for the large joints. Quiet music in the background evokes warmth and well-being. The class can be performed sitting or standing.

\$10

- Wednesday, Jan. 20; 5:30-6:30 p.m.
- Tuesday, Feb. 16; 5:30-6:30 p.m.

Class meets at TX.

Gail A. Staudt, R.N., holistic therapist

Yoga Moves

Yoga is a safe and gentle form of exercise combining isometrics, breathing and stretching without straining. It can reduce anxiety, improve circulation, build muscle and enhance well-being.

4 sessions • \$24

- Tuesdays, Feb. 9; 6:15-7:15 p.m. (first session)
- Tuesdays, March 16; 6:15-7:15 p.m. (first session)

Classes meet at 17, Healthy You Room.

- Thursdays, Feb. 11; 6:15-7:15 p.m. (first session)
- Thursdays, March 18; 6:15-7:15 p.m. (first session)

Classes meet at TX.

Strength Training: Get the Max from Your Muscles *NEW*

Whether you're an avid athlete or just enjoy an occasional workout, you can benefit from strength training. It will give your body more horsepower and increased muscle, so you can burn more calories and do more work with less effort. *Pre-registration required.*

Free

- Monday, Feb. 15; 7-8 p.m.

Class meets at TX.

John Graham, exercise physiologist

Aerobic and Conditioning Classes for Adults

Are you serious about improving your overall health or increasing your muscular strength? Get in shape and stay in shape in one of our 26 weekly classes.

\$32 per month for unlimited classes

Class meets at 1243, Lower Level.

For more information, call (610) 402-CARE.



Mind and Body

Yield to Relaxation Workshop **NEW**

Picture your life with less stress and more control. It's time to learn and practice relaxation strategies, including exercise, meditation, listening to calming music, guided visualization and more.

\$20

- Wednesday, Jan. 20; 1-2:30 p.m.; 7-8:30 p.m.
- Tuesday, Feb. 16; 7-8:30 p.m.

Class meets at TX.

Gail A. Staudt, R.N., holistic therapist



Aikido Adventure —Introduction

Learn about this modern, non-violent, non-aggressive Japanese martial art and its mind-body benefits. Open to those age 13 and older. *Pre-registration required.*

Free

- Thursday, Jan. 21; 6:30-7:30 p.m.

Class meets at TX.

Jake Stahl, master instructor

The Power of Breathing

We all do it naturally, but this workshop will show you the power of paying attention to your breathing! Learn techniques for new awareness and health improvement through full breathing and relaxation. Bring a pillow and blanket.

\$15

- Sunday, Jan. 24; 1:30-3 p.m.

Class meets at TX.

- Sunday, March 21; 1:30-3 p.m.

Class meets at 17, Healthy You Room.

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

Don't Get Mad, Get Funny! **NEW**

This playful and practical workshop will help you manage stress before it mismanages you. We'll exercise your stress options with humor tools for home and work. *Pre-registration required.*

Free

- Wednesday, Jan. 27; 7-8 p.m.

Class meets at 17, Auditorium.

Greg Salem, certified lifestyle counselor



Yoga

Yoga is a safe and gentle form of exercise combining the use of isometrics, breathing and stretching without straining. It can help reduce anxiety, improve circulation, build muscle and enhance well-being.

Medical history questionnaires are required in advance of class participation. For more information, call (610) 402-CARE.

\$62

Novice students can choose from 4 sessions

- Begins Monday, Feb. 1; 6-7:15 p.m. (gentle)
- Begins Tuesday, Feb. 2; 6-7:15 p.m. (gentle)

Class meets at TX.

- Begins Wednesday, Feb. 3; 10:30 a.m. (gentle)

Class meets at 17, Healthy You Room.

- Begins Thursday, Feb. 4; 6:30 p.m. (gentle)

Class meets at MHC, Banko Family Community Center.

Experienced students can choose from 3 sessions

- Begins Monday, Feb. 1; 7:30-8:45 p.m. (vigorous)
- Begins Tuesday, Feb. 2; 7:30-8:45 p.m. (deep)
- Begins Saturday, Feb. 6; 10:15 a.m. (deep)

Class meets at TX.

Mind-Body Medicine Series

This series will teach you how "complementary" medicine can work hand-in-hand with mainstream medicine to help you prevent disease, stay young and live a healthy life.

Free • Wednesdays; 7-8:30 p.m.

- Feb. 3: Intro to Mind & Body Type
- Feb. 10: Balanced Nutrition
- Feb. 24: Yoga & Meditation
- March 3: Aromatherapy & Light Therapy
- March 10: Guided Imagery, Biofeedback

Class meets at TX.

T.A. Gopal, M.D., obstetrician/gynecologist

Meditation for Health

Learn to tap into your own natural resources and draw mental energy from within. Meditation can reduce stress and promote clarity and peace of mind.

\$15

- Sunday, Feb. 7; 1:30-3 p.m.

Class meets at TX.

Jeffrey Budzek, R.N., certified massage therapist

Healing Movements for the Seasons: Winter

NEW

Learn specific movements based on Tai Chi to balance and invigorate you during cold weather and chase away the winter blues. (See also Seasonal Foods for Wellness under Healthy Eating.)

\$15

- Thursday, Feb. 11; 7-8:30 p.m.

Class meets at TX.

Brian Kunsman, Tai Chi instructor

Hands-On Health Workshop **NEW**

Escape for three hours to expand your mind and challenge your body. You'll learn and practice touch techniques for full-body relaxation, facial massage and foot reflexology. All participants receive the Happy Heart hand-held massager. Light refreshments included.

\$40

- Saturday, Feb. 13; 9 a.m.-noon

Class meets at TX.

Scott Pellington, certified massage therapist

Mary Veitch, certified massage therapist

Reflexology One-to-One **NEW**

A systematic massage of the feet concentrating on the reflex points to balance energy and reduce stress. Stretching, range-of-motion, compression and Swedish massage are used. *Pre-registration required.*

\$30 per half-hour

- Appointments available Fridays, 4-6 p.m.

Sessions held at TX.

Aromatherapy One-to-One **NEW**

A light massage of the back using aromatic oils, moist heat and Swedish massage. Aromatherapy promotes relaxation, relieves stress, invigorates and helps you meditate. *Pre-registration required.*

\$30 per half-hour

- Appointments available Tuesdays, 5:30-8:30 p.m.

Sessions held at TX.

Aikido **NEW**

Aikido (which means "way of harmony") is a self-defense martial art discipline. You're never too old or too weak to benefit from this non-aggressive program. Open to those age 13 and older.

Pre-registration required.

\$70 per month

- Tuesdays and Thursdays, 6:30-8:00 p.m.

Class meets at TX.

Individual Massage Therapy

Massage therapy improves circulation, relaxes the muscles and soothes the body and mind. It's a great way to nurture yourself.

\$30 per half-hour session

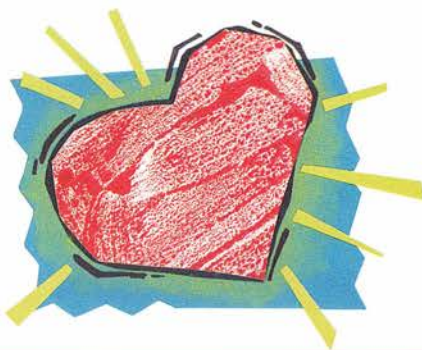
\$45 per one-hour session

\$65 per 90-minute session

Sessions held at TX.

Provided by certified massage therapists.

For more information, call (610) 402-CARE.



Heart Health

Putting the Squeeze on High Blood Pressure

Lifestyle changes can significantly reduce your risk of high blood pressure. Get motivated with tips and tactics that will help you make the healthy changes that could save your life! *Pre-registration required.*

Free

- Monday, Jan. 25; 6:30-7:30 p.m.

Vince Tran, M.D.

- Wednesday, Feb. 17; 10-11 a.m.

Andrew McLaren, M.D.

Class meets at TX.

Parenting

Media and Your Child

In today's technological world, the entertainment media are a powerful influence on our young people. In this workshop, we'll investigate the dynamics of the media, their impact on children, and how you as a parent can use the media as a positive force.

Free

- Tuesday, Jan. 19; 7-8:30 p.m.

Class meets at MHC, Banko Family Community Center.

- Tuesday, Feb. 9; 7-8:30 p.m.

Class meets at TX.

Carol Rimmel, Center for Humanistic Change

Men's Health

Snoring or Sleep Apnea?

Learn the difference between snoring and sleep apnea, a potentially life-threatening disease. Discussion will include causes, surgical and non-surgical treatment options, and a demonstration of new equipment by Health Spectrum Medical Products.

Free

- Monday, March 29; 7-9 p.m.

Class meets at CC, Auditorium.

John P. Galgon, M.D., pulmonologist

For more information, call (610) 402-CARE.

Spirit of Women

Women's Health

Osteoporosis Lecture Series

If you or someone you love is coping with osteoporosis, you're invited to this lecture series from the Metabolic Bone Team. From speakers and other group members, you'll gain useful information and personal support.

Free

Pain Management

- Tuesday, Jan. 19; 1-2:15 p.m.

Robert Wertz, M.D., Center for Pain Management

Donald Barilla, M.D., endocrinologist

Osteoporosis and Menopause-Myths and Facts

- Tuesday, Feb. 16; 1-2:15 p.m.

Albert Peters, D.O., endocrinologist

Nutritional Needs

- Tuesday, March 16; 1-2:15 p.m.

Carol Greenlee, M.D., endocrinologist

Jane Ziegler, registered dietitian

Classes meet at TX.

Continued Healing of the Inner Child

If you are stuck in a co-dependent relationship or suffer from low self-esteem, join other women in a supportive, interactive growth group that can help you heal from your past and regain your personal power.

10 sessions • \$70

- Tuesdays, Jan. 19-March 23; 7-9 p.m.

Classes meet at TX.

Marcia Felkay, counselor

ALSO...

Mind-Body Series

See page 28

Exercising and Increasing Bone Mass

Learn how weight-bearing exercise can increase bone strength and slow progression of osteoporosis.

Free

- Tuesday, Jan. 26; 10 a.m.-noon

Class meets at MHC, Banko Family Community Center.

Liselle Ruggiero, physical therapist

Living Well With Fibromyalgia **NEW**

This two-session hands-on workshop offers helpful information for coping with fatigue, stress, sleeplessness and pain. You'll experience the personal benefits of gentle yoga movements, and hear a fibromyalgia success story.

\$35 per person

- Sunday, Feb. 21 and 28; 1:30-3 p.m.

Classes meet at MHC, Banko Family Community Center.

Juanita Carra-Budzek, R.N.,

certified yoga instructor

Tai Chi for Women's Health

Experience how this dynamic yet gentle art of movement increases your energy, balances you, reduces stress and encourages greater health and well-being. Please wear loose and comfortable clothing.

For beginners

6 sessions • \$55

- Tuesday, Feb. 23; 6-7:30 p.m.

- Saturday, Feb. 27; 10:30-noon

Classes meet at TX.

- Monday, March 1; 6-7:30 p.m.

Classes meet at MHC, Banko Family Community Center.

Be Safe in Your Home

Simple changes in normal daily activities can help reduce the risk of fracture for people with osteoporosis.

Free

- Tuesday, Feb. 23; 10 a.m.-noon

Class meets at MHC, Banko Family Community Center.

Danette Snyder, occupational therapist



Childbirth and Newborn Care

Register
NOW

for classes starting in February & March

Early Pregnancy

Pregnancy Massage

As one aspect of your prenatal program (it doesn't replace medical care), after your first trimester, pregnancy massage can relieve stress, aches and pains, and meet your special need for touch and support during your nine-month journey. Bring your partner and learn some simple, safe techniques!

\$20

- Thursday, Jan. 21; 7-8:30 p.m.

Class meets at TX.

Marianne Bergmann, certified massage therapist



Childbirth Preparation

Maternity Tours

Expectant parents/family members can tour the maternity unit at Lehigh Valley Hospital. Adult tours are held selected Mondays and Saturdays. Sibling tours are offered several times a month.

For dates, times and locations, call (610) 402-CARE.

Prepared Childbirth (Lamaze) Series

Information about relaxation and Lamaze breathing techniques, stages of labor, medications, cesarean birth, feeding options and caring for your newborn.

For dates, times and locations, call (610) 402-CARE.

"All About Baby" Class (Newborn Care)

Basic newborn care including feeding, safety, health problems, well child care and local resources. Grandparents welcome.

For dates, times and locations, call (610) 402-CARE.

Becoming a Family

Join other parents-to-be for an introduction to the physical and emotional changes of pregnancy, tests you need, nutrition and other health needs, and what to expect when you deliver. Refreshments and other door prizes.

Free

- Saturday, Jan. 23; 9 a.m.-noon

Class meets at 17, Auditorium.

Sibling Classes

Help brothers and sisters prepare for the newborn. Activities and refreshments. Parents' attendance required.

\$10/child; \$15/2 or more children

Ages 3-4

- Wednesday, Feb. 3; 6-7:15 p.m.
- Wednesday, March 3; 6-7:15 p.m.

Class meets at TX.

Ages 5 and older

- Wednesday, Feb. 10; 6-7:15 p.m.
- Wednesday, March 10; 6-7:15 p.m.

Class meets at TX.

One-day Lamaze

Same topics as Prepared Childbirth Series (see left), geared for couples whose schedules won't accommodate a six-week course.

\$125 includes continental breakfast and lunch.

For dates, times and locations, call (610) 402-CARE.

Breastfeeding Classes

Get off to a good start by understanding breastfeeding and how it benefits your baby.

\$20

For dates, times and locations, call (610) 402-CARE.

"Just Breathing" Class

If you've had a prepared childbirth class in the past three years, take this class for a review of the stages of labor, breathing and pushing techniques.

\$30

For dates, times and locations, call (610) 402-CARE.

Childbirth and Newborn Care



Anesthesia Options in Childbirth

Today there are new options, including patient-controlled anesthesia and “walking” epidurals, that help make childbirth more comfortable. Learn more about these and other choices available to you. Optional tour of maternity unit offered following the talk. *Pre-registration for the tour is required as space is limited.*

Free

• Thursday, Feb. 11; 6-7 p.m.

Class meets at 17, Auditorium.

John Collins, M.D., obstetrical anesthesiologist

Infant/Child CPR

Instruction and hands-on practice in infant/child safety and emergency care. Designed for expectant parents.

2 sessions/one class per week for two weeks • \$25/person or \$35/couple

• Tuesday, Feb. 16, 23; 7-9 p.m.

Classes meet at TX.

Prenatal Fitness Program

Pregnancy changes your body. Learn how to safely maintain strength and tone during pregnancy by combining low-intensity, low-impact aerobics with light weights. Allow 2 hours for first class, 6-8 p.m. Remaining classes 6:30-7:30 p.m.

For dates and locations, call (610) 402-CARE.

Healthy Beginnings Labor and Delivery Series

Labor and delivery information with relaxation and breathing techniques, medications and cesarean birth outlined.

For dates, times and locations, call (610) 402-CARE.

Healthy Beginnings Parenting Newborn Series

Expectant parents receive information about feeding, safety, immediate health problems, newborn and well child care, and local resources.

For dates, times and locations, call (610) 402-CARE.

Refresher Classes

If you've already had a baby or attended a Lamaze program, this is a review of the basics plus sibling concerns and Vaginal Birth After Cesarean (VBAC).

For dates, times and locations, call (610) 402-CARE.

Postpartum Programs (After the Baby Is Born)

“Hey Baby, Let’s Work Out”

Restore muscle tone and strength after pregnancy while you enjoy playtime with your baby. Includes gentle infant massage techniques. Additional discussion topics for new moms are provided at these classes.

For dates, times and locations, call (610) 402-CARE.

Pregnancy: Options and Choices

Nurse-Midwives and Your Pregnancy

Midwives offer skilled and loving care for new and growing families. Here, they describe how they work and answer questions such as how to reduce your risk of cesarean section, how to avoid an episiotomy, and more.

Free

• Wednesday, Jan. 20; 7-8 p.m.

Class meets at 17, Conference Room B.

Laurice Dunning, Lisa Fraine, Lisa Lederer,

Patricia Bates, certified nurse-midwives

Vitality PLUS

At a reduced rate or
free for Members

Internet and Computer Classes

Beginner and intermediate students can choose from a variety of two-part classes. Each class provides a total of four hours of hands-on computer instruction in a state-of-the-art training room with a university-level instructor.

\$30 for members • \$50 for non-members per class

Computer Basics I

- Tuesday and Thursday, Jan. 19 and 21; 9-11 a.m.

Computer Basics II

- Tuesday and Thursday, Jan. 26 and 28; 9-11 a.m.

Introduction to the Internet

- Tuesday and Thursday, Jan. 26 and 28; 6-8 p.m.

Internet: Beyond the Basics

- Tuesday and Thursday, Feb. 2 and 4; 9-11 a.m. or 6-8 p.m.

E-mail and Chat for Beginners

- Tuesday and Thursday, Jan. 12 and 14; 6-8 p.m.
- Friday, Jan. 15 and 29; 9-11 a.m.
- Saturday, Jan. 16 and 23; 10 a.m.-noon

For detailed descriptions and course objectives, please call 1-888-584-PLUS(7587).

55 Alive—

AARP Driving Class for People 55 and Over

Vitality Plus and AARP present 55 Alive, a driving course in a classroom setting for people 55 and over. Reduce your risk of accidents and save money on your auto insurance! *Pre-registration required.* A community service of Lehigh Valley Hospital's Trauma Department.

Free for members • \$8 for non-members

- Wednesday and Thursday, Jan. 27 and 28; 12:30-4:30 p.m.
- Thursday and Friday, Feb. 25 and 26; 12:30-4:30 p.m.

Class meets at TX.

To register, call toll-free 1-888-584-PLUS(7587).

Vitality Plus Open House

Members and potential members: Learn how Vitality Plus can help you stay healthy and active, enjoy special discounts and meet great people! Light refreshments. Dress casually for mini-exercise session and bring a friend. *Pre-registration is necessary!*

Free

- Wednesday, Feb. 17: 1-2 p.m.

Meets at TX.

For more information, call toll-free 1-888-584-PLUS(7587).

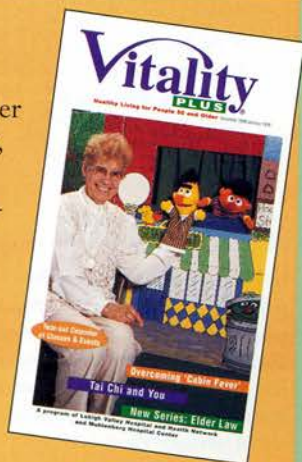
Did You Know?

The Benefits of Membership in Vitality Plus

Vitality Plus members get an information-filled newsletter every other month. Besides a detailed calendar of classes, workshops and social events, it includes up-to-the-minute articles on healthy eating, fitness, disease prevention, and topics like these...

- Choosing a Retirement Community
- "When Your Arms Get Too Short"
(Changes in Vision)
- A Physician's Tips for Healthy Travel
- Feeling Beautiful As You Age
- Walk Your Way to Health
- Humor and Aging

For a free copy of the Vitality Plus newsletter and more information about this low-cost program, call 1-888-584-PLUS(7587).





Tai Chi for People Over 50

Join other newcomers to this graceful fitness system that began as a martial art form over 2,000 years ago. The slow, gentle movements of Tai Chi improve circulation, tone muscles, and increase flexibility and balance, greatly reducing the risk of falls among older adults. Please wear loose clothing and sneakers.

6 sessions • \$45 for Vitality Plus members, \$55, non-members

• Monday, Feb. 22; 9-10:30 a.m. (first session)

Classes meet at TX.

To register, call toll-free 1-888-584-PLUS(7587).

Age 50-Plus

New Options in Medicare

If you are planning ahead for your retirement or want to learn more about your current Medicare coverage, this class is for you! Get the "plain talk" about new options that may be available to Medicare beneficiaries in 1999, as well as a basic understanding of traditional Medicare benefits, Medigap insurance and Medicare managed care offerings.

Free

• Wednesday, Feb. 3; 9-11 a.m.

Class meets at CC, Classroom 1.

Neil Powell, Apprise counselor,

Pennsylvania Area Agency on Aging.

To register, call toll-free 1-888-584-PLUS(7587).

Understanding Living Wills & Power of Attorney **NEW**

Do you know what would happen to your financial or medical affairs if you became disabled tomorrow? An experienced attorney speaks on living wills, power of attorney, trusts and other vital topics.

Free

• Wednesday, Feb. 3; 6-7 p.m.

Class meets at CC, Auditorium.

Edward H. Butz, Esquire

Blank Rome Comisky & McCauley LLP

To register, call toll-free 1-888-584-PLUS(7587).

Exercise: A Way of Life **NEW**

Discover the amazing health benefits of physical activity and learn how to get started on an exercise program from an American College of Sports Medicine certified health fitness instructor and certified health and conditioning specialist. You'll also learn how physical activity can actually lower your risk of osteoporosis and other conditions.

Free

• Wednesday, Feb. 10; 6-7 p.m.

Class meets at 1243,

Human Performance Center:

John F. Grabam, director, Human Performance Center

To register, call 1-888-584-PLUS(7587).

Quit Smoking

QuitSmart®

Gain freedom from the smoking habit! Learn simple new methods to help overcome the addiction and dependence on cigarettes. *Pre-registration required.*

4 sessions • \$85

• Tuesday, Feb. 2; 7-8:30 p.m. (first session)

Class meets at 17, 4th Floor.

• Monday, March 1; 7-8 p.m. (first session)

Class meets at MHC, Banko Family Community Center.

Individual Tobacco Use Cessation Counseling

Meet one-on-one with a health improvement counselor to develop a plan to help you become tobacco-free.

For fee information and to schedule an appointment, call (610) 402-CARE.

CPR

All CPR classes meet at 1251, Suite 308C.

Adult (Course A)

One-person adult heart-saver CPR. Includes clearing a blocked airway.

\$25

• Monday, Feb. 1; 7-10 p.m.

Adult-Child-Infant (Course C)

One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing a blocked airway.

3-part course • \$40

• Monday, Jan. 11, 18 and 25; 7-10 p.m.

• Monday, Feb. 22, March 1 and 8; 7-10 p.m.

For information on achieving CPR provider status, call (610) 402-CARE.

Course C Renewal

To attend you must have a current Course C card.

- Renewal • \$25
- Monday, Feb. 8; 7-10 p.m.
- Monday, March 15; 7-10 p.m.

Infant-Child (Course D)

Infant and child CPR and how to clear a blocked airway.

- \$25
- Monday, Feb. 15; 7-10 p.m.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital and Health Network offers a series of programs for adults with diabetes in such areas as diet, exercise, medication and home testing. Family members/friends are welcome at no additional charge.

For additional information, call (610) 402-CARE.



Disease Care

Thyroid Disease: The Sneaky Culprit **NEW**

Fatigue, dry skin, irritability, tremors...with symptoms like these, thyroid disease can be mistaken for many other problems (and it often is!). Learn how underactive or overactive thyroid can affect your moods, memory, concentration and coping skills.

- Free
 - Wednesday, Feb. 24; 6:30-7:30 p.m.
- Class meets at CC, Auditorium.**
Carol Greenlee, M.D., endocrinologist
Rita Valenti, Ph.D., psychologist

Support Groups

Lehigh Valley Hospital and Health Network offers a variety of support groups for people who share similar experiences, concerns or health conditions. Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of acute, chronic or terminal illness.

Many support groups are tailored to audiences with special needs; for example, breast cancer, prostate cancer or osteoporosis.

For more information, call (610) 402-CARE.

Cholesterol, Blood Pressure, Stroke and Health Risk Assessment Screenings

TREXLERTOWN SCREENINGS

Cholesterol Screenings-Fee \$3

Monday, Jan. 18	12-1:15 p.m.
Tuesday, Jan. 19	5:15-6:30 p.m.
Thursday, Jan. 21	9-10:15 a.m.
Saturday, Jan. 23	9-10:15 a.m.
Tuesday, Feb. 2	9-10:15 a.m.
Wednesday, Feb. 3	5:15-6:30 p.m.
Monday, Feb. 15	12-1:15 p.m.
Tuesday, Feb. 16	5:15-6:30 p.m.
Thursday, Feb. 18	9-10:15 a.m.
Saturday, Feb. 20	9-10:15 a.m.
Tuesday, March 2	9-10:15 a.m.
Wednesday, March 3	5:15-6:30 p.m.

Blood Pressure Screenings-Free

Tuesday, Jan. 26	9:30-10:30 a.m.
Wednesday, Jan. 27	5:15-6:30 p.m.
Monday, Feb. 8	12:15-1:30 p.m.
Tuesday, Feb. 9	5:15-6:30 p.m.
Thursday, Feb. 11	9-10:15 a.m.

Saturday, Feb. 13	9-10:15 a.m.
Tuesday, Feb. 23	9-10:15 a.m.
Wednesday, Feb. 24	5:15-6:30p.m.

Stroke Risk Assessments-Free

Tuesday, Jan. 12	11 a.m.-2 p.m.
Tuesday, Feb. 16	11 a.m.-2 p.m.

Insight-A Health Risk Assessment-Free

Tuesdays	10 a.m.-6 p.m.
Thursdays	9 a.m.-8 p.m.
Saturdays	8 a.m.-noon

LEHIGH VALLEY MALL SCREENINGS

Blood Pressure Screenings-Free

Tuesday, Jan. 19	8:30-10 a.m.
Tuesday, Feb. 16	8:30-10 a.m.
Tuesday, March 16	8:30-10 a.m.

For more information, call (610) 402-CARE.

Hospitals now have a whole new care unit. Your home.



Today when you're discharged from the hospital, the care you get at home is every bit as good as it would be if you'd stayed. And we have the results to prove it.

Lehigh Valley Home Care was recently awarded accreditation with commendation from the *Joint Commission on Accreditation of Healthcare Organizations (JCAHO)*. This leading independent organization monitors nearly 6,000 home health agencies. Our score ranked well above

what's required to receive the award, placing us among the top programs in the nation.

We can help with everything from newborn care to post surgical care, heart attacks or cancer. Bringing medically advanced care right into your home.

For information, call (610) 402-CARE or visit our web site at <http://www.lvhn.org>

LEHIGH VALLEY
HOME CARE

A PROGRAM OF LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

(610) 402-CARE • www.lvhn.org

Lehigh Valley Hospital



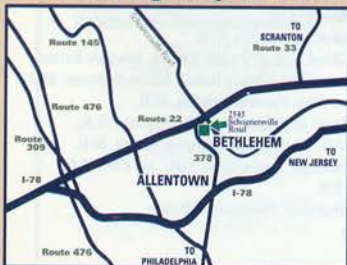
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