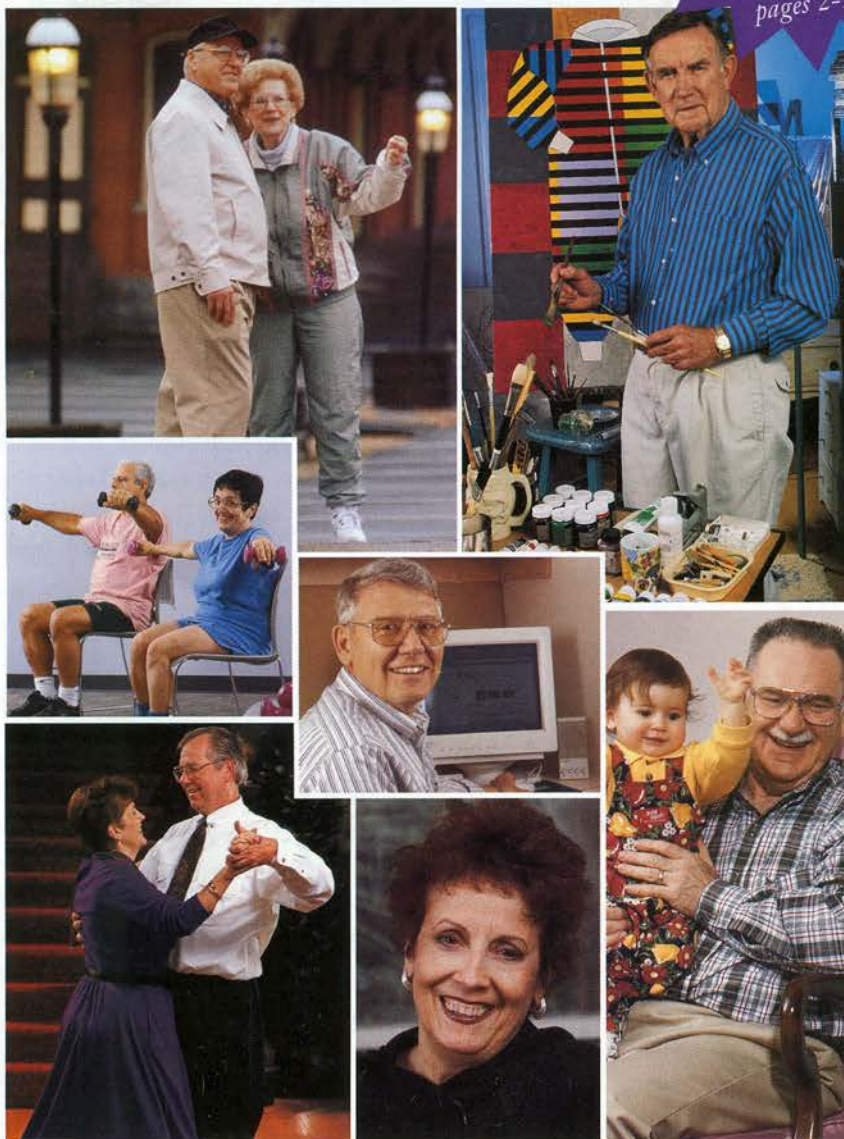


Healthy You

NOVEMBER/DECEMBER 1999

- Breakfast Makeovers
- Aging With Your Sport
- New Moms Offer Advice
- Health Improvement Classes

Experience
New, Improved
Health Care
*(Insert between
pages 2-3)*



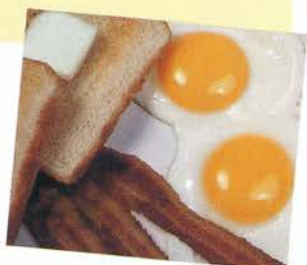
Healthy Aging—What YOU Can Do

Healthy You

NOVEMBER/DECEMBER 1999

Focus on Healthy Aging

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page 10
- **Can Men Live as Long as Women?** *page 13*
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Breakfast Makeovers
page 8



'The Best Steps I Took During Pregnancy'
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Making the Wrong Health Choices
page 24

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

A member of the PennCARESM health network

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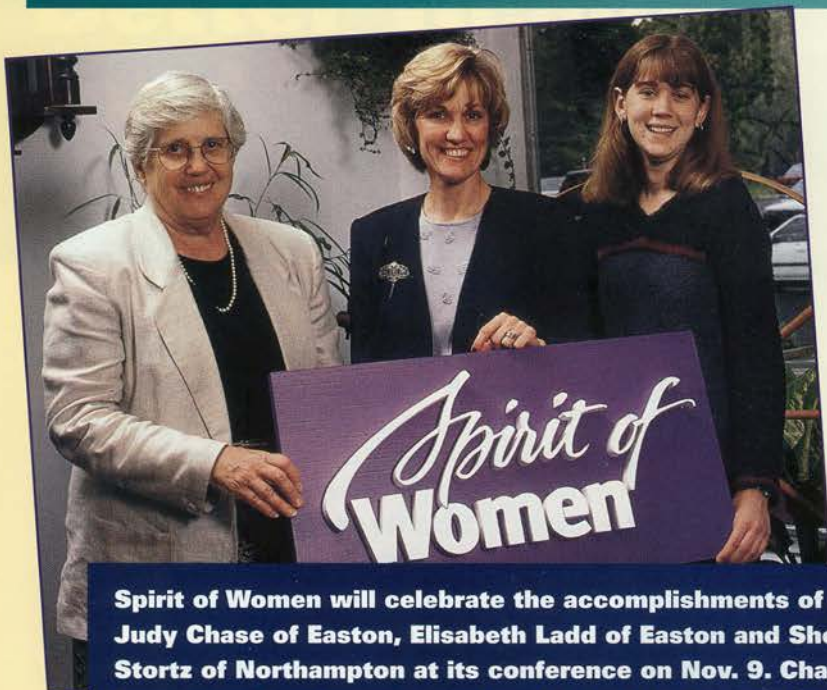
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On the Cover — These Lehigh Valley folks personify healthy aging, the subject of a special focus in this issue. Clockwise from upper left: Ann and Charles Andres, Bethlehem; John Devereaux, Emmaus; Fred Zweifel, Macongie, with granddaughter Haley; Rose Ackerman, Allentown; Ralph and Dona Wood, Coopersburg; Ann and Andy Fraga, Macongie. Center photo: John Lucas, Macongie. Cover photos by Thomas E. Amico



Spirit of Women will celebrate the accomplishments of (l-r) Judy Chase of Easton, Elisabeth Ladd of Easton and Shelley Stortz of Northampton at its conference on Nov. 9. Chase is founder and executive director of Lehigh Valley Child Care, Ladd is program director of Breast Health Services at Lehigh Valley Hospital and Stortz, 17, is a traveling magician and Northampton High School student. For information about the Spirit of Women 1999 Conference, call 610-402-CARE.

Prevent Birth Defects With Folic Acid

Planning to become pregnant? It's important to take folic acid (vitamin B) before conception to help prevent birth defects of the brain and spinal cord, known as neural tube defects. (Spina bifida is a common example.)

"Most neural tube defects originate in the first month of pregnancy, before many women know they are pregnant," says Helen Seifert, R.N., coordinator of the diabetes in pregnancy program at Lehigh Valley Hospital and Health Network. "Orange juice, breakfast cereals, breads and pastas have folic acid, but most women don't get enough through diet."

Women should take 400 micrograms of folic acid daily before conception and continuing through the first month of pregnancy. Use either a multivitamin, if it contains the correct dosage, or a special supplement.

***Want to Know More?** See page 20 for the article, "The Best Steps I Took During Pregnancy."*

The March of Dimes

supports research on birth defects. For more information, call 610-402-CARE

Spirit of Women

'Growing Your Emotional Well-Being'

Please join us for this unique educational series. It's designed just for women, by the Guidance Program of Lehigh Valley Hospital and Health Network. The program is \$10 per participant per lecture and takes place Thursday evenings from 7 to 8:30 at the Health Center at Trexlertown.

- **Eating Behavior and Emotional Health** Dec. 9
- **Managing Anxiety: Fear Is No Obstacle!** Feb. 10
- **Women in Transition: Bumps in the Road** April 13
- **Emotional Well-Being and Spirituality** June 1

Mark your calendar! See page 29 for more information, or call 610-402-CARE to register.

Watch for Hidden Calories!



When you head for the “healthy” salad bar, beware of all those extras. They can sabotage you, says Lehigh Valley Hospital and Health Network dietitian Barb Carlson. So can nibbling carelessly at holiday parties. Here’s what you should know:

The problem: The salad bar is a minefield of fat. Good (mono- or polyunsaturated) fats include olive oil, peanuts, olives, avocado and sunflower seeds. Bad (saturated or trans) fats include shredded or cream cheese, coconut and bacon. **The solution:** Avoid bad fats or use very sparingly. A single tablespoon of olive oil adds 150 calories. Good bets: low-fat cottage cheese and fresh veggies (broccoli, carrots, tomatoes).

The problem: Calories hide in creamy dressings. That little package of ranch dressing from the fast-food restaurant adds 230 calories to your grilled chicken salad. The typical Caesar salad can run 500-600 calories total.

The solution: Stick to honey-mustard, sweet and sour, or vinaigrette-type dressings, and use in moderation.

Keep Your Children Safe From Guns

Every year, hundreds of children are killed or injured when they get their hands on guns that parents purchase to protect the family.

- Most accidents happen when unsupervised children “play” with a loaded handgun they find in their parents’ bedroom.

“Even though kids hear about the dangers of guns, they have a hard time understanding the difference between real guns and toy guns,” says Cathy Carlen, patient care specialist in the emergency department of Lehigh Valley Hospital. “When they pick up a gun, they want to play with it. That’s when accidents happen.”

The best alternative, Carlen says, is to keep guns out of the house. If you do have a gun, she offers these suggestions:

- **Make sure the gun is locked away.**
- **Keep guns and ammunition in two different places,** and don’t let children know where they are.
- **Educate children on gun safety.**
- **Talk to your children** about the difference between real guns and toy guns.

To get involved in a local violence prevention coalition, call 610-402-CARE.

Stimulate the Senses at the Health Center at Trexlertown

GRAND OPENING

Saturday, Nov. 13 ■ 1-5 p.m.

Route 222 and Lower Macungie Road, Trexler Mall

Relax with aromatherapy, sit for a chair massage or take in a cooking demonstration.

The Health Center at Trexlertown offers convenience and comfort every day. Visit your doctor, get a mammogram, research health concerns, join an exercise class, get a massage – and don’t forget lunch and shopping.

Call 610-402-CARE for details.

- Visit the Teddy Bear Clinic and receive a free children’s book
- See Penn State take on Michigan on the big screen.

Better Health for Life

from Lehigh Valley Hospital and Health Network

When you need us...

Parents seeking specialty care
for their child ... *women*
looking for comprehensive
wellness and preventive care ...
seniors in need of convenient access



to health services ...
communities using
advanced emergency
services ...



Cedar Crest & I-78 • 17th & Chew

Where you need us...

Lehigh Valley Hospital and
Health Network is expanding
at four locations throughout
the area. So wherever you live



Muhlenberg Hospital Center



and work, you'll find
the finest health
services— all available
where you need them.

Health Center at Trexlertown

Better Health for Life

from Lehigh Valley Hospital and Health Network

Lehigh Valley Hospital Cedar Crest & I-78



Health Center at Trexlertown

Muhlenberg Hospital Center

Lehigh Valley Hospital 17th & Chew

**Where you need us—
new and expanded services at our four locations**

17th & Chew, Allentown

Hub for Community Health

- Center for Healthy Aging
- Adolescent outreach services
- Lehigh Valley Physicians Practice
- Renovated emergency room

Cedar Crest & I-78, Allentown

Be Our Guest at the New Jaindl Pavilion

- One-stop family diagnostic testing
- Intensive care units
- Express ER
- Mother and baby center
- Heart care
- Burn center

Come to the Community Open House in January

*at the new Jaindl Family Pavilion at Cedar Crest & I-78.
Call 610-402-CARE for details.*

Celebration of Community

Muhlenberg Hospital Center, Bethlehem

A New Muhlenberg for a New Millennium

- Outpatient pediatric specialties
- Infertility services
- Outpatient cancer care
- Inpatient psychiatric care

Health Center at Trexlertown

Health Care Like You've Never Experienced

- Women's health services
- Healthy You programs
- Health Library and Learning Center
- Walk-in health care
- Physician practices
- Laboratory and X-ray

Join us for the Nov. 13 Open House at the Health Center at Trexlertown.

Call 610-402-CARE for details.

Physicians Directory on the Web



New to the area? Looking for a physician? Need a specialist? Let Lehigh Valley Health Network help you find the physicians that are right for you. Our online directory allows you to search for a physician by name, title, location and specialty. From there you can access more information about all of our physicians—their schooling, certifications, office addresses, phone numbers and more.

When you log on to www.lvhhn.org, click on *Your Care* and then *Physicians Directory*.


LEHIGH VALLEY HEALTH NETWORK

Physicians Directory

Welcome to Lehigh Valley Health Network's Physician Directory, a complete listing of the more than 1,100 physicians on the hospital's medical staff. To locate a physician in the LVHN area of coverage, please fill in or select from the items below as appropriate.

Since selecting a physician can be complicated, we have provided you with a [guide](#) to choosing a physician and a list of definitions of the various medical [specialties](#). For personal assistance in finding a LVHN physician or to schedule an appointment, call 402-CARE Monday through Friday from 8:30 a.m. to 4:30 p.m. or fill out an [appointment form](#) and our specially trained nurse-operators will help you make the best possible selection.

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Find a physician
on-line 

 [BACK TO DEPARTMENTS & PHYSICIANS](#)

<http://www.lvhhn.org/departments/directory/>

INSIDE Lehigh Valley Hospital and Health Network

Cancer Services Expand With New Partner

Greater access to cancer research... a bone marrow transplantation program... more educational opportunities for the Lehigh Valley community. These are some of the benefits you'll experience now that Lehigh Valley Hospital and Health Network (LVHNN) Cancer Services has joined Penn State's Hershey Medical Center and Geisinger Medical Center as a major partner in the Penn State Geisinger Cancer Institute.

"We expect more highly specialized cancer services to be available in the Lehigh Valley soon, through the John and Dorothy Morgan Cancer Center and its new satellite at Muhlenberg Hospital Center," says Gregory Harper, M.D., Ph.D., physician-in-chief of LVHNN Cancer Services. "With more than 100 physicians in all 19 cancer specialties united under the institute's umbrella, our patients will benefit from that shared knowledge and

experience."

The institute will coordinate all services at five major sites: the Morgan Cancer Center in Allentown, Hershey Medical Center, Geisinger Medical Center in Danville, Wyoming Valley Medical Center and the Penn State Geisinger Health Group in State College. The combined sites treat more than 5,000 new cancer cases annually, comparable to the nation's top cancer centers. LVHNN alone treats 2,000.

Emergency



Before the 1970s, ambulance drivers had no medical training. Nurses and interns worked the “accident rooms.”



Pictured are the first ambulances at Allentown Hospital. Earlier in the century, funeral homes provided ambulance service because patients often died before arriving at the hospital.

Today's trauma center has come a long way since 1899, when ambulances were a service of funeral homes

When an Easton bricklayer plunged 60 feet from a building in 1899, he suffered broken bones and was admitted as the very first patient of Lehigh Valley Hospital (then Allentown Hospital). Details of his treatment are sketchy, but so was emergency medicine in those days.

The only ambulances were provided by funeral homes. Emergency rooms were called “accident rooms,” and treatment was given by just about anyone. The mindset: if you were seriously ill or injured, you would die or get better—there wasn't much doctors could do.

“The emergency room staff was a hodgepodge of people passing through on the way to an office practice in unrelated specialties,” says Michael Weinstock, M.D., chair of Lehigh Valley Hospital and Health Network's department of emergency medicine.

Then the Korean and Vietnam Wars demonstrated that immediate medical treatment could increase survival rates dramatically. And in 1966, Congress passed the Highway Safety Act, seeking to reduce motor vehicle deaths and injuries by pumping funds into emergency medicine training.

Meanwhile, six doctors began meeting in the 1960s to change how emergency medicine was practiced. They founded the American College of Emergency Physicians, which today has more than 20,000 members. By 1979, emergency medicine became the 23rd specialty recognized by the American Board of Medical Specialties.

In the Lehigh Valley, pioneers Michael Rhodes, M.D., and the late George Moerkirk, M.D., worked during emergency medicine's infancy, when disasters like the 1974 Caboose Tavern fire in



Allentown sent patients to area hospitals in the back of paddy wagons—without paramedics.

Moerkirk, known regionally as the “father of emergency medicine,” established what today is called the George E. Moerkirk Emergency Medicine Institute at Lehigh Valley Hospital and Health Network. It trains thousands of emergency medical technicians (EMTs) and paramedics annually, using advanced tools like the METI patient simulator (see photo on page 6).

Rhodes was instrumental in developing Pennsylvania’s first designated Level I Trauma Center at Lehigh Valley Hospital, as well as the MedEvac helicopter program (see photo above). “We were saving people who never would have made it to the hospital before,” Rhodes says. (He is now chief of surgery at Christiana Hospital in Wilmington, Del.)

Today, emergency departments are staffed by specially trained doctors and nurses and have become what Weinstock calls the “linchpin” of access to medical care. In fact, 57 percent of the patients admitted to Lehigh Valley Hospital come in through the emergency department. Hospital emergency departments are part of community-wide systems that react immediately to disasters like the 1999 explosion that leveled Concept Sciences in Hanover Township.

Trauma centers also emerged in the 1970s and 1980s. Unlike emergency departments, which are a mainstay at every hospital, one highly specialized Level I trauma center can serve an entire region, says Mark Cipolle, M.D. Cipolle is acting chief of trauma at Lehigh Valley Hospital, which treats more than 2,000 of the area’s most seriously ill or injured people each year.

“When trauma emerged as a subspecialty of surgery in the

Continued on next page



Lehigh Valley Hospital’s University MedEvac helicopters and a network of ambulances in 10 counties transport more than 2,000 trauma patients to Lehigh Valley Hospital every year. These transport vehicles are linked by a sophisticated communications system that enables physicians to direct patient care while victims are en route to the hospital.

*A Celebration of
Community*
YEARS

1980s, everyone wanted a trauma center, but few could do it well,” he says. “It’s been proven that trauma centers with the highest volume of patients save a higher percentage of lives.”

With the bulk of trauma patients suffering from injuries due to automobile accidents and gunshot or knife wounds, trauma programs like Lehigh Valley Hospital’s have joined with community programs to reduce the number of violent crimes and auto and household accidents. (See gun safety story on page 2.)

In the future, Weinstock believes emergency departments will continue to play an integral role as the first point of access for many patients. He expects continued growth of urgent care and walk-in centers, such as Express Care at Muhlenberg Hospital Center and the Convenience Care Center at the Health Center at Trexlertown. This new concept in emergency care is designed to treat minor illness and injury efficiently.

Within emergency departments, look for the emergence of observation units, where patients can stay up to 23 hours without being admitted, and the growth of subspecialties such as emergency sports medicine and disaster management. In the field, sophisticated equipment will make more treatment available at the scene and improve communication with the hospital. ●

Want to Know More? For details on when you should go to the emergency room, call 610-402-CARE.

“Stan,” a computerized mannequin, provides life-like emergency training for Debra Torcivia, R.N., under the supervision of Marianne Kostenbader, R.N. (right). This human patient simulator at Lehigh Valley Hospital (shown below) —the first of its kind in the region—breathes and blinks, has a pulse and blood pressure, reacts to medicine, and simulates heart attacks and other emergency conditions.



LIVING WILLS

These documents allow you to state your wishes about future medical care

A Loving Thing to Do

In the 1980s, the Karen Quinlan case cropped up often in the media—and in family conversations. As the nation watched the Quinlan family cope with an unconscious daughter kept alive for years on a respirator, many Americans said, “I never want to be on those machines.” In fact, Karen Quinlan herself had once said that. But she didn’t have a living will to make her wishes known.

“Living wills have been around for years,” says Nancy Stevens, patient representative at Lehigh Valley Hospital and Health Network. “More people became aware of them when the Patient Self-Determination Act passed in 1991. This law, spurred by the Quinlan case, makes a living will an enforceable legal document.”

Like an organ donor card, a living will is an “advance directive”—a way of stating your preferences today about medical care to be given at a time when you’re physically unable to state your wishes. “It goes into effect only if you’re in a terminal condition or permanently unconscious—in other words, facing treatment that would simply prolong dying,” says Teri Butz, social worker with Lehigh Valley Hospice.

Topics like this aren’t comfortable, she says, but “in this age of high-tech medical interventions, it pays to be prepared.” Butz has seen the emotional stress families suffer when making end-of-life decisions. “It’s heart-rending,” she says. “Preparing a living will is the loving thing to do for your family.”

You don’t need an attorney, just two witnesses and a simple, widely available form. Some things to keep in mind:

■ **Be a good role model by preparing your own living will.** It’s the best way to encourage your family to do likewise.

■ **Discuss your living will** with family, close friends, doctor and clergy person. “No piece of paper replaces a conversation,” Stevens says. “Families can overrule a living will, so it’s vital they understand what you want.”

■ **Appoint a surrogate to act on your behalf**, someone who knows you and will honor your wishes.

■ **Give your living will to your surrogate and doctor.** “It can’t help you if it’s hidden in the safe-deposit box,” Stevens says. ●

Want to Know More? For a living will form, call 610-402-CARE.

Don't miss **Understanding Advance Directives**

Nancy Stevens, Lehigh Valley Hospital and Health Network patient representative

**Thursday, Nov. 11 and
Wednesday, Nov. 17**

*See page 32 for times
and locations or call
610-402-CARE for details.*

Breakfast Makeover

If you think of breakfast as a doughnut and cup of coffee – or nothing at all – you need a makeover, says Janet Schuch, a registered dietitian at Lehigh Valley Hospital. “A healthy combination of fruit, complex carbohydrates and protein is vital to build and sustain energy throughout the morning,” she says.

When you sleep, your metabolism slows down and your blood sugar drops, making you feel sluggish when you wake up. To raise those levels and regain your energy, you *need* breakfast. Here, Schuch takes a look at four common breakfast “don’ts” and offers some suggestions to turn them into healthy meals.

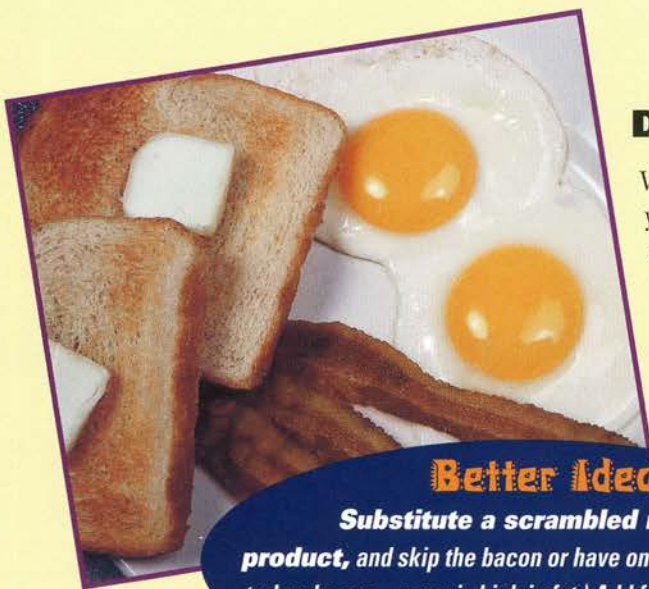
No Breakfast

If you skip breakfast, you’re not boosting your metabolism or your blood sugar to levels that will help you make it through the morning. Even worse, you’re putting your body through a starvation state, which actually conserves calories.



Better Idea

If you're in a hurry, Schuch suggests grabbing a container of yogurt with fruit to eat on the run. One container equals a balanced meal with fruit, carbohydrates and protein.



Better Idea

Substitute a scrambled non-egg product, and skip the bacon or have one slice. (Watch turkey bacon—some is high in fat.) Add fruit and whole-grain bread. Go easy on the butter.

Diner Breakfast

When you think of a hearty breakfast, you may think of two eggs over easy, several strips of greasy bacon and white toast smothered in butter. But this diner staple is high in fat and cholesterol and doesn't have the fruit you need.

How to transform your breakfast from horrible to healthy

The Healthy You Breakfast Equation

- Complex carbohydrates** (whole-grain cereals, bagels and bread)
- + **Protein** (low-fat milk, yogurt, peanut butter)
- + **Fruit** (juice will do, but fresh fruit has the added benefit of fiber)

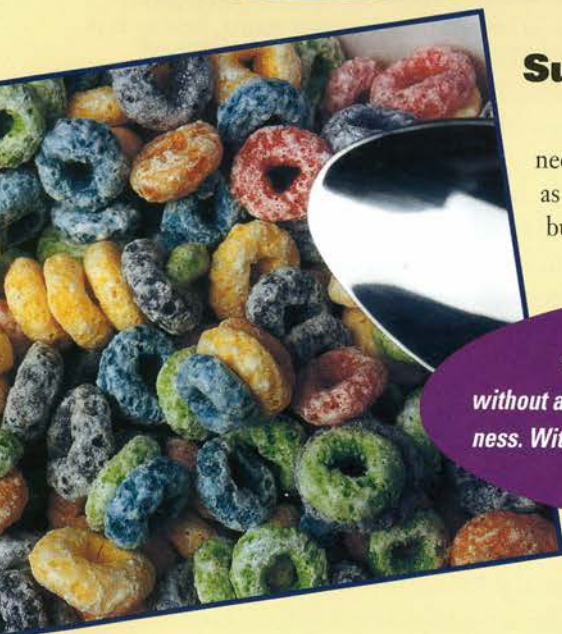
Doughnut and Coffee

You can't beat the quick "high" you get when you wash down a doughnut or pastry with a cup of caffeinated coffee. But this high-fat, sugary meal will soon send your blood sugar into a free fall. Without protein and complex carbohydrates to sustain blood sugar levels, you'll be craving a sugary snack in no time.



Better Idea

Try a whole-grain bagel for your complex carbohydrate and add protein by spreading on peanut butter or low-fat cream cheese. Add juice or fresh fruit.



Sugary Cold Cereal

Milk gives you and your kids the protein you need, but those sugary cereals have the same effect as a doughnut. The sugar provides a quick high but can't sustain blood sugar levels for long. ●

Better Idea

Substitute a whole-grain cereal without added sugar. Add fresh fruit for natural sweetness. With nonfat or low-fat milk for protein, it's a perfectly balanced breakfast.

Want to Know More? For some quick breakfast recipes when you're in a hurry, call 610-402-CARE.

AGING WITH YOUR SPORT



Still walking briskly every day (and stretching carefully beforehand) is 83-year-old Toni Stevens of Bethlehem. Her winter sport is cross-country skiing.



If aches, injuries and diminished performance stand between you and your favorite sport, don't despair. While no athlete can escape the effects of aging, plenty of them keep on excelling—and more importantly, enjoying

themselves—for decades. The trick is knowing how to compensate and stay strong.

One of the factors in physical aging is connective tissue. Tendons, muscles and ligaments develop microscopic tears and weaken with age, says orthopedic surgeon George Arangio, M.D., of Lehigh Valley Hospital and Health Network.

The process will affect you in many sports. In tennis, racquetball and squash, weakened tendons in the arm cause tennis elbow. In golf and baseball, weakened shoulder and back muscles suffer strains. In basketball and racquet sports, ligaments in the knees and ankles strain or tear as you run and jump.

“Muscles are the body’s biggest shock absorbers,” Arangio says. “When they weaken, tissues like the anterior cruciate ligament in the knee are forced to compensate, making you more susceptible to tears and strains.”

The effects of aging also include decreased heart rate, cardiovascular output and lung capacity, says Alicia Shoup, physical therapist at Affinity, a partnership between Lehigh Valley Hospital and Good Shepherd Rehabilitation Hospital.

What can you do about it?

Get busy with strength training. “Lifting weights is the most important thing you can do to maintain strength and endurance and prevent injury as you age,” Arangio says. (For more details, see next page.)

Exercise regularly. Besides strength training, you need aerobic exercise that raises the heart rate. Aim for at least 30 minutes

You'll probably need to compensate a bit, but strength training and other smart moves can keep you active throughout life

of aerobic activity three to four times a week. (You can divide the 30-minute period into shorter periods if you wish.) Vigorous activity such as brisk walking, swimming, stair-climbing or biking gives the most benefit.

Warm up, cool down and stretch. Proper stretching nourishes the joints and maintains flexibility, while warm-ups prepare the body for exercise and cool-downs bring the heart rate back down.

Use up-to-date equipment. A lot has changed in the last 30 years, Shoup says, and your old equipment may no longer be safe. For example, good shoes are essential to cushion your body properly in sports like running, tennis and basketball, while a double-strap golf bag can help prevent back strain. Helmets and other protective gear should be worn whenever required.

Learn the proper technique. You're never too old to learn, and you can help prevent injury and improve your performance by using the right technique for your golf swing or tennis serve.

Recognize pain. "That old adage 'no pain, no gain' is incorrect," Shoup says. "If you feel pain, your body is telling you something is wrong. Stop and have it checked."

Know your limitations. Whether you're coping with an old sports injury (injuries of the back and knee are very common) or just the general effects of aging, many older athletes need to modify the difficulty of their sport—for example, skiing on easier slopes. ●

Want to Know More? For an illustrated guide to weightlifting exercises or a complete fitness information package on sports injuries, strength training and how to choose shoes, equipment and a fitness plan, call 610-402-CARE.

Strength Training— The Best Thing You Can Do for Your Body

"When you play sports, you're not strengthening muscles, you're overusing them," says orthopedic surgeon George Arangio, M.D. "No matter how active you are and how good the exercise is for your heart, without strength training the tissues that connect your joints will weaken."

Strength training is any exercise that uses weights or resistance. The simplest (and according to many trainers, the most effective) type is free weights: barbells and dumbbells. To get the most from strength training, do it three times a week with a rest day between workout days.

Weight training not only protects you from injury, it also builds endurance, lowers blood pressure and increases bone density (helping prevent osteoporosis). And as you age, Arangio says, strength training helps you maintain agility and balance, countering the loss of "position sense"—the mind's ability to perceive where the body is located in space.

For a lesson in the power of strength training, Arangio says, look at major league baseball legend Nolan Ryan, who awed fans with a blazing fastball and dominant performances well into his 40s—and lifted weights regularly.



Strength training is an upper-body mainstay for John Holley of Allentown, an athlete in his 40s who continues to run and bike in biathlons.

GETTING ENOUGH CALCIUM?

For most people, supplements are a good idea.

The best way to prevent osteoporosis is with calcium. Most people—including an estimated 90 percent of women—don't get enough.

Men and pre-menopausal women need 1,000-1,200 milligrams of calcium a day; post-menopause, women need 1,000-1,200 milligrams if you're on hormone replacement and 1,500 milligrams if you're not. "It takes at least four glasses of milk a day to get the recommended amount," says obstetrician/gynecologist Patrice Weiss, M.D., of Lehigh Valley Hospital and Health Network, "so a supplement is a good idea."

Supplements come in many forms, says vitamin specialist Chris Conway of Great Earth Vitamins at the Health Center at Trexlertown. "Besides looking at cost and whether you prefer a gelcap, tablet or chewable, you need to keep in mind how much actual calcium is available in a given supplement and how easily your body can absorb it," he says.

"The top-absorbing forms are calcium chelates, calcium citrates and calcium aspartates. Check the label to determine which type is in a product. Avoid calcium derived from oyster shell, bone meal or dolomite, which may contain lead."

Calcium need not be taken with meals, but spacing out your dose—half in the morning, half at night—helps with absorption. So does combining calcium and magnesium (sold together in many supplements).

"And be sure you get at least 400 IU daily of vitamin D, preferably 600 to 800 IU. This vitamin is vital for calcium absorption," Conway says.

Necessary as a supplement may be, don't forget to eat calcium-rich foods—such as low-fat milk, yogurt and leafy greens. A healthy diet is the best source of nutrition. ●

Want to Know More? For a chart of calcium content in various foods, call 610-402-CARE.

What You Need

Women pre-menopause, men	1,000-1,200 mg daily
Women post-menopause taking hormones	1,000-1,200 mg daily
Women post-menopause not taking hormones	1,500 mg daily

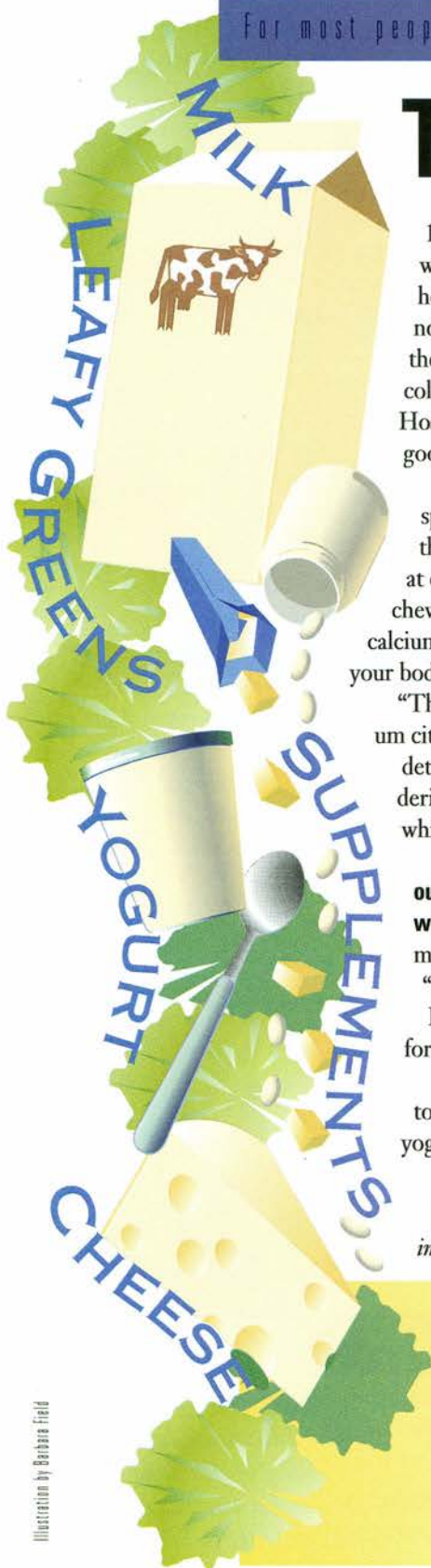


Illustration by Barbara Field

Can Men Live as Long as Women?

Adopting healthy habits can add quality years to life

The male of every species has a shorter life span than the female. But among humans, men are fighting the odds and beginning to close the

longevity gender gap, says Sam Bub, M.D., a Lehigh Valley Hospital and Health Network family practice physician.

In recent years, more men are getting off the couch, putting down the cheeseburgers and going to the doctor regularly. By adopting healthy habits, men are living longer than ever before (see chart below).

"Men can add quality years to their lives by taking some simple steps to improve their health," Bub says. "Begin by fighting heart disease and cancer, the number one and two killers of men." He offers the following suggestions:

Eat sensibly. A diet low in fat and high in fiber, fruits and vegetables protects against heart disease and two of the top three cancer killers in men: colon and prostate cancer.

Take vitamins. The best source of nutrients is fresh food, Bub says, but, "Our soil has been depleted over the

years, making our food less rich in vitamins and minerals." He recommends vitamins C, E and other cancer-fighting antioxidants.

Don't smoke. Smoking is the leading cause of lung cancer, the top cancer killer among men, and also leads to heart disease. "If you smoke, quit," Bub says. "If you don't, don't start."

Exercise. As men age, they often replace sports with a more sedentary lifestyle—a risk factor for heart disease. Do at least three to four workouts a week, and add activity in small ways—for example, taking the stairs, not the elevator.

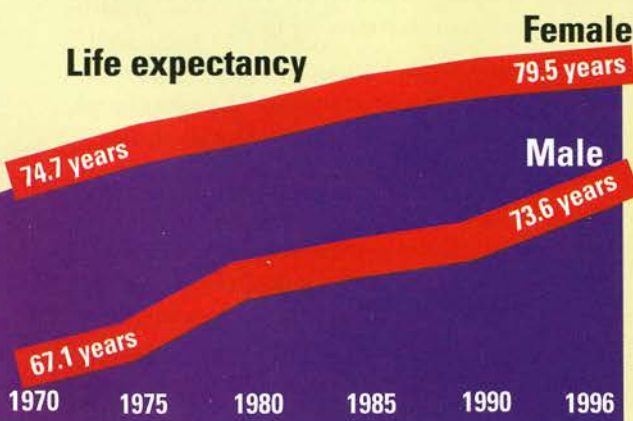
Be safe. Traumatic injuries are the top killers of young men. And men of all ages are more prone to risky behavior such as ignoring seat belts, riding motorcycles, drinking and driving, and unsafe sex.

Relieve stress. Today's office worker doesn't face the physical risks of past occupations. But he does face increased stress. "It leads to accidents, alcoholism and even suicide; suicidal deaths are more prevalent in men than women," Bub says. "Find healthy ways to relieve stress."

Get checkups and screenings. Regular screenings have been proven to detect cancers at an earlier, more readily treatable stage. Talk with your doctor about the screenings you need and about cholesterol and blood pressure checks, especially if you have a family history of heart disease. "Working with your doctor as a team will help you maintain a healthy lifestyle and stay abreast of important health issues," Bub says. ●

Want to Know More? For a men's health assessment, call 610-402-CARE.

Life expectancy



Source — U.S. Centers for Disease Control



Coping With

How much men

You lose your keys.

A name slips your mind. You miss an appointment. Is forgetfulness a natural effect of aging, or cause for concern?

“As people age and experience forgetfulness, a common reaction is: ‘I must be getting Alzheimer’s disease,’” says Keith Doram, M.D., chief of general internal medicine and geriatrics at Lehigh Valley Hospital and Health Network.

The chances of that are slim: only about 5 to 10 percent of people develop Alzheimer’s by age 65. And the disease involves not just forgetfulness, but loss of ability to do everyday tasks. “Forgetting where you put your keys may not be a sign of Alzheimer’s, but forgetting how to *use* your keys could be,” Doram says.

Lapses in short-term memory are a natural part of aging, especially in areas where you’ve always been forgetful, says Doram’s colleague, neurologist Lorraine Spikol, M.D. For example, some people may have more difficulty remembering directions and others more difficulty with names.

The mysterious business of memory is the job of neurons, the nerve cells in the brain. “They create chemical and electrical impulses that form memories,” Spikol says. We all gradually lose neurons as we age. In fact, Doram says, brain mass decreases by 5 to 10 percent each decade after age 60 or so. “You lose 10,000 neurons every time you sleep or drink a couple of beers,” he says. “Once they’re gone, neurons don’t regenerate.”

Those numbers become less scary when you consider that the brain houses more than 10 billion neurons. The loss of a few million is not cause for alarm “unless it affects your daily function,” Doram says. Meanwhile, if you simply don’t feel as sharp as you used to, there are ways to keep memory fresh:

■ **Practice a healthy lifestyle.** Exercise and a low-fat, low-cholesterol diet help your heart and your brain. “A healthy blood flow replenishes your mental storage capacity,” Doram says. In fact, exercise can improve mental ability up to 30 percent.

■ **Keep your mind active.** Just as muscles atrophy without activity, so does the brain. “If you watch mindless television all day, you’ll lose your mental edge,” Spikol says. Exercise your mind by enrolling in a class or working a crossword puzzle. “If you can’t do *The New York Times* puzzle anymore, do the one in the local paper.”

See page 33 for information on a “Coping With Memory Loss” presentation.

Forgetfulness

Memory loss is normal—and when should you worry?

■ **But—don't overload with information.** “Trying to remember too much can backfire,” Doram says. “Like a file cabinet, our minds get cluttered and lose information.” Give yourself a mental break with yoga, massage or a quiet cup of tea.

■ **Pay attention.** “Attention span tends to decline with age,” Doram says. “To gain it back, you have to work at it. For example, make a note of landmarks when you park your car.”

■ **Use triggers.** It's common to forget a name right after you learn it because you never made an association. Create that association; for example, if you meet someone named Mike, imagine him singing into a microphone.

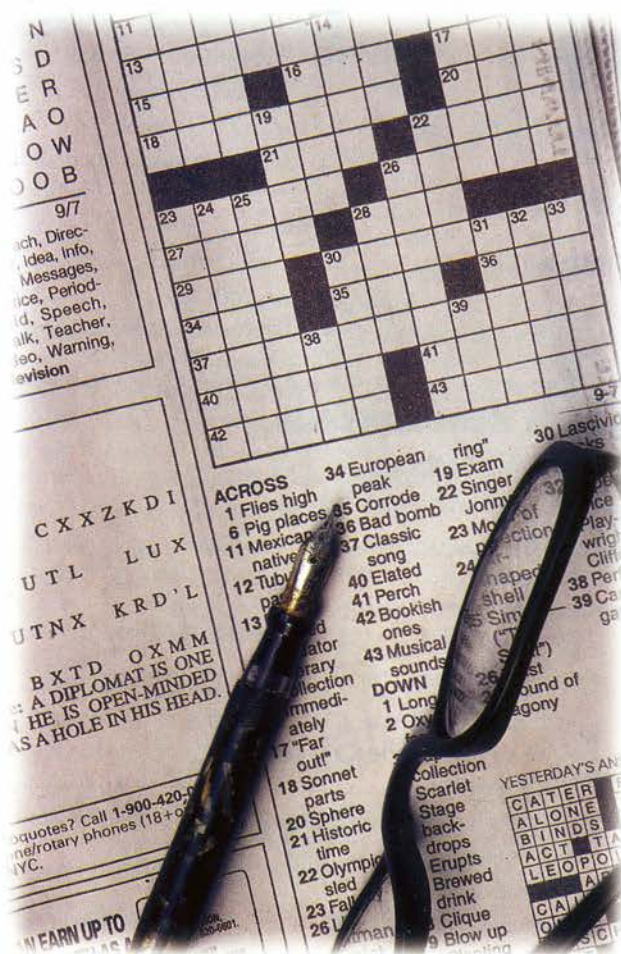
■ **Repeat, repeat, repeat.** “If you reinforce a neural pathway, information becomes embedded in the brain and is more easily recalled,” Doram says. “When you learn someone's name, repeat it back, use it in conversation or ask the person to spell it.”

■ **Keep reminders handy.** “Carry a pen and pad to jot notes,” Spikol says. “Or wear a watch with an alarm to remind you of a task.” Toting a small tape recorder can help, too. “Some people are more visual learners, others more auditory,” Doram says. “Find what works best for you.”

■ **Be aware of other causes of memory loss.** Depression, certain medications, recreational drugs and excessive use of alcohol can dull the mind. “If memory lapses concern you, discuss it with your doctor,” Spikol says. ●

Want to Know More? Up to 50 percent of people over age 85 are at risk of Alzheimer's. For a list of Alzheimer's symptoms, call 610-402-CARE. For information on a local Alzheimer's support group, see page 34.

Mind-exercising strategies can help you remember where you put those keys!





Directing Your Diabetes Care

To ensure the best care, take charge and work closely with your doctor

If you have diabetes, good medical care can help you live a long, full life with few complications. To get the best care, you must play an active role in understanding and managing your disease, set goals for each part of your care and work with your doctor to meet those goals.

The American Diabetes Association (ADA) has developed standards for the most important medical tests needed for the person with diabetes. These standards outline how often each test is required, what the ideal results should be and suggested actions to reach your goal. Everyone with diabetes should learn the standards and talk with his or her doctor to understand how to set

individual goals, says Deb Swavely, R.N., Lehigh Valley Hospital and Health Network diabetes nurse educator.

By taking an active role in your care, Swavely says, you can lower the risks of developing or worsening long-term complications including damage to the small blood vessels in the eyes (retinopathy); damage to the nerves (neuropathy), which may cause foot ulcers and numbness or pain in the hands or feet; kidney problems (nephropathy); heart

ADA Recommends...

Every Three Months

- Weight and blood pressure check
- Foot exam
- Hemoglobin A_{1c} (every six months if meeting treatment goals)
- Review blood sugar records
- Adjust medications as needed
- Review self-management skills, goal-setting and daily routine

Yearly

- Dilated eye exam
- Lipid blood test (or nerve frequency test if not within guidelines)
- Urine test for protein
- Immunizations
- EKG (if over age 40 or prior to starting an exercise program)

attacks and strokes (cardiovascular disease); and trouble with blood circulation in the legs (peripheral vascular disease), which can cause foot ulcers.

Begin by telling your doctor that you've learned about the ADA standards and the importance of your test results. Then suggest that you would like to work together to understand what your goals should be. Endocrinologist Larry Merkle, M.D., of Lehigh Valley Hospital and Health Network, says there are several tests you should understand and discuss with your doctor (see below).

Talk to your doctor not only about tests, but also about the lifestyle choices—such as exercise, diet and smoking—that can affect your risk of complications. Your diabetes care team may include a dietitian and any other resources you need for your own individual concerns, such as an ophthalmologist or podiatrist. ●

Want to Know More? To speak with a diabetes nurse educator about your diabetes care, call 610-402-CARE.

Keep track of these key tests

Hemoglobin A_{1c}

Every three to six months, your doctor should measure your average blood sugar over the previous two to three months. Blood sugar levels are important in preventing all long-term complications. Ideally, blood sugar should measure 7 percent or less.

Blood pressure

Blood pressure should be measured at each three-month visit. Keeping blood pressure at a healthy level (at or below 135 / 85) can reduce the risk of every long-term complication from diabetes.

Body weight

Body weight should be measured at each three-month visit. It can affect the progression of diabetes and your ability to control blood pressure and blood sugar.

Lipids

Lipids are fats in the bloodstream, including total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides. Lipids, which affect your risk of heart disease and stroke, should be tested annually. A desirable LDL is 100 mg/dl or less.

Protein in urine

Protein in urine should be tested once a year to evaluate the health of kidneys.

Dilated eye exam

Dilated eye exam is done once a year to make sure there is no damage to the small blood vessels in the eye. This damage can be corrected by laser surgery.

Foot exams

Foot exams should be done every three months with socks off to look for discoloration, deformities, lack of circulation and callus formation—all signs that may point to potential ulcers and other problems.



Eric Gross (in cap) needed a specialist for an unusual immune condition. Today, he's back in action with siblings (l-r) Josh, Kim and Chris.

When Do

When Ann Gross of Schnecksville first saw the little pink bump on her son's leg, she thought it was an insect bite. It wasn't. Within days, 12-year-old Eric had a spreading rash, abdominal pain and swollen joints.

It was the kind of condition a family doctor rarely sees. The Gross' family practice physician, Harvey Passman, D.O., of Parkland Family Health Center, promptly referred him to a der-

matologist—and when it became clear this was not a skin-related problem, Eric was sent to rheumatologist Albert Abrams, M.D., of Lehigh Valley Hospital and Health Network. Abrams, a specialist in diseases of the joints and immune system, identified the problem as Henoch/Schonlein syndrome, an inflammation of the blood vessels that occurs when the immune system is “confused” (usually by an infection) into attacking itself. “It can be pretty serious if not recognized early,” Abrams says.

Eric, who wound up in the hospital twice, was fortunate: his doctors were perfect models of medical teamwork. “Everybody worked together, and they all communicated with each other and with us,” Ann Gross says. “It was a real comfort.” Eric is doing well after steroid treatment and consultation with a pediatric kidney specialist at Lehigh Valley Hospital's teaching affiliate, Penn State Hershey Medical Center.

His case illustrates the two realms of modern American medicine: the “primary care” physician and the specialist. The primary doctor is the entry point into the medical system—“the quarterback,” as Abrams says. Providing care and support over the years, he or she knows the patient's medical history, past and present medications, work environment and family concerns. “Family practice is actually a specialty in its own right,” says Passman's partner, Jack Lenhart, M.D. “You specialize in breadth rather than depth.”

Contrast this “big picture” approach with the work of the specialist, who is expert in a specific area. Surgery was the first specialty, Lenhart says. “Historically, all doctors were general practitioners. Then some began doing surgery exclusively and grew very skilled, and the GPs began referring patients who needed an operation.”

That's pretty much how the system still works—although the

What Does 'Primary Care' Include?

- Family Practice (for patients of all ages)
- Internal Medicine (for adults)
- Pediatrics (for children/teens)
- Some health plans categorize Obstetrics/Gynecology as “primary care”

You Need a Specialist?

number and sophistication of specialties has grown dramatically. Specialist training involves three to seven years of full-time residency after earning a medical degree. Becoming “board-certified” in one of the 24 current specialties (and many more subspecialties) requires passing a variety of exams.

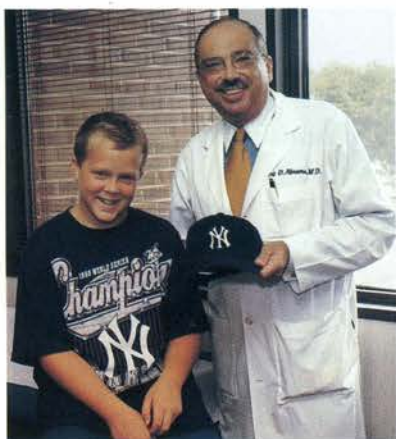
The other difference in specialty medicine today is how you get access to it. “In the old days,” Lenhart says, “a person with an ear problem could call the family doctor or go directly to an ear/nose/throat specialist.” In today’s managed care environment, you often need to start with your primary care physician.

In part it’s a cost issue. Why have a higher-priced specialist treat a problem the primary doctor can handle? But it’s also a matter of what level of care is truly appropriate. A primary doctor is best-trained to determine that, Abrams says: “The patient should certainly have a role in deciding whether a specialist is needed. But even the best-informed patients have a difficult time being objective about their own condition.”

In the brave new world of HMOs, some plans have drawn fire for making it tough to get through to a specialist. The situation is being corrected. But most Americans welcome the primary-doctor concept. In a recent study at the University of California, patients “overwhelmingly endorsed” having a primary physician initiate and integrate their care and help steer them to a specialist.

With the continuing explosion in the scope of medical knowledge and technology, the role of the specialist will be more critical in the future—and so will the role of the holistic primary physician. “You need both,” Lenhart says. “It’s the partnership that produces the best medical care.” ●

Want to Know More? For a detailed list of medical specialties and subspecialties, or for a referral to a primary physician or specialist, call 610-402-CARE.



Souvenir of a winning team – Eric Gross benefited from the team efforts of rheumatologist Albert Abrams, M.D. (shown here), family physician Harvey Passman, D.O., and others. Abrams gave Eric the cap after the doctor and patient discovered a mutual passion for the Yankees.

When Should a Specialist Enter the Picture?

- For an uncommon condition outside the primary physician’s expertise
- For a complex condition requiring a team approach
- For a second opinion



'The Best Steps'

The happy outcomes of healthy pregnancies – (l-r) Beth Kushner-Giovenco of Allentown and Ryan (10 weeks); Juliann Muffley of Walnutport with Tucker (22 months) and Hallie (6 months); Jackie Weigel of Lansdale and Isabella (1 year); Lynn Kershaw of Coopersburg and Lindsey (23 months); and Heather Sheaffer of Allentown with Hannah (6 months).

You're pregnant for the first time...and you need some advice. Well, take it from women who've been there. *Healthy You* recently gathered a group of new moms to chat about the best steps they took during their pregnancies. Here's what they said, along with some advice from Lehigh Valley Hospital and Health Network obstetrician/gynecologist Larry Glazerman, M.D.:

Drink lots of water.

"Being dehydrated really sapped my energy," says Juliann Muffley of Walnutport. "I always carried a bottle of water with me." The recommended amount: six to eight glasses a day. "The more fluid you drink, the better your kidneys work to reduce swelling," Glazerman says.



Stay within weight guidelines. Most health care providers suggest gaining about 27 to 30 pounds. "I felt physically better after the birth because I didn't gain too much," says Heather Sheaffer of Allentown, who put on 30 pounds. *If you gain more than that, don't try to lose it while pregnant, Glazerman says: "I'd rather see a woman gain extra weight than risk the baby's nutrition."*



Local moms share
their tips
for an empowered
nine months

I Took During Pregnancy'

Remember, most of your weight gain comes from the baby, placenta, body water and extra blood — not body fat."

Eat small, frequent meals. Sheaffer kept celery sticks and carrots in her purse. Beth Kushner-Giovenco of Allentown snacked on crackers and peanut butter in the middle of the night. Muffley ate meals of yogurt and cheese to compensate for her aversion to milk. "Three big meals didn't work, especially to relieve nausea," Muffley says. "I just ate when I was hungry." An extra tip for sickness: "Hard candy," says Jackie Weigel of Lansdale. "I kept it in my pocket at all times."

Be safe. Sheaffer began wearing a seat belt during her pregnancy. Muffley stopped speeding. "You care more about the child inside you than yourself," she says. *Other precautions: "Avoid biking, rollerblading, wearing high heels and climbing ladders, all activities that can cause falls," Glazerman says.*

Stay active. Simple activities like walking the mall are something you can do even in the late stages of pregnancy. Weigel took a pregnancy exercise class twice a week. "I did Kegel exercises to help bladder control, and leg and abdominal exercises to make delivery easier," she says. Lynn Kershaw of Coopersburg walked during her labor. "It helped relieve the pain," she says. How hard should you exercise? "Keep your target heart rate no higher than 140," Glazerman says. "And don't start an exercise program that you haven't done before."



Continued on next page



Pamper yourself. “A manicure or pedicure was perfect when I didn’t have any energy,” Sheaffer says. And on those “icky fat days?” Buy yourself a new maternity outfit. “Get something comfortable that makes you feel beautiful,” Kushner-Giovenco says.

Be an advocate in your care. “It’s important to have a doctor who is not only clinically competent, but also someone you can communicate with,” Kushner-Giovenco says. “Sometimes you have to interview doctors to find the right one.” In her second pregnancy, Kershaw spoke up about her wishes to forego an episiotomy (incision during childbirth) and to walk during labor. “I had a much better experience,” she says.

Be flexible in your birth plan. Kushner-Giovenco expected a traditional delivery, but had a c-section because her baby was in the wrong position. “Plan ahead for every option with your health care provider,” she says. “And don’t be afraid to ask questions.”

Listen to your body. Catnaps rejuvenate, the moms agree. “I would put my feet up on my work break and close my eyes for 10 minutes,” Kushner-Giovenco says. For aches and pains? “Tylenol and a massage from my husband helped,” Weigel says. “An abdominal brace also provided support and strengthened my back.”



Take a Lamaze class. Besides learning breathing patterns, “this was the best way to get information about what to expect during delivery,” Muffley says. “Plus, it connected us with other couples and opened lines of communication.” ●

Want to Know More? For a list of pregnancy-related web sites and books recommended by these mothers, call 610-402-CARE. See page 31 for information on a new education program for moms-to-be and new moms.

Surfing the Web for Pregnancy Information

There’s a lot of good pregnancy-related information on the Internet, on every topic from fetal monitoring and development to morning sickness and prenatal fitness. “But it’s also easy to become overwhelmed with trash,” says obstetrician/gynecologist Larry Glazerman, M.D. Look for an up-to-date site that is sponsored by a reputable organization, your hospital or your health care provider, Glazerman says. Then be sure to discuss your findings with your physician, nurse-midwife or nurse practitioner.

Here are two web sites to check out:

Lehigh Valley Hospital and Health Network — www.lvhhn.org

Larry Glazerman, M.D.— www.obgyntown.com



Breast Symptoms

What do they mean?

When in doubt, check it out. That's the general rule with any change in your breasts, whether it's skin redness, nipple discharge or pain.

"Most of the time it's not breast cancer," says Lehigh Valley Hospital and Health Network gynecologist Patrice Weiss, M.D. "But you should bring any change to your health care provider's attention."

Some common breast symptoms:

Discomfort. Tenderness is a natural part of the menstrual cycle. "A shooting or stabbing pain can be a result of scar tissue, such as from a previous biopsy or trauma," Weiss says.

Nipple discharge. Women may have some normal discharge when breasts are squeezed. "Spontaneous discharge is most commonly caused by a benign lump, a glandular disorder or certain medications," Weiss says. "Less than 15 percent of discharges are cancer-related. But a bloody discharge in one breast can be a warning sign."

Skin redness or dryness. "It may be due simply to a skin infection, eczema or an allergic reaction to soap," says nurse practitioner Cheryl Lichner of the Health Center at Trexlertown.

"However, if a scaly eczema-like area or other dermatitis problem persists, it needs to be evaluated."

Skin dimpling. This can be a symptom of advanced breast cancer, but it's rare. "With routine mammograms, cancer will almost always be detected before this stage," Weiss says.

Inverted nipple. If you've had an inverted (flat-looking) nipple for a long time, it's probably a normal variation of anatomy. No two breasts are alike. "We would be concerned with a recent or fixed depression of the nipple; it could indicate an underlying cancer and should be evaluated," Lichner says.

The message here: if you experience a breast change, don't panic; chances are it's not serious. But don't ignore it, either, especially if it's a sudden change. "When you do your monthly breast self-exam, check for skin changes as well as for lumps," Lichner says. And if you find any change, be sure to let your health provider know. ●

Want to Know More? For a copy of the *Healthy You* story, "If You Have a Breast Lump," call 610-402-CARE.

Making the Wrong

Why do we do what we know we shouldn't? And can we change for the better?

There's no shortage of information today on how to live longer and stay healthy. So why do so many of us continue to smoke, drink and overeat?

"We all have vulnerabilities that can lead us to engage in unhealthy behaviors," says Michael Kaufmann, M.D., Lehigh Valley Hospital and Health Network psychiatrist. "We have to learn what our own weaknesses are and what triggers them."

Emotional problems like depression are a common cause of unhealthy choices. Depression can make us more vulnerable to overeating, smoking, drinking and risky behaviors like reckless driving, so it's important to understand and address how we handle our emotions, Kaufmann says.

Another common cause is peer pressure. Friends and family play an important role in the choices we make; for example, if we're vulnerable to smoking and surround ourselves with smokers, we'll have a more difficult time resisting that habit.

Our values are an important factor in how we handle our vulnerabilities. "To resist the wrong choices," Kaufmann says, "we need to view life in a way that is determined, in part, by a set of healthy values we can use to guide us."

Finally, when making choices we often deny the truth. Denial can be intellectual or emotional. For example, a person who lacks information may have unprotected sex in the mistaken intellectual belief that he or she is safe. But if the person understands the risks and chooses to ignore them, that's emotional denial—a very common way of dealing with stressful choices.

Making the right choices

To change your own unhealthy behaviors, Kaufmann says, it's best to begin by identifying your individual vulnerabilities. Then you can develop strategies to anticipate and overcome them—strategies like these:

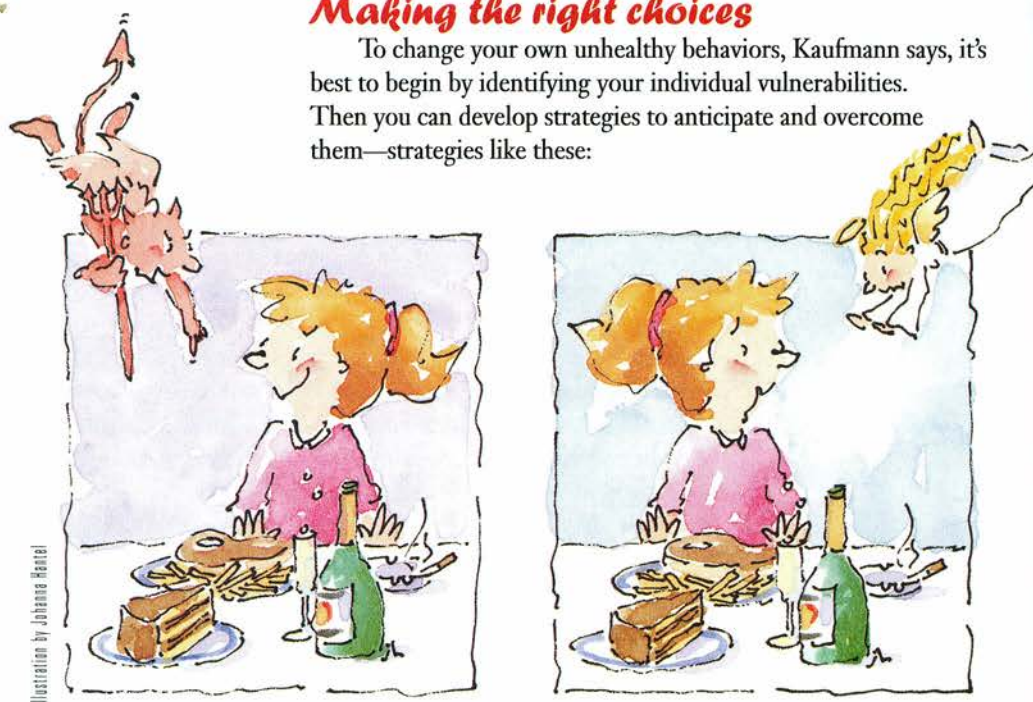


Illustration by Johanna Hessel

Health Choices

● **Find less destructive ways to meet your needs.** When you give in to unhealthy choices, you're satisfying psychological inner drives. Think about healthier ways to satisfy them. For example, if you're vulnerable to smoking and enjoy a cigar or cigarette after dinner, try taking a walk instead.

● **Find reasons to change your behavior that will motivate you.** "If you try to change because it's the 'right thing to do,' you'll have a difficult time," Kaufmann says. "But if you think of a reason that will serve as a reward, you'll be more motivated." That's why many people find it easier to lose weight when the weather warms up and they know they'll be at the beach in a bathing suit.

● **Use a support system to help you.** Surrounding yourself with friends and family who can take you away from previous patterns will help you make healthier choices. If you want to quit smoking, stay away from smokers. If you want to cut down on drinking, don't socialize with a group that goes to bars.

● **Take active steps.** Once you've identified your vulnerabilities, take control of your life by doing what you need to do to give yourself a chance to change. If you want to improve your diet, replace unhealthy foods in your refrigerator with healthy ones.

● **Determine if you need professional help.** Emotional problems, such as depression or hostility, can make it nearly impossible to take control of your life. You may need professional counseling to overcome the emotional problem before you can begin to make the right choices. ●

Want to Know More? For a depression screening questionnaire, call 610-402-CARE.

Produced in collaboration with our partners in PennCARE.



Healthy You

Health Improvement Classes



November 1999-January 2000

What's New and Notable

Exercise and Movement

- Everyday Tai Chi
- Staying Strong
- Peak Balance Workout

Spirit of Women

Women's Health

- Meaningful Holidays When You're Grieving
- Hands-On Health for Fibromyalgia
- Growing Your Emotional Well-Being *(Also see information on page 1.)*

Parenting

- Reading for the Health of It

Childbirth & Newborn Care

- From Here to Maternity *(Also see article on page 20.)*



Registration required Class space is limited. You must register in advance for classes. Call 610-402-CARE or see the registration form on page 36 for other ways to register.

50-Plus

- Understanding Advance Directives *(Also see article on page 7.)*
- Heart Disease: Are You at Risk?
- Coping With Memory Loss *(Also see article on page 14.)*

Disease Care

- Parkinson's Lecture Series

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.

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Healthy Eating

Nutrition Prescription

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.

\$95

- Daytime and evening appointments available
- For further information, call 610-402-CARE.

Mind and Body

Foot Massage

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.

\$30 per half-hour

Sessions held at TX and MHC-Atria.

Illustrations by Sally Dwyer

MESSAGE MADNESS

NOVEMBER

Any foot or aroma massage for only \$20 – Save \$10. *Good only at TX location.*

DECEMBER

Get a massage in December and you'll get a \$10 gift certificate toward your next appointment in the new year. *Good at all locations.*

JANUARY

Go "deep" with your massage for 90 minutes for only \$55. *Good at all locations.*

To make an appointment, call 610-402-CARE.

MAKE YOUR HOLIDAY A HEALTHIER ONE AT THE SHOPPING PLACES

Take a stress-break and visit one of our certified therapists for an invigorating seated chair massage.

\$10 for 15 minutes

- Fridays, Nov. 26, Dec. 3, 10, 17; 6-9 p.m.
- Saturdays, Nov. 27, Dec. 4, 11, 18; 2-8 p.m.
- Sundays, Nov. 28, Dec. 5, 12, 19; 1-5 p.m.

South Mall, 3500 Lehigh Street, Allentown.

- Saturdays, Nov. 27, Dec. 4, 11, 18; 2-8 p.m.
- Sundays, Nov. 28, Dec. 5, 12, 19; 1-5 p.m.

Borders Books-Music-Cafe, 1937 Whitehall Mall, Whitehall.

- Saturdays, Nov. 27, Dec. 4, 11, 18; 2-8 p.m.
- Westgate Mall, 2285 Schoenersville Rd., Bethlehem.*

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

Community Locations

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

MHC • Atria
1745 W. Macada Rd.
Bethlehem

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

1243 • 1243 S. Cedar Crest Blvd., Allentown

1251 • 1251 S. Cedar Crest Blvd., Allentown

Allentown Sports Medicine and Human Performance Center
1243 S. Cedar Crest Blvd., Allentown

St. John's UCC
183 S. Broad St., Nazareth

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

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

St. Stephens Lutheran Church
1421 Turner St., Allentown

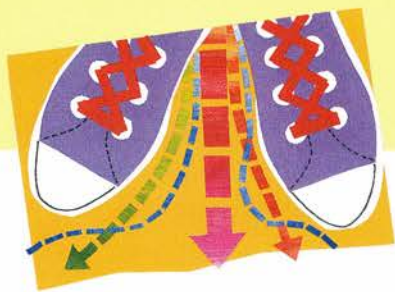
Whitehall Township, Zephyr Park
Schadt Avenue and Campus Drive

"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.



Aroma Massage

A light massage of the back using aromatic oils, moist heat and Swedish massage. The four types of oils used will promote relaxation, stress relief, invigoration or meditation.

\$30 per half-hour

Sessions held 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

\$48 per one-hour session

\$70 per 90-minute session

Sessions held at TX, MHC-Atria and 1243-Affinity.

All massages provided by certified massage therapists



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

Locations:

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

Exercise and Movement

Everyday Tai Chi **NEW**

Slow graceful movements improve balance, strengthen legs and regulate blood pressure. Tai-Chi is especially suitable for the health-conscious and/or those with busy lives who want to relax. *A health readiness questionnaire is required of all participants prior to participation.*

6 sessions • \$48

• Mondays, Jan. 3; 10:15-11:30 a.m. (first session)

• Tuesdays, Jan. 4; 6:30-7:45 p.m. (first session)

Classes meet at TX.

• Mondays, Jan. 10; 7:45-9 p.m. (first session)

Classes meet at MHC, Banko Family Community Center.

Staying Strong **NEW**

Strength-building, resistance training and range-of-motion activities improve muscle tone and slow down the loss of bone density. This exercise prescription will improve the effects of arthritis and osteoporosis. *A health readiness questionnaire is required for all participants prior to participation.*

12 sessions • \$40

• Wednesdays and Fridays, Jan. 5; 10:15-11:15 a.m. (first session)

Classes meet at TX.

• Wednesdays, 7:30-8:30 p.m. and Saturdays, 9-10 a.m., Jan. 8 (first session)

Classes meet at MHC, Banko Family Community Center.

Instructed by certified exercise specialists or personal trainers.



Peak Balance Workout **NEW**

This integrative and unconventional exercise program will evenly condition the whole body and not just body parts. Increased strength, flexibility and relaxation are produced through cardio-centering, core abdominal and back training, and fitness yoga moves.

\$15

- Saturday, Jan. 15; 9:30-11 a.m.
- Saturday, Feb. 12; 9:30-11 a.m.
- Saturday, March 18; 9:30-11 a.m.

Class meets at TX.

Yoga Moves

This class for novice students provides safe and gentle exercise with an emphasis on external body stretches. You can reduce anxiety, improve circulation, build muscle and enhance well-being. Bring a pillow and blanket. *Health readiness questionnaires are required in advance of class participation.*

6 classes • \$36

- Thursdays, Jan. 6; 6:45-7:45 p.m. (first session)

Classes meet at TX.

- Mondays, Jan. 10; 6:30-7:30 p.m. (first session)

Classes meet at St. John's UCC.

Kripalu Yoga

This yoga of compassion relaxes the body, calms the mind and soothes emotions. Join us to release stored tension, breathe, stretch and increase flexibility. Bring a pillow, blanket or mat. *Health readiness questionnaires are required in advance of class participation.*

6 classes • \$48

- Begins Monday, Jan. 3; 6:30-7:45 p.m. (gentle)
- Begins Thursday, Jan. 6; 10:15-11:30 a.m. (gentle)

Classes meet at TX.

- Begins Thursday, Jan. 6; 7-8:15 p.m. (gentle)
- Classes meet at St. Stephens Lutheran Church.*

- Begins Monday, Jan. 3; 7:45-9 p.m. (vigorous)
- Classes meet at TX.*

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

- Thursday, Dec. 16; 7-9 p.m.

Class meets at CC, Auditorium.

John P. Galgon, M.D., pulmonologist

Spirit of Women

Women's Health

Meaningful Holidays When You're Grieving **NEW**

There are ways to bring peace, contentment and joy to your holidays, even if you've recently lost a loved one. This presentation will offer suggestions for cherishing the gifts of your lost loved ones, and explore ideas to help create new meaning for the holidays.

\$15

- Wednesday, Dec. 1; 7-8:30 p.m.

Class meets at MHC, Banko Family Community Center.

- Wednesday, Dec. 8; 7-8:30 p.m.

Class meets at TX.

Lorraine Gyauch, R.N.

Hands-On Health for Fibromyalgia **NEW**

Fibromyalgia can create widespread pain, insomnia, fatigue and depression. This workshop features new information and positive strategies for improving your health. All participants will receive "The Fibromyalgia Help Book."

\$25, includes workshop materials

- Wednesday, Dec. 8; 7:30-9:30 p.m.

Class meets at TX.

Kerry Miller, M.D., rheumatologist

Joanna Shaw, physical therapist

Lisa Wetherbold, physical therapist assistant

Patricia R. Furey, licensed social worker

Growing Your Emotional Well-Being **NEW**

Eating Behavior and Emotional Health, the second program in this series, will review eating disorders, the "meaning" of food and trends in "body image."

\$10

- Thursday, Dec. 9; 7-8:30 p.m.

Class meets at TX.

Susan D. Wiley, M.D., psychiatrist

For upcoming dates, topics and available group therapy sessions, call 610-402-CARE.

Parenting

Reading for the Health of It **NEW**

Help celebrate National Children's Book Week by visiting a family-learning book fair. Reading is a healthy habit for children, and we have the best books just in time for the holidays!

Free

- Monday, Nov. 22; 10 a.m.-1 p.m. and 6-8 p.m.
- Tuesday, Nov. 23; 10 a.m.-1 p.m. and 6-8 p.m.

Book Fair at TX.

Late Talkers

Come and learn the signs and symptoms of a late talker. You'll discover when to seek help and what you can do as a parent.

Free

- Saturday, Nov. 20; 10 a.m.-noon

Class meets at MHC, Banko Family Community Center, Rooms 1 and 2.

Childbirth and Newborn Care

Analgesic 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. 10; 6-7 p.m.

Class meets at CC, Classroom 1.

John Collins, M.D., obstetrical anesthesiologist

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, two pillows and wear comfortable clothes.

\$20

- Thursday, Dec. 16; 7-8:30 p.m.

Class meets at TX.

Marianne Bergmann, certified massage therapist

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. 19; 7-8 p.m.

Class meets at 17, Auditorium.

Lawrice Dunning, Kerri Hoyt, Tina London, certified nurse-midwives

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.

\$90

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.

\$20

Class meets at 17, Auditorium.

For further information, 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.

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



AT OUR HEALTH CENTER AT TREXLERTOWN

Gift certificates and our other most-requested items are available.

- 60-minute therapeutic massage \$48
- Vitality Plus GOLD membership package \$20
- Happy heart handheld massager \$10
- 6-week gentle yoga class \$46
- 6-week Everyday Tai Chi \$55

*Stop by our Welcome Center to make your selections.
Mail delivery is available. For details, call 610-402-CARE.*



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, Dec. 1; 6-7:15 p.m.
- Class meets at TX.**
- Ages 5-9**
 - Wednesday, Dec. 8; 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 seven-week course. Newborn care not included.

- \$125 includes continental breakfast and lunch.
- For further information, call 610-402-CARE.*

Breastfeeding Classes

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

- \$20
- Class meets at 17, Auditorium.**
- For further information, 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
- Class meets at 17, Auditorium.**
- For further information, call 610-402-CARE.*

From Here to Maternity *NEW*

A new education program for moms-to-be and for new moms. The prenatal series features a weekly movement and relaxation class that includes personal exercises to prepare you for the new birth. Educational support is provided by a childbirth health educator.

The postpartum series offers a twice-weekly exercise class that re-energizes your body and builds friendships with other new moms.

For Moms-to-be

Your physician's approval is required prior to participation.

- 6 sessions • \$48
- Tuesdays, Jan. 11; 10:15-11:30 a.m. (first session)

Classes meet at TX.

- Thursdays, Jan. 6; 6:45-8:00 p.m. (first session)

Classes meet at MHC, Banko Family Community Center.

For New Moms

It is recommended that you begin these programs following your 6-week checkup with your physician. Please check with your physician.

- 8 sessions for 4 weeks • \$48
- Mondays and Wednesdays, Jan. 10; 6:30-7:30 p.m. (first session)

Classes meet at MHC, Banko Family Community Center.

- Tuesdays and Thursdays, Jan. 11; 10:15-11:15 a.m. (first session)

Classes meet at Allentown Sports Medicine and Human Performance Center.

Refresher Lamaze Class

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).

- \$30
- For further information, call 610-402-CARE.*

Age 50-Plus



Understanding Advance Directives **NEW**

Learn your legal and moral rights to decide what kind of medical treatment you want (or don't want) when you become seriously ill, and who will make those choices for you when you are no longer able to. Each participant will receive a free copy of Five Wishes™, a helpful guide for putting your wishes into writing. Five Wishes™, written by the Commission on Aging with Dignity, is legally valid in Pennsylvania and provides a complete set of advance directives.

Free

- Thursday, Nov. 11; 6:30-8 p.m.

Class meets at CC, Auditorium.

- Wednesday, Nov. 17; 1-2:30 p.m.

Class meets at MHC, Banko Family Community Center, Room 1.

Nancy Stevens, patient representative

Heart Disease: Are You at Risk? **NEW**

Whether you're trying to avoid heart disease or you've already experienced heart problems, this informative presentation will help you keep your heart healthy. Experts will discuss how the heart works, cardiac conditions and treatment options, and how to create a routine heart health care plan.

Free

- Thursday, Nov. 18; 6:30-7:30 p.m.

Class meets at CC, Auditorium.

Eugene Ordway, M.D., cardiologist



Healthy Y2K Day

Get a healthy start to the new millennium! Join us at the Health Center at Trexlertown for a healthy experience on New Year's Day (yes, we're really open!). Enjoy a tasty snack, a seated chair massage and experience a yoga or exercise class. Everyone receives a "Get Active" kit.

Cost: \$20

Saturday, January 1, 2000

10 a.m.-1 p.m.

For a schedule of activities and to register, call 610-402-CARE.

Health Screenings

For information, call 610-402-CARE.

TREXLERTOWN

Flu Shots-Fee \$15

Monday, Nov. 15

Tuesday, Nov. 16

Wednesday, Nov. 17

Thursday, Nov. 18

Friday, Nov. 19

Saturday, Nov. 20

11 a.m.-7 p.m. at the Convenience Care Center

LEHIGH VALLEY MALL—

upper level

Blood Pressure Screenings-Free

Tuesday, Nov. 16

8:30-10 a.m.

ST. JOHN'S UCC

Osteoporosis Screening-Fee \$25

Sunday, Nov. 14

8:30-11 a.m.

Registration required, call 610-402-CARE.

Vitality PLUS

**At a reduced rate or
free for GOLD Members**

Vitality Plus Open House

Learn how Vitality Plus can help you stay healthy and active, enjoy special discounts and meet great people! Dress casually for a mini-exercise session.

Free

- Tuesday, Nov. 16; 10-11 a.m.

Meets at SON, Auditorium.

55 Alive

Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Reduce your risk of accidents and save money on your auto insurance. A community education service of Lehigh Valley Hospital's Trauma Department.

Free for Vitality Plus GOLD members •

Non-members pay \$8 (check made payable to AARP)

- Tuesday & Thursday, Dec. 7, 9;

9 a.m.-1 p.m.

Classes meet at SON, Auditorium.

Coping With Memory Loss **NEW**

How can you tell the difference between "plain old forgetfulness" and actual memory loss? A board-certified geriatrician will discuss how to recognize symptoms, treat and cope with memory loss, including Alzheimer's disease.

Free

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

Class meets at CC, Auditorium.

Francis Salerno, M.D., geriatrician

Medicare Counseling

Current and soon-to-be Medicare beneficiaries are invited to make an appointment for free, confidential counseling on alternate Medicare participation and coverage, your rights as a patient, billing issues and claims. Counselors are trained Apprise volunteers from the Lehigh County Area Agency on Aging. For an appointment, call 1-888-584-PLUS (7587) or visit a counselor during walk-in hours, most Wednesdays, 10 a.m.-noon at the Health Center at Trexlertown.

Your Future in Social Security

What benefits can you expect when you retire? Social Security experts explain how the program works, how monthly payments are computed and what the future holds. Bring your questions!

Free

- Wednesday, Nov. 10; 7-8:30 p.m.

Class meets at MHC, Banko Family Community Center, Classroom 1.

- Thursday, Dec. 2; 7-8:30 p.m.

Class meets at CC, Classroom 1.

Disease Care

Parkinson's Lecture Series **NEW**

For individuals with Parkinson's disease and their caregivers, this series will touch on treatments and ways to make living and coping with the disease easier.

Free

MOVE EASIER WITH PARKINSON'S DISEASE

- Saturday, Nov. 20; 10 a.m.

Class meets at 1243, Affinity.

Jennifer Jaikes, physical therapist

Betsy Conto, occupational therapist

HOW TO GET YOUR BEST VOICE WITH PARKINSON'S DISEASE

- Saturday, Dec. 18; 10 a.m.

Class meets at 1243, Affinity.

Jennifer Jaikes, physical therapist

Kathleen Kowker, physical therapist

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

This unique program is designed to help people with chronic conditions take control of their illness. Topics covered include: techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercises for improving strength, flexibility and endurance; communicating effectively with family, friends and health professionals; nutrition; and use of community resources. People with different chronic health problems attend the seven-week course together. Courses are facilitated by two trained leaders who have chronic conditions themselves.

For more information and dates of this program, call 610-402-CARE.

VOLUNTEERS NEEDED!!

- **Do you live successfully with a chronic illness?**
- **Do you have wisdom and experience to share with others?**

If so, we are looking for you! Volunteer teachers are needed for the Chronic Disease Self-Management Program. You don't need to be a professional instructor, just an experienced person interested in helping others better cope with a chronic condition. For more information about teaching in this unique program, call 610-402-CARE.

Safety Passport

For those with Alzheimer's disease and their caregivers: create a "passport" for the patient, a photo of the person with Alzheimer's along with pertinent information. Should the person wander from home, the family has identification to help locate their loved one. A copy of the photo also will be on file with the Allentown police department.

Free

- Tuesday, Dec. 7; 10 a.m.-noon and 6:30-7:30 p.m.

Photos to be taken at TX.

For other available times and more information, call 610-402-CARE.

Living Well With Congestive Heart Failure

Although there is no cure for CHF, its symptoms can be controlled. Learn how medication, diet, exercise and stress management can help those with CHF live active lives.

\$10; no charge for other accompanying guest • \$5, Vitality Plus GOLD members; no charge for guest

- Wednesday, Dec. 8; 7-9 p.m.

Class meets at MHC, Banko Family Community Center, Rooms 1 & 2.

- Thursday, Jan. 13; 10 a.m.-noon

Class meets at SON, Auditorium.

Do You Have Asthma?

If you think you or your child may have asthma, meet with experts from our respiratory therapy and pharmacy staffs for an asthma screening and/or consultation. They can answer your questions about asthma medications.

Free

- Thursday, Nov. 18; 5-9 p.m.

Class meets at TX, Room 5.

You must register for a 20-minute time slot.

Quit Smoking

QuitSmart®

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

4 sessions • \$85

- Monday, Jan. 3; 7-8:30 p.m. (first session)

Classes meet at TX.

- Tuesday, Feb. 1; 7-8:30 p.m. (first session)

Classes meet at 17.

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.

ALZHEIMER'S SUPPORT GROUP

Those who care for a loved one with Alzheimer's or other dementia can find support and information from others facing similar situations. Sponsored by the Alzheimer's Association of Southeastern Pennsylvania, a local support group meets the fourth Friday of each month, from 1:30-3 p.m. in the ground floor conference room of the John and Dorothy Morgan Cancer Center. Interacting with others sharing similar concerns and experiences can help develop skills in stress management, problem solving and home care techniques, and ease the loneliness and frustration that many caregivers often feel. For more information, call 610-402-CARE.

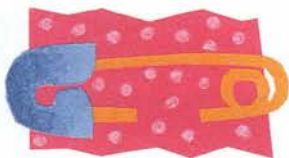
Better Health for Life

from Lehigh Valley Hospital and Health Network

Expanded services—some completed, some in progress

When you're expecting...

- *Birth and newborn care:* At the new Jaindl Family Pavilion at Cedar Crest & I-78, expectant parents find a mother-baby center and Level III Neonatal Intensive Care Unit.



For your children...

- *Specialty care:* We've teamed up with The Children's Hospital of Philadelphia to give you access to specialized outpatient pediatric and adolescent services at Muhlenberg Hospital Center — linked to the area's finest inpatient pediatrics unit at Cedar Crest & I-78.
- *Adolescent services:* A community outreach center for teens, conveniently located in downtown Allentown at 17th & Chew, addresses health issues and helps at-risk students stay in school.



For women...

- *Ob/gyn services:* Doctors and nurse practitioners offer gynecological and obstetrics services and other health resources especially for women at the Health Center at Trexlertown and at 17th & Chew.
- *Infertility treatment:* A new reproductive endocrinology and infertility lab at Muhlenberg Hospital Center brings new hope.
- *Screening mammography:* This important service at the Health Center at Trexlertown is part of Breast Health Services in the John and Dorothy Morgan Cancer Center.

When there's an emergency...

- *Intensive care:* New intensive care units at Cedar Crest & I-78 will provide the region's most advanced care for newborns, children and adults — all conveniently linked to the hospital's inpatient care units.
- *Express ER:* New at Cedar Crest & I-78 and Muhlenberg Hospital Center, Express ERs provide prompt treatment of less serious injuries and illness—and easy access to the Emergency Department and the region's only Level I Trauma Center.



When you need specialized care...

- *Heart care:* Heart specialists will open new offices next year at Cedar Crest & I-78 and Muhlenberg Hospital Center, offering office visits, testing and access to specialized heart services.
- *Cancer care:* Outpatient cancer services of the John and Dorothy Morgan Cancer Center are now available at Muhlenberg Hospital Center.
- *Psychiatric care:* A 56-bed facility at Muhlenberg Hospital Center will use the latest treatments to get patients back into the mainstream of life as quickly as possible.



For the whole family...

- *Convenience Care:* Walk-in health care at the Health Center at Trexlertown gives you prompt, quality treatment for non-emergency medical conditions.
- *Primary care doctors:* Family doctors and internists have new locations at 17th & Chew and at the Health Center at Trexlertown.
- *Testing:* Convenient testing services are located at Cedar Crest & I-78's new Diagnostic Care Center and at the Health Center at Trexlertown.



When prevention is the goal...

- *Health Library and Learning Center:* This unique resource at the Health Center at Trexlertown offers health information for the whole family — from books to the Internet.
- *Mind and body:* Massage, nutrition and Healthy You classes and seminars at the Health Center at Trexlertown are all designed to keep you healthy in mind, body and spirit.



For older adults...

- *Center for Healthy Aging:* Visit the doctor, stop by a community agency, research health concerns or join a Healthy You class — all at one convenient community location opening next year at 17th & Chew.

LEHIGH VALLEY

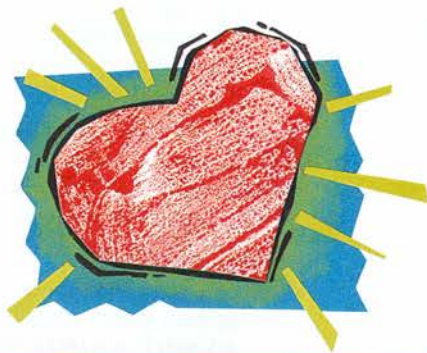
HOSPITAL AND
HEALTH NETWORK

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

MUHLENBERG HOSPITAL CENTER
Schoenersville Road and Westgate Drive
Bethlehem

HEALTH CENTER AT TREXLERTOWN
Route 222 (Trexler Mall), Trexlertown

610-402-CARE • www.lvhhn.org



CPR

All CPR classes meet at 1251, Suite 309.

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, Dec. 6, 13 and 20; 7-10 p.m.
- Monday, Jan. 10, 17 and 24; 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, Nov. 29; 7-10 p.m.

Infant-Child (Course D)

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

\$25

- Wednesday, Nov. 17; 7-10 p.m.
- Wednesday, Dec. 15; 7-10 p.m.
- Monday, Jan. 3; 7-10 p.m.

Hospice Memorial Services

Lehigh Valley Hospice will hold a series of memorial services in remembrance and celebration of the lives of patients Hospice has served during the past year. Services include a reading of the patients' names and the lighting of candles. All services will be held at 2 p.m., followed by a reception.

The dates and locations are:

Carbon and Schuylkill Counties
Nov. 7, Zion United Church of Christ,
2nd and Iron Streets, Lehighton

Northampton County
Nov. 14, Sts. Simon and Jude Church,
730 W. Broad Street, Bethlehem

Lehigh County and the Lehigh Valley
Hospice Inpatient Unit,
17th & Chew Streets, Allentown
Nov. 21, Faith Presbyterian Church, North
2nd and Cherokee Streets, Emmaus

Monroe and Pike Counties
Nov. 26, Effort United Methodist Church,
Effort

Call 610-402-CARE to RSVP.

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.

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 or visit our on-line searchable directory of support groups and national health organizations at http://www.lvhbn.org/calendar/support_search.html

Speakers' Bureau

Learn about advances in breast disease evaluation from the staff of Breast Health Services physicians and nurses. Topics include:

- Breast cancer risk: evaluation and intervention
- Advances in mammography and breast imaging
- Breast self-examination instruction
- Current topics in breast cancer treatment

For more information, call 610-402-CARE.

They've got **Vitality** **PLUS**



It's our free program for people 50 and over.

Vitality Plus has its own bimonthly health magazine with a special focus on topics of interest to people ages 50 and over.

There are other benefits, too, such as free seminars and classes on everything from nutrition to health insurance to heart disease. You'll also have access to exercise classes, cooking classes and more.

There's even a dining benefit that entitles you to a well-balanced lunch or dinner for just \$3.65 at one of our three hospital locations.

Membership in *Vitality Plus* is free. To join, call 610-402-CARE.

And once you're enjoying the benefits of *Vitality Plus*, ask about upgrading to *Vitality Plus Gold*. Added benefits include discounts on eyewear, hearing aids, prescription drugs, travel, health club memberships, long-term care insurance and more, all for just \$20 a year.

For a brochure on Healthy Aging, see the special insert in this issue of Healthy You or call 610-402-CARE.

610-402-CARE • www.lvhhn.org

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

Lehigh Valley Hospital
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Allentown, PA 18105-7017

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