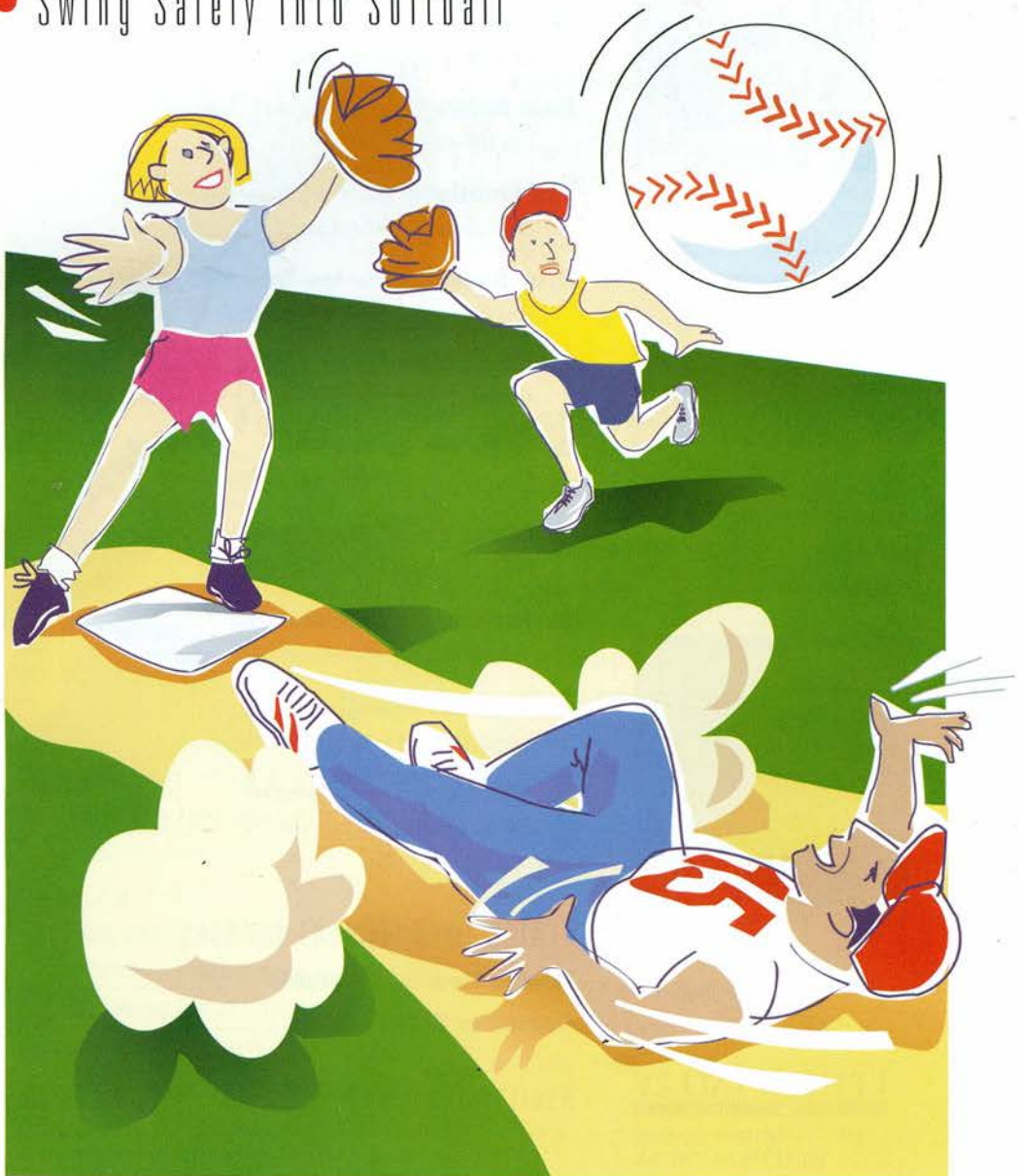


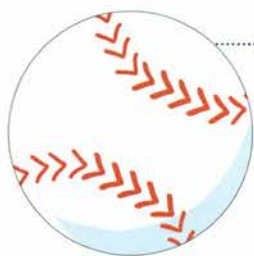
Healthy You

JULY/AUGUST 1999

- Tea Drinkers: Think Green
- Action Plan for Asthma
- Internet Drug Shopping
- Swing Safely Into Softball



Health Improvement Classes Inside



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Sun + Fragrance = Skin Concern



Here's another reason for caution in the sun: A tan and perfume don't mix. Spraying cologne, perfume or eau de toilette on your skin and then spending time in the sun can cause brownish skin discoloration, particularly if the fragrance contains oil of bergamot or methoxypsoralen.

"It's hard to tell which scents cause the condition because manufacturers aren't required to print ingredients on the label," says Lehigh Valley Hospital and Health Network dermatologist Alan Schragger, M.D. "But if your fragrance is one of them, you'll probably know after a short time in the sun."

His advice? Wear a sunscreen with SPF of at least 15 and spray cologne on your clothing instead of your skin or call the manufacturer to ask about ingredients.

Discoloration can be treated with laser and light treatments or bleaching creams. "But it can take a couple of years to get rid of," Schragger says, "and your skin remains sensitive to the problem. If you don't use sunscreen, the discoloration will come back."



Family fun and a healthy good time are coming your way at the 38th annual Muhlenberg Hospital Center Summer Festival, Aug. 25-28.

Rides, crafts, food and free entertainment are all waiting for you at this family event held on the hospital's campus at 2545 Schoenersville Rd., Bethlehem. Children's Day, Saturday, Aug. 28, includes reduced ride rates, an obstacle course and information regarding pediatric speech development. For a complete listing of events, call 610-402-CARE.

Cancer Answers

You notice a new bump on your skin and you're worried that you have skin cancer. Where can you turn for information? Call *Cancer Answers*, the telephone hotline for the John and Dorothy Morgan Cancer Center of Lehigh Valley Hospital. The *Cancer Answers* staff, including an oncology nurse, will discuss the skin change, help you understand the warning signs of skin cancer and, if necessary, recommend a visit to your family doctor or dermatologist.

Cancer Answers is a resource for your concerns about cancer; it also offers second opinion referrals. If you have cancer questions, reach *Cancer Answers* at 610-402-CARE.

Each year, more than 200,000 children ages 14 and younger are treated in hospital emergency rooms for injuries on home and public playgrounds. But these injuries can be prevented with the proper precautions.

Is Your Home Playground Safe?

All openings should be smaller than 3-1/2 inches or larger than 9 inches to prevent head entrapment.

Metal sliding boards should be located in the shade or facing north to prevent burns.

Make sure there are adequate handrails and barriers for children to grasp.

Check for slip-resistant surfaces on steps and grips.

Dress your children appropriately by avoiding loose clothing, shoes or dangling cords and laces.

Equipment should be no more than 6 feet high and must be securely anchored.

Swings should be in groups of no more than two to reduce the likelihood of impact. Lightweight plastic, rubber or canvas seats are best.

Place hardwood chips, wood mulch, pea gravel or sand under areas where a child might fall. These materials should be at least 9 to 12 inches deep.

Make sure equipment matches the size, skill and age of children playing on it. Also, keep the area free of debris and check equipment for sharp edges and protrusions. *Want to Know More? For tips on playground supervision or for information on purchasing a school curriculum packet for playground safety, call 610-402-CARE.*

Illustration by Barbara Field

INSIDE Lehigh Valley Hospital and Health Network

A New Standard of Care for Cervical Cancer

Research participants at the John and Dorothy Morgan Cancer Center have helped prompt a new and more effective approach to cervical cancer. The center recently took part in a national clinical study showing that chemotherapy, when given with radiation therapy, prolongs the survival of women with this disease. The findings prompted the National Cancer Institute to recommend a new standard of care for cervical cancer employing

both chemotherapy and radiation therapy.

"This was a change to a 70-year-old approach to treating cervical cancer," says gynecologic oncologist Weldon Chafe, M.D., who worked on the study. "It's a big development in the care of women with cervical cancer." Because of Chafe's involvement in the study, Lehigh Valley Hospital was among the first in our region to provide the improved therapy. Previously, standard treatment involved radiation and in some cases surgery, but not chemotherapy in combination with those.

Rehab Capabilities Expand With New Partner

A new arrangement between Good Shepherd and Lehigh Valley Hospital and Health Network will expand the scope of rehabilitation services offered throughout our region. According to a recently signed letter of intent, Good Shepherd will purchase Lehigh Valley Hospital and Health Network's Muhlenberg Rehabilitation Center by Sept. 30, 1999. Then, Good Shepherd will

Health Library and Learning Center Opens at Trexlertown

A man with glaucoma wanted information on the disease. Another with prostate cancer needed to search the Internet for news about a treatment. A third-grader came in to research a school project.

All three of these people were recent visitors to the Health Library and Learning Center, now open at Lehigh Valley Health Network's Health Center at Trexlertown at Trexler Mall (Route 222 and Lower Macungie Road).

The Learning Center is stocked with hundreds of books, periodicals, audiotapes and videotapes on nearly every health-related topic. It also contains computer terminals with a custom-designed software program to guide consumers to helpful Internet sites. And there's another computer with a software package just for school children.

"We have a multi-media approach so people can find the method that best fits their learning style," says Learning Center coordinator Sharnee Cederberg, R.N. Cederberg herself is one of the center's best assets; the registered nurse and health educator is available to assist people with searches.

The Learning Center is open:

- Monday -Thursday; 9 a.m.- 8:30 p.m.
- Friday; 9 a.m.- 5:30 p.m.
- Saturday; 9 a.m.- noon.

For more information or to make a personal appointment, call 610-402-CARE or the Learning Center at 610-402-0180.

Linda Kramer of Barto (l) gets help with research from Health Library and Learning Center coordinator Sharnee Cederberg at the Health Center at Trexlertown.



lease space from Lehigh Valley Hospital to own and operate a long-term acute care hospital unit at Cedar Crest and I-78.

The 28-bed unit is the first of its kind in our region. It will care for patients recovering from major surgery or serious illness or injury who need rehabilitation services and/or extensive nursing care. Patients can be admitted from any area hospital.

The arrangement between Good Shepherd and Lehigh Valley Hospital and Health Network is not a merger; each organization remains independent.

Liquid Ventilation Tested on Life-Threatening Lung Injuries

Breathing liquid may sound like science fiction, but it's part of a promising new therapy being studied at Lehigh Valley Hospital to save the lives of critically ill or injured patients whose lungs fail. The therapy involves partially filling the lungs of patients with acute respiratory distress syndrome (ARDS) with an oxygen-carrying drug called perflubron.

The liquid therapy is designed to improve lung

function, help remove debris from lungs and reduce time spent on a ventilator. Mechanical ventilators are the only way to keep ARDS patients alive, but prolonged use can cause lung damage. Lehigh Valley Hospital is one of 25 sites selected nationally and the only non-university hospital testing the drug, which will be used with the consent of a patient's family.

Spirit of Women Awards Seeking Nominations

Do you know a woman who is the ultimate role model: inspired and dedicated? If so, nominate her for a Spirit of Women award! The awards are given to Lehigh Valley women who have made a significant contribution in the areas of work, family or health. Categories:

- Community recipient (age 14-20)
- Community recipient (age 21 and older)

Spirit of Women is a project of Lehigh Valley Hospital and Health Network and its community partners. Winners will be recognized locally on Nov. 9 and are eligible for the national Spirit of Women awards. For a nomination form, call 610- 402-CARE. Nomination deadline is Sept. 15.

Spirit of Women

The Clothesline Project

Although nobody spoke, the messages left ears ringing. Designed by about 300 local female survivors of violence, and their loved ones, T-shirts of The Clothesline Project hung at the Health Center at Trexlertown and local colleges during April. The Sexual Assault and Domestic Violence Community Action Coalition, the Crime Victims Council and Turning Point of the Lehigh Valley displayed the project. The groups work closely with Lehigh Valley Hospital's Sexual Assault Nurse Examiner Program, which marked its first year in May.



Your Care on the Web



Trying to locate a doctor? How about information on a health condition? Lehigh Valley Hospital and Health Network has redesigned its web site to make health and patient care information easier to find.

When you log on to www.lvhhn.org, click on *Your Care*. There you'll find an alphabetical health guide called *Your Body and You*, a complete calendar of events, the latest issue of *Healthy You* and an archive of past articles. *Your Care* also contains sections designed for parents, seniors, kids and women, as well as patient care services with a guide to doctors, home care, hospice and pharmacy services.

LEHIGH VALLEY

HOSPITAL AND HEALTH NETWORK
Now Including MUHLENBERG HOSPITAL CENTER

HEALTH TIP 

Research Shows Value of Saw Palmetto and Other Herbs

MEDICAL SPOTLIGHT 

Non-Traumatic Emergencies

KID ZONE

YOUR CARE
Patient care services, Your Body & You, seniors, Healthy You, parenting, Spirit of Women, etc.

OUR COMMUNITY

CALENDAR OF EVENTS

INFORMATION CENTER

FOR MEDICAL PROFESSIONALS

THE BUSINESS OF HEALTH



Swing Safely Into Softball Season

They may call it “softball,” but the sport can be hard on your body. Shoulder and elbow injuries, wrist sprains and abrasions are all too common for the recreational player.

Why? “The first softball game is the first day of exercise for many people,” says Michael Mueller, Ph.D., administrator of rehabilitation services at Lehigh Valley Hospital and Health Network. “People often play right after a physically idle work day. They’ll sprint to bases and throw hard without properly warming up.”

To get the most out of the season, follow Mueller’s tips:

Warm up properly and you’ll avoid injuries

- **Ease into activity.** Even if you exercise year-round, softball requires different movements. For example, your legs may be in shape but not your shoulders. Stretch for at least seven minutes before (and after) the game, then warm up with 40 throws. Build up your speed by about 10 percent each time you play. You shouldn’t be throwing with your full strength until the third game.

- **Practice between games.** In many recreational leagues, the only time people play is during games. You need to get out two to three times a week.

- **Beware of base sliding.** People tend to hit the base with too much force or end up sliding head first. Although breakaway bags can reduce the chance of injury, base sliding is a skill. It should not be allowed in recreational leagues.

- **Play the position that’s best for your physical condition.** For example, if you have a history of shoulder problems, play first or second base where you’re not throwing far. Be aware of your age, too. As people hit 40, their joints begin to degenerate and flexibility decreases.

- **Don’t ignore pain.** It’s normal to have aches and pains when you first begin to play. But if they continue for more than 24 hours, seek medical help. ●

Want to Know More? For an illustration of stretching and strengthening exercises for softball, call 610-402-CARE.



NURSES

Then and Now

Before Florence Nightingale, nursing was a lowly occupation. History tells us that most hospitals were dirty, disreputable places, and the nurses drudging in them (aside from the religious orders) were prone to drunkenness, prostitution and thievery.

The aristocratic Nightingale introduced cleanliness, nutrition, warmth and ventilation into 19th-century wartime hospitals. Death rates plummeted, and a new breed of nurse captured the public imagination: the “lady with the lamp.”

Her crisply starched uniform, with floor-length skirts and long puffed sleeves, was bulky and unhygienic but projected a strong image. (The only practical item was the cap, which helped control the elaborate—and seldom-washed—hairstyles of the day.)

Beneath the spotless surface, though, a nurse's life was still a hard one. Early nursing schools, like the one Allentown Hospital opened in 1899, were convent-like places where “education” was mainly hands-on. Hospital nurses worked 12-hour days, feeding and bathing patients and mopping, dusting and doing laundry. They toiled harder than industrial laborers and earned less.

Physicians, resistant at first, soon realized that a Nightingale-style nurse was a godsend. “To the patient, she brought the selfless devotion of a mother,” writes historian Barbara Ehrenreich. “To the doctor, she brought the wifely virtue of absolute obedience.” “Nurses never questioned the physician's orders,” says Josephine Ritz, R.N., a graduate and former director of the Allentown Hospital School of Nursing.

The quality of nursing in the early 20th century varied widely. Only a fraction of nurses had any training, much of it from “schools” that issued impressive diplomas for a few dollars. Reformers pressed for improvement, but resistance was strong. Hospitals needed any nurses they could get, and many people doubted women's academic potential. “If a little knowledge is a dangerous thing in most avenues of employment, in nursing it is fatal,” wrote a prominent member of the University of Pennsylvania medical faculty.

The nursing profession has become highly specialized in this century



ING

Nurses made political gains after their distinguished service in World War I. The growth of medical technology also raised the level of nursing. Although many still preached the dangers of higher training “at the expense of womanliness,” nurses began taking blood pressures and administering IVs to allow doctors to practice newer procedures.

The Great Depression closed many of the poorer-quality nursing schools, and specialized training began in areas like psychology and public health. Hard times led more women into nursing, but there was a major drawback—nursing and marriage still didn’t mix.

♥ **After World War II, an acute nursing shortage led to renewed debate** about how much education nurses needed. Breakthroughs in medical care demanded greater clinical and administrative skills, and baccalaureate programs flourished. At the same time, women had the option of becoming an aide, practical or diploma nurse. But most women in the 1950s wanted marriage, not a career. Those who did work could earn more than nurses, the lowest-paid of all professional women in 1959.

In the upheaval of the 1960s and ’70s, minorities and men entered nursing, student life grew less cloistered, and the starved uniform went into the dustbin. Nursing accommodated marriage and motherhood. “As health care grew more sophisticated, nurses became specialists rather than generalists,” Ritz, now with the hospital’s development office, says. “Intensive care, trauma and cancer nursing—they’re all new in the last 30 years.”

Perhaps most significant, nurses became

Continued on following page



Facing page: Allentown Hospital archive photos from the early 1900s. Color photos, clockwise from left: float pool nurse Amy Reinhart, R.N.; operating room nurse Delores Duffy, R.N.; critical care nurse Joe Pearce, R.N.; cardiac nurse Mary Margaret Lang, R.N.; and intensive care nurse Rosemary Gilbert, R.N.

Want to Know More?
For information about
today's nursing careers
and the education
required, call
610-402-CARE.

active partners in patient care. Today's nurses are researchers and teachers as well as caregivers. New roles are emerging—such as nurse practitioner—in which nurses work more independently with patients, complementing the function of the physician. Nurses also hold administrative roles in today's health care system.

"Nurses at Lehigh Valley Hospital recently developed an improved model of patient care," says Mary Kinneman, R.N., senior vice president of patient care services. "Teams of nurses and technical and support partners care for a specified group of patients throughout their hospital stay. In redesigning our work, we have improved continuity, physician-nurse collaboration and patient satisfaction."

Florence Nightingale would have been very proud. ●

*Celebration of
Community*

The Parish Nurse— Caring for Mind, Body and Soul

When a member of St. John's United Church of Christ in Nazareth was ill a couple of years ago, the minister wanted to provide health care along with prayers. "But we just didn't know enough about the health condition," says Rev. David DeRemer. "We needed medical expertise on our pastoral care team."

Their answer? A parish nurse. Carol Fenstermaker, R.N.C., fills that role today.

The program, supported by Muhlenberg Hospital Center, is one of the first in our region, but parish nursing isn't a new concept. "Members of religious orders were the original caregivers for the old and indigent in the community," DeRemer says.

Fenstermaker works closely with hospitals and visits ill church members at home

to ensure they're getting proper care. "For example, after heart surgery I can arrange home-cooked, heart-healthy meals and provide support and education," she says. She also does counseling and arranges health screenings and workshops. "In a recent stress reduction workshop, we talked about how people in the Bible handled stress," she says. "It was a nice way to bring faith and well-being together."

Through her screenings, Fenstermaker often uncovers not only medical problems, but other issues in parishioners' lives—a teen dealing with peer pressure or a daughter struggling with the decision to put Mom in a nursing home. "It gives them an opportunity to open up about the spiritual as well as the physical," she says. "If a parish nurse can help bridge the gap, it really is a blessing." ●

Parish nurse Carol Fenstermaker supported parishioner Annelle Kline throughout her surgery and her husband's illness.



*Carol Fenstermaker (l)
and Annelle Kline.*



Are You a “Packhorse”?

Do you start the day by balancing your baby on your hip, throwing your purse over a shoulder and maybe adding a diaper bag or laptop computer to the load? If so, you’re creating muscle strain and imbalance that can cause aches, pains and potentially more serious damage to your body.

“Carrying heavy and unbalanced loads on one shoulder pulls down on the neck and shoulder muscles, causing spasms and strains in your neck, back and shoulder,” says Kristen Trombley, Muhlenberg Hospital Center physical therapist. “Prolonged stress can lead to muscles on one side of your body becoming stronger than those on the other, causing shoulder, neck and back pain, and poor posture.”

Carrying a baby on one hip can also stress the back and result in muscle strains, particularly when you turn, bend and twist while carrying the baby, she says. Trombley offers these suggestions for “packhorses”:

- **Ease pressure on your shoulder muscle** by carrying your laptop computer in your hand, not by a shoulder strap.

- **When carrying multiple bags, distribute the weight** as evenly as possible on both sides of your body.

- **Do not twist your back** when lifting or carrying.

- **Use both straps** of a backpack to distribute weight evenly.

- **When possible, use a fanny pack**, which keeps the load close to your center of gravity.

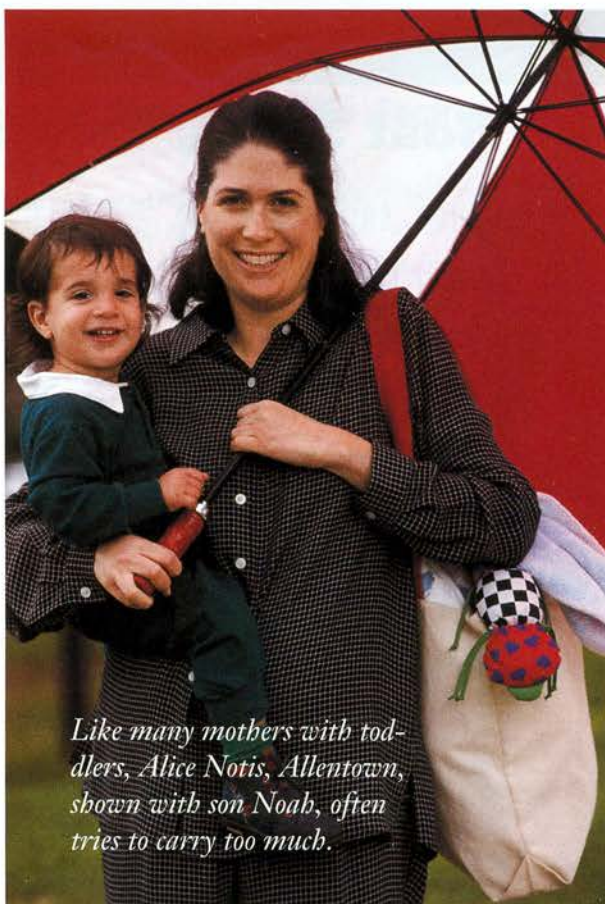
- **Lighten your load** whenever possible.

- **Put baby gear in the stroller**, not on your back.

- **Plan ahead** so you don’t have to carry everything at once. ●

Want to Know More? For a guide to good posture and healthy techniques for lifting, bending, twisting, pushing and pulling, call 610-402-CARE.

Carrying weight the wrong way can cause neck, shoulder and back damage



Like many mothers with toddlers, Alice Notis, Allentown, shown with son Noah, often tries to carry too much.

For Junior Packhorses

Are your children overstuffing their backpacks? It could be affecting their posture and causing shoulder and back problems, says physical therapist Kristen Trombley. She offers this advice for kids:

- Select a backpack with several compartments so weight can be dispersed evenly.

- Lighten the load whenever possible.

- Select a backpack with heavily padded shoulder straps, and wear **both** straps to distribute weight evenly.



Boat Safely This Summer!

Canoe, sailboat, power boat or jet ski, you'll have a healthier time on the water if you're careful

The surface of the lake is shimmering in the sunshine, the picnic's packed and you're ready to go. Have a great time in your boat this season—but be careful. “With warm weather, we see a significant number of boating accidents,” says Michael Weinstock, M.D., chair of emergency medicine at Lehigh Valley Hospital and Health Network. Make sure you know the ins and outs of boating safety.

Some matters, like registering your boat, are covered by law. Be aware of the rules, which vary by municipality, park system or body of water. And wherever you're boating, be aware of common-sense safety measures.

All watercraft

Wear a life jacket. You need a Coast Guard-approved personal flotation device for every passenger on your boat. (See photo caption for more details.)

Educate yourself. Courses on boating technique and safety are a great investment. Take them often enough to keep yourself up to date.

Don't mix booze and boating. Alcohol impairs driving ability on a boat just as in a car. It causes you to lose balance, raising the risk of falling overboard. And perspiring in the sun removes the water from your body but leaves the alcohol in. This can cause alcohol impairment to occur more quickly.

Guard against sunburn (a special concern for boaters due to water reflection). Wear a hat and clothing that covers arms and legs. Use a sunscreen with a high SPF rating.

Watch the weather. If your boat isn't equipped with government weather radios, get to know the weather-related services (often available through local TV or radio) in your area. Don't go out if weather advisories are poor. By the time you see dark, fast-moving clouds, it can be too late to find a safe location.

Don't overload your boat or stand in a small boat.

Either is an invitation to an accident. If your boat has a load limit sticker, obey it.

Keep a good lookout and observe the "rules of the road." If you're in a large boat, be considerate of smaller neighbors affected by your wake or turns. Whatever your size, be aware of buoys, channels and surrounding activity at all times.

Canoes and kayaks

Research the river. Know where dangerous sections are and how to portage around them. Plan to be off the water before dark.

Wear shoes to protect your feet from sharp rocks and glass in the river.

Bring a change of clothes and socks, preferably wool or high-performance synthetics. Wet clothing can chill you, even on a warm day.

Bring an adequate water and food supply. Paddling is strenuous. (Don't drink river or stream water without boiling it at least three minutes.)

Tie your gear into the canoe in waterproof containers. If you capsize, try to stay with the canoe on the upstream side. If you lose the canoe, float on your back, feet-first downstream. Don't stand in rapids; your feet and legs can get trapped.

Don't overestimate your swimming ability. Drownings are a bigger risk for canoeists than other boaters. Never try to swim or wade across a river, and beware of strong currents and sharp drop-offs.

Jet skis or personal watercraft (PWC)

Check your local laws. Some states have age limits and other regulations. If you plan to rent a PWC and are unfamiliar with the craft, have an instructor show you how and use extra caution.

Wear a helmet. Your head is vulnerable to serious injury.

Remember that a PWC is jet propelled. This means if the throttle is released, you lose most of your ability to steer.

Ride in main channels, not shallow areas, and stay well away from the shoreline.

Be aware that PWC noise is not only irritating to people, but disturbing to wildlife.

Avoid high speeds and observe posted no-wake zones to prevent erosion, especially in narrow streams and inlets. ●

Want to Know More? For safe waterskiing and life jacket care tips, and a list of local boating organizations, call 610-402-CARE.

The Right Life Jacket

The U.S. Coast Guard requires a life jacket for everyone aboard a boat. Avid waterskier Katie Mahanna, who lives near Reading, models a Type II jacket (top), the best type for turning you from facedown to faceup and for keeping your nose and mouth out of the water, and a Type III, popular because it offers more comfort and freedom. Make sure your jacket is the right size and fits snugly, and KEEP IT ON!



The Emotional Side of Heart

'Hardening of the attitude' is as dangerous as hardening of the arteries

When you're faced with a slow line at the bank, broken vending machine or late elevator, do you get steamed up and want to blame someone? "Getting angry at everyday frustrations is like taking a little dose of slow-acting poison," says Michael Kaufmann, M.D., chair of psychiatry at Lehigh Valley Hospital and Health Network. "Sooner or later, it will have a harmful effect on your heart."

The mind-body connection to stress has long been known, says Kaufmann's colleague, cardiologist Donald Belmont, M.D. He points to what happens to accountants around April 15: higher cholesterol and higher blood pressure, among other things.

New research shows that negative emotions themselves raise your risk of coronary artery disease and of dying from a heart attack. "These studies confirm that hostility not only makes you unhappy, it can kill you," Kaufmann says.

"We're not talking about the kind of hostility that drives a person to criminal behavior, but the daily sort of anger and irritation experienced by many perfectly normal people," he says. And hostility and depression lead to behaviors that further increase your risk; people who suffer from them are more prone to smoking, excessive drinking and other heart-damaging habits.

"Tough customers" is what PennCARE psychologist Lawrence Decker* calls such people. Decker should know; he's one himself, as he discovered after undergoing a quadruple coronary bypass two years ago. In his book *Change of Heart*, he describes a tough customer as rigid, mistrustful, defensive, hostile or depressed. "This person is full of *shoulds*," he says. "I call it hardening of the attitude."

It's not much different from the classic "type A" personality once linked with heart disease. But research now has shown that the hard-driving, competitive aspects of "type A" are not heart disease-related—only the hostility is.

Women are just as likely to be tough customers as men, Decker says, but tend to show it as depression or hopelessness rather than anger. Passive or active, these emotions are closely related. The good news is that depression (often the underlying cause of hostility) is highly treatable. With a combination of medications and counseling, the vast majority of sufferers recover fully.

Hit Your "Heart Reset" Button

Cardiac psychologist Lawrence Decker suggests this 20-second "heart reset" technique when stress puts your emotions into high gear:

- Stop what you're doing.
- Take 10 deep "belly" breaths.
- Think about someone or something you cherish.
- As you focus on this image, feel the warmth and caring it creates in your heart.

"Research has proven that love is incompatible with stress and fear," Decker says. "Have love in your heart and it will calm you down. It's that simple."

Heart Disease

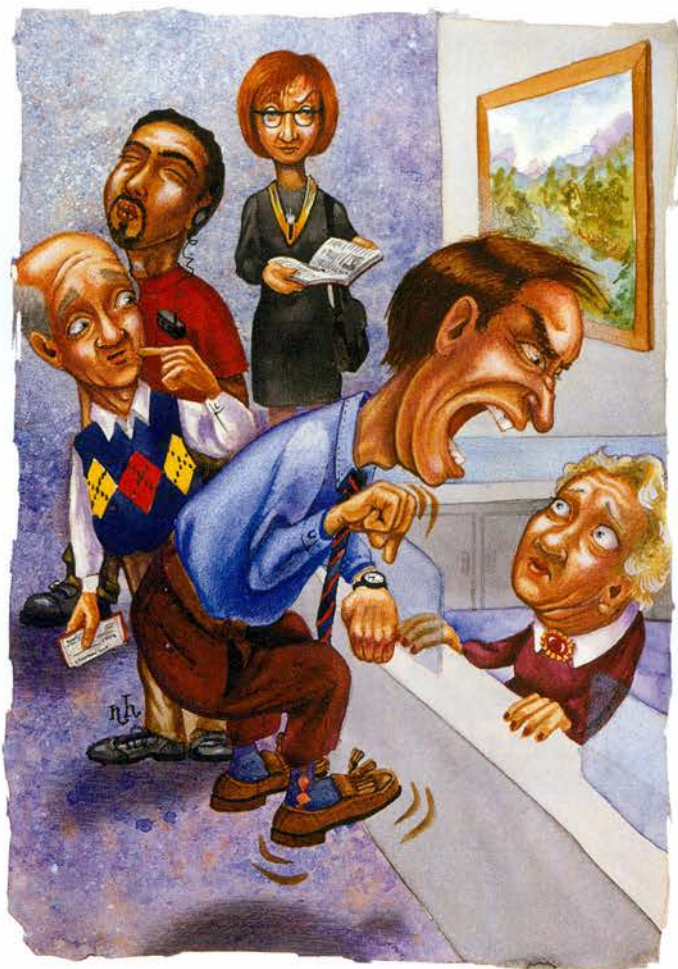
However, treatment for heart disease rarely includes the mental health component. An exception is LOVAR (Lowering of Vascular Atherosclerotic Risk). This pioneering Lehigh Valley Hospital and Health Network study aims to find out how well an aggressive risk reduction program—including psychological counseling—works in preventing heart disease and stroke. “We know that heart attack patients whose rehabilitation includes ‘type A’ counseling are 50 percent less likely to have a recurrence,” Belmont says.

Decker has developed a program to change “tough customer” traits into “survivor” traits. He suggests you:

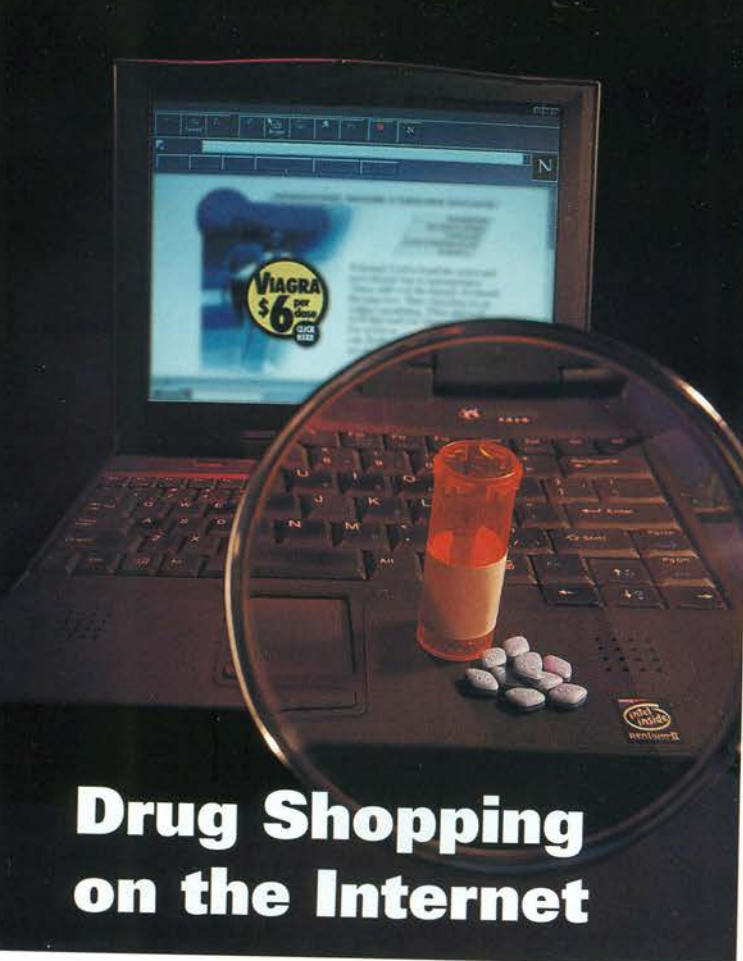
- **Learn to forgive** rather than clinging to resentment.
- **Appreciate what you have.**
- **Seek positives** rather than avoiding negatives. “We all know the difference between an athlete who’s trying to win versus trying not to lose,” Decker says.
- **Stop magnifying your problems.** “The better choice is to focus on coping strategies.”
- **Practice trusting others.**
- **Increase your empathy** in a conflict by putting yourself in the other person’s shoes.

The goal, Decker says, is “to move beyond the limited personality you’ve chosen and the limited beliefs that run you. You’re much bigger and more powerful than that.” And if you realize it, you can literally save your life. ●

Want to Know More? For information on heart disease care and prevention, or to find out how to purchase the book *Change of Heart*, call 610-402-CARE.



** Lawrence Decker is on the staff of Doylestown Hospital, a member of the PennCARESM health network.*



Drug Shopping on the Internet

Are consumers taking risks in the name of convenience?

questions about their health, and provide payment and shipping information.

What's wrong with this? "Someone who wants Viagra badly enough can give false answers to the health questions and wind up with a drug they shouldn't have," says Howard Cook Jr., a pharmacist at Health Spectrum Pharmacy Services of Lehigh Valley Health Network. "These drugs are available by prescription for a reason. Unsolicited offers that bypass your own doctor can be dangerous to your health."

While you should avoid these types of offers, there is a growing number of legitimate "cyberpharmacies" in the online world. The biggest plus is convenience. After your doctor writes a prescription, you can fax or mail it to the cyberpharmacy (or have your doctor mail, fax or phone it in). The prescription is filled and delivered, and you never have to leave the house.

This kind of service offers special value for elderly or disabled people who have difficulty getting to a pharmacy, Cook says, and for people who are modest about drugs like Viagra. But he warns that the pharmacist-patient relationship shouldn't be sacrificed. "Your pharmacist knows your medical history, and can learn a lot about your concerns and how to help you by talking with you face to face," he says.


For good or ill, the Internet is changing the way people relate to health professionals. Some people are shopping online for prescription drugs, Cook says, then using the cyberpharmacy to solicit their doctors for that medicine. "In marketing directly to the consumer, cyberpharmacies are interfering with the traditional physician-patient relationship. They're making prescription medications a consumer commodity." ●

Want to Know More? For a list of reputable online pharmacies, call 610-402-CARE.

"Viagra \$6 Per Dose—Buy Discreetly Online Here." This actual, unsolicited e-mail is a tempting offer for men suffering from impotence or simply wishing to reclaim their youth. Those who respond are invited to a web site where they can get Viagra without a prescription. They simply have to agree to legal terms, answer "online consultation"



Food and Mood



Your brain
needs the right
mix of foods
to keep you
feeling good

What you eat affects your long-term risk of heart disease, cancer, diabetes and osteoporosis, but did you know your menu choices also affect your mood? Some of the chemicals in your brain called neurotransmitters are manufactured directly from the food you eat. They help regulate your appetite, mental functioning, mood and wake-sleep cycle.

The two most important neurotransmitters are serotonin and norepinephrine, says Lehigh Valley Hospital and Health Network registered dietitian Mildred Bentler. "Eat a carbohydrate-rich meal and you raise serotonin levels, making you feel calm or even drowsy," Bentler says. "Eat protein-rich foods and you block serotonin, increasing norepinephrine levels and boosting your alertness, mood and energy levels."

Just as foods affect neurotransmitters, the process also works in reverse. Raise your serotonin levels with a high-carbohydrate meal and you'll probably seek protein at your next meal. Lower serotonin too far and you'll feel sluggish and depressed, triggering a search for candy, cookies or pastries. In fact, these imbalances can cause cravings and an unhealthy eating cycle for some people, Bentler says.

"Poor eating habits create patterns in the brain chemicals that regulate appetite and mood, so you become a victim of mood swings, food cravings, poor sleep habits and other emotional problems," she says. "Your brain needs a steady diet of the right foods." Bentler recommends that you:

- **Always eat breakfast** to improve alertness, learning ability, job performance and mood.
- **Combine protein and carbohydrate foods at mealtime** to balance blood sugar and energy level.
- **Satisfy your craving for carbohydrates with complex carbohydrates** such as pasta, which bring you up and ease you down more gently than sweets.
- **Eat a variety of foods** to supply all the nutrients your brain needs.
- **Keep meals small and frequent** to help your body absorb and use nutrients better and maintain stable levels of blood sugar and chemicals.
- **Keep meal times consistent** for a steady flow of nutrients to the brain. ●

Want to Know More? For a guide to protein-rich and carbohydrate-rich foods you can use to help maintain your mood and energy levels, call 610-402-CARE.

Good Health on Campus

CEDAR CREST
COLLEGE

As you prepare to send your child off to college for the first time, you've done all the typical things: looking through catalogs, completing applications, visiting campuses. Both of you are looking forward to this new stage in your lives.

Then, it's time to leave her in her dorm room. Suddenly you feel a flood of emotion more intense than you'd ever imagined. What if she gets sick, or depressed, or just stressed-out—with no one to help?

These feelings are not unusual. As a parent, you teach your children the difference between right and wrong and comfort them when they're hurting. Then one day, you drop them off at school to fend for themselves.

"One of the best ways to reduce anxiety is to make sure they know how to care for their health when Mom isn't around," says Nancy Crane-Roberts, nurse practitioner at College Health Services,* Cedar Crest College, Allentown. Here are some things to consider:

Check out campus health resources ahead of time

When considering a school, ask the admissions office about campus health services—staffing, hours of operation, after-hours access and how medications are handled. Crane-Roberts suggests stopping at the college health office when you visit campus and discussing any special needs with the health services director. For example, if a young woman has a history of asthma, diabetes, cardiac problems or an eating disorder, health services should be aware of it.

"College is a big change, which can be stressful," she says. "Social and academic pressures can cause health conditions to flare up." Many colleges have resources to help students cope. Cedar Crest, for example, offers free programs on stress management, study skills, homesickness and the pressure of finals, as well as individual and group counseling.

Make sure the student knows about insurance coverage

Students away at college should be familiar with their insurance coverage and how to use it, says Laura Mertz, director of marketing for Lehigh Valley Health Network's Valley Preferred health

How to prepare your son or daughter for health issues in the college years

Touring the Cedar Crest College campus are freshman Adrienne Frankel of Allentown and her parents, Elizabeth and Joseph.

plan. In Pennsylvania, you can keep your children on your family plan up to age 23 if they're full-time students. Older students and others not covered by the parents' plan should consider purchasing the plan offered by the college, she advises.

Regardless of what plan you have, see what provisions it has for out-of-area, routine and emergency services and decide whether this will be adequate for your student's needs, Mertz says. Consider the student's activities. If he or she participates in an intramural or inter-collegiate sport or is prone to roughhousing, you may want to purchase enhanced coverage, if available. Then talk to your son or daughter about what the plan does and does not cover.

Also, make sure the student has a convenient way to pay for routine health needs like throat cultures or antibiotics. College health services usually provide receipts but generally do not submit claims.

Have a heart-to-heart talk about health-related issues

Whether to be sexually active or experiment with drugs or alcohol—these are the kinds of decisions nearly all college students face. Adolescent medicine specialist Sarah Stevens, M.D., of Lehigh Valley Hospital and Health Network, encourages “what-if talks” to prepare your son or daughter for such situations.

“Ask, ‘What do you plan to do if all your friends get drunk at a party? If you're offered illegal drugs? How would you protect yourself from sexually transmitted diseases or unwanted pregnancy if you chose to be sexually active?’” Stevens says.

“Even if you don't agree with the answers, reinforce your faith in your child's ability to make appropriate decisions,” she says.

After all, a college student age 18 or older is legally an adult. College health providers are required to protect students' confidentiality, even from parents. But wise parents know that the best way to encourage students to take responsibility for their health is to treat them like mature adults. ●



College health services nurse practitioner Nancy Crane-Roberts advises Cedar Crest student Heather Major.

**College Health Services is a program of Lehigh Valley Health Network that serves as a full-service health care resource for area universities and colleges, including Cedar Crest College. For information on College Health Services, call 610-402-CARE.*

A College Prep Health Checklist

- ___ Get required immunizations (including meningitis, as recommended by the American College Health Association).
- ___ Review insurance coverage and how to use it.
- ___ Arrange for access to money (credit card, checking account with a bank near campus) in an emergency.
- ___ Discuss “health maintenance” including regular exercise, sleep needs and nutrition.
- ___ If the student has a health condition, provide the college health service with any relevant information and the name and telephone number of your physician.

Want to Know More? For a handy health insurance card, a complete list of recommended immunizations and college health services checklist, call 610-402-CARE.



All About Those Ugly Veins

Thanks to a range of treatment options, you don't have to live with them

Varicose veins are enough to turn bathing-suit season into cover-up season for many women. If you're one of them, take heart. Physicians who specialize in vein therapy can offer many treatment options today for varicose and spider veins.

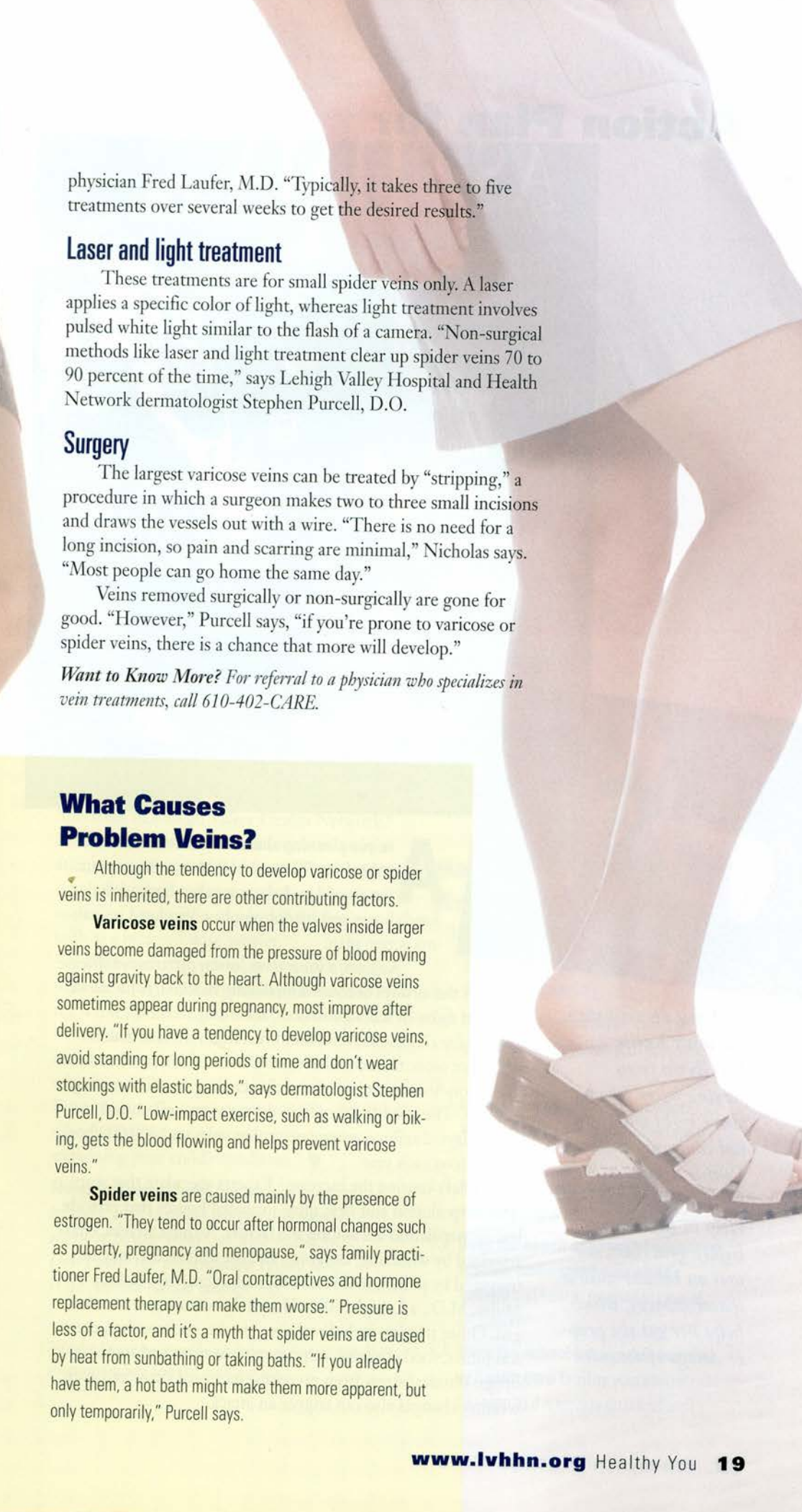
Everyone knows what varicose veins look like: the large, bulging blue leg veins that make us want to swear off shorts forever. Spider veins are tiny, dilated blood vessels that resemble a sprawling red web.

Is getting rid of them largely a matter of looking better? "Spider veins can cause discomfort but are primarily a cosmetic concern," says Lehigh Valley Hospital and Health Network vascular surgeon Gary Nicholas, M.D. "Varicose veins are more serious. If left untreated, they can get bigger and eventually cause ulcers." There's no harm to the circulation in removing either varicose or spider veins, he says. "A deeper system of veins carries most of the blood back to the heart, so it's safe to eliminate unwanted, visible blood vessels."

The best treatment depends on the size and type of veins. Here are the options:

Sclerotherapy

The most common treatment for varicose and spider veins, sclerotherapy involves injecting a solution into the veins with a fine needle. It is sometimes used in conjunction with laser or light treatment (known as PhotoDerm) for small spider veins. "These non-surgical methods irritate the lining of the vessel, causing it to squeeze the blood out and 'glue' itself shut," says Lehigh Valley Hospital and Health Network family practice



physician Fred Laufer, M.D. “Typically, it takes three to five treatments over several weeks to get the desired results.”

Laser and light treatment

These treatments are for small spider veins only. A laser applies a specific color of light, whereas light treatment involves pulsed white light similar to the flash of a camera. “Non-surgical methods like laser and light treatment clear up spider veins 70 to 90 percent of the time,” says Lehigh Valley Hospital and Health Network dermatologist Stephen Purcell, D.O.

Surgery

The largest varicose veins can be treated by “stripping,” a procedure in which a surgeon makes two to three small incisions and draws the vessels out with a wire. “There is no need for a long incision, so pain and scarring are minimal,” Nicholas says. “Most people can go home the same day.”

Veins removed surgically or non-surgically are gone for good. “However,” Purcell says, “if you’re prone to varicose or spider veins, there is a chance that more will develop.”

Want to Know More? For referral to a physician who specializes in vein treatments, call 610-402-CARE.

What Causes Problem Veins?

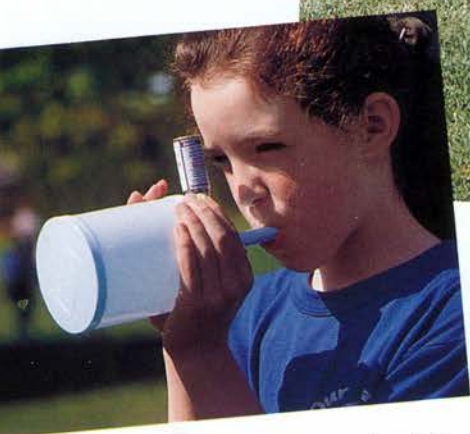
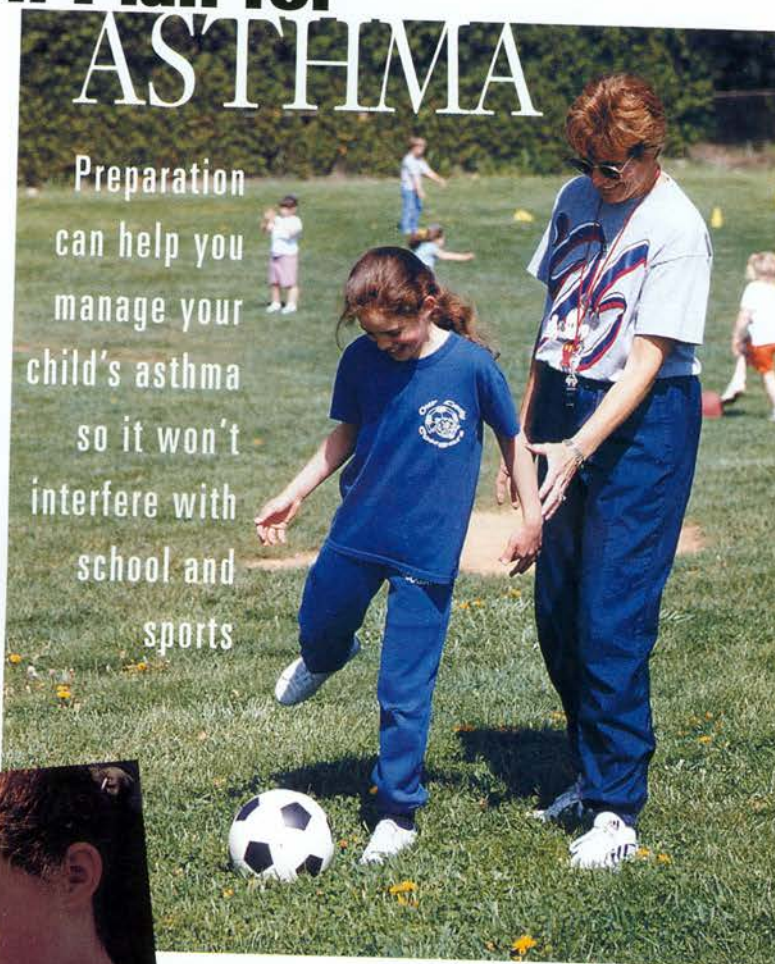
Although the tendency to develop varicose or spider veins is inherited, there are other contributing factors.

Varicose veins occur when the valves inside larger veins become damaged from the pressure of blood moving against gravity back to the heart. Although varicose veins sometimes appear during pregnancy, most improve after delivery. “If you have a tendency to develop varicose veins, avoid standing for long periods of time and don’t wear stockings with elastic bands,” says dermatologist Stephen Purcell, D.O. “Low-impact exercise, such as walking or biking, gets the blood flowing and helps prevent varicose veins.”

Spider veins are caused mainly by the presence of estrogen. “They tend to occur after hormonal changes such as puberty, pregnancy and menopause,” says family practitioner Fred Laufer, M.D. “Oral contraceptives and hormone replacement therapy can make them worse.” Pressure is less of a factor, and it’s a myth that spider veins are caused by heat from sunbathing or taking baths. “If you already have them, a hot bath might make them more apparent, but only temporarily,” Purcell says.

Action Plan for ASTHMA

Preparation
can help you
manage your
child's asthma
so it won't
interfere with
school and
sports



Asthma doesn't stop Easton's Kellie McGlynn from playing soccer (shown above right with physical education teacher Connie Statile at Our Lady of Perpetual Help in Bethlehem). Before gym class, she uses an inhaler with a spacer (above), which helps her get the proper dosage of medicine.

Are you planning ahead for the start of another school year? If your child has asthma, your list should include more than backpacks, lunch boxes and school supplies. You need an asthma action plan.

Asthma, a long-term, often progressive disease in which the airways become temporarily blocked, is the most common cause of school absences, according to the U.S. Centers for Disease Control and Prevention. In fact, asthma rates have more than doubled since 1980, and it's estimated that 15 million Americans have asthma, including 5 million young children. The result is 10 million doctor visits and missed school days, 2 million emergency room visits and 500,000 hospitalizations each year.

What's causing the increase? Experts speculate that worsened air pollution and new, ultra-insulated houses that provide less air circulation are among the factors. Asthma attacks, characterized by wheezing, coughing and breathlessness, may be triggered by pollen, mold and other allergens, says Robert Miller, M.D., a Lehigh Valley Hospital pediatric pulmonologist. Other triggers include tobacco smoke, cockroaches, chemical fumes, food allergies, respiratory infections and some drugs. Physical stress from exercise, emotional stress and even weather changes also can trigger an attack.

Working with your child's school

The best way to manage asthma and keep your child in school is to partner with your allergist, pulmonologist and pediatrician on prevention and planning. "Parents should understand what triggers their child's asthma attacks, and work at home and with the school to minimize the triggers," Miller says. "We can't cure asthma, but we certainly can control it."

Always tell key school staff that your child has asthma, Miller says. He suggests compiling a list of triggers and reviewing it with the school nurse and the child's teachers and coaches. Some children only have asthma attacks when they exercise, so they need medication before activities begin. "It's important that physical education teachers and coaches understand asthma because exercise-induced asthma is very treatable," Miller says. "There are Olympic athletes with asthma."

It's also important to make sure the school understands the early warning signs of an asthma attack, such as coughing, chest congestion, decreased tolerance for exercise, wheezing and shortness of breath.

Prevention begins in August

"The best way to treat asthma is preventively," Miller says, "so begin planning in August, not September. You can establish a medication level that can be maintained throughout the school year to prevent asthma attacks."

There also are medications to relieve symptoms when an attack occurs, says Yvonne Bennett, general manager of Health Spectrum of Lehigh Valley Health Network.* Most of the medications used in acute asthma attacks are called *bronchodilators*. They're inhaled through either a special air compressor called a nebulizer or a handheld device such as a metered dose inhaler.

Make sure the school nurse is familiar with the equipment, especially if it's kept in the nurse's office.

"Some schools do not allow children to carry medications, so it's important that your school understands your child's needs," Bennett says. "You may want to meet with the school nurse or get a letter from a doctor explaining your child's condition." ●

Want to Know More? For a guide to asthma triggers, ways to reduce triggers and control allergens in your home, call 610-402-CARE. Don't miss the presentation *Living Well With Asthma* (details on page 33).

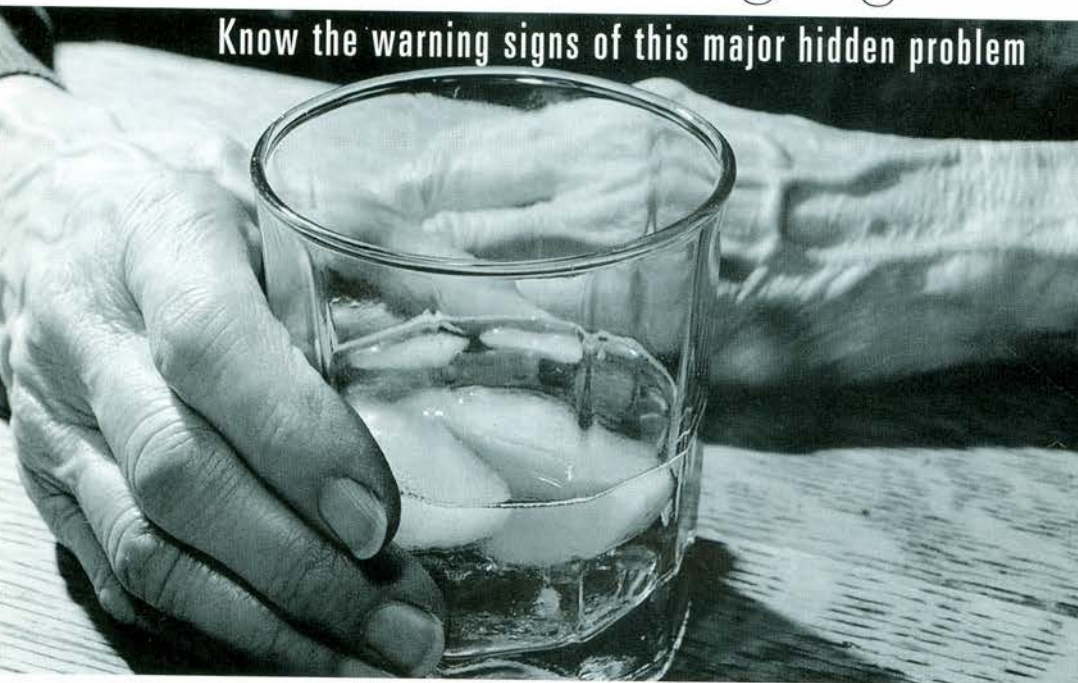
**Health Spectrum provides in-home and school-based programs to help families with asthma.*

Back-to-School Asthma Checklist

- Does the school have a full- or part-time nurse who knows your child's asthma condition?
- Is the nurse prepared to monitor preventive treatment and respond if an attack occurs?
- Is someone available to monitor after-school activities in which your child is involved?
- Are the teachers aware of the early warning signs of an asthma attack?
- Does the coach or physical education teacher understand your child's asthma and how to respond in case of an attack?
- Does the school know what hospital or health care facility your child should be taken to if a serious attack occurs?

Alcohol and Aging

Know the warning signs of this major hidden problem



Behind closed doors, an alarming number of older adults are turning to alcohol. “It is a way to blunt the pain, isolation and depression that can come with age,” says Francis Salerno, M.D., chief of geriatrics at Lehigh Valley Hospital and Health Network. “Alcohol abuse by older adults is a major hidden problem. It is under-diagnosed and under-treated by many physicians and often unrecognized by family and friends.”

Why is alcohol abuse in older adults so difficult to recognize? For one thing, older drinkers usually take pains to hide their problem. Also, it can be hard to distinguish between healthy social drinking and abuse. Some of the symptoms of alcoholism—forgetfulness, dizziness, falls, insomnia or weight loss—can be confused with other age-related health problems. Finally, since alcoholism in older adults is so poorly understood in our society, it’s easy for a lifelong pattern of problem drinking to continue.

The cause of alcohol abuse is still debated, Salerno says, but there is evidence that some people have a genetic disposition toward it. That inborn tendency to be an alcoholic can still be a strong factor even when it doesn’t surface until later in life, he says. And older men are nearly 10 times more susceptible than older women.

Drowning anxiety and depression

For many older adults, alcohol abuse is triggered by the loss of a spouse, retirement, isolation or the pain of a serious physical condition. These events can cause tremendous anxiety and depression that create new patterns of alcohol use or abuse, says Tom Miller, director of adult partial hospitalization services for Lehigh Valley Hospital and Muhlenberg Hospital Center.

“Many people had their identities wrapped up in their jobs

If you believe you or someone you know may be an alcoholic, call these numbers:

Alcoholics Anonymous
(for alcoholics)
610-882-0558

Al-Anon
(for friends and family of alcoholics)
610-778-2066

or their function in the family, and when that is gone, they are totally out of sync with their support system,” Miller says. “For some, alcohol may ease anxiety and depression, while others fall into new social routines that encourage alcohol abuse.”

Feeling the effects

The effects of alcohol increase with age because the body loses its ability to absorb and clear alcohol from the system. Over-consumption disrupts sleep, robs the body of nutrients, and affects memory and judgment. Drinking also affects coordination and reaction time, increasing the risk of falls and accidents. And alcohol reacts with more than 150 over-the-counter and prescription drugs, with dangerous or even fatal results.

The long-term effects of alcohol abuse include damage to the brain and central nervous system, and to the liver, heart, kidneys and stomach. Alcohol increases the risk of cancer, especially head and neck cancers when combined with smoking. It is especially dangerous for those with diabetes and high blood pressure.

Helping an older alcoholic

Treating alcoholism can be difficult because alcoholics usually deny and rationalize their problem. Older adults are particularly reluctant to change, says Laurence Karper, M.D., psychiatrist and medical director of substance abuse services at Lehigh Valley Hospital and Health Network. “What often convinces an alcoholic to get help is a sudden event, such as losing a job.”

Friends and family, he says, often need to confront the alcoholic directly about the problem. For older adults, he suggests a gentler confrontation style such as asking questions that can help the alcoholic see the link between alcohol abuse and its consequences. Family members should be careful about actions that “enable” the drinking (such as keeping the liquor cabinet supplied).

“It can be difficult to confront an older adult, but intervention is the only strategy that works, regardless of age,” Salerno says. “An alcoholic has to know you’re serious.” He recommends having a plan that includes Alcoholics Anonymous (AA) and a physician who knows how to treat the medical effects of detoxification. AA is a 12-step program that offers support through group meetings. While it tends to attract a younger population, Salerno says, it is the most effective way to treat alcoholism. ●

Want to Know More? Call 610-402-CARE for information about the effects of alcohol on diabetes and heart disease.

Is Someone You Love in Trouble?

Warning Signs of Alcoholism

- Changes in behavior patterns, such as not showing up for events or spending more time alone.
- Periods of forgetfulness.
- Changes in the way a home is cared for.
- Personality changes, such as angry outbursts.
- Changes in sleeping patterns.
- Blackouts, traffic accidents and falls.
- Behaviors when drinking that you find annoying.
- Inability to cut back on drinking.
- Feelings of guilt about drinking.

Tea Drinkers: Think Green!

Research shows that the antioxidants in green tea help prevent cancer and other ills

Americans are discovering what the Chinese have known for 4,000 years: green tea can help prevent disease and improve your health. The reason is antioxidants, substances that neutralize the damaging by-products (free radicals) produced when the body burns oxygen.

Recent research shows that the antioxidants in green tea are more powerful cancer fighters than those in vitamins C and E.

“Green tea’s antioxidants are naturally occurring chemicals called polyphenols,” says Wendy Grube, nurse practitioner at Lehigh Valley Hospital and Health Network. “They have been shown to protect against cancer, particularly of the lung, breast, prostate, liver, skin, esophagus and colon.” Green tea also guards against heart disease, extends life span by bolstering the immune system, and prevents dental cavities and gingivitis.

What is this powerful healer? Green tea is made from the same leaves as black and oolong tea. “The difference is that it doesn’t undergo the process that gives black tea its color,” Grube says. “That process robs black tea (and to a lesser extent, oolong tea) of some of its polyphenols.”

Green tea has about 30 milligrams of caffeine, just a third of that found in black tea. For those who like decaf, caffeine-free green tea extracts are available, Grube says. ●

Want to Know More? For a guide to the antioxidants in green tea and other foods, call 610-402-CARE. Don't miss the presentation described on page 26.

Get the Most From Green Tea

Planning to add green tea to your diet? Here are some facts to keep in mind:

- Loose tea is more potent than tea bags. When tea leaves are sorted by size, the dust left over is put in tea bags.

- Steep tea for 2-3 minutes. Green tea also contains tannins, which can cause stomach upset if the tea is steeped too long.

- Drink 3-4 cups a day. That's how much was consumed by people in cancer prevention studies.

- Avoid adding milk or cream, which block the tea's beneficial effects.





Healthy You

Health Improvement Classes

July-September 1999

What's New and Notable

Healthy Eating

- Reinventing Meals With Soy
- Heart-Smart Shopping
- Drink Up: Green Tea
(Also see article on page 24.)
- Culinary Adventure Series: Southwest Cooking

Fitness

- Strength Training: Get the Max From Your Muscles
- Aerobics and Conditioning Classes for Adults



Mind and Body

- Healing Movements for the Season: Late Summer
- Mind/Body Medicine Series
- Aikido

Men's Health

- Snoring or Sleep Apnea?



Women's Health

- Osteoporosis Lecture Series: Stand Tall
- Lymphedema and Breast Cancer
- Pregnancy and Exercise
- Ethical Issues in Assisted Reproduction

Disease Care

- Living Well With Asthma
(Also see article on page 20.)



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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 see the registration form on page 35 for other ways to register.



Healthy Eating

Reinventing Meals with Soy **NEW**

Soybeans are among the most versatile foods in the world. Learn about the variety of soy products (you'll receive a soy food directory) and the health benefits of including them in your diet.

\$5

- Wednesday, July 28; 6:30-8 p.m.
- Class meets at CC, Classroom 1.*
Amy Virus, registered dietitian

Heart-Smart Shopping **NEW**

Take a supermarket tour and learn to make healthier choices to lower your cholesterol. Get insider tips on label reading, decreasing fat and increasing fiber. Watch an in-store cooking demonstration.

\$10

- Tuesday, Aug. 3; 9-10:30 a.m.
 - Wednesday, Aug. 18; 7-8:30 p.m.
- Class meets at Wegmans, 2nd floor café.*
Cindy L. Groman, chef, cooking coach coordinator
Amy Virus, registered dietitian

Drink Up: Green Tea **NEW**

Spirit of Women

The health benefits of green tea have been in the headlines lately. Come learn about green tea's history and tradition, and how to make the perfect cup, hot or iced. Join our taste testing.

\$10

- Wednesday, July 28; 7-8:30 p.m.

Class meets at TX.

Brian H. Kunsman, holistic practitioner

Culinary Adventure Series **NEW**

Join a local chef as he shares his secrets and passion for Southwest cooking. Learn how to successfully plan and prepare an exciting meal.

\$5

- Tuesday, July 20; 7-8 p.m.

Class meets at TX.

Joe Kratochwil, executive chef, Wegmans

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

- Wednesday, July 21; 9-10 a.m.

Class meets at TX.

- Thursday, Aug. 12; noon-1 p.m.

Class meets at Allentown Jewish Community Center.



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

Wegmans
 3900 Tilghman 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.



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

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

Whether you're an avid athlete or just enjoy an occasional workout, you can benefit from strength training. Strength training gives your body more horsepower, allowing you to do more work with less effort and burn more calories.

Free

- Tuesday, Aug. 3; 7-8 p.m.

Class meets at CC, Classroom 1.

John Graham, exercise physiologist

Aerobic and Conditioning Classes for Adults

NEW

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

\$32 per month for unlimited classes

Class meets at 1243, Lower Level.

For more information, call 610-402-CARE.

Sixty "Fitness" Minutes Classes

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

Monthly fees:

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

OR

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

Locations:

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

Exercise 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 fitness expert.

Free

- Thursday, July 15; 6:30-7:30 p.m.

- Thursday, Aug. 19; 6:30-7:30 p.m.

Class meets at MHC, Banko Family Community Center.

Mind and Body

Healing Movements for the Season: Late Summer **NEW**

Spirit of Women

A gentle series of movements based on martial arts and Oriental health five-element theory will help you enhance your well-being and "cleanse" your body, easing you from the summer months into the fall. No experience needed; wear loose, comfortable clothes.

\$15

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

Class meets at TX.

Brian H. Kunsman, Tai Chi instructor

Aikido **NEW**

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

\$60 per month - 2 classes per week

\$30 per month - 1 class per week

For class location and schedule,

call 610-402-CARE.

Mind/Body Medicine Series **NEW**

Spirit of Women

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

\$5 per session • Wednesdays, 7-8:30 p.m.

- Sept. 29: Mind/Body Type and How It Affects You
- Oct. 6: Balanced Nutrition, Supplements and Herbs
- Oct. 13: Aromatherapy and Light Therapy, Guided Imagery, Biofeedback
- Oct. 20: Yoga and Meditation

Class meets at TX.

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.

6 classes • \$36

- Tuesday, Sept. 14; 6-7 p.m.
(first session)

Classes meet at Allentown Jewish Community Center.

- Thursday, Sept. 16; 6:45-7:45 p.m.
(first session)

Classes meet at TX.

Kripalu Yoga

Yoga relaxes the body, calms the mind and soothes emotions. Join us to release stored tension and increase flexibility. Bring a pillow, blanket or mat.

Medical history questionnaires are required in advance of class participation.

6 classes • \$46

Novice students can choose from 3 sessions:

- Begins Monday, Sept. 13;
7:30-8:45 p.m. (gentle)
- Begins Tuesday, Sept. 14;
6:00-7:15 p.m. (gentle)

Classes meet at TX.

- Begins Wednesday, Sept. 15;
10:30-11:45 a.m. (gentle)

Classes meet at Allentown Jewish Community Center.

Experienced students can choose from 3 sessions:

- Begins Monday, Sept. 13;
6:00-7:15 p.m. (vigorous)
- Begins Tuesday, Sept. 14;
7:30-8:45 p.m. (deep)

Classes meet at TX.

- Begins Thursday, Sept. 16;
6:30-7:45 p.m. (deep)

Classes meet at MHC, Banko Family Community Center.

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.

Men's Health

Snoring or Sleep Apnea? **NEW**

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

Free

- Monday, Sept. 13; 7-9 p.m.

Class meets at CC, Auditorium.

John P. Galgon, M.D., pulmonologist

Spirit of Women

Women's Health

Osteoporosis Lecture Series: Stand Tall

NEW

Learn how to reduce your risk for osteoporosis, and how to talk to your doctor about your questions and concerns.

Free

- Tuesday, July 20; 1-2:15 p.m.

Ellen Field-Murves, M.D., rheumatologist

Class meets at TX.

Lymphedema and Breast Cancer **NEW**

Come join other breast cancer survivors and learn how to treat and manage lymphedema (an abnormal accumulation of fluid), which may occur after surgery.

Free

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

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

Pregnancy and Exercise **NEW**

Exercising throughout your pregnancy can be fun and beneficial. Learn about the correct and safe ways to keep fit and healthy.

Free

- Tuesday, Aug. 31; 10 a.m.-noon

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

Ethical Issues in Assisted Reproduction

NEW

Learn about the various methods of assisted reproduction including fertility drugs, artificial insemination, in vitro fertilization and the ethical issues associated with these methods.

Free

- Wednesday, Sept. 8; 7-8 p.m.

Class meets at TX.

Elizabeth Meade, Ph.D., Cedar Crest College

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, July 24; 10:30 -noon

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

- Saturday, Sept. 11; 10:30-noon

- Tuesday, Sept. 14; 6:30-8 p.m.

Classes meet at TX.

- Monday, Aug. 2; 6-7:30 p.m.

- Monday, Sept. 20; 6-7:30 p.m.

Classes meet at MHC, Banko Family Community Center.

Depression and Women: Myths and Answers

Is it the blues, fatigue or 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 and discuss symptoms, causes and treatment options. A free confidential screening offered.

Free

- Tuesday, Sept. 14; 7-8:30 p.m.

Class meets at TX.

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

Childbirth and Newborn Care

Register
NOW

for classes starting in August & September

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, Sept. 23; 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.

Childbirth and Newborn 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, Aug. 4; 6-7:15 p.m.
- Wednesday, Sept. 1; 6-7:15 p.m.

Class meets at TX.

Ages 5 and older

- Wednesday, Aug. 11; 6-7:15 p.m.
- Wednesday, Sept. 8; 6-7:15 p.m.

Class meets at TX.

One-day Lamaze

Same topics as Prepared Childbirth Series (see page 29), 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.

Infant/Child CPR

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

\$25/person or \$35/couple

- Tuesday, Aug. 17; 6-9 p.m.

- Tuesday, Aug. 24; 6-9 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, Aug. 2, Sept. 13; 6:30-7:45 p.m. (first session)

Classes meet at TX.

- Tuesdays and Thursdays, Aug. 17; 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.

Analgesic Options in Childbirth

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

Free

- Thursday, Aug. 12; 6-7 p.m.

Class meets at 17, Auditorium.

John Collins, M.D., obstetrical anesthesiologist

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, Aug. 2, Sept. 13;
10:30-11:30 a.m. (first session)

Classes meet at 1243.

• Tuesdays and Thursdays, Aug. 3, Sept. 14;
10:15-11:15 a.m. (first session)

Classes meet at TX.



Medicare Counseling

Current Medicare beneficiaries and those about to retire are invited to make an appointment for free, confidential counseling related to alternate forms of participation in Medicare, your rights as a patient, Medicare coverage, billing issues and claims. Counselors are trained Apprise volunteers from the Lehigh County Area Agency on Aging. Call 1-888-584-PLUS (7587) for an appointment.

Your Future in Social Security

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

Free

• Thursday, July 22; 7-8:30 p.m.

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

• Thursday, Aug. 26; 7-8:30 p.m.

Class meets at 17, Auditorium.

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,

Age 50-Plus

Just the Two of You — Relationships After Retirement **NEW**

Learn how to make your "golden years" a time of growth, opportunity and happiness for you and your partner. A marital therapy expert will discuss the changes to expect after retirement, and how to adjust and make the most of your time, individually and together.

Free

• Wednesday, July 28; 6:30-7:30 p.m.

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

Nicholas Jupina, senior therapist

Mublenberg Behavioral Health,

Lehigh Valley Hospital and Health Network

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; 6:30-7:30 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

SENIORS' HORIZONS

Join us for Seniors' Horizons, a two-day education and entertainment celebration of the International Year of Older Persons.

Free

• Wednesday, Sept. 15; 10 a.m.-8 p.m.

• Thursday, Sept. 16; 10 a.m.-4 p.m.

Agricultural Hall, Allentown

Fairgrounds, 17th and Chew Sts.

Vitality PLUS

At a reduced rate or free for GOLD Members

55 Alive

Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Save money on your auto insurance if you are over 55 and reduce your risk of accidents at the same time. A community education service of Lehigh Valley Hospital's Trauma Department. Bring your own refreshments and snacks.

- Free for Vitality Plus GOLD members •
- Non-members pay instructor \$8 via check made payable to AARP
- Monday & Wednesday, July 12 & 14; 5-9 p.m.
Class meets at MCC, Classroom 1A.
- Tuesday & Thursday, Aug. 24 & 26; 9 a.m.-1 p.m.
Class meets at SON, Third Floor Conference Room.



Tai Chi for People Over 50

Beginners will be introduced to this graceful fitness system that began as a martial art form over 2,000 years ago. The slow, gentle movements of Tai Chi improve muscle tone, flexibility, sense of balance and reduce the risk of falling. Wear loose, comfortable clothing and sneakers.

- 6 sessions
 - \$45 for Vitality Plus GOLD members •
 - \$55 for others
 - Monday, July 19; 10:30 a.m.-noon (first session)
 - Saturday, July 24; 10:30 a.m.-noon (first session)
 - Saturday, Sept. 11; 10:30 a.m.-noon (first session)
 - Monday, Sept. 13; 10:30 a.m.-noon (first session)
- Classes meet at TX.*

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).



Disease Care

Living Well With Asthma **NEW**

Learn how to live healthier with asthma. A team of respiratory therapists, pharmacists and other health professionals will give you the latest information on managing asthma so you and your children can live active, healthy lives.

Free

PEDIATRIC CLASSES - Parents and children invited to come together; includes break-out sessions for kids.

- Monday, Sept. 27; 7-8:30 p.m.

Class meets at SON, Auditorium.

- Tuesday, Oct. 26; 7-8:30 p.m.

Class meets at TX.

ADULT CLASSES

- Tuesday, Sept. 21; 7-8:30 p.m.

Class meets at SON, Auditorium.

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

Class meets at TX.

PARKINSON'S DISEASE SYMPOSIUM

Patients, caregivers, family and friends are invited to join several speakers at this informative session to learn how to deal with various aspects of Parkinson's Disease.

\$15 per person, includes continental breakfast, lunch and educational materials

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

Holiday Inn, Routes 512 & 22, Bethlehem

Co-sponsored by Lehigh Valley Hospital and Health Network and regional Parkinson's support groups.

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

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

Class meets at 17.

- Tuesday, Sept. 7; 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.

Health Screenings

For information, call 610-402-CARE.

TREXLERTOWN SCREENINGS

Cholesterol Screenings—Fee \$3

Monday, July 19 8:30-10 a.m.

Saturday, July 24 9:30-11 a.m.

Monday, Aug. 2 noon-1:30 p.m.

Thursday, Aug. 5 5-6:30 p.m.

Monday, Aug. 16 8:30-10 a.m.

Saturday, Aug. 21 9:30-11 a.m.

Thursday, Sept. 9 5-6:30 p.m.

Blood Pressure Screenings—Free

Monday, July 12 8:30-10 a.m.

Tuesday, July 13 5-6:30 p.m.

Friday, July 30 noon-1:30 p.m.

Monday, Aug. 9 8:30-10 a.m.

Tuesday, Aug. 10 5-6:30 p.m.

Friday, Aug. 27 noon-1:30 p.m.

Monday, Sept. 13 8:30-10 a.m.

Tuesday, Sept. 14 5-6:30 p.m.

Health Profiles—Fee \$5

Your current health and lifestyle practices are important indicators in determining your risk for certain diseases. Complete a health profile questionnaire and discuss your resulting health profile report with a health educator. Have your cholesterol checked at the same time (see above) to produce more accurate results. Please note that the health profile is not a medical report and does not replace your doctor's advice.

Monday, July 19 8:30-11 a.m.

Saturday, July 24 9:30 a.m.-noon

Monday, Aug. 2 noon-2:30 p.m.

Thursday, Aug. 5 5-7:30 p.m.

Monday, Aug. 16 8:30-11 a.m.

Saturday, Aug. 21 9:30 a.m.-noon

Thursday, Sept. 9 5-7:30 p.m.

Stroke Risk Assessments—Free

Tuesday, Aug. 10 11 a.m.-2 p.m.

Tuesday, Sept. 14 11 a.m.-2 p.m.

LEHIGH VALLEY MALL

SCREENINGS — upper level

Blood Pressure Screenings—Free

Tuesday, July 20 8:30-10 a.m.

Tuesday, Aug. 17 8:30-10 a.m.

“I lived with heart palpitations for 25 years. But now I’m finally cured. For good.”

*Lucille Rogazzo
EDI Program Manager
Lucent Technologies*



New procedure corrects arrhythmia without surgery or medication.

For 25 years, Lucille had experienced palpitations. One day, she passed out while shopping.

When Lucille was admitted to Lehigh Valley Hospital, one of our cardiologists who specializes in rhythm disorders was able to find the faulty electrical pathway that was causing her problems. And using a catheter, he removed it permanently. So she’s finally free of her chronic palpitations.

Today Lucille is happy, active, and performing with her women’s barber-shop quartet. And if you ask her how her heart’s doing, chances are she’ll sing our praises.

Lehigh Valley Hospital was named one of the top 100 cardiovascular hospitals in the United States by HCIA, Inc., a leading provider of health care information.

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

610-402-CARE • www.lvhhn.org

Lehigh Valley Hospital
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Allentown, PA 18105-1556

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