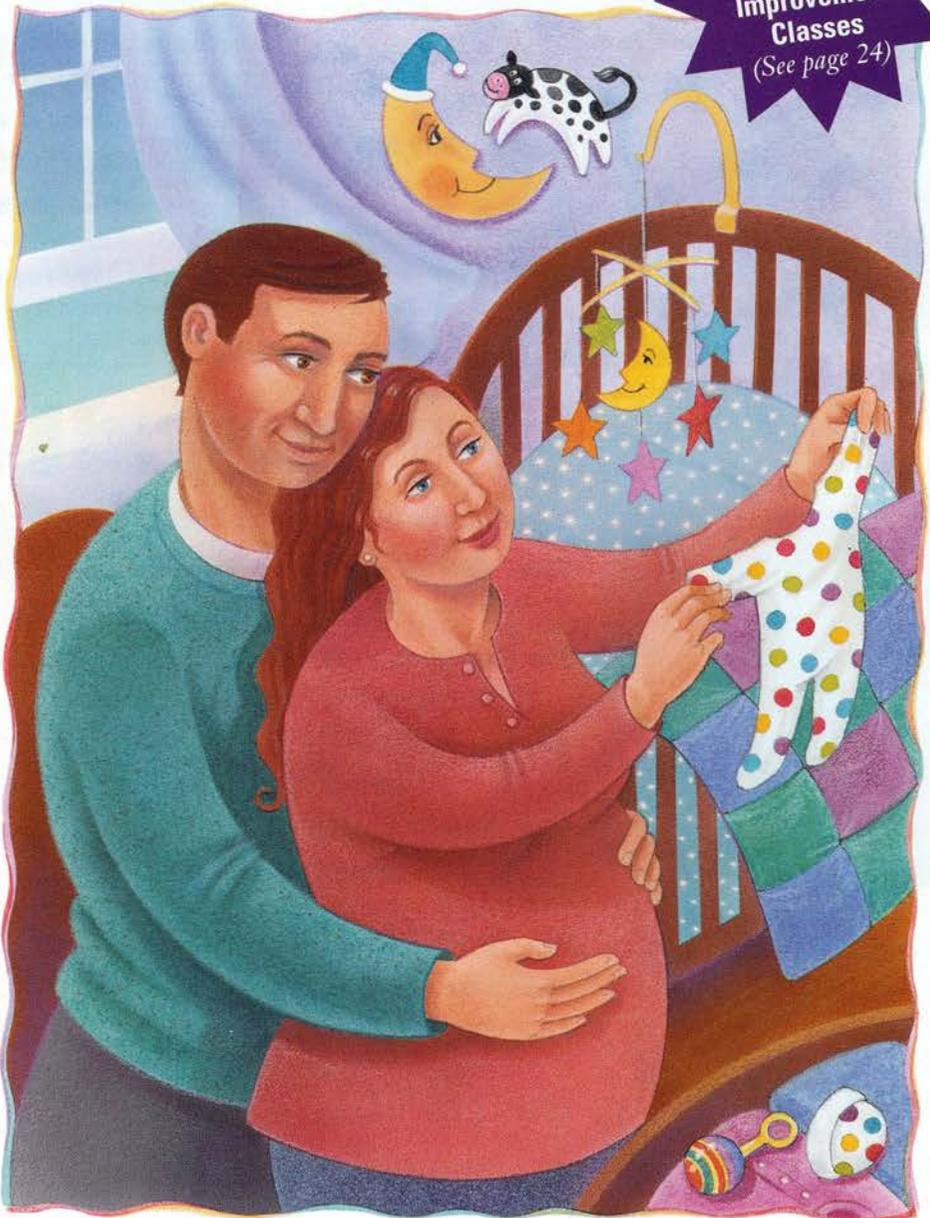


Healthy You

JANUARY/FEBRUARY 2000

- Midwinter Energizers
- How Bad Is Red Meat?
- Heartburn Can Be Serious
- Baby Fest Weekend

More Than
25 Exciting
New Health
Improvement
Classes
(See page 24)



Becoming a Family —What's New!

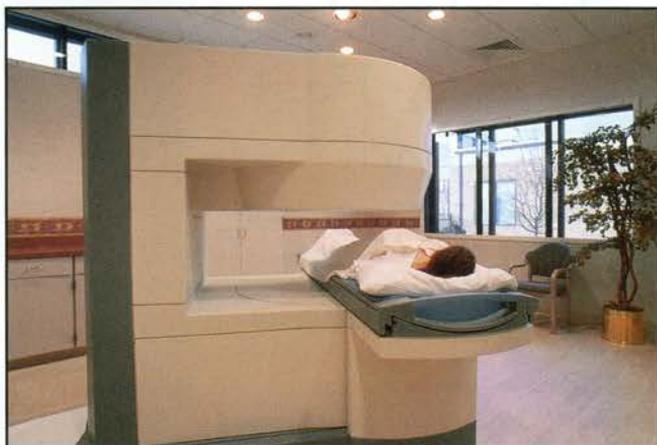
Making MRI a Pleasant Experience

Magnetic resonance imaging (MRI) has proven to be an invaluable diagnostic tool for viewing specific areas in the body, particularly the brain, spine, muscles and tendons. MRI scanners produce detailed images by using a large magnet, radio waves and an advanced computer system.

Exams are performed on two types of scanners: traditional units, in which the patient lies on a couch that slides into a large tube; and open (or "non-claustrophobic") units providing the patient much more room.

"About 20 percent of people have some level of claustrophobia and about 5 percent can't complete the exam in a traditional scanner," says Kathy Adams, physician liaison for the Lehigh Magnetic Imaging Center. "The anxiety of undergoing a medical exam and uncertainty about the results can increase the feeling of claustrophobia."

Adams and her team have several ways of helping patients cope with lying completely still inside the tube for several 5- to 10-minute studies. "Their doctor may prescribe a sedative," she says, "and we also play music of their choice, talk with them during the MRI and let them know they can stop the procedure if they need to."



The open MRI scanner at Lehigh Magnetic Imaging Center features a unique c-arm design totally open on three sides. It's the most accessible system available, and is located in a spacious room with skylights that overlooks a landscaped garden.

If You Have Diabetes, Watch Your Blood Pressure



People with diabetes are especially prone to the adverse consequences of high blood pressure. If you have diabetes, it's vital that your blood pressure be watched and treated aggressively. Blood pressure of 135/85 or above is considered high in those with diabetes. For a full story on blood pressure, see page 22.

BREAST HEALTH SERVICES OF LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK PRESENTS...

Stephanie

A PHOTO DIARY OF ONE WOMAN'S JOURNEY
WITH BREAST CANCER

In celebration with
*Spirit of
Women.*

COMING TO THE ALLENTOWN ART MUSEUM, APRIL 26-JULY 2, 2000.

Call 610-402-CARE to be placed on the mailing list for this powerful and inspiring exhibition.

Beware the Atkins Diet

Atkins and other high-protein diets sound like a dieter's dream. Eat all the fatty foods you want and drop lots of pounds quickly. But like most fad diets, the results are short-term and there are health risks.

You start the diet by eliminating all carbohydrates and eating only protein and fat. This sends your body into a state of ketosis, which decreases the appetite. Without carbohydrates to stimulate insulin production, your body doesn't store as much fat.

"Initially you will lose weight, but most of it is water," says Lehigh Valley Hospital registered dietitian Barbara Carlson. "And as soon as you go off the diet, chances are very high you will regain all the weight. Eventually, you have to reintroduce carbohydrates into your diet, and that is where people run into trouble."

There are a number of dangers to Atkins-type diets, Carlson says, including nausea, weakness, dehydration, and vitamin and mineral deficiencies. Gout is another potential side effect, and those with kidney disease should not use this diet. If you want to try Atkins, consult your doctor first, drink lots of fluids, and take vitamin and mineral supplements.

MEDICAL LORE: True or False? Feed a Cold, Starve a Fever

Remember that old advice, "Feed a cold, starve a fever"? It may be poetic, but it's not true, says Richard Goy, M.D., internist, Convenience Care Center at the Health Center at Trexlertown. "Excess eating has no benefit for colds, and you certainly don't want to starve yourself whether you're sick or well," Goy says. "Treat both a cold and fever the same way: eat if you're hungry, and make sure you drink lots of fluids."

For a copy of "Dr. Mom on Colds, Flu and Fever" (March/April 1998 *Healthy You*), and a list of Convenience Care services, call 610-402-CARE.

Humidifiers Can Spread Germs

Do a stuffy nose and dry mouth have you running a humidifier all night? If so, you may be doing more harm than good. Overuse of a humidifier can spread bacteria, fungi and dust mites, says Mark Shampain, M.D., a Lehigh Valley Hospital and Health Network allergist.

It's okay to use a humidifier for an hour or two before bedtime, but "for most respiratory problems, it's probably not helpful to run one all night," Shampain says. Especially if you're struggling with any kind of allergy or asthma, limit use. And be aware that infants and the elderly are more susceptible to the spread of germs.

Allergy or no, many people resort to humidifiers in the winter heating season to counter the over-dry air in their home. But humidifiers are hard to keep clean, and even if you manage to keep yours immaculate, it can still spread germs. "Central humidifiers can cause even more problems, because they often contaminate the entire heating system," Shampain says.

What about vaporizers, which throw a mist into the air? They, too, can spread germs if used excessively—and it doesn't matter whether the unit circulates warm or cool mist. If it's possible, Shampain says, your best bet for winter humidity is simply to crack a window.



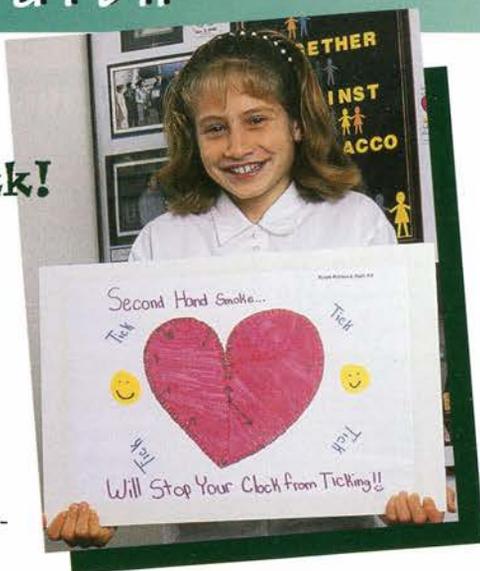
Illustration by Barbara Field

Coming Up Soon: Smoke-Free Kids Week!

If you're a scout leader, Sunday school teacher or otherwise involved with young people, you have an opportunity March 5-11 to send a very important message. During Smoke-Free Kids Week!, the Coalition for a Smoke-Free Valley has lots of activities to help schools, churches and community organizations encourage children and teens not to smoke.

This year's theme is "Imagine a Smoke-Free Century...Let's Make It Happen!" Winners of a drawing contest held in November 1999 will have their work made into stickers, magnets, key chains and other giveaways. Activities will include spelling bees, science projects and special speakers. The coalition and local merchants also recognize and give prizes to the organization with the best plan for participating in Smoke-Free Kids Week!

Nationally, 35 percent of high school students are smokers and the average starting age is 11. For more information about Smoke-Free Kids Week!, call 610-402-CARE.



Winning artist in 1998's Smoke-Free Kids contest was Nicole Rothbrock of Bath.

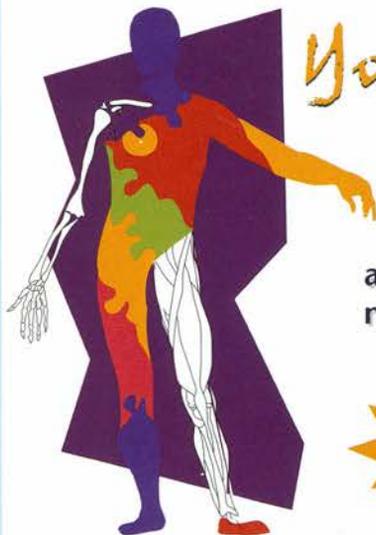
Health Information on the Web

There is an abundance of health information available on the Internet ranging from signs and symptoms of medical conditions to surgical procedures and home remedies. For reliable and up-to-date health information, visit the Health and Disease Information section of Lehigh Valley Hospital and Health Network's web site. Here you will be able to find information about decongestants, heart disease, lung cancer, parenting, tooth decay, whooping cough and much more.

Log on to www.lvhhn.org, click on *Health & Disease Information* to see "Your body and you." Surf through our alphabetical listing of health topics or click on one of our Medical Spotlights.



LEHIGH VALLEY HEALTH NETWORK



Your body & you

To review up-to-date health & disease information, click on the appropriate letter of the alphabet below or select one of the featured topics on the list to the right.

a b c d e f g h i j k l m
n o p q r s t u v w x y z

Disease & Wellness
Topics On-line!

- ▶ AIDS
- ▶ Alcoholism
- ▶ Allergies and Asthma
- ▶ Alternative and Complementary Medicine
- ▶ Alzheimer's Disease
- ▶ Anorexia
- ▶ Arthritis
- ▶ ADD
- ▶ Back Problems
- ▶ Breast Cancer
- ▶ Bulimia
- ▶ Cancer
- ▶ Childbirth
- ▶ Depression
- ▶ Diabetes
- ▶ Diet and Nutrition
- ▶ Digestive Disorders
- ▶ Eating Disorders
- ▶ Epilepsy
- ▶ Exercise
- ▶ Eye Care
- ▶ Foot Pain

The magazine you're reading right now can open the door to many ways to improve your health. "Healthy You provides valuable information, but also helps readers take the next step if they want to learn more," says *Healthy You* medical editor Robert Laskowski, M.D., who is also chief medical officer for Lehigh Valley Hospital and Health Network. "The magazine doesn't stand alone. It's part of a whole spectrum of wellness."

How does it work? Let's imagine Ann (pictured here) has just gotten *Healthy You* in the mail and found a story of great interest—"High Blood Pressure" (on page 22). She'd like to find out if her family is at risk and how to take preventive action. Here's what she does next...



Illustration by Johanna Henzel

■ **Call 610-402-CARE.** Ann talks with a nurse and registers for a free blood pressure screening. (If she wanted, she could also get a physician referral.)

■ **Log on to www.lvhhn.org.** On the Lehigh Valley Hospital and Health Network web site, she clicks on *Health and Disease Information* for detailed information on blood pressure, checks out the Vitality Plus program for her mother and reads more on heart disease in the *Healthy You* Archives.

■ **Sign up for a class.** Ann's lower-

ing her blood pressure with regular exercise sessions at Muhlenberg Hospital Center (near her workplace).

■ **Visit the Health Library and Learning Center.** In this new Trexlertown facility, Ann can talk in person with a nurse educator and get help navigating the Internet for health information.

To help you make the fullest use of *Healthy You*, watch for the question *Want to Know More?* at the end of each story. It will suggest ways to take that next step for your good health! ●

Midwinter Energizers



If you're stuck in the cold weather doldrums, rev up with a new and different activity

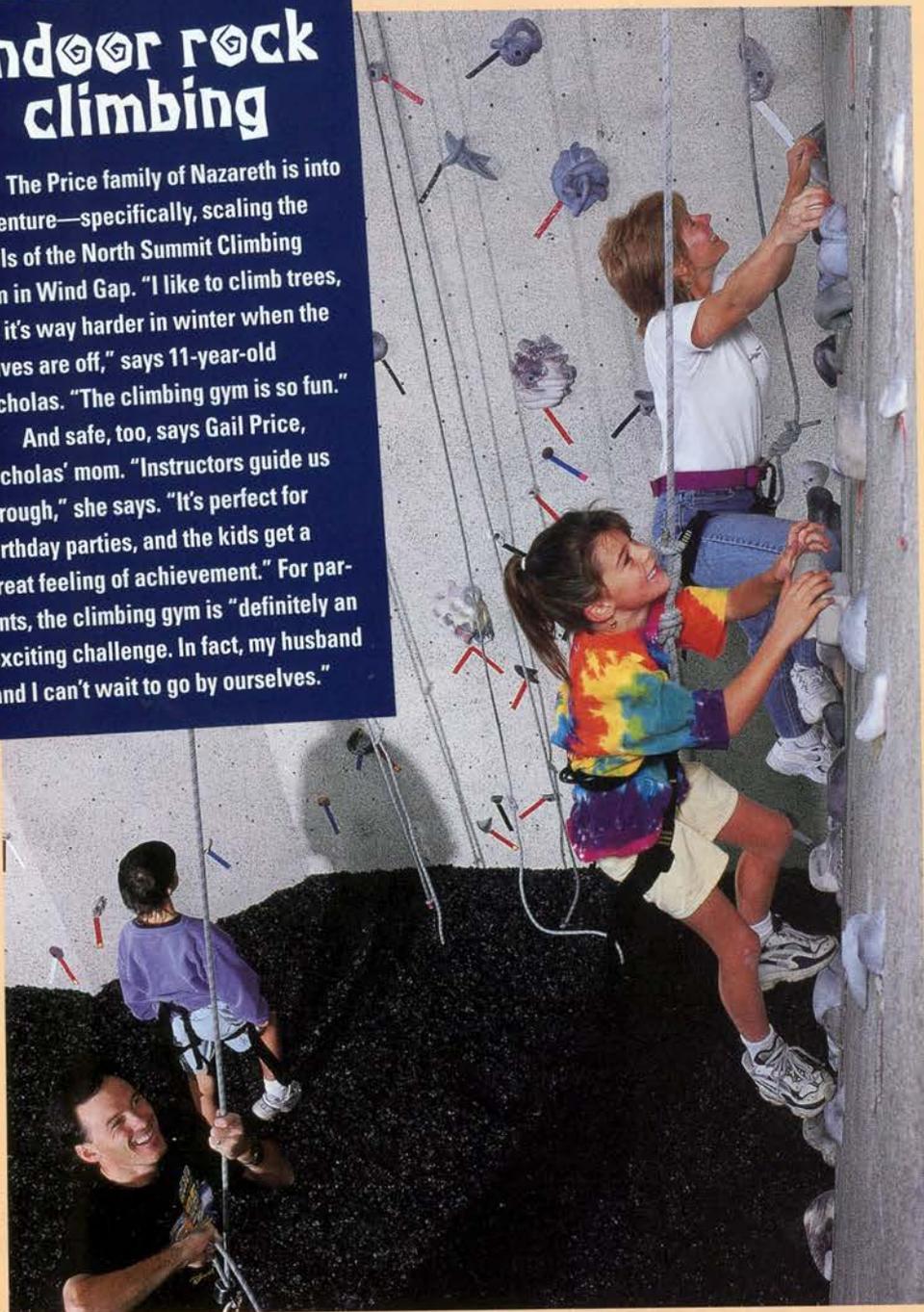
Ever find yourself or your family lounging around, wondering how to beat the midwinter lazies? Get out of that rut and put some kick in your life. "Do something original, something you've never done before," says Gregory Salem, director of Healthy You Programs for Lehigh Valley Hospital and Health Network.

Here are some ways *Healthy You* readers battle boredom and keep themselves active:

Indoor rock climbing

The Price family of Nazareth is into adventure—specifically, scaling the walls of the North Summit Climbing Gym in Wind Gap. "I like to climb trees, but it's way harder in winter when the leaves are off," says 11-year-old Nicholas. "The climbing gym is so fun."

And safe, too, says Gail Price, Nicholas' mom. "Instructors guide us through," she says. "It's perfect for birthday parties, and the kids get a great feeling of achievement." For parents, the climbing gym is "definitely an exciting challenge. In fact, my husband and I can't wait to go by ourselves."



Snow tubing

When Dorney Park closes for the winter, there's a substitute: snow tubing. "It's like going on a roller coaster," says Mary Ellen Dischinat (far right) of Allentown. "Exercise? Not really. Excitement, definitely."

Dischinat takes her Girl Scout troop snow tubing at Jack Frost Mountain as part of a winter camping trip. "It breaks up the monotony of being in the cabin," she says. "It's their favorite part of the weekend." Not only that, "It gets me out in the snow, and I don't get to do that too much as an adult," Dischinat says.



Square dancing

The first thing 75-year-old Jack Koplin's doctor asks is: "Are you still dancing?" He certainly is, three nights a week with his partner, Helen Irvine. "It's more fun than staying home and falling asleep in our chairs," he says.

The Bethlehem couple mastered the jitterbug and fox trot as teens, but in recent years have learned all 65 square dancing steps. "We square dance to all sorts of music—rock 'n roll, Latin, big band and country—as long as it has the right tempo," Helen Irvine says. "It's a way for us to be kids again, and we've built up a community of friends." Dancing, she adds, is a multi-generation energizer. "Some people bring their grown children and grandchildren."



Cross-country skiing

Kathy Gottlund of Kutztown and her husband, Rob, aren't big fans of downhill skiing. "It's too cold and too fast," Gottlund says. "But cross-country skiing is a good way to release your pent-up energy in the winter months. The pace is similar to walking or jogging, and it's a fantastic workout."

Some downhill resorts offer cross-country trails, ski rentals and lessons. When Kathy, Rob and sons Will and Seth were experienced enough, they bought skis and made their own trails. "We go into the woods near our home," she says. "To be safe, make sure you're not on private property, always ski with a buddy and don't go out too far."



Aqua aerobics

Tired of "watching the winter lineup on TV" night after night, Kim Murphy of Allentown joined aqua aerobics at the Allentown YMCA/YWCA. "I wasn't sure if I would stick with it," she says. "Luckily, my instructor motivated me to keep coming back."

Four years later, Murphy has gone from a 13/14 to a 3/4 jean size and is teaching an "aqua sculpt" class. "You don't have to know how to swim for aqua activities," she says. "Water is a great place to relax, and it's easy on your joints."



Other Energizers

- Take the family for a swim at an indoor pool.
- Try roller skating, roller blading or ice skating.
- Get a bowling team together.

"For extra fun," Greg Salem says, "incorporate the activities into a 'winter celebration' and send out invitations. Share the experience with others."

Want to Know More? For a list of places where you can battle boredom with midwinter energizers and an earlier *Healthy You* article on aqua aerobics, call 610-402-CARE.

Health Hazards of Your Computer

Improper posture, lighting and other factors can cause aches, strains and fatigue

If you spend significant time at the computer, make sure your workstation isn't working against you. "If it's not set up and used properly, you can wind up with eyestrain, headaches and a variety of muscle and joint complaints," says Basil Dolphin, M.D., medical director of HealthWorks at Lehigh Valley Hospital and Health Network. (HealthWorks does workstation evaluation and design for many local businesses.)

See the picture below for specific hazards you can correct. "And remember that even with the best-designed workstation, you need to take regular breaks," Dolphin says. "Computer users can get so focused they forget to stand up, stretch their muscles and rest their eyes. Breaking up your day with other activities will make you more efficient in the long run." ●

Want to Know More? For a detailed workstation checklist or more information about HealthWorks, call 610-402-CARE.

Poor lighting creates glare that can tire your eyes and cause headaches and poor vision. Light your work area from the side and consider an anti-glare screen for your monitor.

A faraway mousepad you have to reach for can cause tennis elbow and shoulder and neck strain. Use a chair with adjustable arm rests; you should be able to reach your mousepad from a supported position.

Unsupported wrists may lead to carpal tunnel syndrome. Angle the keyboard so wrists are in a level, neutral position. Don't rest wrists on a sharp desk edge.

Documents in the wrong place make you twist to see the monitor, contributing to neck and shoulder problems. Use a document holder near to and level with the screen.

The wrong chair doesn't properly support back and arms. Make sure your chair is the right size and height for your body and provides good lower back support.

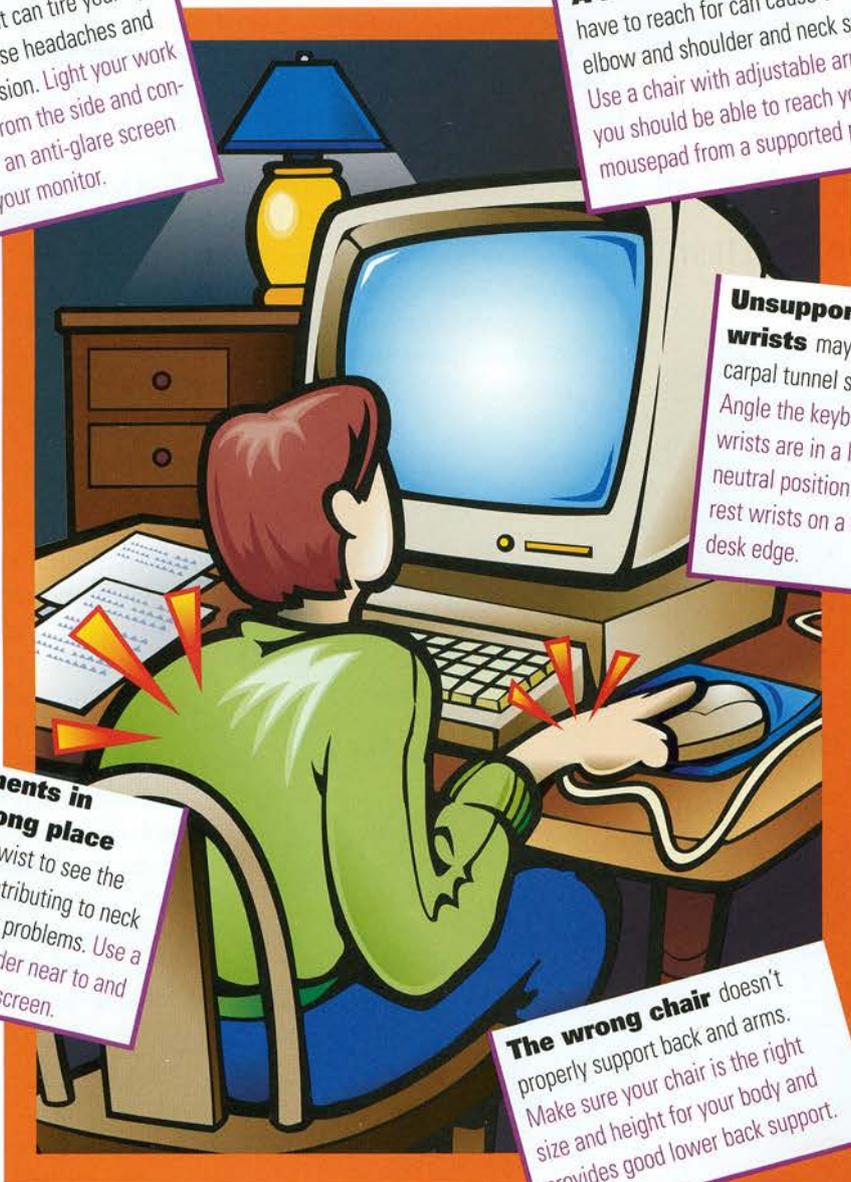


Illustration by Jonathan Siskin

In the next issue:
Your Computer and Your Mental Health

How Bad Is Red Meat?

Has red meat gotten a bad rap? It's high in fat and cholesterol, true, which can contribute to heart disease risk. But if you select the right cut, prepare it correctly and limit your portion, you can make it part of a healthy diet, says Anthony Matejicka, D.O., a Lehigh Valley Hospital and Health Network internist.

Make it part of a healthy diet by selecting the right cut and eating smaller portions

"Too many people eat fatty red meat, such as hamburgers found in fast-food restaurants," Matejicka says. He recommends eating red meat no more than twice a week and using the leaner cuts. Then you can enjoy the taste while taking advantage of red meat's health benefits – a rich store of protein, vitamin B12 and minerals such as iron, calcium and zinc.

When shopping for red meat, look for cuts labeled "round" or "rump." These are from the animal's hindquarters, where there is more muscle and less fat, says registered dietitian Barbara Carlson of Lehigh Valley Hospital and Health Network. "Select red meat with no more than three grams of saturated fat per ounce," she says.

Healthier cuts include eye round, rump roasts and sirloin.

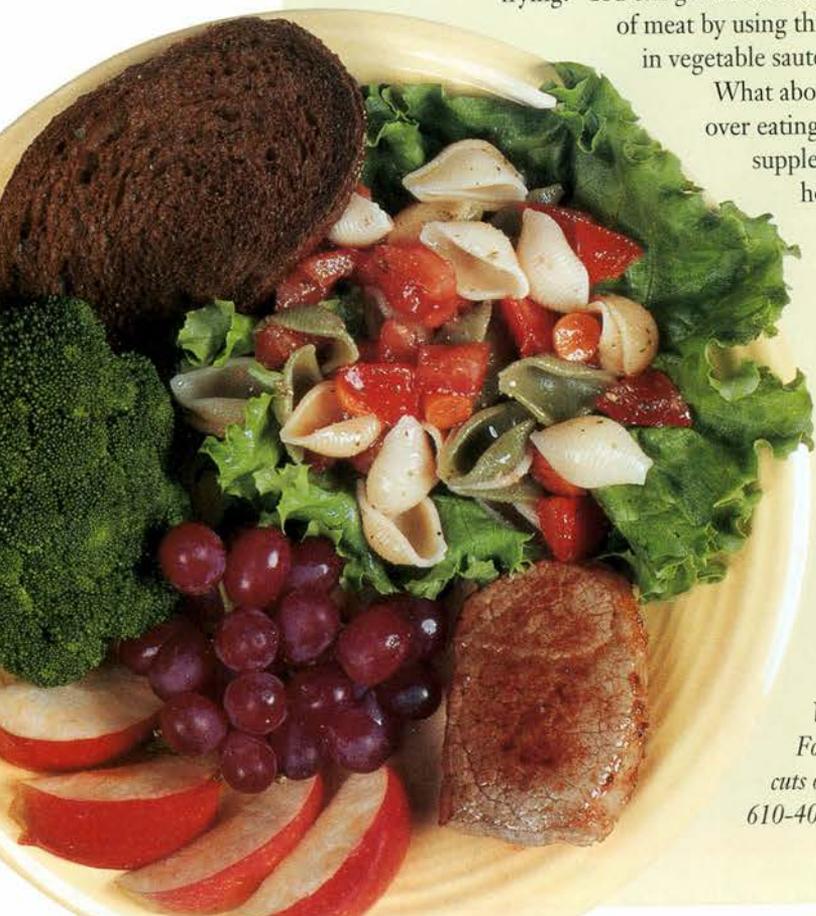
Fatty cuts include Porterhouse steaks and ground chuck. London broil can come from different parts of the animal, so check with your butcher.

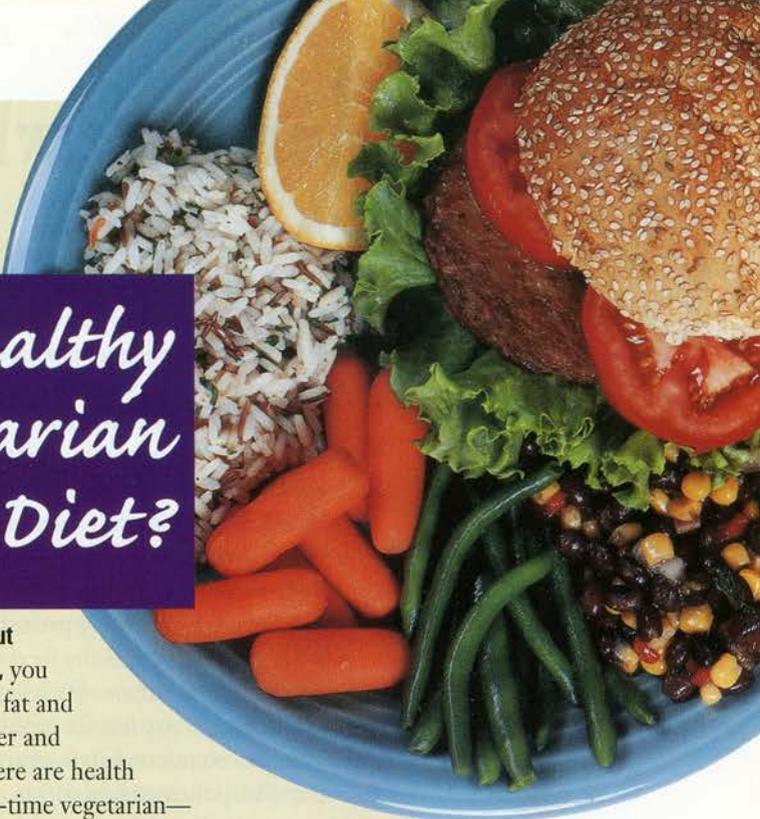
Carlson also recommends avoiding those 12- or 16-ounce steaks. "Portion size is important," she says. "Limit yourself to a 3-ounce serving, so the meat becomes a side dish to grains and vegetables." And when it comes to preparation, broiling beats frying. "You can get a lot of flavor out of a minimum of meat by using thin strips on salads or in vegetable sautes," Carlson says.

What about health concerns over eating meat from hormone-supplemented cattle? The hormones in feed are used to increase the weight and reduce the fat in cattle. Research is continuing on the health impact of this practice, Matejicka says. But currently there is no medical evidence of adverse effects from hormones, and they are approved by the FDA. ●

Want to Know More?

For a guide to healthy cuts of red meat, call 610-402-CARE.





How Healthy Is a Vegetarian Diet?

W

Whenever you cut meat from your diet, you usually lower your fat and cholesterol and get more fiber and antioxidants. That means there are health benefits even if you're a part-time vegetarian—eliminating meat from selected meals or days.

But even vegetarians have to watch what they eat to stay healthy. “Vegetarians should be careful not to replace meat with high-fat substitutes such as cheese and nuts,” says Barbara Carlson, Lehigh Valley Hospital and Health Network registered dietitian. “Concentrate on healthier, more balanced sources of protein like lentils, dried peas and beans, and soy foods, such as tofu.”

Eat two sources of vegetable protein with each vegetarian meal and supplement them with fat-free dairy foods or egg whites. “Just like a regular diet, the key is variety,” Carlson says. “Make sure each meal also has a good variety of green vegetables, including leafy and brightly colored ones, and fruit for vitamin C and potassium.”

A healthy vegetarian diet can give adults and children all the protein, vitamins and minerals they need, as long as it includes dairy products. But vegans — vegetarians who exclude from their diet all food derived from animals, including all dairy products—will find it harder to get the nutrients they need.

“If you are a vegan you need a vitamin B12 supplement,” says internist Anthony Matejicka, D.O., of Lehigh Valley Hospital and Health Network. A lack of B vitamins can have serious health effects, including depression and nerve damage. And since our bodies store a four-year supply of this vitamin, you won't see the signs of depletion for years.

Dairy products are important sources of essential minerals, such as calcium, zinc and iron. But today, many foods and drinks are fortified with them, Matejicka says. Check with your doctor to make sure your vegetarian diet includes these essential vitamins and minerals. ●

Want to Know More? For a guide to creating nutritious vegetarian meals and a copy of “Boost Your Diet with Tofu and Soy” (March/April 1999 *Healthy You*), call 610-402-CARE. Also see page 27 for information on a class about adding soy products to your diet.

If you're not a meat eater, be careful to get the nutrients you need

Adequate protein is one key to a healthy vegetarian diet. Two good sources shown above are soy burger and black bean side dish.

When Our Children's

What will
'healthy you'
mean in the
21st century?

It's the dawn of a new millennium, so let's gaze into the crystal ball.

What will a "healthy life" be like for our children's children in 2030 or 2050? Based on what we know now and what we're learning from research, here is what today's youngsters can expect tomorrow:

■ *They'll be really well-informed about health.* Imagine your now-adult child logging on to an interactive computer for customized health messages. Doctor-patient e-mail is a likely scenario. When it's time to choose a health plan, your grandchildren will negotiate their own, and detailed electronic "report cards" will show how well a particular hospital or physician is treating illnesses and keeping patients happy.

■ *They'll bear responsibility for the choices they make.* Just as you get a break on car insurance for being accident-free, your children's children will pay less for health coverage if they exercise regularly, get recommended checkups and screenings, don't smoke and keep their weight within guidelines. They'll eat better and be more fit than the average adult today.

■ *Thanks to gene therapy, they won't have to worry about birth defects.* The Human Genome Project—the complete mapping of our DNA, in progress now—will be old news in the 21st century. Everyone will have a personal DNA blueprint. When your granddaughter becomes pregnant, a genetic specialist will be able to replace faulty genes for cystic fibrosis, breast cancer and other conditions before the baby is born.

■ *They may not even have to worry about cancer or heart disease.* There's a lot of excitement among researchers today about angiogenesis, the body's ability to grow new blood vessels.

If specialists of the future succeed in harnessing angiogenesis, it could make coronary bypass surgery obsolete and cancer a manageable chronic condition.



Children Are Grown-ups

■ *Health care will be everywhere:* at home, at school, at work and in the neighborhood. Hospitals of the future will be extended networks whose main job is education—wellness, not illness, care. In cooperation with schools, businesses and others, hospitals will operate learning centers, cafeterias and fitness centers. Much caregiving will be in the home, with the hospital just for complex surgery, illness or injury.

■ *They'll have access to high-tech procedures no matter where they are.* Live, interactive “telesurgery” broadcasts are already a reality at Lehigh Valley Hospital and Health Network. In a few decades, it will be common for top surgeons to perform robotic procedures on patients great distances away, with the help of on-site teams.

■ *“Complementary medicine” will be mainstream.* What we don't yet know about the scientific effectiveness of herbal medicines, aromatherapy and other non-traditional approaches, our grandchildren will know. Doctors of the future will likely prescribe meditation right along with the medication.

■ *Their houses will be their health care “consultants.”* Blood pressure, heart rhythm, urinalysis, bone density—your grandchildren will have regular readings of all these key health indicators because the monitoring will be built right into their homes, with automatic emergency calling if something goes wrong.

■ *They'll have active lives of more than 100 years.* Your children's children will be the healthiest generation of 90-year-olds the world has ever seen, thanks to the right lifestyle choices, a wide range of new drugs and high-tech treatments, and bionic organ transplants. ●

Want to Know More? The new Lehigh Valley Hospital and Health Network Community Service Report features a series of fictional portraits of Lehigh Valley residents of the future—new parents, an elderly woman, pre-teens and others. For a copy, call 610-402-CARE



Heartburn

It Can Be Serious

Lifestyle changes often relieve the problem. In more serious cases, new drugs or surgical approaches are the answer.

If you love hot, spicy foods, you probably know the downside—that painful sensation in the chest known as acid indigestion or heartburn. “It’s experienced at least weekly by almost 20 percent of American adults and monthly by more than 40 percent,” says internist Iqval Sorathia, M.D., of Lehigh Valley Hospital and Health Network.

Heartburn is the everyday name for gastroesophageal reflux disease (GERD). The condition occurs when stomach acid washes back into the esophagus (see illustrations below). Normally, acid is held in the stomach by a ring of muscle, the lower esophageal sphincter. In heartburn sufferers, the muscle relaxes too much or doesn’t close properly.

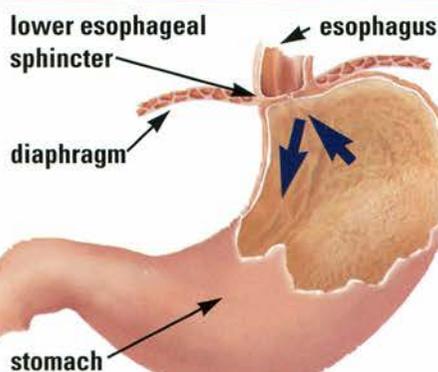
Causes and symptoms

Many episodes of heartburn result from eating or drinking the wrong things. “Poor dietary choices include spicy, garlicky, acidic and high-fat foods,” Sorathia says. “Alcohol and smoking also contribute to the problem.” Another major culprit is excess pressure on the stomach, from eating too big a meal, wearing a tight belt, even bending over or lying down right after eating. Heartburn is more frequent in overweight people and in late pregnancy. Finally, Sorathia says, it can be caused by medications for such conditions as high blood pressure and heart disease.

Besides the burning sensation, heartburn sufferers may also experience belching and angina-like chest pain (see “Is This a Heart Attack?” next page). “Some people develop a chronic cough, hoarseness or asthma caused by acid damage to the throat or lungs,” Sorathia says. “In some cases, this is the only symptom.”

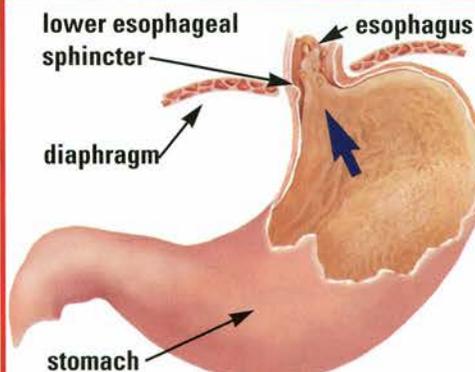
Healthy Stomach

A normal lower esophageal sphincter muscle acts as a one-way valve to keep food and fluids in the stomach.



Heartburn

When the muscle isn’t working properly, it allows food and fluids to wash back (“reflux”) into the esophagus.



Is This a Heart Attack?

Refluxing stomach acid can cause painful spasms of the esophagus that feel like angina. How do you know if your pain is heartburn or a heart attack? "The only way to be sure is to ask your doctor," says internist Iqbal Sorathia, M.D. "Especially if you don't normally have heartburn, if the pain isn't related to a meal, or if you have risk factors for heart disease, seek medical attention without delay. Prompt treatment is essential in a heart attack."

What spells relief?

The first line of defense against heartburn symptoms is lifestyle change: lose weight, quit smoking, eliminate certain foods and drugs, elevate the head of the bed, and avoid large meals before bedtime. If those don't work, there's a range of medications from which to choose.

Antacids. Non-prescription products like Tums neutralize acids in the stomach. They're quick-acting and inexpensive, says Lehigh Valley Hospital and Health Network pharmacist Howard Cook, but provide only short-term relief.

H2 blockers. Cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid) and ranitidine (Zantac) block the effects of a chemical that signals the stomach to produce acid. They not only relieve heartburn, they prevent it when taken before a meal. Half-strength, over-the-counter versions of these medications became available in 1995. "They work better than antacids and last much longer, but cost more and are slower-acting," Cook says. "They're all about equally effective, but Tagamet HB can cause interactions with other drugs. If you're on medication, consult your doctor or pharmacist before using it."

Proton-pump inhibitors. Lansoprazole (Prevacid) and omeprazole (Prilosec) are new drugs that decrease acid secretion in the stomach almost completely. Available by prescription, "they are the most effective medical treatment," Sorathia says.

If your heartburn is severe or stubborn, your doctor may use X-rays or other tests to determine the severity of the problem. Thanks to new medications and surgical techniques (see story below), heartburn is not something you have to put up with. And it's important to seek treatment, to avoid permanent damage and a higher risk of esophageal cancer. ●

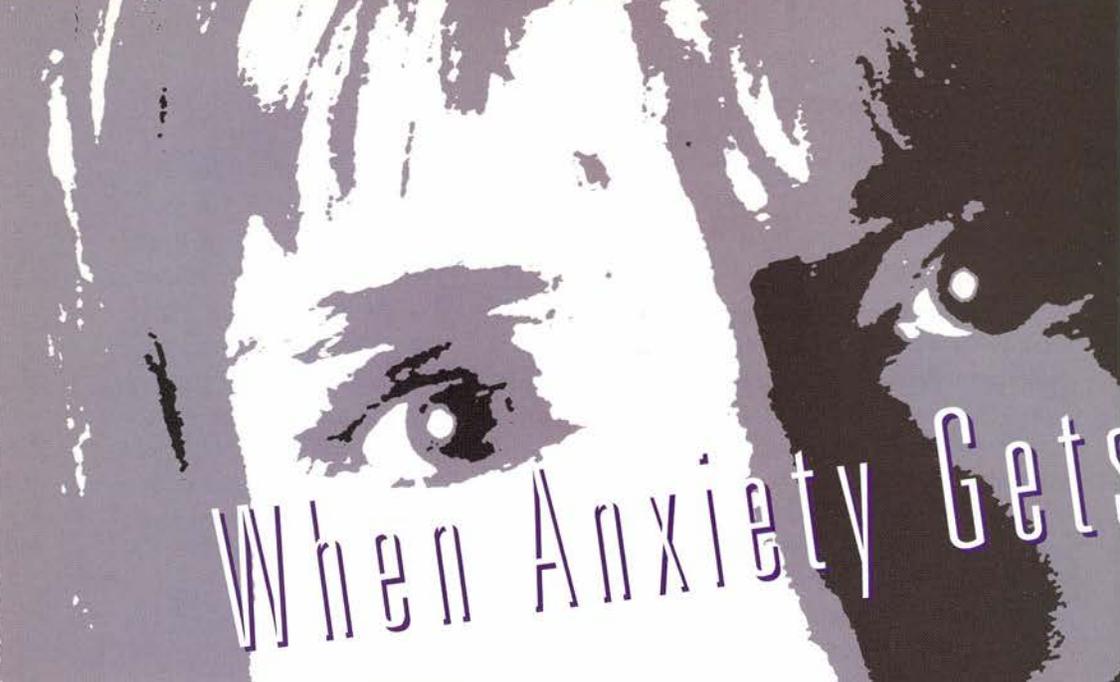
Want to Know More? For a detailed list of medications for heartburn, call 610-402-CARE.

How Surgery Cured One Man's Severe Heartburn

By his late 30s, Michael Conforti of Andreas had suffered the pain of heartburn for nearly half his life. "I'd wake up in the middle of the night with it," he says. Conforti popped antacids daily while he was in the Navy and found some relief when his doctors prescribed an H2 blocker. Then he heard about a surgical procedure at Lehigh Valley Hospital that would solve the problem permanently.

In June 1998, he put himself in the experienced hands of surgeon Richard C. Boorse, M.D. Working with a laparoscope through five tiny incisions, Boorse created a new esophageal sphincter by wrapping a portion of the stomach around the lower esophagus. "Traditionally, this procedure involved a 6-inch incision," he says. "Today we can do the surgery laparoscopically with less pain, quicker recovery and improved cosmetic results."

Conforti was home the next day and back to work in three weeks. Freedom from pain lets him enjoy hunting and helping coach his kids' football teams. "Right after the operation, I totally forgot what the pain was like," he says.



When Anxiety Gets

Women and Anxiety

Anxiety disorders are more frequent in women than men, says clinical social worker Sue Kleiner-Grew. And there are special factors for women to be aware of:

The role of hormones. "Anxiety symptoms typically flare up 10 to 14 days before the onset of menstrual flow," Kleiner-Grew says. "Pregnancy and postpartum hormone changes can have the same effect. Medication may be an option; talk to your doctor. It also helps to drink plenty of water, avoid caffeine and try to slow the pace of your day."

Emotional issues. "Some women feel panic when they're ready to make a transition, but something is holding them back," Kleiner-Grew says. "For example, you want to go back to work but feel guilty about it. Where a man would forge ahead, a woman can get 'stuck' because she thinks of others' needs before her own."

Whether the anxiety relates to emotional issues, biochemical causes or both, to address the problem women need a shift in attitude. "Pay attention to taking care of yourself," Kleiner-Grew tells all her female clients. "Take a piece of each day to do something just for you, whether it's reading a book, walking with a friend or enjoying a warm bath. No matter how long your priority list, you need to get yourself in the top five!"

Your mother-in-law's arriving. Your new job starts tomorrow. Your teen-ager just got her driver's license.

Feeling a little anxious? It would be unnatural if you weren't, says psychiatrist Susan Wiley, M.D., of Lehigh Valley Hospital and Health Network's The Guidance Program. "Anxiety caused by these kinds of situations is an emotional experience familiar to everyone."

For one in four American adults, though, anxiety is a more serious matter. "It can become so all-consuming it interferes with daily life," says Wiley's colleague, clinical social worker Sue Kleiner-Grew. Many people, thinking their worries are "normal," don't seek help—and that's unfortunate, because anxiety disorders are very treatable.

The main types of anxiety disorders

■ **Generalized anxiety disorder.** "People with this condition feel a pervasive anxiety almost all the time, diminishing their ability to find pleasure in life. They are 'expert worriers,'" Wiley says.

■ **Panic disorder.** This condition causes intense episodes of anxiety, often with physical symptoms such as racing heart, sweaty palms, shortness of breath, dizziness, a sense of impending doom and the urge to flee. The symptoms can send people to the emergency room thinking they're having a heart attack.

"People with panic disorder feel paralyzing fear for no apparent reason," Wiley says. "It comes on without warning, sometimes in elevators, movie theaters, tunnels and other places that make them feel

Out of Hand

It's normal to worry sometimes, but for 25 percent of adults the problem can become a disabling anxiety disorder

trapped, but often without any predictable stimulus." Panic disorder often is associated with agoraphobia (fear of being in crowds or public places) and also is associated with depression.

■ Post-traumatic stress disorder.

First diagnosed in wartime, this condition also can occur after natural disasters, assaults and other traumas. "The person relives the frightening event in waking life and in nightmares, alternating with periods of shock-like numbness," Wiley says.

■ Social anxiety disorder.

"People with this disorder used to be considered just shy, but their problem goes beyond shyness," Wiley says. "They feel great anxiety in social situations, especially when they might be the center of attention or the subject of criticism. It often impairs educational performance and employability."

■ **Obsessive-compulsive disorder.** This condition involves repetitive thoughts (obsessions) and ritualistic behavior (compulsions). It was described in the July/August 1998 *Healthy You*. (For a copy, call 610-402-CARE or visit www.lvhhn.org)

Anxiety disorders are not something you can cure just by "getting a grip on yourself." "Research indicates that the cause is related to body chemicals," Wiley says. Anxiety disorders can run in families

and often are diagnosed in young adulthood.

"Historically, the treatment was sedatives like valium, which could be very habit-forming with long-term use,"

Wiley says. "Today we have new sedatives, tranquilizers and antidepressants that are extremely effective in combination with psychotherapy." In one behavioral therapy technique, the patient is carefully exposed to the kinds of settings that frighten him so he can learn to handle not only the situation itself, but the often crippling fear he feels beforehand.

How do you know if your anxiety is serious enough to merit treatment? If it's interfering with your ability to function at work, at home and in the community, see your doctor or a mental health professional for further evaluation. "This is something you don't have to live with," Wiley says. ●

Want to Know More? For a panic disorder self-test, or for information about *The Guidance Program*, call 610-402-CARE. Also see pages 27 and 28 for information on breathing technique classes and page 31 for a workshop on managing anxiety.

To Help Yourself Feel Less Anxious:

- Avoid caffeine
- Get more exercise
- Take a 20-minute relaxation break
- Have a good laugh
- Learn deep breathing

(Call 610-402-CARE. We'll send you a description of this technique.)

Good News About Breast Cancer: Death Rates Are Lower

One key reason

is earlier detection

through mammography

Each year, 175,000 women are diagnosed with breast cancer. Gayle Levas of Bethlehem was one of them. But Levas is also among the 2 million women living today who have survived breast cancer. Early detection saved her life—and she owes it to a mammogram.

“When cancer is caught early, the chance of a cure is more than 90 percent,” says Elisabeth Ladd, R.N., program director of Breast Health Services at Lehigh Valley Hospital and Health Network. “A mammogram detects subtle changes in the breast long before a lump can be felt.”

For Levas, age 48 at the time, that is just what happened.

“My mammogram found the cancer when it was the size of a pea,” she says. “Had another year or two gone by, the cancer would have spread and I would have been in trouble.”

After surgical removal of the cancer (lumpectomy) and radiation treatments, Levas has been cancer-free for four years. And she’s not alone. “During the last five years and for the first time in over 50 years, death rates from breast cancer have started to decline because of increased use of mammography and more effective treatments of early stage disease,” says Gregory Harper, M.D., Ph.D., physician-in-chief of cancer services at Lehigh Valley Hospital and Health Network. “Most women who are diagnosed with breast cancer do survive.”

In fact, more than 80 percent of the breast cancers detected through routine mammograms at Lehigh Valley Hospital and Health Network are found in the most curable stages. So if you’re age 40 or above, don’t put off your yearly mammogram. Let Levas be your example. “People think what they don’t know won’t hurt them,” she says. “But in this case, what you don’t know could kill you.” ●

Want to Know More? To be sure you’re getting the most expertise, it’s important to choose a breast health facility with certified technologists and radiologists who specialize in mammography. For a detailed checklist, call 610-402-CARE. Calling 402-CARE for your first mammogram? Ask about getting a free tote bag. Also see page 31 for information on a breast health class.

These cancerous calcifications found on a mammogram are actually no larger than grains of sand. Because they were detected in their earliest possible stage—before they could be felt in an exam—the chance for recovery is excellent, usually well above 90%.

Why Pregnancy Is the Perfect Time to

Quit Smoking

It's never easy to quit smoking. But it may be easier during pregnancy—and there is no better time to quit, for your own health and for your baby's.

Consider the effect of smoking on the unborn baby. It:

- constricts blood flow, depriving the baby of oxygen and nutrients;
- affects brain development, raising the risk of attention deficit hyperactivity disorder (ADHD) and other problems;
- affects lung structure, raising the risk of lung infections such as asthma and eventual lung cancer;
- is the single most preventable cause of low birth weight ;
- raises the risk of spontaneous abortion, stillbirth, premature delivery and sudden infant death syndrome (SIDS);
- is the reason for 15,000 admissions to neonatal intensive care units and 4,000 infant deaths each year nationwide.

“Think of it this way: through shared circulation, your baby gets everything you get,” says obstetrician Ernesto Rodriguez, M.D., of Lehigh Valley Hospital and Health Network. “The long-term effects may not show up until years later.” And smoking is an issue for fathers, too. Studies show that men who smoke have lower sex drive and poorer sperm quality.

About 20 percent of pregnant women are smokers, and a quarter of them quit when they learn they're pregnant. It's partly motivation—pregnant women show high interest in taking care of themselves and their babies—but it's a physical matter, too. “Morning sickness makes it relatively easy to give up a cigarette,” says Debra McGeehin, R.N., health care coordinator for the Coalition for a Smoke-Free Valley. “And the effect of pregnancy hormones can make it easier to withdraw from nicotine.”

Since smoking does the most harm during the second and third trimester, that first three months is a “window of opportunity” to quit. “It's important not only for your pregnancy, but also to give your baby a better start after birth,” McGeehin says. “Secondhand smoke is linked to many illnesses and to SIDS. You can lay the groundwork now for a much healthier baby.” ●

Want to Know More? For more information, including tips on helping someone quit, call 610-402-CARE.



Want to Quit?

- Recognize that smoking is a physical addiction.
- Surround yourself with a “support system” of family and friends.
- Consider using a smoking cessation program (see page 35).
- Avoid secondhand smoke. Do not allow people to smoke around you. One hour in a car with a smoker, even with the windows open, is equivalent to smoking three cigarettes.

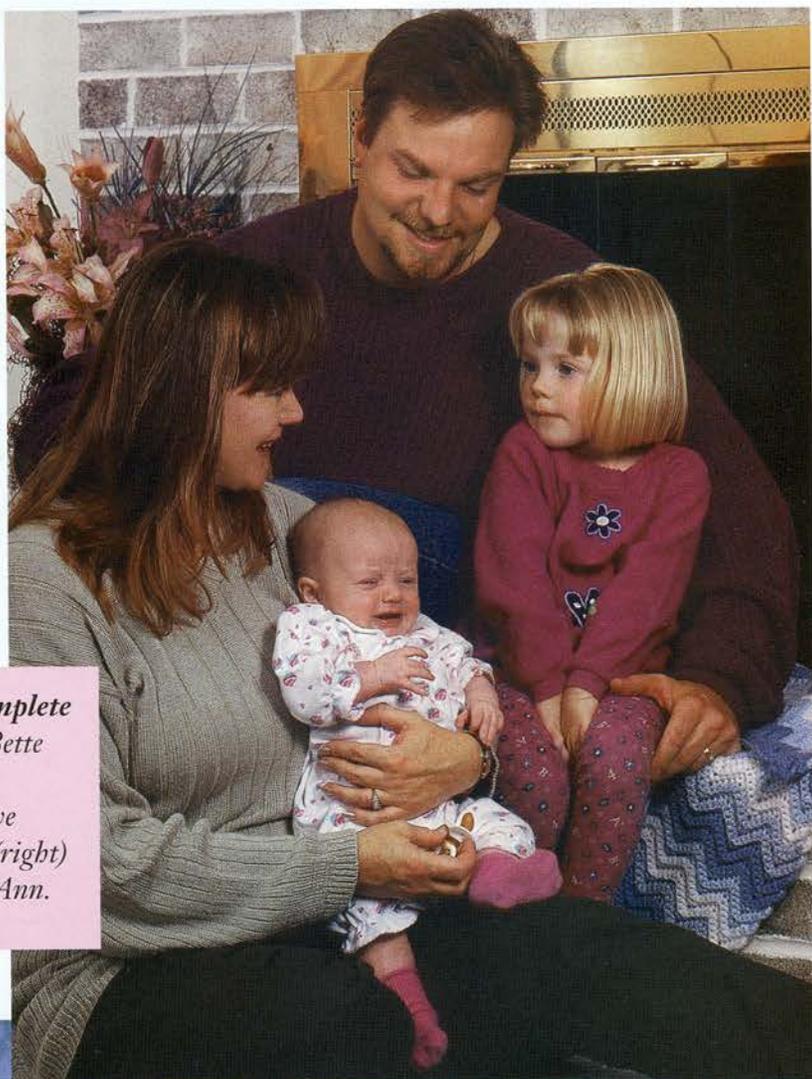
Wishing for a Baby

One couple shares an experience with infertility

When Bette Donah's 4-year-old calls for "Mommy," or when her 6-month-old gurgles and smiles, this mother just melts. "It's a wonderful feeling that I can't explain," she says—a feeling that she and her husband, Bruce, cherish.

For years, the Bethlehem couple struggled with the emotional, physical and financial roller coaster of infertility. Donah's infrequent ovulation and her husband's low sperm count prevented them from conceiving a child on their own. "But I believe God sent me to this earth to raise children," Donah says.

Like many of the 15 percent of childbearing-age couples who can't conceive naturally, the Donahs sought help from a fertility specialist. "With the proper therapy, many infertile couples will eventually conceive," says fertility specialist Albert Peters,



Life is complete now that Bette and Bruce Donah have Courtney (right) and Kelly Ann.

D.O., a reproductive endocrinologist with Lehigh Valley Hospital and Health Network. "But they must be prepared for a long and emotional process and understand that it might not be successful."

The Donahs were successful on their first try with in vitro fertilization (IVF), where eggs and sperm are placed in a tissue culture dish to incubate. They thought it would be easy the second time. Instead, the couple experienced the devastation of several failed tries and a miscarriage. "It was very painful," Bette Donah says. "We wanted so much for Courtney to have a sibling to grow up with and share life with. It started to become an obsession."

Over the course of three years, she went through several cycles of daily visits to Peters' office for testing and monitoring and twice-daily home injections of fertility drugs. Since most of the procedures were not covered by their insurance plan, each attempt cost the couple about \$10,000.

"We were there to support each other, but there was also animosity and stress at times," Bruce Donah says. "When we knew we could not continue to pay the emotional and financial price any longer, we agreed to try one more time." During that last attempt, his wife succumbed to the emotional stress and started to cry just before the procedure. "Dr. Peters talked to us so kindly and held Bette's hand," he says. "I had never seen a doctor so compassionate."

What finally worked for the Donahs was a new form of IVF called **intra cytoplasmic sperm injection (ICSI)**. Used primarily for male infertility (the most common cause of fertility problems), ICSI involves injecting a single selected sperm directly into a selected egg to help ensure fertilization.

"Technologies like this have opened the door for those who never would have conceived," Peters says. "ICSI has particularly helped those couples who might otherwise have had to rely on donor sperm."

On July 31, 1999, Bette Donah gave birth to Kelly Ann. "Now we can invest our time and energy in our two wonderful children," she says. "We give our thanks to God for blessing us with a family." ●

New Fertility Lab Will Improve Pregnancy Rates

A new in vitro fertilization lab at Muhlenberg Hospital Center, among the first of its kind in the nation, gives new hope to couples struggling with infertility. "It will significantly improve pregnancy rates and decrease the risk of multiple births," says fertility specialist Albert Peters, D.O., of Lehigh Valley Hospital and Health Network. "This is an incredible advancement for couples hoping to have a child."

Highly purified air and unique surroundings in the lab allow embryos to thrive "in an environment optimal for healthy embryo development," says Kathryn C. Worriilow, Ph.D., scientific director of the lab. "We'll be able to culture embryos for five to six days instead of the typical two to three days used in standard IVF procedures. This will allow us to develop the more mature and healthy embryos. The technology makes it possible to return just one or two embryos instead of several, as in standard IVF, thereby lessening the chance of multiple births."

Every decision in designing the new lab was made "as if a couple were sitting across from us," Worriilow says. The ultimate goal: "We want every couple to have the greatest chance of getting pregnant on the very first try."

Want to Know More?

For information about choosing a fertility specialist, call 610-402-CARE.

What Do the Numbers Mean?

Blood pressure is the force exerted on the walls of your arteries by blood flowing through your body. It's measured in millimeters of mercury. The top number measures systolic pressure—the pressure when your heart pumps. The bottom number measures diastolic pressure—the pressure between heartbeats. A typical reading in the “normal” range is 120/80.



H High Blood Pressure

It's important to know if you have hypertension, and to take action against this 'silent killer'

If you're an adult with blood pressure of 140/90 or above, you have hypertension—“high blood pressure.” And you have a potentially serious problem.

“In the first several years, hypertension usually has no symptoms, but in the long term it is one of the worst of the silent killer diseases,” says Keith Doram, M.D., chief of general internal medicine at Lehigh Valley Hospital and Health Network. “High blood pressure is a leading cause of stroke, heart attack and other cardiovascular-related problems including congestive heart failure, hardening of the arteries and kidney failure.”

If you have high blood pressure, you're not alone. About 25 percent of Americans—60 million of us—suffer from the condition. The good news is that things we have control over, such as better diet and more exercise, can improve or even cure high blood pressure. When they can't, physicians today have a host of new medications that work very well with minimal side effects.

How do you know if you have hypertension? “Without being tested, you really can't tell,” Doram says. “Many people associate headaches with high blood pressure, but that is rarely the case. It's more likely that the condition causing the headache is also raising the blood pressure.”

Everyone should get an initial screening for hypertension in childhood, Doram says. (See page 31 for information on blood pressure screenings for children.) For otherwise healthy adults, an annual blood pressure check is recommended. The type of equipment you can find in a mall or for home use is an inexpensive way to get a reasonably accurate reading.

Produced in collaboration with our partners in PennCARESM

Kids and Hypertension

“Because blood pressure fluctuates,” Doram says, “take three separate readings, each at the same time of day and under similar circumstances—for example, first thing in the morning. If the result is 140/90 or higher, see your doctor.”

Your blood pressure may be higher in the doctor’s office—the so-called “white coat hypertension” caused by the stress of being in the doctor’s office. But it’s important to get a professional test to be sure the results are accurate. It’s also important to determine whether you have “essential hypertension” (high blood pressure itself) or whether another disease is the underlying cause (referred to as “secondary hypertension”).

Treatment of hypertension is highly individual. Some people see improvement through diet, exercise and weight loss, while for others these changes have no measurable effect. Medications are the answer for that group.

“In the last 20 years, our medication choices have expanded dramatically,” Doram says. The problem with medication, he says, is sticking with it. It’s hard for anyone to have to take a medication every day, especially when treating a disease process that initially has no symptoms. And although you may be able to get off the medication eventually—especially if you also make lifestyle changes—treating hypertension is a long, gradual process.

“But when the alternative is the real and higher risk of stroke or heart attack, the choice is clear,” Doram says. ●

Want to Know More? For information on blood pressure screenings in your area, call 610-402-CARE.

High blood pressure isn’t just an adult problem; about 1 percent of children and adolescents have the condition, says pediatrician Donald Levick, M.D., of Lehigh Valley Hospital and Health Network. “It’s more prevalent in obese youngsters and those with hypertension in the family,” he says.

As with adults, childhood hypertension is a silent and dangerous illness. “It seems to carry forward into a higher risk of coronary artery disease, stroke, kidney disease and other health problems in adulthood,” Levick says.

Treatment is similar in children and adults, but the best course is prevention. “Make sure your child eats a healthy diet, gets plenty of exercise, and sees the doctor regularly,” he says. Yearly checkups are recommended from age 2 to 6, and at least every other year through puberty.

Risk Factors for High Blood Pressure

Factors You Can’t Control

- ✓ **Gender** – Hypertension is more common in males than females prior to age 60.
- ✓ **Race** – African-Americans and Native Americans are at increased risk.
- ✓ **Heredity** – The more relatives with high blood pressure (especially parent, sibling, child), the higher your risk.
- ✓ **Age** – The older you are, the higher the risk.

Factors You Can Control

- ✓ **Obesity** – For every 10 pounds you lose, it’s likely you will trim 2 to 3 points off your blood pressure. If you are overweight, for every pound you lose, you trim up to 1 point off your blood pressure.
- ✓ **Exercise** – The more you do, the lower your blood pressure.
- ✓ **Alcohol** – More than two glasses of wine a day or the equivalent raise your risk.
- ✓ **Diet** – Up to 60 percent of those with hypertension may be sensitive to salt intake; reduce it and blood pressure can be lowered. Lowering saturated fat and caloric intake in general and consumption of adequate amounts of calcium, magnesium and potassium have been shown to have a favorable effect on blood pressure.
- ✓ **Stress** – Reducing chronic, day-to-day stress—from such things as family problems, money worries, difficult work conditions—can dramatically reduce hypertension risk.

Healthy You

Health Improvement Classes



What's New and Notable

January-March 2000

Healthy Eating

- Hands-on Cooking Workshop **NEW**
Page 26
Need a little coaching in the kitchen? Learn basic cooking skills from a professional chef.
- Vitamin Matters **NEW** Page 26
- Antioxidants **NEW** Page 27
- Reinventing Meals With Soy **NEW**
Page 27 (Also see article on page 11.)

Mind and Body

- Soothing Breathing Techniques **NEW**
Page 27
Nourish your body and discover how breathing techniques can change your energy level and mood. (Also see article on page 16.)
- Classic Homeopathy **NEW** Page 28
Boost your immune response and improve your overall well-being with this natural system of medicine.
- Meditation for Health **NEW** Page 28
Tap into your own natural resources and draw energy from within. Meditation can reduce stress and bring you peace of mind.
- Reiki – Feel the Energy **NEW** Page 28
This hands-on healing method may help lessen some of your aches and pains.
- Health and Spirituality **NEW** Page 28
- Healing Breath **NEW**
Page 28 (Also see article on page 16.)
- Intro to Feng Shui **NEW** Page 28
- The Healing Imagination **NEW** Page 28
- Natural Holistic Therapy Series **NEW**
Page 28
- Intro to Body Rolling **NEW** Page 28

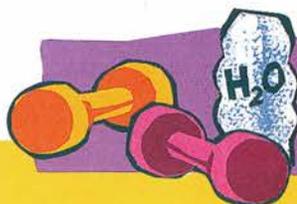
Exercise and Movement

- Cardio Kickboxing **NEW**
Page 29
Fight exercise boredom with high-power exercise routines designed to strengthen the body and the mind.
- Fitting in Fitness **NEW**
Page 29
This workshop will teach you ways to build exercise into your busy schedule and help keep you in shape.
- Seated Tai Chi **NEW** Page 29
- Healing Movements for the Season: Winter **NEW** Page 29
- Fundamentals of Tai Chi **NEW**
Page 30
- Fitness With Forza **NEW** Page 30
Forza means strength and power. This intense program focuses on movement.



Men's Health

- Men's Spring Tune-up **NEW**
Page 31
Whether you need a complete overhaul or just periodic maintenance, this workshop will improve your awareness and health. Designed for men of all ages.



Spirit of Women

Women's Health

- **Progress Points for Breast Health** **NEW**
Page 31
Learn from health experts how improvements in screenings and research have led to enhanced breast health. (Also see article on page 18.)
- **Growing Your Emotional Well-being** **NEW**
Page 31
Managing Anxiety: Fear Is No Obstacle offers insight into the skills needed to overcome your fears. (Also see article on page 16.)
- **How to Develop Self-esteem** **NEW**
Page 31
- **Facial Therapy – Keep That Healthy Glow** **NEW** Page 31
- **Benefits of Estrogen** **NEW** Page 31

Parenting

- **Children's Tune-up** **NEW** Page 31
Bring your children to have their blood pressure checked and to measure their height and weight. (Also see article on page 22.)

Childbirth and Newborn Care



- **Becoming a Family** **NEW** Page 32
Join other parents-to-be for an informative insight into the physical changes of pregnancy.

Disease Prevention and Care

- **Take Care of Back and Neck Pain** **NEW**
Page 34
Better understand the course of prevention and treatment for various pain problems of the back, neck and other areas. Presented by chiropractors and physicians.

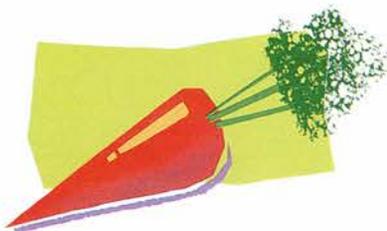
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Registration required

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

- **Back to a Life of Balance** **NEW**
Page 34
This program can provide you with current knowledge on a variety of balance problems. Includes a confidential screening.
- **Living Well With Fibromyalgia** **NEW**
Page 34
An informative workshop helps you learn to cope with the stressful symptoms of fibromyalgia.
- **Don't Ignore Your Headaches** **NEW**
Page 35
If you've had headaches that interfere with normal activity, they could be migraine. Learn the latest facts.



Healthy Eating

Hands-on Cooking Workshop **NEW**

Need a little coaching in the kitchen? Learn basic cooking skills from a professional! You'll make a marvelous seafood soup from ingredients you pick up during your store tour. Bring a chef's knife or purchase a knife the night of the program.

\$35

- Thursday, Jan. 20; 6-9 p.m.
- Thursday, Feb. 17; 6-9 p.m.

Class meets at Wegmans.

Joe Kratochwill, executive chef, Wegmans



HEALTHY BODY SHOPPE

Now you easily can check your blood pressure, total cholesterol and body fat as you check your weight.

- Non-fasting total cholesterol \$5
- Instant body-fat testing \$15
- Blood pressure check Free

Learn what steps you can take toward a healthier life. All preventive screenings are provided in an atmosphere of confidentiality and respect for your privacy at the Health Center at Trexlertown.

For more information, call 610-402-CARE.

Vitamin Matters **NEW**

Understand how vitamins and supplements can balance, not replace, your nutrition needs. Each workshop provides current information so you can make intelligent choices about your family's health.

\$10 per class

Men's Well-being

- Saturday, Feb. 12; 10:45 a.m.-noon
- Monday, Feb. 21; 7-8:15 p.m.

Women's Well-being

- Tuesday, Feb. 15; 7-8:15 p.m.
- Thursday, March 9; 7-8:15 p.m.

Athletic Performance

- Wednesday, March 15; 7:15-8:30 p.m.

Class meets at TX.

Jay Needle, pharmacist

Chris Conway, owner, Great Earth Vitamins

Illustrations by Sally Daage

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

Bethlehem YWCA
1475 Roselawn Dr. Bethlehem

MHC -Atria
1745 W. Macada Rd. Bethlehem

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

Saucon Valley High School
2100 Polk Valley Rd. Hellertown

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

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.

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.

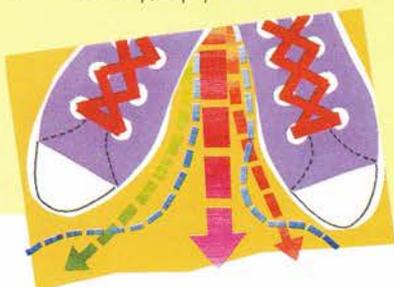
Monthly fees:

\$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



Antioxidants **NEW**

Find out why antioxidants are so important for your health. Learn how to incorporate them into your lifestyle through food choices and supplements.

\$10

- Wednesday, Feb. 16; 7-8 p.m.

Class meets at TX.

Barbara Carlson, registered dietitian

Reinventing Meals With Soy **NEW**

Soybeans are among the most versatile foods in the world. Learn about the variety of soy products and the health benefits of including them in your diet. Taste-test soy for the first time or introduce yourself to some new products.

\$15

- Thursday, Feb. 24; 6:30-8 p.m.

Class meets at TX.

Amy Virus, registered dietitian

Nutrition Prescription

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

\$95

- Daytime and evening appointments available

For further information, call 610-402-CARE.

Mind and Body

Soothing Breathing Techniques **NEW**

Learn how powerful breathing techniques can change your energy level, mood and mental clarity. Breathing helps decrease anxiety, asthma and stress. Enhance your exercise routine or yoga practice. Bring a bed pillow.

\$15

- Sunday, Jan. 16; 1:30-3 p.m.
- Sunday, March 5; 1:30-3 p.m.

Class meets at TX.

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

Health Screenings

For information, call 610-402-CARE.

LEHIGH VALLEY MALL—

upper level

Blood Pressure Screenings-Free

Tuesday, Jan. 18 8:30-10 a.m.

Tuesday, Feb. 15 8:30-10 a.m.

SWEETHEART SHOPPE

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

- 60-minute therapeutic massage (\$48)
- 30-minute therapeutic massage (\$30)
- Aromatherapy candles (\$15)
- Ice-cold six pack of soap rolls (\$15)
- Happy Heart hand-held massager (\$10)

To select a gift in person, stop by the Health Center at Trexlertown on Friday, Feb. 11; 9 a.m.-5 p.m. and Saturday, Feb. 12; 9 a.m.-noon.

Classic Homeopathy **NEW**

Learn the basics of this natural system of medicine that can boost immune response, build digestive health and improve your overall well-being.

\$10

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

Class meets at TX.

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

Class meets at Bethlehem YWCA.

- Monday, March 13; 7-8:30 p.m.

Class meets at 17, Auditorium.

Suzanne J. Smith, holistic health counselor

Meditation for Health **NEW**

Tap into your own natural resources and draw energy from within. Meditation can reduce stress and promote clarity and peace of mind. Bring a bed pillow.

\$15

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

- Sunday, Feb. 27; 1:30-3:30 p.m.

Class meets at TX.

Jeffrey J. Budzek, R.N., certified yoga instructor

Reiki – Feel the Energy **NEW**

Discover the many benefits of this hands-on healing method that helps with the lessening of pain and brings peace of mind.

\$5

- Wednesday, Feb. 2; 6:30-8:30 p.m.

Class meets at TX.

- Tuesday, March 14; 1:30-3:30 p.m.

Class meets at MHC, Banko Family Community Center.

Celeste Saunders, M.D.

Health and Spirituality **NEW**

Spirituality is a complement to traditional medicine, not a replacement. You will increase your awareness of your own spiritual heritage and the value of meditation, prayer and relaxation.

\$5

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

- Saturday, March 4; 10-11 a.m.

Class meets at TX.

Rev. Michael F. Piovane

Rita M. Valenti, psychologist

Healing Breath **NEW**

Learn and practice how to use your breath with music and meditation. Proper breathing can bring about changes to restore harmony in your life.

\$15

- Friday, Feb. 18; 6-7:15 p.m.

Class meets at TX.

Michael and Synthia Angelone, Tai Chi instructors

Intro to Feng Shui **NEW**

This ancient art shows you how changing your environment can bring balance to your life. Each object, shape, color, building and room has a specific energy pattern and energy flow.

\$10

- Wednesday, Feb. 23; 7-8 p.m.

Class meets at TX.

- Thursday, March 9; 10:30-11:30 a.m.

Class meets at 17, Auditorium.

Carol Draper, instructor

The Healing Imagination **NEW**

Guided imagery will help you relax and listen to your body. Stress relaxation involves the whole body – the emotions, the senses, the intuition – and promotes positive performance.

\$15

- Thursday, Feb. 24; 10:30-noon

Class meets at 17, Auditorium.

- Wednesday, March 1; 7:15-8:45 p.m.

Class meets at TX.

Carol Chinn Saxman, R.N.,

holistic health practitioner

Natural Holistic Therapy Series **NEW**

Based on the ancient tradition of mind-body healing, these education programs offer healthy ways to rejuvenation. By focusing your energies inward, you can withstand the rigors of aging and improve quality of life.

\$10 • Vitality Plus GOLD members, \$5

Lifestyle Habits (stress, weight management, nutrition)

- Thursday, March 2; 7:15-8:45 p.m.

Class meets at Saucon Valley High School, Hellertown.

Herbal Remedies

- Wednesday, March 8; 7:15-8:45 p.m.

Class meets at TX.

Strategies to Defeat Stress (yoga, meditation)

- Monday, March 13; 7:15-8:45 p.m.

Class meets at 17, Auditorium..

Tirun Gopal, M.D., director, Vedic Spa

Intro to Body Rolling **NEW**

This is a non-exercise class form, combining the relaxing, pleasurable effects of massage with the toning effects of exercise. You will release tension, stretch muscles, increase blood flow and promote healing.

\$10

- Friday, March 3; 5:30-6:30 p.m.

Class meets at TX.

Scott Pellington, certified massage therapist

Foot Massage

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

\$30 per half-hour

Sessions held at TX and MHC-Atria.

Aroma Massage

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

\$30 per half-hour

Sessions held at TX.

Individual Massage Therapy

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

\$30 per half-hour session

\$48 per one-hour session

\$70 per 90-minute session

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

All massages provided by certified massage therapists

M A S S A G E M A D N E S S

January

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

February

Turn winter blues into winter "ahs" with a 30-minute relaxation massage for only \$20. Save \$10. Available only at TX and MHC-Atria.

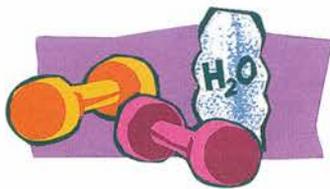
March

Need a spring tune-up? Save \$5 on any massage with one of our male therapists. Available only at TX and MHC-Atria.

For more information, call 610-402-CARE.



Exercise and Movement



Cardio Kickboxing **NEW**

Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance and cardiovascular power. *Wear loose clothing that allows freedom of movement.*

12 classes for 6 weeks • \$48

• Tuesdays and Thursdays, January 18 (first session); 8:15-9 p.m.

Classes meet at TX.

Stephen Baer, martial arts instructor

Fitting in Fitness **NEW**

Are you busy 25 hours a day, trying to fit in everything, including time with friends and family? This workshop will teach ways to build exercise into your busy schedule. Get in shape and improve your health. *Everyone receives a "Get Active" kit.*

\$15

• Wednesday, Jan. 19; 7-8 p.m.

Class meets at TX.

• Tuesday, Feb. 22; 7-8 p.m.

Class meets at MHC, Banko Family Community Center.

Kevin Swanson, exercise physiologist

Terry Falcone, exercise physiologist

Seated Tai Chi **NEW**

The "chair" version of Everyday Tai Chi encourages relaxation and develops coordination of the whole body. No matter what your age, these slow and continuous movements can help you maintain health and increase vitality.

6 classes • \$48

Vitality Plus GOLD members, \$43

• Monday, Jan. 24; 8:45-10 a.m. (first session)

Classes meet at TX.

Healing Movements for the Season: Winter **NEW**

Chase away winter blues with these movements based on Tai Chi that balance and invigorate you during cold weather.

\$15

• Tuesday, Jan. 25; 8-9:15 p.m.

Class meets at TX.

Michael and Synthia Angelone, Tai Chi instructors

Fundamentals of Tai Chi **NEW**

An introduction to the basic movements and techniques of everyday Tai Chi. Realize for yourself the many benefits of this ancient art of moving: improved balance and coordination, increased muscle mass and endurance. *Wear comfortable clothing for participation.*

\$20

- Saturday, Feb. 5; 10 a.m.-noon

Class meets at TX.

Fitness With Forza **NEW**

Forza means strength and power. Utilizing a safe, wooden sword, this intense program features aerobic work, mental concentration and upper body development

\$20

- Saturday, Feb. 26; 12:30-2 p.m.

- Sunday, March 19; 1-2:30 p.m.

Class meets at TX.

Scott E. Pellington, martial arts instructor

Everyday Tai Chi

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

6 classes • \$48

- Mondays, Feb. 21; 10:15-11:30 a.m.

(first session)

- Tuesdays, Feb. 22; 6:45-8 p.m. (first session)

Classes meet at TX.

- Mondays, Feb. 21; 7:45-9 p.m.

(first session)

Classes meet at MHC, Banko Family Community Center.

Staying Strong

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

12 classes • \$36

- Wednesdays and Fridays, Feb. 23;

10:15-11:15 a.m. (first session)

Classes meet at TX.

- Wednesdays, 7:30-8:30 p.m. and Saturdays,

9-10 a.m., Feb. 26 (first session)

Classes meet at MHC, Banko Family Community Center.

Instructed by certified exercise specialists or personal trainers.

Peak Balance Workout

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

\$15

- Saturday, Jan. 15; 9:30-11 a.m.

- Saturday, Feb. 12; 9:30-11 a.m.

- Saturday, March 18; 9:30-11 a.m.

Class meets at TX.

Yoga Moves

This class for novice students provides safe and gentle exercise with an emphasis on external body stretches. You can reduce anxiety, improve circulation, build muscle and enhance well-being. Bring a pillow and blanket. *A health readiness questionnaire is required for all participants.*

6 classes • \$36

- Mondays, Feb. 21; 6:30-7:30 p.m.

(first session)

Classes meet at St. John's UCC.

- Thursdays, Feb. 24; 6:30-7:30 p.m.

(first session)

Classes meet at TX.

Kripalu Yoga

In this yoga for people of all ages and levels of fitness, participants will practice series of movements, postures (Asanas) and breathing to stretch, strengthen and de-stress. Bring a pillow, blanket or mat.

A health readiness questionnaire is required for all participants.

6 classes • \$48

Vitality Plus GOLD members, \$43

- Begins Monday, Feb. 21; 6:30-7:45 p.m.

(gentle)

- Begins Thursday, Feb. 24; 10:15-11:30 a.m.

(gentle)

Classes meet at TX.

- Begins Monday, Feb. 21; 7:45-9 p.m. (vigorous)

Classes meet at TX.



Men's Health

Men's Spring Tune-up **NEW**

Do you need a complete overhaul or just periodic maintenance? This workshop will improve your awareness and provide options to help men avoid illness, improve longevity and preserve the quality of life in later years.

\$5

- Monday, March 6; 7-8 p.m.

Class meets at TX.

Greg Salem, certified lifestyle counselor

Spirit of Women

Women's Health

How to Develop Self-esteem **NEW**

This interactive women's support group will enable you to change the way you feel about yourself. Developing self-esteem helps you become more effective in dealing with situations and people, and you'll experience greater joy everyday.

10 sessions • \$85

- Tuesdays, Jan. 25; 7-9 p.m. (first session)

Classes meet at TX.

Marcia Felkay, therapist-counselor

Progress Points for Breast Health **NEW**

Learn from health experts how improvements in screenings and research have led to enhanced breast health. Receive a copy of *The Complete Book of Breast Health* to aid you in maintaining lifelong health of your breasts.

\$15

- Wednesday, Feb. 9; 10:15-11:15 a.m.

Class meets at TX.

Elisabeth Ladd, R.N.

Deborah Kane, R.N.

Growing Your Emotional Well-being **NEW**

Managing Anxiety: Fear Is No Obstacle is the third program in this series, offering insight into the skills needed to overcome your fears.

\$10

- Thursday, Feb. 10; 7-8:30 p.m.

Class meets at TX.

Sue Kleiner-Grew, licensed social worker

Facial Therapy — Keep That Healthy Glow **NEW**

This energetic, hands-on workshop offers you a facial "workout" that will tone and firm facial and neck muscles. You will also learn how to care for your skin and how to keep wrinkles at bay.

\$25

- Monday, Feb. 14; 7-8:30 p.m.

- Saturday, Feb. 26; 9:30-11 a.m.

Class meets at TX.

Joyce Abuasi, aesthetician

Benefits of Estrogen **NEW**

Estrogen in menopause is mainly used for prevention of osteoporosis, but can also help in prevention of cardiovascular disease, hot flashes, dry skin and Alzheimer's disease. This lecture will address the "other benefits" of estrogen in menopause.

\$10

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

Class meets at TX.

Al Peters, D.O., reproductive endocrinologist

Parenting

Children's Tune-up **NEW**

Blood pressure should be screened in all children 3 years of age and older. Height and weight measurements will be provided, along with educational resources at our new Convenience Care Center.

Free

- Sunday, Jan. 23; 1-3 p.m.

- Tuesday, Feb. 8; noon-2 p.m.

Screenings at TX.



Childbirth and Newborn Care



Pregnancy: Options and Choices

Nurse-Midwives and Your Pregnancy

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

Free

• Wednesday, Jan. 19; 7-8 p.m.

Class meets at CC, Classroom 2.

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



Childbirth Preparation

Maternity Tours

Expectant parents/family members can tour the Center for Mother and Baby Care at Lehigh Valley Hospital, Cedar Crest & I-78. Adult and sibling tours are available.

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

Prepared Childbirth (Lamaze) Series

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

\$90

For further information, call 610-402-CARE.

"All About Baby" Class (Newborn Care)

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

\$20

Class meets at 17, Auditorium.

For further information, call 610-402-CARE.

Becoming a Family **NEW**

Join other parents-to-be for an informative insight into the physical and emotional changes of pregnancy; tests you need; nutrition, lifestyle and other health needs; and what to expect when you deliver.

\$10 per couple

• Saturday, Jan. 29; 9-10:30 a.m.

• Sunday, March 5; 1-2:30 p.m.

Class meets at CC.

One-day Lamaze

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

\$125 includes continental breakfast and lunch.

For further information, call 610-402-CARE.

Breastfeeding Classes

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

\$20

Class meets at 17, Auditorium.

For further information, call 610-402-CARE.

"Just Breathing" Class

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

\$35

Class meets at 17, Auditorium.

For further information, 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, Feb. 10; 6-7 p.m.

Class meets at CC, Classroom 1.

John Collins, M.D., obstetrical anesthesiologist





From Here to Maternity

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

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

For Moms-to-be

Your physician's approval is required prior to participation.

8 classes for 4 weeks • \$48

Mondays and Wednesdays

- Monday, Feb. 7; 6:30-7:30 p.m. (first session)
- Monday, March 6; 6:30-7:30 p.m. (first session)

Classes meet at MHC, Banko Family Community Center.

For New Moms

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

8 classes for 4 weeks • \$48

Mondays and Wednesdays

- Monday, Feb. 28; 10:15-11:15 a.m. (first session)
- Monday, March 27; 10:15-11:15 a.m. (first session)

Classes meet at Allentown Sports Medicine and Human Performance Center.

Refresher Lamaze Class

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

\$30

For further information, call 610-402-CARE.

New Moms' Time Out **NEW**

Learn along with other new moms—our childbirth health educator instructs and provides knowledge and information on the following topics.

\$5 per class

Calming the Crying Infant

- Tuesday, Jan. 11; 10-11 a.m.

When to Call the Doctor

- Tuesday, Jan. 25; 10-11 a.m.

How Does Your Baby Sleep?

- Tuesday, Feb. 8; 10-11 a.m.

Introducing Solid Foods

- Tuesday, Feb. 22; 10-11 a.m.

How Your Relationships Change

- Tuesday, March 14; 10-11 a.m.

Class meets at TX.



Age 50-Plus

Internet Ambassadors **NEW**

Call today for a free, confidential session with an Internet Ambassador, a volunteer specially trained to teach you how to search the Internet for health-related information. These free sessions are held in the Health Library and Learning Center at Trexlertown. For an appointment, call 610-402-CARE.

Medicare Counseling

Current and soon-to-be Medicare beneficiaries are invited to make an appointment for free, confidential counseling on alternate Medicare participation and coverage, billing issues and claims. Counselors are trained Apprise volunteers from the Lehigh County Area Agency on Aging.

For an appointment, call 610-402-CARE or visit a counselor during walk-in hours, most Wednesdays, 10 a.m.-noon at the Health Center at Trexlertown.

Your Future in Social Security

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

Free

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

Class meets at 17, Auditorium.

- Thursday, Feb. 17; 7-8:30 p.m.

Class meets at TX.

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

Class meets at MHC, Banko Family Community Center.

OTHER CLASSES OF INTEREST

- Natural Holistic Therapy Series (page 28)
- Seated Tai Chi (page 29)
- Kripalu Yoga (page 30)

These classes offer discounts for Vitality Plus GOLD members.

Vitality PLUS®

At a reduced rate or free for GOLD Members

Vitality Plus Open House

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

Free

- Thursday, Feb. 24; 1-2 p.m.

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

- Wednesday, March 15; 10-11 a.m.

Class meets at SON, Auditorium.

55 Alive

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

Free for Vitality Plus GOLD members •

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

- Wednesday & Friday, Jan. 19 & 21; 12:30-4:30 p.m.

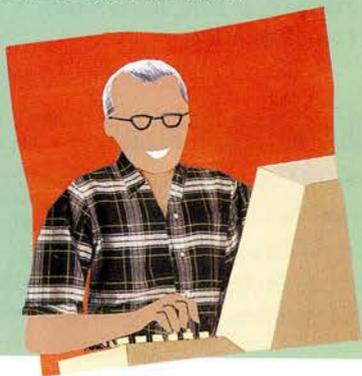
Classes meet at TX.

- Monday & Wednesday, Feb. 14 & 16; 9 a.m.-1 p.m.

Classes meet at MCC, Room 1B.

HEALTH LIBRARY AND LEARNING CENTER

A part of the Health Center at Trexlertown, the Health Library and Learning Center is designed to empower you to be an active participant in your health care through a wide variety of health and medical information. Books, pamphlets, videos, and Internet sites are available for over 100 different topics. For hours of operation, call 610-402-CARE.



Disease Prevention and Care

Take Care of Back and Neck Pain **NEW**

Understand the course of prevention and treatment for various pain problems involving the spine, back, legs, neck, arms and/or head. This education series combines chiropractic care with physician expertise to achieve your wellness potential.

\$5 per class

Chiropractors Douglas K. Ziegler, Daniel J. Reyes

Diagnostic Studies

- Saturday, Jan. 22; 9:30-10:45 a.m.
- Thursday, Feb. 3; 7-8:15 p.m.

Brian Fellechner, D.O.

Herniated Discs

- Saturday, Feb. 5; 9:30-10:45 a.m.
- Thursday, Feb. 17; 7-8:15 p.m.

Mark Lester, M.D.

Headaches

- Saturday, Feb. 19; 9:30-10:45 a.m.
- Thursday, March 2; 7-8:15 p.m.

Brian Fellechner, D.O.

Special Imaging Studies

- Saturday, March 4; 9:30-10:45 a.m.
- Thursday, March 23; 7-8:15 p.m.

Todd Peters, M.D.

TMJ (Temporal Mandibular Joint) Injury

- Saturday, March 18; 9:30-10:45 a.m.

George Carr, M.D.

Class meets at TX.

Back to a Life of Balance **NEW**

Dizziness or balance problems can affect all ages. This program can provide you with current know-how on vertigo, dizziness, balance problems, frequent falls and light-headedness. Includes a confidential screening.

\$7

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

Class meets at MHC, Banko Family Community Center.

- Wednesday, Feb. 16; 7-8:30 p.m.

Class meets at CC.

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

- Friday, March 3; 10:30 a.m.-noon

Class meets at TX.

- Saturday, March 4; 10-11 a.m.

Class meets at MHC, Banko Family Community Center.

Ethan Hood, physical therapist

Jolene Hammer, physical therapist

Living Well With Fibromyalgia **NEW**

An informative two-part workshop helps you learn to cope with the stressful symptoms of fibromyalgia and the limited lifestyle it creates. Experience techniques to ease pain and stress, and yoga movements and breathing designed specifically for you.

\$35

- Sunday, Feb. 13 and 20; 1-3 p.m.

Classes meet at TX.

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

Don't Ignore Your Headaches **NEW**

If you've had headaches that make it difficult to work, socialize or that interfere with normal activity, your headaches may be migraine. This program offers the latest facts, and current medical and lifestyle options.

Free

- Wednesday, March 1; 7-8 p.m.

Class meets at TX.

James Redenbaugh, M.D., neurologist

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

Classes meet at 17.

- Wednesday, March 1; 7-8:30 p.m. (first session)

Classes meet 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 309.

Adult (Course A)

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

\$25

- Monday Jan. 31; 7-10 p.m.

Adult-Child-Infant (Course C)

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

3-part course • \$40

- Monday, Jan. 10, 17 and 24; 7-10 p.m.
- Monday, Feb. 21, 28 and March 6; 7-10 p.m.

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

Course C Renewal

To attend you must have a current Course C card.

Renewal • \$25

- Monday, Feb. 7; 7-10 p.m.
- Monday, March 13; 7-10 p.m.

Infant-Child (Course D)

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

\$25

- Wednesday, Jan. 26; 7-10 p.m.
- Monday, Feb. 14; 7-10 p.m.
- Wednesday, Feb. 23; 7-10 p.m.
- Monday, March 20; 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.

Support Groups

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

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

For more information, call 610-402-CARE or visit our on-line searchable directory of support groups and national health organizations at http://www.lvhbn.org/calendar/support_search.html

Speakers' Bureau

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

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

For more information, call 610-402-CARE.

Support of Survivors (SOS) is a 24-hour telephone helpline for women with breast cancer. SOS is staffed by trained volunteers who are breast cancer survivors. Call 610-402-4SOS.

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

COMMUNITY LOCATIONS

Allentown Jewish Community Center,
 702 N. 22nd St., Allentown
 Allentown Sports Medicine and Human Performance Center,
 1243 S. Cedar Crest Blvd., Allentown
 Bethlehem YWCA, 1475 Roselawn Dr., Bethlehem
 Saucon Valley High School,
 2100 Polk Valley Rd., Hellertown
 St. John's UCC
 183 S. Broad St., Nazareth
 Wegman's, 3900 Tilghman St., Allentown
 Whitehall Township, Zephyr Park

ABBREVIATIONS

CC
 17
 MHC
 MCC
 1243
 1251
 TX
 SON

FAX 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 and payment 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.

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 _____

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

Signature _____ Exp. Date _____

PAYMENT: Total amount enclosed: \$ _____
Ask whether you are eligible for class discounts.

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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.

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- Body-Building and the Young Athlete
- Lyme Disease Vaccine
- Do You Need a Birth Plan?

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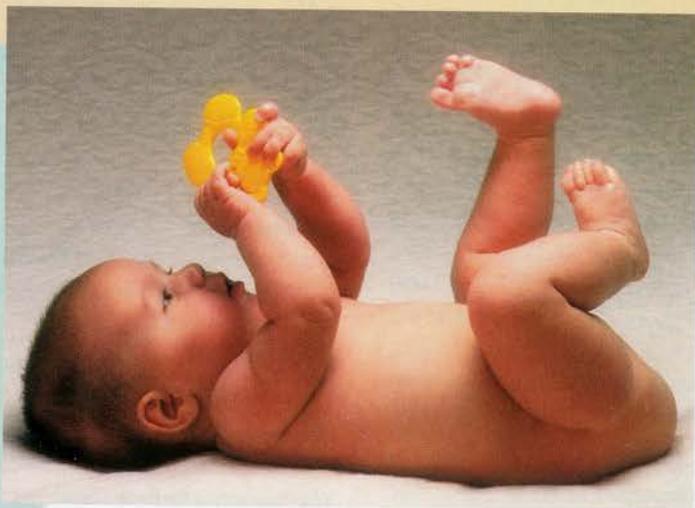
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