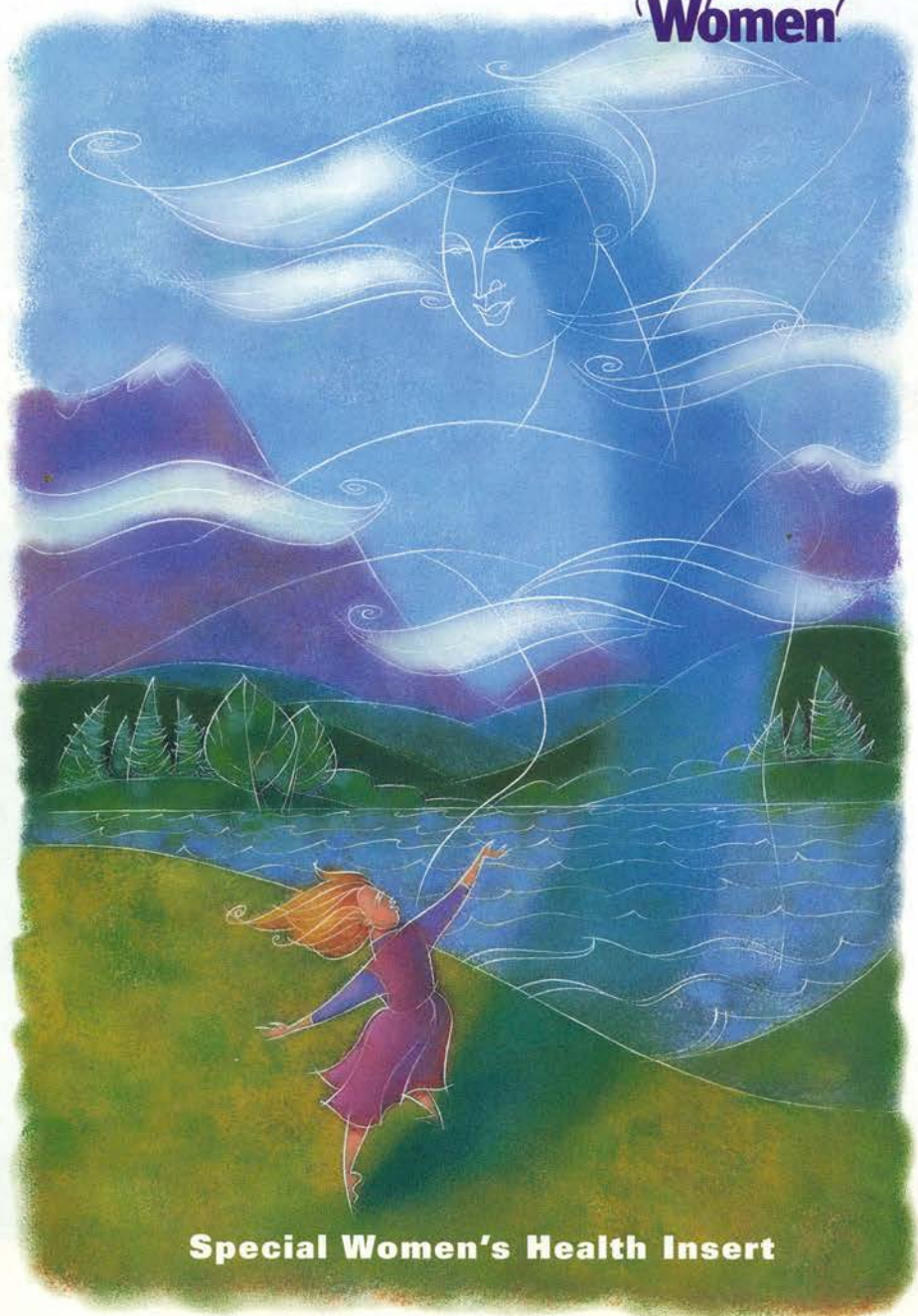


Healthy You

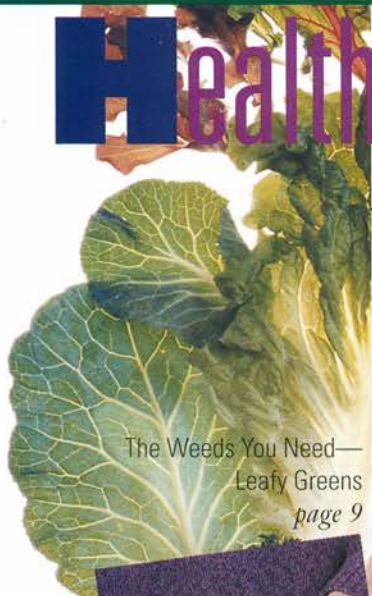
MAY/JUNE 1999

- Choosing Athletic Shoes
- Arthritis: A Doctor's Answers
- Using Car Seats Correctly

Spirit of
Women



Special Women's Health Insert



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LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

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Sizing Up Portions

Eating healthy isn't just about what you eat, it's also about how much you eat. But does keeping an eye on serving size mean you need to use a measuring cup or scale? Not when you learn some handy portion guidelines:



1 cup = 1 fist

One cup of noodles, cereal, vegetables or cut fruit is about the size of your closed fist.

3 ounces = 1 palm

A 3-ounce serving of meat or fish is about the size of your palm (minus your fingers).

1 ounce of cheese = 1 thumb

A piece of cheese the size of your whole thumb is about 1 ounce.

1 teaspoon = 1 thumb tip

One teaspoon of peanut butter, mayonnaise, butter or sugar is about the size of the tip of your thumb (3 thumb tips equal 1 tablespoon).

1 ounce of snacks = 1 or 2 handfuls

One handful of small foods such as nuts, and two handfuls of chips or pretzels are about 1 ounce. ●

Illustration by Barbara Field



A "Hospice Care" stamp was issued recently by the U.S. Postal Service to recognize the role of hospice services in providing comfort and support to terminally ill patients and their families.

Lehigh Valley Hospice, part of Lehigh Valley Hospital and Health Network and the region's first hospice provider, took part in this awareness program. For information on hospice services, call (610) 402-CARE.

Red Light Running Is Deadly Habit

Ever been in such a hurry that you powered through a yellow light and wound up running a red? In saving time, you risked your life. Red light running caused nearly 4,000 crashes in our six-county area (Berks, Carbon, Lehigh, Monroe, Northampton and Schuylkill) from 1993 to 1997, according to the Pennsylvania Department of Transportation (PennDOT). Those accidents included 2,200 injuries and 16 deaths.

A new public awareness campaign aims to improve the statistics. The Red Light Running campaign is sponsored locally by Lehigh Valley Hospital and Health Network, PennDOT, the Allentown Health Bureau and Lehigh County law enforcement.

This spring and summer, you'll see public service announcements in the media, trauma prevention programs by the hospital, and community safety and driver education programs by the police. In some locations, police officers will be handing out fliers to motorists and stepping up enforcement at busy intersections.

The fine for a red light running citation is \$93, but that's the least of the risks you run with this dangerous habit. For your own safety and that of the drivers around you, obey traffic signals! ●

The Light is Red for a Reason. So Stop.

PennDOT

LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

American Trauma Society

PA Department of Transportation

The advertisement features a traffic light with the red light illuminated. Below the traffic light is the text "The Light is Red for a Reason. So Stop." in a large, bold font. At the bottom of the advertisement is a black and white photograph of a severely damaged car, likely involved in a crash. The PennDOT logo is in the bottom left corner, and the logos for Lehigh Valley Hospital and Health Network, American Trauma Society, and the PA Department of Transportation are in the bottom right corner.

Spirit of Women

Osteoporosis Screening Program

Wednesday, June 16; 1-8 p.m.
Muhlenberg Hospital Center,
Bethlehem.

For an appointment, call
(610) 402-CARE.

We've made it easier to locate the health care services available to you on the Lehigh Valley Hospital and Health Network web site.

Our redesigned Your Body & You section also leads you to more in-depth health consumer and patient care information, and library resources available through the health network. Visit us at www.lvhhn.org and tell us what you think.



What's in Those Leafy Greens?

Mom knew best when she said, "Eat your greens!" They offer not only essential nutrients, but also many disease-fighting properties. Here's some of what you'll get from that next salad:

Phytochemicals guard plants against viruses and harsh weather. Although they have no nutritional value, it appears humans benefit from their protective properties.

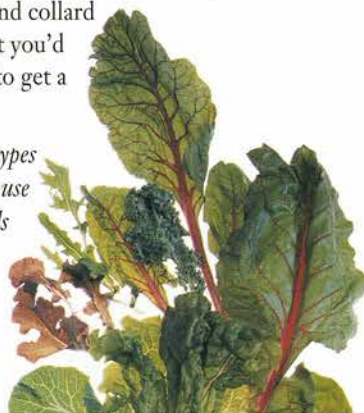
Carotenoids act as antioxidants, neutralizing free radicals that cause cancer. A source of vitamin A, they also lower your risk of eye problems.

Vitamin C, also an antioxidant, plays a role in wound healing, healthy skin and boosting the immune system. It also helps the body absorb the iron found in greens.

Folate helps reduce high levels of homocysteine, a contributor to heart disease and stroke, and prevents neural tube defects in pregnancy.

Calcium can be absorbed from a few greens such as mustard, turnip and collard greens, and kale, but you'd have to eat 10 cups to get a day's worth. ●

For information on types of greens and how to use them, see "The Weeds You Need — Leafy Greens" on page 9.



INSIDE Lehigh Valley Hospital and Health Network

A New Technique for Facial Nerve Pain

Physicians at Lehigh Valley Hospital and Health Network are pioneering a new approach to the treatment of **tic douloureux**, a rare but devastating nerve disorder that causes stabbing facial pain. Neurosurgeon George Chovanes, M.D., and radiation oncologist Clinton Leinweber, D.O., are using magnetic resonance imaging (MRI) with stereotactic radiosurgery to deliver radiation with microscopic accuracy—and without the side effects of full-fledged brain surgery.

"Tic douloureux, or trigeminal neuralgia, is caused by a malfunction of the trigeminal (main facial) nerve," Chovanes says. It afflicts mainly older people and those with multiple sclerosis. The exact cause is unknown, but in many cases the condition involves a blood vessel squeezing against the nerve.

The first line of treatment is medications to control pain and seizures. Failing that, patients must resort to procedures that destroy the nerve with heat, pressure,

alcohol or directly via surgery into the cranial cavity. Radiosurgery is a much less traumatic alternative.

Chovanes and Leinweber have performed 11 of the procedures, with very positive results: 80 percent of their patients are pain-free, and 60 to 70 percent are off all medications. "We hope this will soon become the first-line procedure for patients who do not respond to maximal medical therapy," Leinweber says. In the future, the technology may also be applied to essential tremors and Parkinson's disease. ●



Creating Ceremonies

Life's private, as well as public, milestones deserve recognition

This time of year, the word "ceremony" calls to mind weddings and graduations. They're big occasions, to be sure—but what about all those other life-changing events that go unrecognized? What about getting your first apartment...quitting smoking...starting piano lessons at age 60...adopting a child?

Milestones, all. "But because they're not the traditional ones, we don't realize how significant they are," says Bethlehem psychotherapist Jacqueline Marish. In her presentation on ceremony and ritual at a Spirit of Women conference in Allentown, she urged women to recognize all the turning points in their life journey.



A ceremony, Marish says, is a way of acknowledging not only the well-known intersections along the road, but also the unexpected detours that change us just as profoundly.

"Ceremony tells your mind and body that something special has happened or is going to happen," she says. If the occasion is happy—for example, your first house—it can be embraced. If it is unhappy—for example, loss of a job or a beloved pet—it can be released. "Through the ritual, the energy has someplace to go, allowing you to be open to the future."

Most women's lives are so busy with family, home and career there's little time to think about milestones. If you were writing your own life story, Marish asks, what would the milestones be? Were the past ones recognized? How will you celebrate those to come?



An effective ceremony needn't be splashy, and there's no "right way" that fits everyone.

"When I turned 50, I planned a big party," Marish says. "Then I decided this was such a personal event, I wanted to celebrate it with myself. I bought a cake and had my own private ceremony."

Whatever your style, give all those milestones their due. "When we recognize and honor our personal transitions as well as society's," she says, "it connects us to a vibrant energy." ●



What Makes a Ceremony?

- A significant occasion to celebrate
- People who are touched by the occasion
- A definite beginning and ending
- Simplicity: the less complicated, the more memorable
- Chances for people to participate
- Appeals to the senses: flowers, candles, music
- Specialness: festive clothing, foods, etc.

Want to Know More? Summer is the time to plan ahead for a more meaningful Christmas. For Jacqueline Marish's suggestions on this and other holidays, call (610) 402-CARE.

How to Choose Athletic S

It's a healthy decision for your feet

Walk into an athletic shoe store and the selection can be overwhelming—flashy designs, catchy names, “gel” and “air.” You’re tempted to pick the fanciest shoe, but that’s no way to choose a “sole” mate.

Consider this: Each time you run, do aerobics or play racquetball, your feet absorb two to three times your body weight. “Many athletic injuries are a result of wearing the wrong shoe,” says Muhlenberg Hospital Center podiatrist Neal Kramer, D.P.M. “You must try on several pairs to find the right one.” Where to begin?

Know your foot

People with high arches have difficulty absorbing shock and need shoes with extra cushioning and flexibility. People with flat feet have difficulty controlling their movement and need shoes with high stability and firm midsoles.

“Shoes are made for different types of feet,” Kramer says. “Go to a specialty store where the sales people are knowledgeable. They’ll help you choose the best shoe for your individual foot shape.”

Get sport-specific

To decrease the risk of injury, invest in sport-specific shoes. If you’re a runner who sometimes does aerobics, get two pairs of shoes. “You could easily sprain your ankle wearing running shoes in aerobics class,” Kramer says. “Running shoes are designed for heel-to-toe, not sideways, movement.”

If your budget doesn’t allow for a vast collection, a pair of cross-trainers will do.



Do a quality test when you're shoe shopping.

Look for a shoe that doesn't bend except where your foot does (left and opposite page) and a solid heel that doesn't budge (above).



oes

“They have a little of everything,” Kramer says. “But they’re not as safe as sport-specific shoes.”

Look for a realistic price

Sneakers range from \$45 to \$200, but outrageous prices don’t mean a better-functioning shoe. “You can find a quality shoe for about \$60,” Kramer says. “Stick to the name brands. Bargain shoes are going to break down in no time.” Also beware of gimmicks such as gels, pumps and air. “These amenities do very little,” he says, “and they’re going to cost you.”

Give the physical test

Don’t just try the shoes on, try them out. “At a specialty store, they’ll let you jump and run around outside,” Kramer says. “A good shoe is a shock absorber; it cups your foot and holds it in place.” For the best fit, shop at the end of the day or after exercise, when your foot is largest. “Otherwise, you can end up with a shoe that’s too tight,” Kramer says.

Inspect the quality

When you find the pair that feels best, place the shoes on a table and examine them. The seams should be symmetrical and the shoes should lie flat. “You don’t want them to rock from side-to-side or front-to-back,” Kramer says. Bend the shoe and squeeze the heel. “A shoe should bend only where your foot bends, not in the middle,” he says. “The heel shouldn’t move at all. Remember, a flimsy shoe is a bad shoe.” ●

Want to Know More? The way you lace your shoes can alleviate pressure on the top of your foot. For details on different ways to lace, call (610) 402-CARE.

When Your Shoes Are Shot

Although your sneakers may look good on the outside, the cushioning and inner soles can still be worn out. How can you tell when it’s time for a new pair? “You’ll feel the shock in your legs, especially with aerobics,” Kramer says. “If you’re a runner, replace your sneakers every 500 to 700 miles.”

To avoid blisters and soreness with new shoes, break them in slowly. “Buy them when you’re halfway to needing new shoes,” Kramer says. “Wear them once a week or on a short run.” To get the longest use of your shoes, he adds, wear them for exercise only. “Use your old pair to run errands or mow the lawn.”





When Your Heart Is Weak

Good self-care
is key to living
well with
congestive
heart failure

For many people, the phrase “congestive heart failure” conjures up images of a ruined heart. “Congestive heart failure (CHF) doesn’t mean your heart is about to stop,” says cardiologist James Sandberg, M.D., of Lehigh Valley Hospital and Health Network. “The heart muscle has become weakened, and it’s not pumping enough blood to meet the body’s needs.”

As a result, you may feel short of breath and weak after even a little exertion, or you may experience weight gain or swelling from the fluid that builds up because the heart isn’t moving it through the body.

Who gets CHF? Most patients are over age 60 and have high blood pressure, have suffered a heart attack or have malfunctioning heart valves. “Often, it’s the person who recovers from a heart attack and looks healthy, but a few months later is suffering symptoms,” Sandberg says. Because people are living longer and surviving heart attacks, CHF is on the rise. More than 400,000 cases are diagnosed each year.

Although there is no cure, CHF can be managed. “We’ve learned so much about the disease in the last decade,” Sandberg says. “At one time, there were only two medications available; now there are more than a dozen.”

Lifestyle changes are equally important. People with CHF must restrict salt (which causes fluid retention) and should participate in mild exercise to increase endurance. They also must learn to recognize signs of trouble.

“Without proper self-care, you run the risk of being hospitalized frequently,” Sandberg says. “But with education and appropriate medication, many people improve tremendously and have a good chance of enjoying a longer, more normal life.” ●

Want to Know More about how to reduce salt in your diet? Call (610) 402-CARE. See page 27 for details on a Living Well With CHF presentation.

Home health care can make the difference

in staying independent with congestive heart failure. Shown above, visiting nurse Sherry Walker, R.N., Lehigh Valley Home Care, reviews medications and diet with Thelma Creitz of Allentown. For more information on Lehigh Valley Home Care, call (610) 402-CARE.

About Arthritis

If you don't have arthritis, it's a good bet someone you love does. Arthritis affects one in six Americans—nearly 43 million in all, two-thirds of them women. It's the number-one reason why people have difficulty moving their joints and getting around.

How savvy are you about this serious chronic health problem? Rheumatologist William Iobst, M.D., of Lehigh Valley Hospital and Health Network, answers the questions he hears most often.

A physician specialist answers the most common questions

What is arthritis?

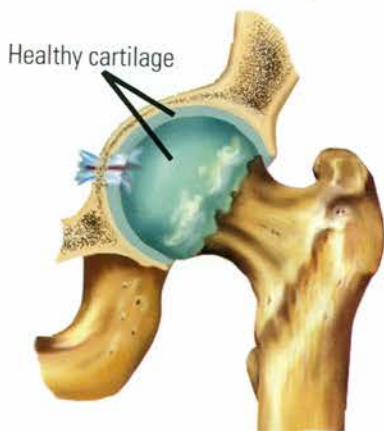
It's actually more than 100 different diseases that cause pain, swelling and limited movement in joints and connective tissue throughout the body. The most common form is *osteoarthritis*, a degenerative joint disease in which the cartilage covering the ends of bones deteriorates, causing pain and loss of movement as bone begins to rub against bone. *Rheumatoid arthritis* is an auto-immune disease in which the joint lining becomes inflamed. Gout and lupus are diseases that can cause arthritis symptoms.

What can I do to prevent arthritis?

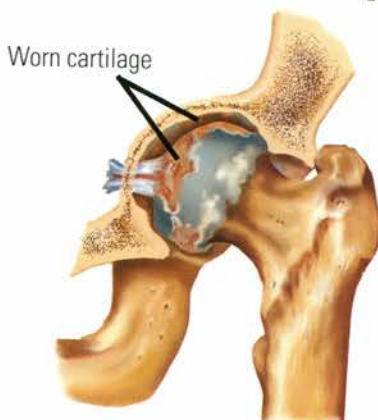
You can't really prevent it, but you can reduce your risk of developing certain types of arthritis by avoiding injury to your joints. Too much running or other high-impact exercise is one cause of osteoarthritis; the others are prior injury, overweight and the wear and tear of aging. Heredity plays a small role. It has a much larger role in rheumatoid arthritis, whose other causes are not yet clearly known.

Continued on next page

Normal Hip



Arthritic Hip



***My joints hurt.
How do I know if
it's arthritis?***

The main symptoms are more than two weeks of (1) joint pain, (2) stiffness or inability to move the joint normally and (3) swelling. See your doctor for a complete diagnosis.

***I have osteoarthritis.
How much exercise
is too much?***

Regular exercise is important for everyone, especially for people with arthritis. You need three types: gentle daily stretching exercises for flexibility; strength-training exercises (such as weightlifting) every other day to condition muscles; and aerobic exercise such as walking, swimming or water aerobics for your heart and lungs, weight control and general health. Aim for 30 minutes of moderate aerobic activity most days of the week; it can be three 10-minute periods.

***How does diet affect
arthritis?***

Researchers have found that a good, balanced diet high in fiber and low in salt, fat, sugar and alcohol is helpful for people with arthritis. It's also important to control your weight. You may want to avoid vegetables from the nightshade family—such as tomatoes, potatoes and eggplant—which worsen symptoms in some people. Researchers are learning more

about the role of diet in arthritis and the immune system, but until the evidence is clear, be wary of claims about special diets or supplements.

***What medications
can I use without a
prescription?***

Over-the-counter options to relieve pain and inflammation include aspirin and the NSAIDs (nonsteroidal anti-inflammatory drugs) such as ibuprofen (Advil, Motrin), naproxen (Aleve) and ketoprofen (Orudis). Check with your doctor before taking any medication for arthritis symptoms, and don't mix medications. There are more potent anti-inflammatories available by prescription, including some new alternatives that are very effective.

***When do I need to
have my knee or hip
replaced surgically?***

Put it off as long as you can. People with severe arthritis can benefit dramatically from replacement of the natural joint with a synthetic one, but this is major surgery. It's appropriate for those with severe pain or deformity—a “when-all-else-fails” solution. ●

Want to Know More? For more information about joint replacement or “Living Well With Arthritis,” call (610) 402-CARE. See page 26 for information on an Arthritis Relief presentation.

What Do the Symptoms Mean?

Rheumatoid Arthritis

Morning stiffness takes more than one hour to relax
Affects joints symmetrically (i.e., both wrists)
Pain doesn't get better with activity
Causes fatigue, weight loss, poor appetite
Joint is painful, swollen, red and hot

Osteoarthritis

Morning stiffness relaxes in under one-half hour
Non-symmetric
Pain gets better with activity
Causes pain but not overall symptoms
Joint is painful, sometimes swollen

The Weeds You Need —

Leafy Greens

They have names like **radicchio, kale and watercress**, and look like something you'd weed from your garden. Don't do it: these leafy greens are among the best foods for nutritional value and low calories.

Three cups of greens, enough to fill a dinner plate, fulfill your daily requirement of veggies. Rich in nutrients, they help protect against cancer, heart disease and other maladies. (For more information on the nutrients, see page 2.)

"The darker the color, the more nutrients," says Lehigh Valley Hospital and Health Network dietitian Elizabeth Brown. "Spinach and baby greens (young leaves) are among the best." This doesn't mean you have to abandon pale iceberg lettuce. "Mix it with darker leaves," Brown says. "Lettuce has a lot of water, which is an essential nutrient."

Although greens are most popular in salads, many are great for cooking, too. Here's a sampling of the more popular types:

Dandelion: A distinctly bitter baby green, it's tasty in salads, stir-fries and egg dishes.

Kale: A baby green with a firm texture, it's especially good in warm salads, soups and stews.

Mustard: This crunchy-textured baby green with tangy cabbage flavor is exceptional raw with other greens and in warm salads.

Radicchio: Sweetly bitter, it's good grilled or added to salads with chicken, duck and pheasant.

Leaf lettuce: Either red-brown or green, it has a mild, nutty flavor and is eaten in salads, either alone or with other greens.

Beet: Red-brown, it has a sour beet flavor and is tasty in warm or braised salads.

Watercress: A clover-like leaf with peppery and spicy tastes, it goes nicely with meats and fruits in salad. ●

Want to Know More? For a free grocery store guide to greens for cooking and salads, call (610) 402-CARE.



Using Car Seats CORRECTLY

Many parents don't realize they're putting their children at risk

When used correctly, car seats greatly reduce the risk of death in infants and toddlers. Unfortunately, most parents *don't* use car seats correctly—and can wind up actually putting their children at risk.

Nationally, an estimated 80 percent of car seats are not used properly, and the local statistics are even worse. When the Pennsylvania Department of Transportation (PennDOT) did car seat checks in the Lehigh Valley last year, 99 percent were improperly used. The result can be serious injuries, particularly to the head and spine, says Juliet Fischer, R.N., trauma nurse coordinator at Lehigh Valley Hospital and Health Network.

Infants and rear-facing seats

Some of the most serious injuries involve infants incorrectly secured in a rear-facing seat or put in a forward-facing seat too young. Infant bodies are not developed enough to withstand the

trauma of a crash if they are in a forward-facing seat. The resulting upper-spine injuries can leave them paralyzed from the neck down.

“Keep infants in a rear-facing seat until they are 20 pounds and 1 year of age, and make sure they’re in the back seat,” Fischer says. “To be sure the baby is secured properly, follow the car seat owner’s manual.”

Toddlers and forward-facing seats

For toddlers, one of the most common mistakes is installing forward-facing seats too loosely so they fly forward in a crash and the child’s neck is injured, says William McQuilken, PennDOT safety officer and AAA-certified car seat technician. “Two people should install a car seat,” McQuilken says. “One should hold down the car seat or sit on it while the other secures it tightly to the seat belt.”

Some vehicle seat belt systems require locking clips to secure car seats properly, and that should be explained in the vehicle owner’s manual, McQuilken says. These clips often are found on the back of the car seat. Check the car seat operating manual for instructions.

Forward-facing seats are recommended for children 2 years old and 20 to 40 pounds. You can reduce the risk of death and spinal injuries by making sure your toddler is secured snugly with the harness at or above shoulder level and the harness retaining clip at armpit level.



Put infants up to age 1 and under 20 pounds in an approved rear-facing car seat in a semi-reclined position in the back seat. A yellow styrofoam “pool noodle” keeps the seat at the correct 45-degree angle. Inset: An “angle locator” makes sure the car seat is at the correct angle.

Choose your car seat carefully, McQuilken says, “and don’t buy used car seats. The damage from a previous crash may not be obvious.”

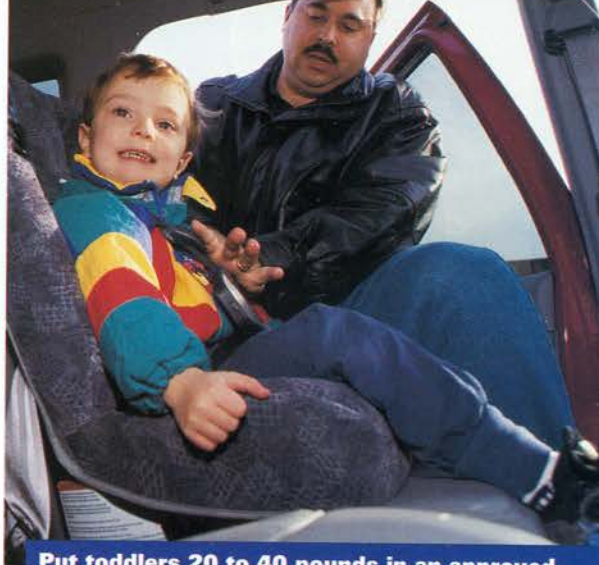
Older children and boosters

Serious injuries can result if children over 40 pounds are put in seat belts without a booster seat, says Susan Kamerling, R.N., clinical nurse specialist in trauma at The Children’s Hospital of Philadelphia.* A lap belt should fit over the hip bones, but if the child is too small the belt will cross the abdomen instead, potentially causing severe abdominal injuries. The shoulder belt should fit over the child’s shoulder, not across the neck; never place it under an arm or behind the back or you run the risk of life-threatening injury.

“Use booster seats for children up to 80 pounds,” Kamerling says. “They help position the lap/shoulder belt properly to prevent injury.” ●

Want to Know More? For more detailed safety information and a car seat buying guide, call (610) 402-CARE.

**Now affiliated with Lehigh Valley Hospital and Health Network.*



Put toddlers 20 to 40 pounds in an approved forward-facing car seat in an upright position in the back seat. The harness retaining clip is at armpit level, as PennDOT safety officer William McQuilken demonstrates.



Put children 40 to 80 pounds in a belt-positioning booster seat in the back seat. The shoulder belt is threaded through the clip and fits over the child’s shoulder, not under the arm or behind the back.



Children over 80 pounds are ready to use a car’s lap/shoulder belt when they can sit all the way back with their knees bent over the edge of the seat. Make sure both lap and shoulder belts fit properly.

Car Seat Pointers

- Don’t buy used car seats.
- Follow manufacturer’s directions carefully.
- Install the car seat as securely as you can.
- Don’t ignore locking clips.
- If possible, have children under 13 years ride in the back seat.
- Never install a rear-facing car seat in front of a passenger-side airbag.
- Adults are role models—buckle up!

Childbirth

If you were pregnant 100 years ago, here's what you could expect when the big day arrived. You'd deliver at home, with a physician at your side if you were

upper- or middle-class, a midwife if not. (In either case, given the variability of medical education, their skill would depend heavily on experience.) The only "technology" your doctor had was forceps, a lifesaving tool that had been around for 250 years. If you were lucky, you wouldn't die from "childbirth fever" (sepsis). Your baby's chance of surviving would be poorer in America than in most of Europe.

Contrast that picture with what you can expect in a hospital birthing center today. "Depending on your needs and preferences, you can choose an obstetrician or certified nurse-midwife," says nursing administrator Jeanne Camara, R.N., of Lehigh Valley Hospital and Health Network. "During labor, you're free to move around or relax in a hot tub. The birth takes place in a comfortably furnished birthing suite, with partner and family welcome." If there's a problem, highly trained specialists and state-of-the-art technology are on hand; and before and after, there's an array of classes and other resources to help you.

How did we get from there to here? A few highlights...



Not exactly a "family-centered" experience...

In decades past, mothers gave birth in very clinical-looking surroundings (large photo is a delivery room from the early 1900s), fathers were absent, babies stayed in the nursery and breastfeeding was not encouraged. As they say, "You've come a long way, baby!"

From home to hospital

Between 1900 and 1930, the shift to hospital births began, fueled by improved medical training, growth in the number of hospitals and the automobile, which allowed Mom to get there. The invention of "twilight sleep" in 1914 (a combination of morphine for pain and an amnesiac to erase the memory of giving birth) was a powerful draw. After World War II, the boom in babies, medical advances and hospital construction accelerated the shift. In 1935, 37 percent of births took place in the hospital; in 1960, 97 percent.

The natural childbirth movement

Over the years, childbirth became a medical event that required lots of intervention. Sedatives, enemas, shaving and episiotomies were routine, and the baby was whisked to the nursery and fed with a bottle. In the anti-establishment 1960s, that struck many women as wrong. Marjorie Karmel had just published *Thank You, Dr. Lamaze*, an account of her experience with the French pioneer who trained women to be active participants in labor, and the LaLeche League was promoting the value of breastfeeding. Educated women who could plan their pregnancies with the new birth control pill wanted childbirth to be a special experience. They spurred a resurgence of midwifery and birth centers, both of which had served mainly low-income women in the past.

*A Celebration of
Community*

Then and Now

New hope for high-risk pregnancies

Penicillin dramatically reduced maternal deaths in the 1950s, but it took another 20 years for perinatal (high-risk childbirth) care to have an impact on infant mortality. In the 1970s, systems were set up to identify women at risk and channel them to regional perinatal centers (including Lehigh Valley Hospital). Using technologies like ultrasound, specialists were able to track carefully the mother's and baby's progress. As a result, "we've made great advances in caring for preterm newborns who would not have survived even 15 years ago," says James Balducci, M.D., chief of maternal/fetal medicine at Lehigh Valley Hospital and Health Network.

The next 100 years

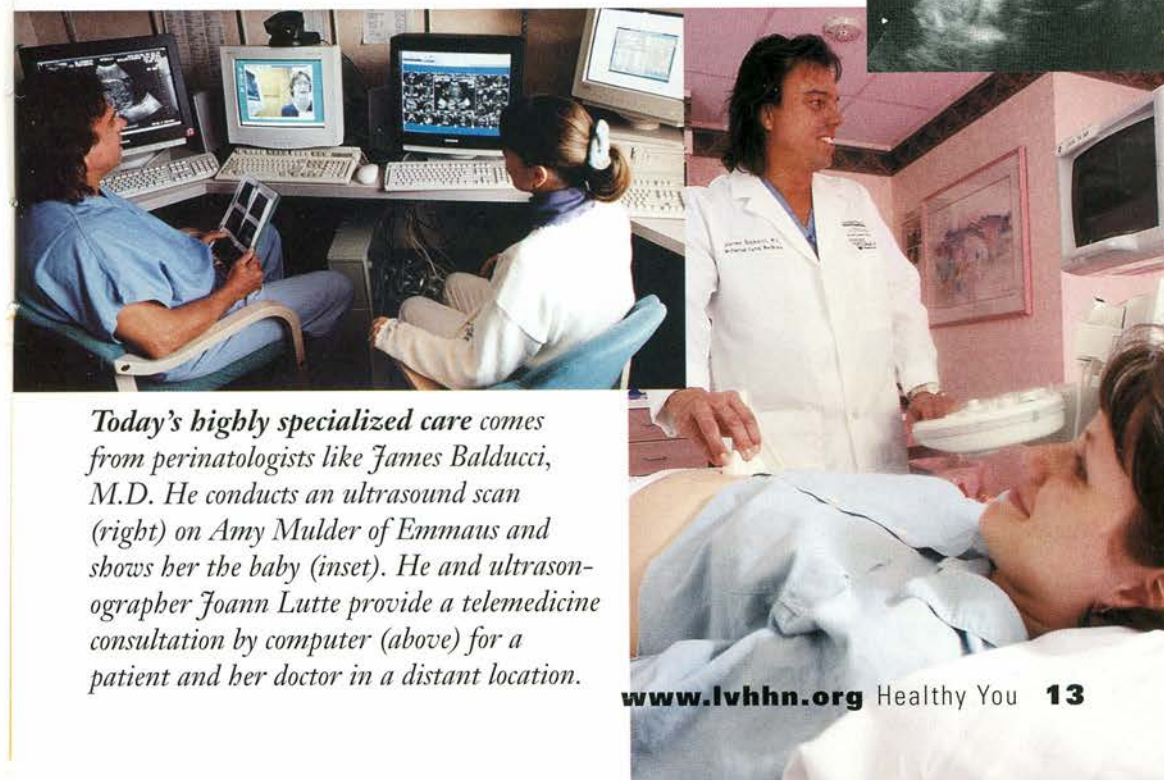
With the growth of technologies—including telemedicine, which allows a specialist to "consult" with an expectant mother hundreds of miles away—it seems our medical abilities will be limited only by our imagination. The challenge, Balducci says, will be ethical issues, such as balancing the mother's health concerns with her unborn infant's. Then there's the matter of how much all this technology costs. Perhaps the most stubborn problem is the continuing high rate of infant mortality in our country. It's not about technology, but about basic prenatal care—and millions of low-income women still don't receive it. Lehigh Valley Hospital's Perinatal Partnership is working to address that problem, so that all women can have the very special childbirth experience they deserve. ●

Want to Know More? For information about childbirth services at Lehigh Valley Hospital, including the new Jaindl Family Pavilion opening in January 2000, call (610) 402-CARE.

Dad's Role

"Fetch towels and hot water!" That's what Dad was told, so the story goes, when Mom went into labor 100 years ago. It wasn't that anyone needed those supplies; what they needed was to get Dad out of the way. Fathers, in short, had no role in childbirth—and the situation didn't change when the process moved from home to hospital. Fathers sat in the waiting room until a nurse or doctor popped in to announce "boy" or "girl."

Then came "family-centered care" in the 1970s. "Women wanted support as they went through childbirth," says nursing administrator Jeanne Camara, R.N., "and that included the baby's father." Today many fathers take an active role, attending childbirth preparation class and staying by the mother's side during the birth. Sometimes they even help deliver the baby or cut the umbilical cord.



Today's highly specialized care comes from perinatologists like James Balducci, M.D. He conducts an ultrasound scan (right) on Amy Mulder of Emmaus and shows her the baby (inset). He and ultrasonographer Joann Lutte provide a telemedicine consultation by computer (above) for a patient and her doctor in a distant location.

Getting Your Teen

The pressures a teenager faces are more serious than ever—and the decisions she makes now can have long-term effects on her health and well-being. Parents want to be protective, but too often, conversation turns into confrontation.

"I'm not comfortable discussing things with my parents," says one high school freshman. "They try to talk to me, but they don't know how." The result: her parents don't know what's happening in her life. And that kind of miscommunication can be a risk to a daughter's safety, says internist Mary Ann Bauman, M.D. Bauman is the mother of a 14-year-old daughter and the presenter of "On Your Own," a health discussion program for high school seniors.

How can you get your teen to open up? *Healthy You* asked that question of a group of local teens. Here's what they said, and how Bauman responded.



Mary Ann Bauman, M.D., from Oklahoma City, is a board member of the national Spirit of Women Foundation.

You need to know what's happening in her life

"We know more than you think and need to make our own decisions. Lecturing about smoking and drugs just tempts us to try them."

"Many girls are having sex, but won't go on the pill or buy condoms. They're afraid Mom or Dad will find them."

Teenagers are so eager to become adults, it's natural for them to separate from their parents. "You just have to be sure they're not destructive," Bauman says. "Instead of saying 'don't do drugs,' educate yourself and your daughter about the risks. And be an example. If you smoke, quit."

Parents need to broach the topic. "If you feel comfortable talking about sex, she'll be more likely to come to you for guidance," Bauman says. "If you learn she is intimately involved, talk about protection instead of immediately disapproving. You'll be better able to convince her of the dangers."

Helping
Her Doctor
Help Her

to OPEN UP

Why doesn't she see that?

"Just because we make a mistake, parents think we're going to make it all the time."

"Sometimes I feel more comfortable talking to another adult."

Encourage those relationships.

"You're not always the best person for your child to talk with," Bauman says. "Introduce her to the right adults, for example in community and youth groups."

"I don't want my mom or dad to be my best friend."

Don't expect perfection. In fact, share your own mistakes. "If she sees you pick yourself up and try again, it helps her do the same," Bauman says. "She'll also be more honest with you about her imperfections." Praise her when she does make a good judgment "and she'll be more likely to do it again."

It hurts when a daughter won't be your buddy, but that's not your role. "Get past the emotion and be somebody who stays on course and guides her," Bauman says. Remember your own adolescence as you talk your daughter through problems. "Don't push for dramatic solutions or she'll become defensive. Listen and ask questions."

Want to Know More? For warning signs that your teen needs help, and for a list of local resources, call (610) 402-CARE.

A trusted doctor can be a great source of information and support for a teenager. If you give your daughter some time alone with the physician, there's a better chance of honest conversation, says Sarah Stevens, M.D., a Lehigh Valley Hospital and Health Network specialist in adolescent medicine.

In a recent survey of adolescent health, two-thirds of girls believed doctors should discuss sensitive topics with them, even though many felt embarrassed when the occasion arose. But one-third who wanted to talk privately with their doctor said they never got the opportunity.

Especially if you suspect your daughter may have a health concern, such as drug use or a sexually transmitted disease, give her and her doctor time together. "If she can feel comfortable asking the tough questions," Stevens says, "we can get her the help she needs."

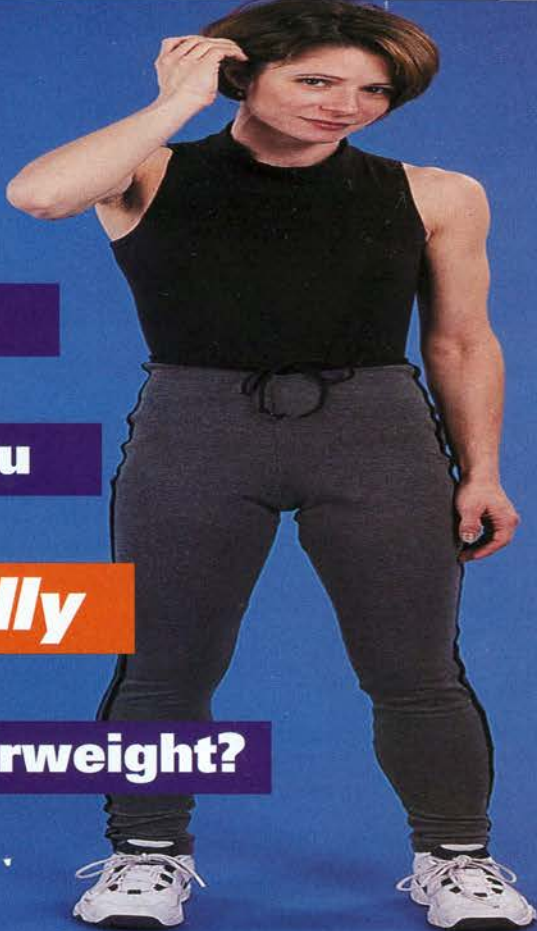


Are

You

Really

Overweight?



In our 'skinny' culture, you may think so! It's time for a reality check.

Why do so many women think they're overweight, even when they're not? The answer is all around us, says Lehigh Valley Hospital and Health Network psychologist Thomas Lane, Ph.D. "With our society's emphasis on being thin, any woman concerned about body image is not comparing herself to the woman next door, she's comparing herself to a supermodel," Lane says. "If that is your standard, you'll never meet it."

Media images have such a powerful conditioning effect, he says, that many women have impaired vision. "They're brainwashed to the point where they look in the mirror and see a distorted reflection rather than an accurate one."

Women with unrealistic weight goals may develop self-esteem problems that affect personal relationships. They can also wind up jumping from one unhealthy diet to another or developing an eating disorder, says Lehigh Valley Hospital and Health Network obstetrician/gynecologist Patrice M. Weiss, M.D. In young women, these habits can prevent formation of proper bone mass and lead to osteoporosis.

What to do? "Understand your own body type," Weiss says. "If you are big-boned, you're never going to be petite, so don't try. Have realistic expectations." To make the most of what you have, she recommends a healthy mix of diet and exercise.

If you want an accurate appraisal of whether you truly are overweight, talk to your doctor and use caution with published weight guidelines such as the Body Mass Index issued by the National Institutes of Health (NIH). This height-to-weight formula ignores whether your weight is from muscle or fat, and whether you have a large or small frame. In fact, the NIH recently said that if you're less than 30 pounds overweight (using its formula), you should actively try to lose weight only if you have two or more risk factors for heart disease or diabetes, such as high blood pressure, high cholesterol and fat that is concentrated around the waist. ●

Want to Know More? For a weight chart that takes into account body type, call (610) 402-CARE.

Healthy You

Health Improvement Classes



What's New and Notable May-July 1999



Healthy Eating

- Culinary Adventure Series
- A Healing Garden
- Chef Mike Presents: Soups, Salads and Sandwiches
- Seasonal Foods for Wellness—Summer

Mind and Body

- Reiki—Ancient Healing Art
- Magical Musical Moments
- Healing Movements for the Season—Summer

Heart Health

- Take Wellness to Heart



Spirit of Women

Women's Health

- Osteoporosis Lecture Series including Current Medication Trends
- After Breast Cancer
- Women in Transition: Dealing With Life's Passages
- Depression and Women: Myths and Answers

Age 50-Plus

- Options in Joint Replacement
- Diabetes and Your Eyes
- Arthritis Relief
(Also see article on p. 7.)

Disease Care

- Living With Kidney Disease

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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.

Registration required

Class space is limited. You must register in advance for classes. Call (610) 402-CARE or use the registration form on page 28.



Healthy Eating

A Healing Garden **NEW** Spirit of Women

Eat garlic to boost your immune system? Drink sage tea to calm your nerves? Add cinnamon to spice up your life? This presentation will teach you the healing qualities of common herbs and spices, and provide tips on growing, harvesting and drying your own herbs for cooking and health uses. Maybe Grandma's homemade remedies really do work!

\$10

- Tuesday, May 18; 7-8:30 p.m.

Class meets at TX.

Diane Kunsman, holistic nutritionist

Culinary Adventure Series **NEW**

Join local chefs as they share their secrets and passion for cooking. Two classes will highlight different culinary treats: vegetarian meals and American cuisine. Sign up and learn the tricks of the trade — and get the opportunity to taste-test the creations.

\$5

Vegetarian Meals

- Wednesday, May 19; 7-8 p.m.

John Hovanec, executive chef

American Cuisine

- Tuesday, June 8; 7-8 p.m.

Shawn Doyle, chef/owner of Savory Grille

Class meets at TX.

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.*

Free

- Friday, May 21; 9-10 a.m.

- Thursday, June 24; 6:30-7:30 p.m.

Class meets at TX.

Chef Mike Presents: Soups, Salads and Sandwiches **NEW**

Whether you're preparing a main course or a light snack, Chef Mike will help you get it to your table quickly, with new variations on your favorite soup, salad and sandwich recipes.

Free

- Wednesday, June 2; 7-8 p.m.

Class meets at CC, Auditorium.

Mike Kramlich, executive chef

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

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

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

Community Locations

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

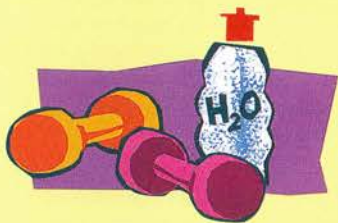
Whitehall Township, Zephyr Park
Schadt Avenue and Campus Drive

"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.



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

Seasonal Foods for Wellness—Summer **NEW**

Spirit of Women

Beat summer's sizzle. Learn about the seasonal foods of summer that will help you stay cool. Based on Oriental health philosophy, this presentation will focus on the connection between food and thoughts, and how this can affect wellness.

\$10

- Tuesday, June 15; 7-8:30 p.m.

Class meets at TX.

Diane Kunsman, holistic nutritionist



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

Sessions held at TX.

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.

Free

- Monday, May 17; 12:30-1:30 p.m.
- Wednesday, May 19; 7-8 p.m.
- Monday, June 14; 12:30-1:30 p.m.
- Wednesday, June 16; 7-8 p.m.

Class meets at TX.

- Thursday, May 13; 6:30-7:30 p.m.
- Thursday, June 17; 6:30-7:30 p.m.

Class meets at MHC, Banko Family Community Center.



Mind and Body

Yield to Relaxation Workshop

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

- Thursday, May 20; 6-7:30 p.m.

Class meets at TX.

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

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, May 23; 1:30-3 p.m.

Class meets at TX.

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

Mind/Body Support Sessions

Spirit of Women

Meet with other women in one of these sessions and learn how complementary medicine can work with mainstream medicine to help you manage emotional and physical changes associated with PMS or menopause. Determine your mind/body type and modify diet and lifestyle to begin coping with your particular symptoms. Choose the session that addresses your needs.

• \$15

Mind/Body Medicine and PMS

- Wednesday, May 26; 7-8:30 p.m.

Mind/Body Medicine and Menopause

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

Class meets at 401 N. 17th St., Suite 301, Allentown.

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

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.

4 sessions • \$24

- Tuesdays, June 1; 6:15-7:15 p.m.

(first session)

- Tuesdays, July 6; 6:15-7:15 p.m. (first session)

Classes meet at 17, Healthy You Room.

- Thursdays, June 3; 6:45-7:45 p.m.

(first session)

- Thursdays, July 8; 6:45-7:45 p.m. (first session)

Classes meet at TX.

Reiki — Ancient Healing Art **NEW**

Spirit of Women

Ancient cultures understood the concept of life-force energy: the Chinese called it chi, the Japanese, ki, and the Indians, prana. Reiki is a hands-on healing art that uses this energy to assist in achieving physical, mental and emotional balance. Learn how to take care of yourself as well as others through this ancient healing art and experience a brief reiki session.

Free

- Tuesday, June 1; 7-8:30 p.m.

Class meets at TX.

Celeste Saunders, M.D.

Magical Musical Moments **NEW**

Spirit of Women

The power of music touches our lives in many ways. We'll explore the connections between music and wellness through a variety of activities. Come experience the inspiration and motivation of music.

Free

- Thursday, June 10; 7-8 p.m.

Class meets at TX.

Betsy Zimmerman, certified music therapist

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 and for a schedule, call (610) 402-CARE.

Healing Movements for the Season— Summer **NEW**

Spirit of Women

You can stay active even in the heat of the summer months. Based on Oriental health philosophy's Five Element Theory, this gentle martial arts movement class will help keep you in balance during those fiery days. No prior experience necessary. Wear loose, comfortable clothing.

\$15

- Thursday, July 8; 7-8:30 p.m.

Class meets at TX.

Brian H. Kunsman, Tai Cbi instructor





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.

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.

\$25 per half-hour session
\$45 per one-hour session
\$65 per 90-minute session
Sessions held at TX and MHC, Banko Family Community Center.
All massages provided by certified massage therapists.

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!

Free
• Tuesday, June 8; 10-11 a.m.
Class meets at TX.
Aaron Katz, M.D.

Take Wellness to Heart **NEW**

Spirit of Women

Pump up your knowledge about heart-healthy living! Assess your risk for heart disease and stroke during this interactive session. Learn key strategies for improving your cardiovascular health, based on American Heart Association recommendations.

Free
• Thursday, June 24; 7-8:30 p.m.
Class meets at TX.
Susan Kunsman, women's health educator

Health Screenings

Appointments are necessary
for all screenings.
Call (610) 402-CARE.

TREXLERTOWN SCREENINGS

Cholesterol Screenings-Fee \$3
Wednesday, June 2 5:15-6:30 p.m.
Monday, June 14 noon-1:15 p.m.
Saturday, June 19 9-10:15 a.m.

Blood Pressure Screenings-Free
Tuesday, May 25 9-10:15 a.m.
Monday, June 7 noon-1:15 p.m.
Thursday, June 10 9-10:15 a.m.
Tuesday, June 22 9-10:15 a.m.

Insight-A Health Risk Assessment-Free
Mondays 9 a.m.-8 p.m.
Tuesdays 10 a.m.-6 p.m.
Wednesdays 9 a.m.-8 p.m.
Thursdays 9 a.m.-8 p.m.
Fridays 10 a.m.-6 p.m.
Saturdays 8 a.m.-noon

MUHLENBERG HOSPITAL CENTER SCREENINGS

Stroke Risk Assessments-Free-MRC*
Wednesday, May 26 9 a.m.-noon

LEHIGH VALLEY MALL SCREENINGS

Blood Pressure Screenings-Free
Tuesday, May 18 8:30-10 a.m.
Tuesday, June 15 8:30-10 a.m.

MAY DAZE

Cholesterol Screenings-Fee \$3
Saturday, May 15 noon-4 p.m.
Sunday, May 16 noon-4 p.m.

* Muhlenberg Rehabilitation Center is located at 2855 Schoenersville Rd., Bethlehem. For exact screening locations, call (610) 402-CARE.

Visit the Health Tent at May Daze

Lehigh Valley Hospital, Cedar Crest & I-78 site

Friday, May 14 - Sunday, May 16

For a complete listing of May Daze activities, call (610) 402-CARE.

Spirit of Women

Women's Health

Osteoporosis Lecture Series

In this series, learn techniques designed to preserve your posture and prevent injuries that may be caused by osteoporosis. Also, learn more about osteoporosis medications and what may work best for you.

Free

Be Safe! Techniques - NEW

- Tuesday, May 18; 1-2:15 p.m.

Jamie Giamalis, physical therapist

Betsy Conto, occupational therapist

Current Medication Options and Trends-NEW

- Tuesday, June 15; 1-2:15 p.m.

Donald Barilla, M.D., endocrinologist

Class meets at TX.

After Breast Cancer **NEW**

Come join other breast cancer survivors and learn techniques to improve your range of motion and reduce scar tissue formation. You will also learn how to prevent and/or treat the onset of lymphedema (an abnormal accumulation of fluid). Spouses, family and friends are encouraged to attend.

\$10 per family

- Thursday, May 20; 6 p.m.

Class meets at TX.

Presented by Affinity's physical/occupational therapy staff: Jane Roche, Molly Seidel Butz, Mary Hontz, manual lymphatic drainage therapists



Women in Transition: Dealing with Life's Passages **NEW**

Life today is fast-paced for many. This program will help you to recognize and understand life's daily passages as well as major life changes. And you'll also learn how to maintain balance and a sense of yourself in these hectic times.

Free

- Thursday, May 20; 7-8:30 p.m.

Class meets at TX.

Lorraine Gyauch, R.N., women's health educator

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

- Saturday, June 5; 10:30-noon

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

- Saturday, July 24; 10:30-noon

- Tuesday, July 27; 7:30-9 p.m.

Classes meet at TX.

- Monday, June 14; 6-7:30 p.m.

Classes meet at MHC, Banko Family Community Center.

Depression and Women: Myths and Answers **NEW**

Is it the blues, irritability or just plain fatigue? Sometimes these symptoms can be signs of clinical depression. One of four women will experience it during her lifetime, yet many women never receive the help they need. This program will dispel myths about women and depression and discuss symptoms, causes and treatment options. A free confidential screening will be offered.

Free

- Tuesday, June 29; 7-8:30 p.m.

Class meets at TX.

Lorraine Gyauch, R.N., women's health educator

MARK YOUR CALENDAR PARKINSON SYMPOSIUM

\$15

- Saturday, Sept. 25; 8:30 a.m.-2:30 p.m.

Holiday Inn, Route 512, Bethlehem

Continental breakfast, lunch and educational materials included.

For information or to register, call (610) 402-CARE.

Childbirth and Newborn Care



for classes starting in June and July

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, May 27; 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 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.

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, June 2; 6-7:15 p.m.

• Wednesday, July 7; 6-7:15 p.m.

Class meets at TX.

Ages 5 and older

• Wednesday, June 9; 6-7:15 p.m.

• Wednesday, July 14; 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



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, June 15, 22; 7-9 p.m.

Classes meet at TX.

Stay Fit Throughout Your Pregnancy (Prenatal Fitness Program)

Have fun and exercise safely throughout your pregnancy. Tone muscles with light weights and maintain stamina with low-impact aerobics (follows the American College of Obstetricians and Gynecologists guidelines). Plus discussions on important pregnancy concerns.

12 sessions • \$45

2 sessions per week for 6 weeks

6 sessions • \$22.50

2 sessions per week for 3 weeks

• Mondays and Wednesdays, May 10, June 21; 6:30-7:45 p.m. (first session)

Classes meet at TX.

• Tuesdays and Thursdays, May 11, June 29; 6:30-8 p.m. (first session)

Classes meet at MHC, Banko Family Community Center.

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)

Baby and You: Fitness for Two

Here's a great way to condition yourself to restore stamina, strength and muscle tone—and for your baby to enjoy some gentle exercise and massage. A twice-monthly “moms group” meets after class to discuss infant care.

12 sessions • \$45

2 sessions per week for 6 weeks

6 sessions • \$22.50

2 sessions per week for 3 weeks

• Mondays and Wednesdays, May 10, June 21; 10:30-11:30 a.m. (first session)

Classes meet at 1243.

• Tuesdays and Thursdays, May 11, June 22; 10:15-11:15 a.m. (first session)

Classes meet at TX.

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, July 21; 7-8 p.m.

Class meets at 17, Conference Room A.

Laurice Dunning, Lisa Fraime, Lisa Lederer, Patricia Bates, certified nurse-midwives

Vitality PLUS[®]

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

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

- Tuesday, June 29; 10-11 a.m.

Meets at CC, Classroom 1.

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

Tai Chi for People Over 50

Join other newcomers to this graceful fitness system that you can practice regardless of age or physical condition. The slow gentle movements of Tai Chi improve circulation, increase muscle tone, flexibility and balance. Please wear loose clothing and sneakers.

6 sessions • \$45 for GOLD members,
\$55 for others

- Saturday, June 5; 10:30 a.m.-noon
(first session)
- Monday, June 7; 10:30 a.m.-noon
(first session)

Classes meet at TX, Rooms 1 and 2.

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

Internet and Computer Classes

Choose from a variety of classes. *For detailed descriptions, locations or to register, please call 1-888-584-PLUS(7587).*

New Computer Classes

Introduction to Windows **NEW**

Prerequisite: Computer Basics I or equivalent experience. Learn everything you need to get started with Windows. Create and manage documents, organize files and run programs.

\$30 for GOLD members • \$50 for others

- Monday and Wednesday, May 24 and 26;
9-11 a.m.

Intermediate Internet **NEW**

Prerequisite: Introduction to the Internet

New six-hour format provides hands-on experience in advanced search techniques, downloading information from the Internet, e-mail, chat and news groups.

\$50 for GOLD members • \$75 for others

- Tuesday and Thursday, May 18 and 20;
6-9 p.m.

Ongoing Computer 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 GOLD members • \$50 for others
per class

Computer Basics I

- Saturday, May 15 and 22; 9-11 a.m.

Computer Basics II

- Monday and Wednesday, June 7 and 9;
6-8 p.m.

Introduction to the Internet

- Friday, June 4 and 11; 9-11 a.m.

Finding Quality Health Information on the Internet

Prerequisite: Computer Basics I & Introduction to the Internet or equivalent experience

A fact-filled pair of sessions to help you be a better-informed health consumer on the Internet.

\$50 for GOLD members • \$75 for others

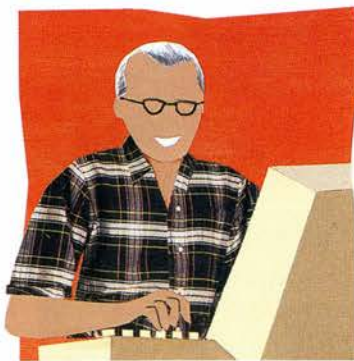
- Friday, May 14 and 21; 9 a.m.-noon

Introduction to the Computer and the Internet

This two-session course is designed to satisfy those who want to "surf" the web, but need to learn computer basics first.

\$50 for GOLD members • \$75 for others

- Tuesday and Thursday, May 25 and 27;
6-9 p.m.





Age 50-Plus

Options in Joint Replacement **NEW**

Learn from an orthopedic surgeon about the latest advances in artificial joints, primarily total hip and knee replacements.

Free

• Monday, May 17; 7-8 p.m.

Class meets at CC, Classrooms 1, 2 and 3.

Peter A. Keblish Jr., M.D.

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

Diabetes and Your Eyes **NEW**

How can diabetes affect your eyesight? An ophthalmologist will discuss what to expect as well as the

Questions About Your Health Plan or Insurance Claims?

You're invited to make an appointment for free, confidential health plan or insurance claim counseling. Counselors are trained Apprise volunteers from the Pennsylvania Area Agency on Aging. They'll meet with you individually at the Health Center at Trexlertown. For details or an appointment, call 1-888-584-PLUS(7587).

Walk-in hours at Trexlertown every Wednesday, 10 a.m. to noon. Counselors will help you on a first-come, first-served basis.

latest methods of diagnosis and treatment.

Free

• Tuesday, June 1; 6:30-7:30 p.m.

Class meets at CC, Classroom 1.

Maz Kazahaya, M.D., Lehigh Eye Specialists, PC

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

Arthritis Relief **NEW**

A board-certified rheumatologist lets you know how various treatments—including diet, exercise, medications and alternative therapies—provide pain relief, increase motion and improve strength.

Free

• Thursday, June 17; 6:30-7:30 p.m.

Class meets at CC, Auditorium.

William F. Iobst, M.D., rheumatologist

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

Your Future in Social Security

What benefits can you expect when you retire? In this information-packed seminar, experts from the Social Security Administration explain the program, how monthly payments are computed and what you need to do. Bring your questions!

Free

• Thursday, June 24; 7-8:30 p.m.

Class meets at 17, Auditorium.

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

Estate Planning and Giving Techniques

Two experts will teach you the importance of estate planning and the various techniques for making charitable gifts, setting up charitable annuities and trusts, and more.

Free

• Thursday, July 15; 6:30-8 p.m.

Class meets at CC, Auditorium.

Edward H. Butz, Esquire, Blank Rome Comisky & McCauley LLP

Robin Flemming, director of major gifts, Lehigh Valley Hospital and Health Network

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

Join Vitality Plus Free!

That's right! You can become a community member of Vitality Plus, the healthy living program for people 50 and over from Lehigh Valley Hospital and Muhlenberg Hospital Center at no cost.

As a free community member you'll receive:

- Vitality Plus newsletter every other month
- Educational seminars
- Health plan and insurance claims counseling
- Invitations to special Vitality Plus events
- Hospital cafeteria discount

And after you've gotten to know Vitality Plus better, consider stepping up to Vitality Plus GOLD. For \$20 per year for an individual or couple, you'll receive the community benefits plus special health and education class and seminar discounts, two months of free exercise classes, hospital amenities, reduced rates on special social events, discounts on such things as prescriptions, eyewear, hearing care, long-term care insurance, health clubs, travel and more.

For more information on both community and Vitality Plus GOLD membership benefits, call 1-888-584-PLUS(7587).

Vitality
PLUS

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

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

Class meets at TX.

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, June 28; 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, May 24, June 7 and 14; 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, June 21; 7-10 p.m.
- Monday, July 19; 7-10 p.m.

Infant-Child (Course D)

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

\$25

- Monday, May 17; 7-10 p.m.
- Monday, July 12; 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

Living With Kidney Disease **NEW**

This two-session Renal Education Enhancement Program (REEP) focuses on the treatment of kidney disease and how patients and their families can cope with the dietary, financial and psychological/social concerns.

Free

- Monday, May 17 and 24; 6-8 p.m.

Classes meet at MCC, Conference Room 1B.

Presented by the Renal Care Team

Living Well With Congestive Heart Failure (CHF)

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.

Free

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

Class meets at TX.

*James Sandberg, M.D., cardiologist
Carol Sorrentino, R.N., psychiatric nurse specialist
William Whipple, dietitian
Darlene Garon, exercise physiologist
Joseph Tompko, pharmacist*

(See also article on page 6.)

For information on a new support group, 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 information on a new support group for people with Lyme disease, call (610) 402-CARE.

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.

How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.

HOSPITAL LOCATIONS

Lehigh Valley Hospital, Cedar Crest & I-78
Lehigh Valley Hospital, 17th & Chew
Muhlenberg Hospital Center
Morgan Cancer Center, Cedar Crest & I-78
1243 S. Cedar Crest Blvd., Allentown
1251 S. Cedar Crest Blvd., Allentown
Health Center at Trexlertown
Trexler Mall, Rt. 222, Trexlertown
School of Nursing,
17th and Chew

ABBREVIATIONS

CC
17
MHC
MCC
1243
1251
TX
SON

COMMUNITY LOCATIONS

Allentown Jewish Community Center
Whitehall Township, Zephyr Park



BY FAX: You can register by fax with payment by **MasterCard or Visa**. Fax (610) 402-2295. Use the registration form below.



BY PHONE: You can register with **MasterCard or Visa** by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.



BY MAIL: Mail the registration form below to Attn: 402-CARE office or Vitality Plus at Lehigh Valley Hospital 17th and Chew, P.O. Box 7017, Allentown, PA 18105-7017



ON THE WEB: You can register by **MasterCard or Visa** by e-mail through the Lehigh Valley Hospital and Health Network web site. Go to the calendar of events at www.lvhhn.org and use the online registration form.

Plus many new locations throughout the Lehigh Valley!

Class & Lecture Registration Form

Questions?
Call (610)
402-CARE

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Date of Birth _____ Social Security # _____

Are you a Lehigh Valley Hospital employee? Yes No

SELECTION: please refer to the course schedule for class title, date/time and fees. *Please print.*

class title(s)	date/time	fee(s)
----------------	-----------	--------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Make check payable to: Lehigh Valley Hospital or Vitality Plus
For Vitality Plus classes make check payable to Vitality Plus.

Charge to my Credit Card MasterCard Visa

CREDIT CARD ACCOUNT NUMBER

Signature _____ Exp. Date _____

PAYMENT: Total amount enclosed: \$ _____

Ask whether you are eligible for class discounts.

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK

Attn: 402-CARE
office or Vitality Plus at
Lehigh Valley Hospital
17th and Chew, P.O. Box 7017,
Allentown, PA 18105-7017

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LEGEND:

(W) Indicates more information available on the Lehigh Valley Hospital and Health Network web site. www.lvhhn.org

(PC) Indicates article produced in collaboration with our partners in PennCARESM health network.

Women's Research Study

If you experience problems with your menstrual cycle, you may be eligible to participate in a research study being conducted by Lehigh Valley Hospital and Health Network's department of obstetrics and gynecology.

Women enrolling must be:

- 18 years of age or older
- still having menstrual periods
- seeking treatment for excessive uterine bleeding
- not planning to have children
- willing to consider surgical treatment for your bleeding
- not diagnosed as having fibroids

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

In the Next Issue

- Emotions and Heart Disease
- Preparing for College
- Baseball Injuries
- Are You a "Pack Horse"?

If there is another topic you would like to see in an upcoming issue of *Healthy You*, call (610) 402-CARE or e-mail us at 402care@lvhhn.org

LEHIGH VALLEY

HOSPITAL AND HEALTH NETWORK

Any comments concerning this publication may be sent to:

Healthy You

Attn: Marketing, Planning & Public Affairs

1770 Bathgate Drive, Bethlehem, PA, 18017 or you may call (610) 402-CARE.

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Healthy You is published six times a year by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help in finding a physician, call (610) 402-CARE for further assistance.

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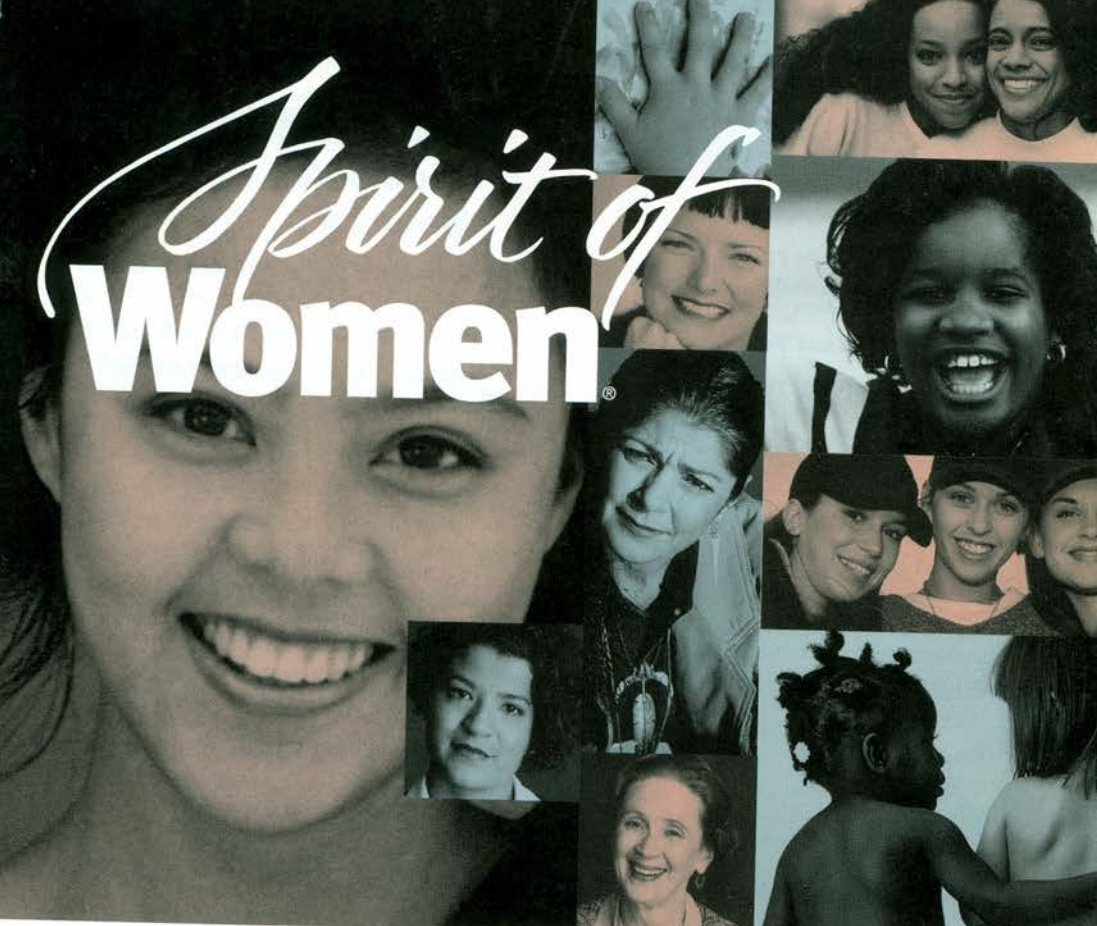
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Spirit of Women



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PREVENTION
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LEHIGH VALLEY

HOSPITAL AND
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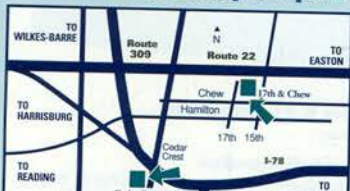
What is it? Spirit of Women brings together traditional women's health services of Lehigh Valley Hospital and Health Network with a diverse range of healthier lifestyle, preventive care and education programs.

Where is it? Find it at Lehigh Valley Hospital and Muhlenberg Hospital Center and leading hospitals across the country. Find it in you. And be part of the spirit.

For more information about the Spirit of Women program, see the special insert inside this issue of *Healthy You* or call (610) 402-CARE.

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INSIDE

Spirit of **Women**

BETTER HEALTH FOR LIFE FROM LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

It's more than a conference.

Spirit of Women is a full range of women's health services and education programs to help you lead a healthier, more balanced life.





Spirit of Women is more than a program, it's a philosophy. You can see it in the way we provide women's health services at Lehigh Valley Hospital and Health Network. Our physicians focus on your concerns and needs, then create innovative services to meet them.

For example, women with gynecologic cancer want their care to be coordinated, supportive and all in one location. We determined that no woman in the Lehigh Valley should have to leave our area for first-rate cancer care. So we hired a world-class specialist to lead our team, Weldon Chafe, M.D., and brought all our services into the beautiful John and Dorothy Morgan Cancer Center.

That's just one example of the quality care that results from the Spirit of Women philosophy. At Lehigh Valley Hospital and Health Network, you will find simply the finest women's health care available in our region—and in some cases, the country. Specialists like urogynecologist and pelvic reconstructive surgeon Vincent Lucente, M.D., are pioneering new technologies nationally. We perform the highest number of minimally invasive surgeries, a clear sign of skill and experience. More babies are born at Lehigh Valley Hospital than any other hospital in our region. Through our involvement in research and education, we have the latest health information at our fingertips.

Part of our commitment to you is going beyond what's required. We want to be the best. A recent example is our accreditation by the American Institute of Ultrasound in Medicine (AIUM), a voluntary program promoting high standards. Spirit of Women is another example. In creating this nationwide advocacy program, we are poised to make a major impact on women's health and well-being.

When you face a health concern, know that Lehigh Valley Hospital and Health Network will provide the best possible care for your body, mind and spirit. And know that, through Spirit of Women, our most important goal is to keep you strong, empowered and inspired to live well and achieve your dreams.

Stephen K. Klasko, M.D.
Chairman, Obstetrics/Gynecology

Marie Shaw
Director, Women's Health Services

“It happens to almost everyone with endometriosis.

They tell you, ‘I don’t see anything abnormal.’

But you’re feeling all this pain.”

Kristen Plantz of New Tripoli **knows pelvic pain.** Now age 24, she started suffering extreme cramps in her teens. As a college student she discovered it wasn’t “what everyone feels,” but endometriosis—a condition in which patches of uterine lining grow outside the womb. But hormones, narcotics and even surgeries failed to resolve the problem.

Then Plantz met gynecologist Craig Sobolewski, M.D., director of the chronic pelvic pain program at Lehigh Valley Hospital, and heard about a new procedure called “conscious pain mapping.” Using fiber-optic instruments inserted through tiny incisions, the surgeon views the pelvic area on video. The patient is sedated, but remains awake to give feed-

back as the doctor gently probes to produce the exact pain she’s been feeling.

“In 15 to 20 percent of cases, we find a cause that could not be detected if the

Continued next page



Do I Really Need a Hysterectomy?

Gynecologic (women's reproductive) surgery isn't what it used to be, thanks to new procedures that spare women the scars, pain and recovery time of traditional surgery. In many cases, hysterectomy is no longer necessary.

New "minimally invasive" surgeries are based on a technique called laparoscopy. It involves the use of several small incisions rather than one large one. Long, thin instruments inserted through narrow tubes allow the surgical team to view the pelvic area on video while performing a variety of diagnostic or treatment procedures.

Laparoscopy is used for:

- tubal sterilizations
- removal of ovarian cysts
- treatment of infertility
- treatment of chronic pelvic pain
- treatment of endometriosis
- some gynecologic cancer treatment
- treatment of urinary incontinence

(see page 6)

One of the most common reasons for hysterectomy is between-cycle uterine bleeding. When the cause is small fibroids or hormone-related disorders, a new treatment called endometrial ablation offers women a much more comfortable alternative than surgery. Working through the cervix, the specialist uses electrical energy, heat or laser to destroy the uterine lining, or endometrium. Because there is no incision, the patient can go home in a couple of hours and is usually back to normal in a few days.

patient were asleep under general anesthesia," Sobolewski says.

It didn't sound pleasant, but Plantz was willing to try anything. "Compared to the pain I had before, this didn't even come close," she says. "And I liked being able to work with the doctor and feel more in control of my treatment."

After removal of stubborn endometrial and scar tissue, Plantz is on hormone medications and feeling "really good about the future." She even dreams of having children.

"Dr. Sobolewski promised that it's possible," she says. "He sat down with my fiancé, answered all his questions and helped him understand what I was going through. That was tremendously important to me. This is a doctor I can trust."

A Women's Health Awareness Quiz

How well-informed are you about important women's health issues?

Try this quiz from obstetrician/gynecologist Patrice M. Weiss, M.D.

TRUE/FALSE

- 1. T __ F __** If I drink a glass of milk a day, I don't have to worry about osteoporosis.
- 2. T __ F __** Mammograms really hurt.
- 3. T __ F __** For a healthy heart, I need exercise from childhood through old age.
- 4. T __ F __** The pill will protect me from sexually transmitted disease.
- 5. T __ F __** After menopause, breast cancer is the leading killer of women.
- 6. T __ F __** Only men get colon cancer.
- 7. T __ F __** When I'm pregnant, I need to take folic acid.
- 8. T __ F __** If I get pregnancy-related (gestational) diabetes, it raises my risk of diabetes later in life.
- 9. T __ F __** Even if I'm not sexually active, I still need a Pap test.
- 10. T __ F __** My family's needs are more important than mine.

For quiz answers, see page 13.



Battling Breast Cancer—A Community Effort

Each fall, more than 2,000 runners and walkers of all ages gather in Allentown to raise money and awareness for the fight against breast cancer. It's the Women's 5K Classic. Since it began, this entirely volunteer-run "race for life" has raised nearly \$150,000 for breast cancer treatment and research.

"Two years ago, the organizers decided to hold a women's Health Expo the night before the race," says Elisabeth Crago Ladd, program director of breast health services at Lehigh Valley Hospital, which hosts the event. "The response was amazing." Health Expo offers information on breast cancer and other diseases, along with wellness attractions such as massage therapy and body fat testing.

It's one of many ways Lehigh Valley

Hospital and Health Network works with the community for breast cancer outreach and education. A few examples:

- **Support of Survivors (SOS)**, a 24-hour telephone help line (610-402-4SOS) for women with breast cancer. Funded with proceeds from the 5K Classic, SOS is staffed by trained volunteers who are breast cancer survivors.
- **Reduced-rate mammography screenings**, in conjunction with a state program, for women who wouldn't otherwise have access to this critical early-detection tool.
- **Active participation in research, including the national Breast Cancer Prevention Trial**—the first-ever research on breast cancer prevention—and now, its follow-up trial.

Spirit of
Women



“I couldn’t work...I couldn’t dance at weddings...
I couldn’t even pick up my grandchildren. It was
depressing being so young but so confined.”

Almost any physical activity caused Patricia Green, 58, to lose control of her bladder. The problem stemmed from the stress of giving birth, a common cause of incontinence. “For years, I would go stomping into doctors’ offices begging them to fix it,” says Green, who lives in Bushkill.

Just when she was losing hope, Lehigh

Valley Hospital chief of gynecology Vincent Lucente, M.D., offered her a brand-new treatment called TVT (tension-free vaginal tape). Through small incisions, a mesh tape is positioned under the urethra as a support to prevent leakage. Lucente, a urogynecologist, was already a pioneer in laparoscopic incontinence surgery (using fiber-optic scopes to work through tiny incisions

instead of a large one). He was the first in the nation to perform TVT—and Green, a registered nurse, was his first patient.

Not only did the technique correct Green's problem, it allowed her to go home the same day. "We use local anesthesia, so we can assess our success by having the patient cough with a full bladder during the procedure," Lucente says. "TVT's long-term success rate is very high, without the pain, scarring and recovery time of traditional surgery."

Green knows about that. She has a long abdominal scar from traditional surgery 20 years ago. "I was in the hospital for eight days and out of work for two months," she says. Just two weeks after TVT, she and her husband vacationed in Virginia's Shenandoah Valley. "I was able to sit in the car for four or five hours and walk through caverns, places where there were no bathrooms," she says. "To me, it's a miracle."

To Lucente, this "miracle" is one of many new options available to the estimated 30 percent of American women who suffer from incontinence. "In almost all cases," he says, "it is something you don't have to live with."

Photo shows Patricia Green with her grandchildren (l-r) Lindsay, Kelsey and Stanley Whittaker of Bushkill.

How to Prevent Incontinence

Bladder control problems are partly due to aging and having babies, but there are things you can do to reduce your risk:

- Learn to lift correctly, to prevent stress to the pelvic floor.
- Drink plenty of water and include fiber in your diet, to prevent constipation.
- Avoid high-impact sports that involve jumping and jarring.
- Control your weight.
- Consider hormone replacement after menopause, for stronger bones and tissues.
- Quit smoking and have allergies treated, to avoid chronic coughs.
- Do Kegel exercises to strengthen pelvic muscles, but have your doctor show you how; it's important to do Kegels correctly.

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

Spirit of
Women



“I haven’t felt this good in 20 years. I sleep well, have more energy—and I’ve lost 25 pounds.

This is not a diet. **It is a new way of life.**”

The turnaround for Louise DuBois, 53, couldn’t be more dramatic. Fifteen years ago, the Parkland educator awoke daily with severe facial pain and headaches from fibromyalgia. Only steroid injections brought her relief. Then came menopause, weight gain and hot flashes.

DuBois, a tireless health researcher, read in *Healthy You* magazine about a program on mind-body medicine. She was so impressed with the presenter, gynecologist T. A. Gopal, M.D., that she made a personal appointment.

Gopal also practices ayurvedic medicine, an ancient system based on mind-body types. To balance DuBois’ natural hyperactivity, he prescribed sesame oil massages, meditation and yoga. He also recommended major dietary changes, starting with a six-week “detox” program. Giving up sugar, dairy, caffeine and processed foods was hard for a chocolate lover—but the results were so spectacular, DuBois permanently changed her eating habits. “Food never tasted so good,” she says.

With help from soy-based estrogen, the hot flashes have subsided. “To me, there is no question that alternative approaches can provide the same benefits as hormone replacement therapy in patients who are willing to make the effort to change their lifestyle,” Gopal says. He predicts that the fibromyalgia, too, will subside eventually.

“I feel I’m on the right track to good health,” DuBois says. “I highly recommend this approach. The key is taking control of your own well-being.”

Body, Mind and Spirit

Spirit of Women focuses on health in the broadest sense: body, mind and spirit. Our conferences and programs reflect this. Examples:

- Tai Chi for Women’s Health
- Continued Healing of the Inner Child
- Building Spiritual “Fitness”
- The Power of Breathing
- Mind-Body Medicine Series
- Women and the Arts conference (1998)

For a current program listing, call (610) 402-CARE.

Spirit of
Women

“When I told my husband, **‘I think I’m shrinking,’** it was a joke. Then my doctor found it was true — I’d gone from 5 feet 2 inches to 4 feet 10.”

That’s when Del Peters got a bone scan and discovered she had osteoporosis. It was the latest in a history of health problems—including a stroke and colon cancer—for the 72-year-old Allentown woman, and one she hadn’t suspected. “I was getting plenty of calcium,” she says.

But “while calcium and vitamin D are very important, they don’t make up for the loss of bone-protecting estrogen after menopause,” says endocrinologist Carol Greenlee, M.D. Greenlee put Peters on Fosamax, a new drug that stops bone loss. The result was dramatic: within months, tests showed she was rebuilding her bones.



Greenlee also encouraged Peters to begin a regular exercise program. “The muscle strength, balance and alignment you gain from exercise are critical in preventing fractures, which are the real problem in

osteoporosis," Greenlee says. Peters rises before dawn for a daily regimen of biking, back exercises, weightlifting and swimming. "That's my life—exercising!" she laughs.

Her determination has paid off, not only in a stronger back but in reducing leftover pain and weakness from her stroke. The woman who "couldn't carry a cup of coffee to the table" now hefts two-pound weights. "I've been living in pain for 25 years," she says. "Thanks to Fosamax and exercise, I've improved to the point where I can lead a normal life."

What You Can Do to Prevent Osteoporosis

Osteoporosis causes 1.5 million fractures each year. To reduce your risk...

Get moving. Thirty minutes a day of weight-bearing exercise—such as walking, biking or aerobics—is a great way to build and maintain strong bones.

Watch your nutrition. Pre-menopause, a woman needs 1,000-1,200 milligrams of calcium daily; post-menopause, 1,500 milligrams. And you need vitamin D (400 units daily) to absorb calcium.

Don't smoke or overdo alcohol. Smoking raises your risk of bone loss; so does consuming more than one alcoholic drink a day.

Consider hormone replacement after menopause, especially if you have a family history of osteoporosis.

Start prevention early. Adolescent girls with eating disorders are at high risk of developing osteoporosis. Make sure your kids get the nutrition they need to build strong bones.

Spirit of
Women

A Team Approach to Osteoporosis

You prevent it with diet, exercise and hormone replacement...detect it with radiologic testing ...treat it with new medications. Osteoporosis, of all diseases, demands a team approach—and that is what Lehigh Valley Hospital offers in the metabolic bone program.

Osteoporosis specialists consult and share the latest research with physicians throughout our region. For patients, the program provides screenings and diagnostic testing, treatment, classes, nutrition counseling, exercise and support groups. A key site for this program will be at the new Health Center at Trexlertown (see page 14).

Why You Need to Be a Self-Educator on Health

"Maybe, once upon a time, women wanted their doctors to tell them what to do," says obstetrician/gynecologist Michael Sheinberg, M.D. "Most women don't want this anymore—and neither do I! My job is to help you make the decisions."

Keeping yourself informed so you can make the right health care decisions is a big job today. The news media and Internet are chock-full of health information. One reason is the explosion in technology and research in women's health. Another is complementary medicine. Consumers are eager for information on such topics as herbal therapies, yoga and acupuncture, and the media are eager to supply it.



Doctors are finding new ways to help their patients cope with the information blizzard. "One of the main reasons why I give consumer health talks at Lehigh Valley Hospital," Sheinberg says, "is that it gives me more time than an office visit can possibly allow." He encourages his audiences to:

Seek as much information as you can. Books, magazines, lectures and the experiences of your friends can all yield valuable insights.

Be aware that some sources are better than others. Don't take any information to heart before checking with your doctor.

Enlist the family. "It's well-known that women are the family's health care decision makers, but getting everyone involved is a great idea."

Consider your doctor a partner, but take active responsibility for your own health. "I work very closely with my patients, but the bottom line is: this is your body and your decisions."

A Women's Health Awareness Quiz-answers

■ **1. If I drink a glass of milk a day, I don't have to worry about osteoporosis.**

FALSE. "The calcium in milk protects against bone loss, but a glass of milk provides only 300 milligrams. You need 1,500 milligrams a day if you're not on hormone replacement and 1,000-1,200 if you are. Go ahead and drink your milk (nonfat is healthiest), but since most women don't get enough calcium from diet alone, a supplement is a good idea.

"By the way, low calcium isn't the only risk factor for osteoporosis. Some of the others are smoking, slender build and a family history of the disease."

■ **2. Mammograms really hurt. FALSE.**

"Most women feel hardly any discomfort during a mammogram (breast X-ray). It's the best way to detect breast cancer at the earliest and most curable stage, before a lump can be felt. Have your first one between ages 35 and 40, and talk to your doctor about how often you need a follow-up. Women age 50 and over need a mammogram every year. Women of all ages also need a professional breast exam every year and breast self-exams every month."

■ **3. For a healthy heart, I need exercise from childhood through old age. TRUE.**

"Aim for 30 minutes a day, three to five times a week at 80 percent of your target heart rate. Exercises that use large groups of muscles (such as aerobics and swimming) are particularly beneficial. BUT...exercise is not just good for your heart. It helps prevent osteoporosis and other diseases, gives you more energy and relieves stress. Staying fit is one of the best all-around things you can do for yourself."

■ **4. The pill will protect me from sexually transmitted disease. FALSE.**

"The birth control pill prevents pregnancy very effectively when used properly, but it does nothing to protect you from AIDS, gonorrhea and other sexually transmitted diseases. Women with a new partner or multiple partners should always use a condom."

■ **5. After menopause, breast cancer is the leading killer of women. FALSE.**

"It's heart disease. More than 500,000 American women die of cardiovascular disease every year, compared with 44,000 from breast cancer. Estrogen protects your heart before menopause, but afterward a woman's risk of heart disease is just as high as a man's. You can reduce your risk with hormone replacement therapy, a low-fat diet, a careful eye on cholesterol and blood pressure, and regular aerobic exercise. And please, quit smoking. The more you smoke, the higher your heart disease risk."

■ **6. Only men get colon cancer. FALSE.**

"Colorectal cancer affects women just as often as men. It's the third-leading cancer killer in women and is sharply on the rise. Routine screenings should begin at age 40.

Make sure your doctor takes a fecal blood test sample yearly, and have a flexible sigmoidoscopy every five years. If you have a family history of colorectal cancer, ask about more frequent testing."



Continued next page

A Women's Health Awareness Quiz-answers



■ **7. When I'm pregnant, I need to take folic acid. TRUE.**

"Research shows that folic acid supplements can significantly reduce your baby's risk of neural defects such as spina bifida. A multivitamin may not contain enough, so check the label. The recommendations are 400 micrograms to 1 milligram a day for a first pregnancy and two to four times that for later pregnancies. Talk to your doctor. (Non-pregnant women need folic acid, too, but usually get enough from diet.)"

■ **8. If I get pregnancy-related (gestational) diabetes, it raises my risk of diabetes later in life. TRUE.**

"Up to half of women with gestational diabetes will go on to develop type 2 (adult onset) diabetes. Pennsylvania has one of the highest diabetes rates in the country. You can reduce your risk with a

low-fat diet, regular exercise and weight control."

■ **9. Even if I'm not sexually active, I still need a Pap test. TRUE.** "It's recommended that you begin this critical test for cervical cancer at age 18 (earlier if you're sexually active), and continue every year throughout your life. A Pap test is part of your regular gynecologic exam, which you need regardless of lifestyle and even after a hysterectomy. It includes not just the reproductive organs, but also a colorectal cancer screening and professional breast exam (as we talked about earlier)."

■ **10. My family's needs are more important than mine. FALSE.** "Women play so many roles—wife, mother, daughter, professional—that we can get stressed out and neglect our own health and well-being. Have you ever been 'too busy' for a mammogram, or even for a relaxing bath? You can only take care of others if you know how to take care of yourself."

Making Wellness Easy for You

Combining health care with the convenience of a shopping mall...that's the idea behind Lehigh Valley Hospital and Health Network's Health Center at Trexlertown. Located in the Trexler Mall, the center offers classes, seminars, exercise sessions, one-to-one counseling, a computerized learning center and physician offices. Mammogram, ultrasound and osteoporosis screening services will also be available at Trexlertown's women's health center. If you've had trouble fitting wellness into your daily routine, the Health Center at Trexlertown will make it a lot easier! For more information, call (610) 402-CARE.





Childbirth Education

To help make childbirth one of the most wonderful experiences of your life, Lehigh Valley Hospital and Health Network offers a full range of programs, including:

- Pregnancy Massage
- Prepared Childbirth (Lamaze)
- Nurse-Midwives and Your Pregnancy
- Stay Fit Throughout Your Pregnancy
- Baby and You: Fitness for Two
- Becoming a Family
- Breastfeeding

Spirit of
Women

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

Couples wishing for a baby have many options for infertility treatment

Dylan, Madison, Hannah, Devon.... They're a few of the miracle babies whose photos adorn the office of fertility specialist Al Peters, D.C. "These children help give other infertile couples hope," Peters says. "At least 60 to 75 percent can conceive with proper therapy."



From the mildest fertility drug to in vitro fertilization (test tube pregnancies) to the

latest advancement called intracytoplasmic sperm injection (ICSI), infertile couples have more options than ever.

"Technology has opened the door for those who would never have conceived," Peters says. "They need to explore all the possibilities. It can be a long and emotional process, but we provide our couples with lots of tender loving care, and see them through all the way."

What Is In Vitro Fertilization (IVF)?

IVF is a treatment option for female infertility. Eggs are retrieved from the ovary, then placed in a test tube with thousands of sperm, allowing them to incubate naturally. Cultured embryos are then transferred into the uterus and pregnancy begins.

What Is Intracytoplasmic Sperm Injection (ICSI)?

ICSI is a new form of in vitro fertilization for cases of male infertility, the most common cause of infertility. A single sperm is directly injected into the egg for fertilization and then transferred into the uterus as with IVF.

What Is My Chance of a Multiple Birth?

Although there is an association between multiple births and fertility drugs, twins and triplets aren't as common as they seem. Women receiving oral medications have only a 7 to 10 percent chance of having twins and a 1 percent chance of triplets or more. The chance rises when the drugs are injected.

“When they told me **I had gestational diabetes**,
I thought, ‘How can this happen? I followed all the rules.’ ”

Excited about her pregnancy, 30-year-old Natalie Yaniger of Allentown ate a healthy diet, exercised regularly and felt great. The last thing she expected was diabetes.

But a routine screening in her third trimester showed a rising level of blood sugar.

“Gestational or pregnancy-related diabetes is the most common problem in pregnancy,” says perinatologist Robert Atlas, M.D. “If blood glucose levels are poorly controlled, the baby can grow too big, increasing the risk of a cesarean birth. The baby also risks nerve damage, distress and low blood sugar at birth.”

Help was at hand for Yaniger: the diabetes in pregnancy program at Lehigh Valley Hospital. Staff created a diet for her and taught her how to care for her-

self and her baby, and prepare for future pregnancies.

“It was hard for Natalie,” says Helen Seifert, R.N., program coordinator. “She

Continued next page



Reasons to Choose Lehigh Valley Hospital for Your Childbirth

Collaborative Care – Physicians who are part of our collaborative care network have immediate access to skilled perinatal (high-risk childbirth) specialists and the latest technologies. Make sure your obstetrician will refer you to Lehigh Valley Hospital.

Ultrasound Certification – Our perinatal center is the only one in our region, and one of only nine in all of Pennsylvania, to be certified by the American Institute of Ultrasound in Medicine. It's an important mark of quality in high-risk childbirth care.

Special Perinatal Unit – Lehigh Valley Hospital is one of very few, including university hospitals, to have such a unit. Physicians, nurses and staff are specially trained in the medical and emotional aspects of high-risk childbirth.

Lots of Options – Our childbirth team includes both obstetricians and certified nurse-midwives. Choose the style of childbirth that feels best for you—knowing that highly specialized care is right here, if you need it.

The New Jandl Family Pavilion – Opening in January 2000 at our Cedar Crest & I-78 site, this beautiful facility will contain 12 birthing suites and 27 private “family rooms” designed for coordinated care of both mom and baby—with family members welcome.

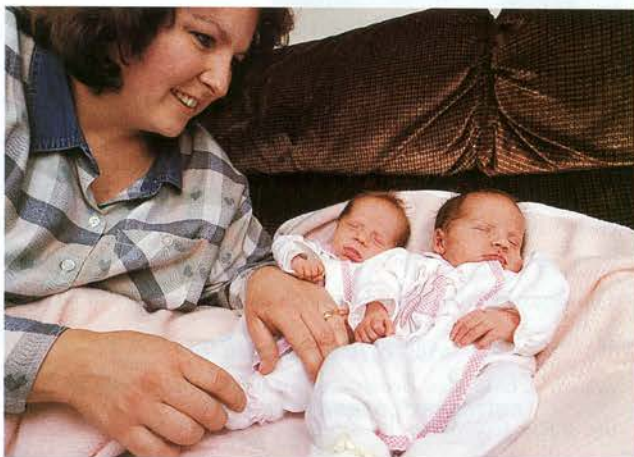
had to give up not just the obvious sweets, but also fruit juice, cold cereal and white bread.” Yaniger tested her blood sugar five times a day and reported the results twice weekly. Atlas reviewed the tests and worked closely with Seifert and obstetrician Carl Lam, M.D., who regularly monitored the baby's size and well-being.

By 33 weeks, Yaniger needed daily injections of insulin through her abdomen. “I thought, ‘Oh my, my baby is right there,’” she says. “Helen reassured me the baby would be safe. She did everything she could to ease my anxiety.”

Weeks later, Yaniger's pregnancy was induced. Within six hours, on June 9, 1998, her daughter, Sophia, was born healthy at 7 pounds. “I was so relieved when I heard her cry that day,” Yaniger says. “Although I'm at risk for gestational diabetes again, it won't stop me from having another child. I can put myself in the hands of Lehigh Valley Hospital.”

“We learned **our babies had a 50-50 chance of surviving.** My husband and I just cried. We desperately needed a second opinion.”

Pregnant with twins, Mary Beth Conville of Port Carbon got the devastating news from another hospital. She was told her twins were sharing blood vessels in the placenta, causing one baby to “steal” blood supply and nutrition from the other.



Believing the twins would die otherwise, Conville prepared to undergo placenta surgery in Florida. Then a relative referred her to perinatologist James Balducci, M.D., chief of maternal/fetal medicine at Lehigh Valley Hospital and Health Network. “I wanted to do everything possible to give this family hope,” he says.

After a 2-1/2 hour ultrasound, Balducci did just that. He determined that Conville did not have twin transfusion syndrome, as originally diagnosed. “There was a 35 percent weight difference between the babies,” he says, “but what we needed

was to watch them carefully, not do any risky procedures.”

Trusting in this approach was “scary,” Conville says. “But Dr. Balducci was just so confident and thorough. He explained everything and made a plan for my entire pregnancy.”

On Feb. 1, she gave birth to Julia (3 lbs., 10 oz.) and Rachel (5 lbs., 14 oz.)—and took them home four days later. “If it hadn’t been for Dr. Balducci’s team, we probably would have lost our little twins,” Conville says. “I can’t thank them enough.”

Helping Women Survive Cancer



When gynecologic oncologist (reproductive cancer specialist) Weldon Chafe, M.D., and nurse specialist Carla Donkus, R.N., tell a woman she has cancer, the emotion can be overwhelming. But this difficult news is far from hopeless. “As we educate patients and their families about the disease and its treatments, we can discuss many new advances in current cancer therapy,” Chafe says.

Chafe, through his work at the John and Dorothy Morgan Cancer Center, is among those responsible for one major new development. Through a national cooperative clinical study in which women with cervical cancer agreed to participate, he helped show that chemotherapy, when given with radiation therapy, prolongs survival of patients with this disease.

The study prompted the National Cancer Institute to recommend the new standard of care for advanced cervical cancer. “This was a change to a 100-year-old approach to treating cervical cancer,” Chafe says. Because of his involvement, Lehigh Valley Hospital was among the first in the region to provide the combined therapy.

As a team, Chafe and Donkus work to provide encouragement and compassion through every step of care. Because of their specialized skills, women can get a full range of diagnosis and treatment from one source—“and the support they need from people they know,” Donkus says.

Clinical Trials Give Women Access to New Treatments

As a participant in more than 20 women’s health-related clinical trials, Lehigh Valley Hospital and Health Network is bringing the very latest therapies to the women of our region. Clinical trials benefit not only those participating, but also future generations. A few examples of what researchers are studying:

- an increase in the delivery period of the drug Taxol to shrink cancerous ovarian tumors, and an antibody to prevent tumors from recurring
- new investigational drugs under development to treat gynecologic malignancies
- a comparison of hysterectomy (removal of the uterus) and endometrial ablation (destruction of the uterine lining) in the treatment of abnormal uterine bleeding
- a drug to treat stress incontinence (loss of bladder control that occurs with coughing and sneezing)

To learn more about these and other clinical trials, call (610) 402-CARE.

Women's Health Services

Lehigh Valley Hospital and Health Network

■ Gynecology

- Advanced minimally invasive surgery
- Reproductive health
- Chronic pelvic pain program

■ Pelvic Reconstruction (Urogynecology)

- State-of-the-art urodynamics lab
- Latest surgical and non-surgical treatments for incontinence

■ Gynecologic Cancer Care

- Member of the national Gynecologic Oncology Group with access to latest research in cancer treatment protocols and trials
- Coordinated care with John and Dorothy Morgan Cancer Center

■ Reproductive Endocrinology/Infertility

- Advanced reproductive technology lab
- Latest in in vitro fertilization and assisted reproductive technologies

■ Maternal/Fetal Medicine

- Comprehensive perinatal center accredited by the American Institute of Ultrasound in Medicine
- High-risk pregnancy care
- Neonatal (newborn) intensive care unit
- Genetic counseling
- Diabetes in pregnancy program

■ Childbirth Care

- Education
- Our First program
- Family birth center
- Obstetricians and midwives

■ Breast Health Services

- Mammography
- Other diagnostic services, including sentinel node mapping
- Stereotactic breast biopsies
- Breast cancer care
- Breast cancer consultative (second opinion) service

■ Metabolic Bone Program

- DEXA scanning
- Physician consultation
- Nutrition
- Exercise
- Education

■ Mental Health Care

■ Heart Disease Prevention and Care

■ Rehabilitation

■ Complementary Health Care

(acupuncture, yoga, Tai Chi, ayurvedic medicine, massage therapy, etc.)

■ Education and Wellness

- Spirit of Women conferences
- Trexlertown learning center
- Spirit of Women awards
- Classes and lectures on women's health, childbirth, parenting, nutrition, fitness, aging
- *Healthy You* magazine
- Vitality Plus membership program (age 50+)
- 402-CARE information line
- Web site (www.lvhhn.org)

women's health advocate

healthy lifestyle

body, mind, spirit

networking

role models

mentoring

laughter

compassion

strength

intelligence

spunk

grace

Spirit of
Women

(610) 402-CARE • www.lvhn.org

OUR MISSION • Spirit of Women is an initiative that positively influences a woman's total well-being, enhances her understanding of work, family and health issues, and celebrates her accomplishments.

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