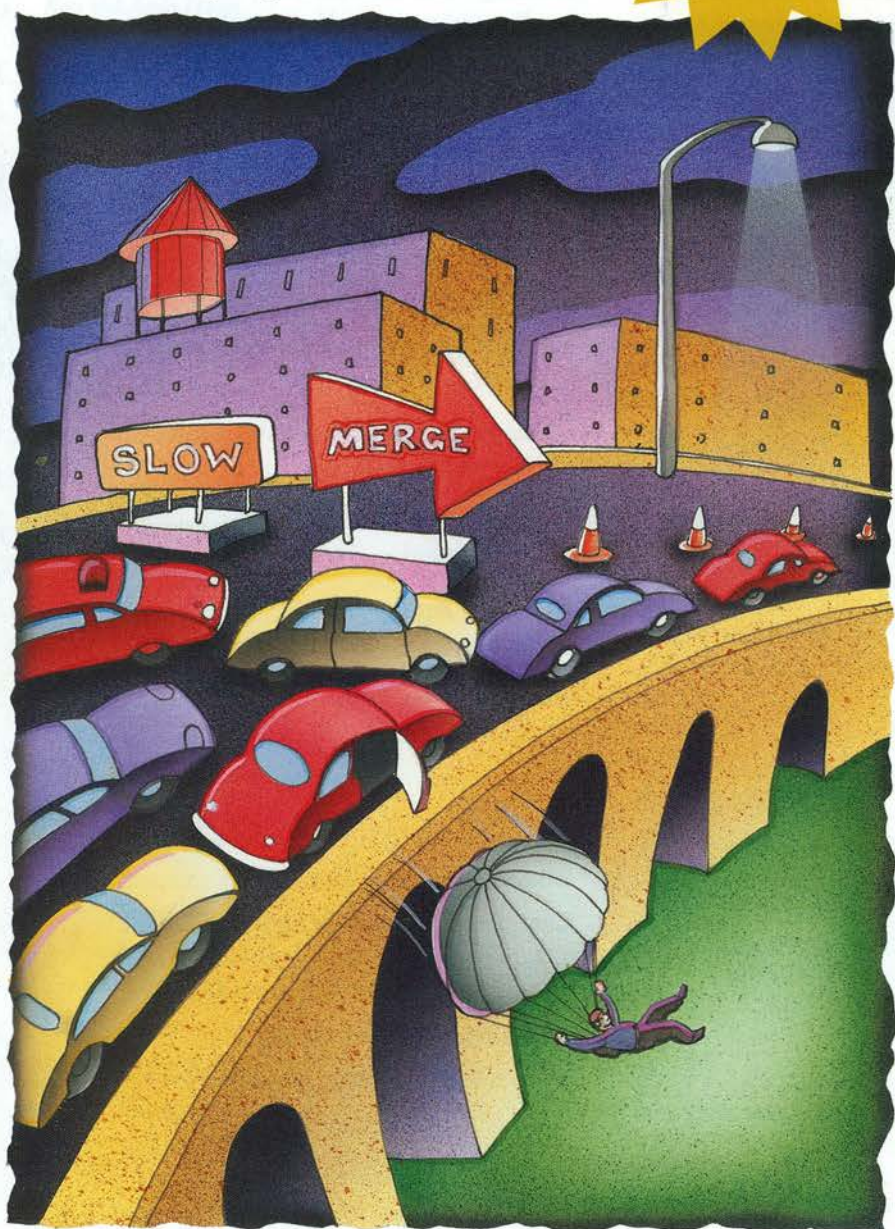


Healthy You

MAY/JUNE 2000

- Have You Had Your Screenings?
- Finding Your Inner 'Jock'
- What Does That Headache Mean?
- Men and Aging

**All About
Childbirth Care**
(See between
pages 18 & 19)



Avoiding Road Rage

Health Screenings

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- **Blood Pressure Screenings** *page 27*
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LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

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**Free
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Healthy You



**Vitality Plus members
Ann and Andy Fraga
of Macungie.**

Expanding on Success

The next issue of *Healthy You* in mid-August expands with a special *Vitality Plus* section for older adults. The new section will feature health stories and information for members of Lehigh Valley Hospital and Health Network's Vitality Plus program for adults age 50 and over.

"We're expanding the magazine as part of our continuing effort to meet the health needs of our readers," says Robert Laskowski, M.D., *Healthy You* medical editor. "We respond regularly to reader input, and older adults make up a significant part of our readership."

Healthy You uses a unique interactive approach: last year, the magazine prompted more than 12,000 calls to 610-402-CARE, requesting literature and referrals to physicians or *Healthy You* classes and lectures. The program's success in helping people improve their health earned four separate awards in 1999 for excellence in health care communications.

Watch for the new *Vitality Plus* section in the next *Healthy You*. To learn more, see inside back cover or call 610-402-CARE.

DON'T MISS THIS VITAL PROGRAM:

'A Stroke Patient's Journey'

What would it be like to experience a stroke in the prime of life—and come out the other side? Stephen Gaul of Allentown tells his story at a presentation May 24 titled "A Stroke Patient's Journey." When Gaul suffered the symptoms of stroke, he did just the right thing—sought immediate treatment. Thanks to an investigational drug, a good rehabilitation program and the help of his family, he's regained much of the function affected by the stroke. Today he leads stroke support groups and is a community advocate for early recognition and prompt treatment of stroke.

Neurologist John Castaldo, M.D., co-medical director of the Lehigh Valley Hospital stroke unit, will discuss stroke signs and symptoms and the latest treatment options.

Free

Wednesday, May 24; 6 - 9 p.m.

**Lehigh Valley Hospital, Cedar Crest & I-78,
Auditorium**

Free personal stroke risk assessment included

To register, call 610-402-CARE.

Do You Know the Warning Signs of Stroke?

If someone you love experiences any of the warning signs of stroke, call 911 immediately. Tell the emergency crew you think it's a stroke so they can take you to a properly equipped hospital and notify the staff to prepare for your arrival.

■ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

■ Sudden confusion or lack of understanding

■ Trouble speaking, slurring of speech or difficulty swallowing

■ Sudden trouble seeing in one or both eyes

■ Sudden trouble walking, dizziness, loss of balance or coordination

■ Sudden severe headache with no known cause

Want to Know More about stroke and other neurological conditions? For more information, call 610-402-CARE.

**Stroke Risk Assessments will also be held
in the Health Tent at May Daze**

May 20-21; noon - 4 p.m.

Lehigh Valley Hospital, Cedar Crest & I-78.



Avoid Getting Burned

by Skin Cancer Risk

Ever had a bad sunburn?

If so, that blast of ultraviolet rays has increased your chances of getting skin cancer by as much as 50 percent. But even if you've been careful, you are still at risk.

"Whether you spend 10 minutes a day in the sun or five hours, every minute has a cumulative effect over a lifetime," says Lehigh Valley Hospital and Health Network dermatologist Stephen Purcell, D.O.

Who's at greatest risk for skin cancer? "People with a family history of the disease (see story on page 8) or those with fair skin and light eye color," Purcell says.

Most sun damage occurs by age 21. "So, it's important to have regular skin cancer screenings," Purcell says. "But also know that it's never too late to begin protecting yourself to minimize the damage." If you're hitting the beach or pool, wear sunscreen with an SPF of 15 or greater, and reapply every two hours for maximum benefit.

Want to Know More?

For a guide to self-exams and a list of skin cancer signs, call 610-402-CARE.

Spirit of Women

2000 Conference

Seeking Award Nominations

Whether she's committed to work, family or health issues, this woman gives more than she takes. Sound like someone you know? If so, nominate her for a Spirit of Women award! The awards are given to local women age 14 and older who serve as mentors and have made contributions in the areas of work, family and health. Each honoree will be recognized during the Spirit of Women 2000 conference and will be eligible for national recognition.

Interested in Being a Mentor?

If you have life experience in the areas of work, family or health, you could be a valuable mentor to others.

Spirit of Women is seeking women—as well as businesses, organizations and agencies—interested in participating in its mentor matching program. Your expertise may be anything from personal finance or entrepreneurship to single parenting. Part of the program will be a mentoring guide complete with tips and a list of organizations that provide support.



Spirit of Women 2000 Conference

"Women Mentoring Women: Sharing Life's Experiences"

Tuesday, Oct. 10

7:30 a.m. - 9:45 p.m.

Lehigh University's
Zoellner Arts Center

The conference will feature workshops, networking sessions and renowned speakers, including:

Gail Sheehy, author and journalist, noted for her *Passages* books on the stages of growth throughout adulthood. Her latest book, *Hilary's Choice*, raises fundamental questions for every woman juggling career, family and personal ambition.

Matilda Raffa Cuomo, former first lady of New York state, editor of *The Person Who Changed My Life*, a collection of essays in which prominent Americans recall their mentors, and founder of Mentoring USA, a program for at-risk children.

Kerry Kennedy Cuomo established the RFK Center for Human Rights in memory of her father, Robert F. Kennedy, and has led human rights delegations in 22 countries. She is a daughter-in-law of Matilda Raffa Cuomo.

To learn more about the conference, mentoring or to submit a nomination, call 610-402-CARE.

Get Into a 'May Daze'

The daze of May is all about kicking back with some good times and great music. So join the Auxiliary of Lehigh Valley Hospital for a weekend of popular band performances, rides, arts and crafts, and free health screenings at its annual May Daze festival on the hospital's Cedar Crest & I-78 campus.

Free screenings at the health services tent (Saturday and Sunday, noon - 4 p.m.) including blood pressure, body composition, posture, stroke assessment. (Cholesterol test is \$5.)

Friday, May 19; 4-10 p.m.

Rock n' roll band RetroSpecs, back by popular demand

Saturday, May 20; 10 a.m.-10 p.m.

Cool island sounds of Lime Time Caribbean; Headline act: Mike Dugan and the Blues Mission with selections from their latest CD

Sunday, May 21; noon-6 p.m.

Southern Reign, one of the area's most popular country music groups

Proceeds benefit the Auxiliary of Lehigh Valley Hospital. For times and dates of additional events, call 610-402-CARE.

This stamp has raised more than \$11 million for breast cancer research. Available in U.S. post offices until July 2000, it costs 40 cents. Proceeds go mainly to the National Institutes of Health.



Experience Seniors' Horizons

Mark your calendar for the region's largest two-day information and entertainment fair for older citizens, and nominate special volunteers for an award!

Thursday and Friday, Sept. 28 and 29
Agricultural Hall, Allentown Fairgrounds.

Four awards will be presented at the event to volunteers older than 55—one each for individuals from Lehigh and Northampton counties, one for a member of AARP and a new group award. Nominations must be postmarked by Aug. 4. For details, call 1-888-584-PLUS (7587).



Welcoming Babies to the World

Grandpa was in Africa and Grandma in Sweden, but they still spent quality time with their new granddaughter in the Center for Mother and Baby Care at Lehigh Valley Hospital and Health Network. Through a live Baby Press Conference via the Internet, they got to see and hear their granddaughter and type in questions for mom and dad to answer. "My parents were really excited, and we were thrilled to share the experience," says dad Paul Johnston of Allentown.

Traditionally, new fathers run up calling card bills and miss valuable bonding time to share the news. Because the Baby Press Conference is free, it saved the Johnstons \$160 in phone calls. And after the netcast, Grandma and Grandpa were able to shop for baby gifts right on the BabyPressConference.com web site.

"Families don't live down the street anymore, and Baby Press Conference gives everybody a chance to see the newborn in those first couple of days," says Beth Kushner-Giovenco, patient care coordinator for the Center for Mother and Baby Care. "Real live footage is something you can't duplicate in pictures."

Want to Know More? Baby Press Conference and a personal web site are free to parents who deliver in the Center for Mother and Baby Care. To learn how to register, call 610-402-CARE.



Baby Press Conference links Tammy and Paul Johnston, newborn Alison and Matthew, 3, to distant grandparents.

sneezing and exercising) and urge incontinence (urine loss with urgent or frequent urination).

- **Medical treatment of endometriosis** with an oral medication.

- **Surgical treatment for dysfunctional uterine bleeding;** participants are being monitored to compare two approved techniques.

Want to Know More? Enrollment in these trials is limited. For information on eligibility, call 610-402-CARE.

Mark Your Calendar

If you or someone you love is coping with Parkinson's disease:

Sixth Annual Parkinson's Symposium

Sept. 23

Holiday Inn, Fogelsville

Nationally known specialists will discuss the latest research findings and medical treatment.

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

For more information, call 610-402-CARE.

Quit Smoking NOW

And See The Benefits, Both Now and Later

Kick the smoking habit today and your body's healing powers will kick in right away. "Within 20 minutes of putting out your last cigarette, your body begins a series of positive changes," says family practice physician Sam Bub, M.D., of Lehigh Valley Hospital and Health Network.

"Some of the most important changes are not immediate, though," he says. "It takes years to bring your cancer and heart disease risk back to the level of a non-smoker. That's why it's important to quit now."

Here's a summary of what happens after you quit, from the American Cancer Society and the Coalition for a Smoke-Free Valley. But remember—all benefits are lost by smoking just one cigarette a day.

Want to Know More? Most symptoms go away within two to four weeks after quitting. For a list of symptoms experienced when quitting smoking and how to relieve them, call 610-402-CARE.

■ **20 minutes** – Your blood pressure, pulse rate and body temperature return to normal.

■ **8 hours** – Oxygen and carbon monoxide levels in your blood return to normal.

■ **24 hours** – Your chance of heart attack goes down.

■ **48 hours** – You're better able to smell and taste.

■ **2 weeks to 3 months** – Your lung function and circulation improve, making walking easier.

■ **1 to 9 months** – Coughing, fatigue and shortness of breath decrease and energy increases.

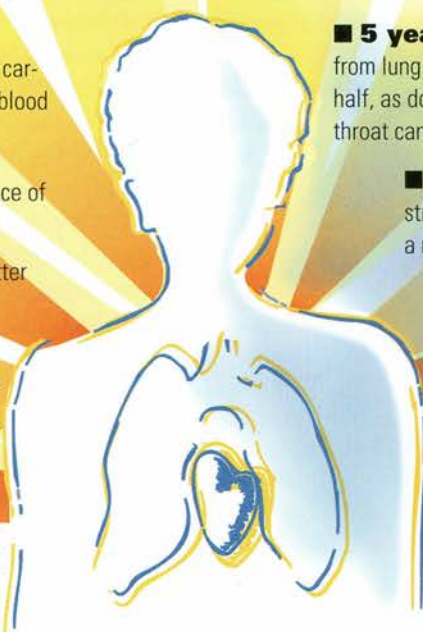
■ **1 year** – Your heart disease risk goes down to half that of a smoker.

■ **5 years** – Your chances of dying from lung cancer go down by almost half, as does your risk of mouth and throat cancer.

■ **5 to 15 years** – Your stroke risk is reduced to that of a non-smoker.

■ **10 years** – Your chances of dying from lung cancer are similar to those of a non-smoker.

■ **15 years** – Your risk of heart disease is the same as a non-smoker's.



Lehigh Valley Hospital Pioneers Minimally Invasive Aorta Surgery

Robert Kolar's aorta had swelled to twice its size. Left untreated, the aneurysm could have burst and claimed the life of the 73-year-old Whitehall man, as it does the lives of 15,000 Americans annually.

Kolar not only received timely care at Lehigh Valley Hospital, but was the first in the Lehigh Valley to undergo a new minimally invasive repair of the aorta, the large artery that supplies blood to all organs of the body.

Traditional surgery would have required eight to 12 weeks in recovery and left an

18-inch scar across his abdomen. In the new version, surgeons fed a catheter to the aorta through a small incision in the groin. A graft was then secured internally, allowing blood to flow through the aorta without producing pressure that causes rupture.

"I was sitting up the afternoon after my surgery," Kolar says. "A day later, I was home with little pain."

"This new surgery is an amazing development that should revolutionize treatment within the next three to five years," says vascular surgeon Victor Celani, M.D.

Women's Health Research You Should Know About

If you or someone you love suffers from urinary incontinence, endometriosis or irregular, excessive menstrual bleeding, you may be interested in one of several new research studies being conducted by the Women's Health Research Team, a part of the obstetrics and gynecology department at Lehigh Valley Hospital and Health Network. Clinical trials are underway investigating:

- **Surgical and medical treatment of urinary incontinence;** stress incontinence (urine loss while coughing,

Read *Healthy You* on the Web

Remember that article about immunization for seniors in *Healthy You* a few years back? How about the safety tips on lawn mower use, or the article about talking to your teen-ager, or healthy recipes? Now you can get information from past issues of *Healthy You* on Lehigh Valley Hospital and Health Network's web site, www.lvhhn.org.

Log onto www.lvhhn.org. Click on *Your Care* and look under *Healthy You Magazine*. Check out the latest issue of *Healthy You* online—and then search our online archives for articles from back issues on healthier lifestyles, parenting issues, family and senior health concerns, and fitness and nutrition facts. It's a quick and easy way to tap into the information you need from every issue of *Healthy You*.

http://www.lvhhn.org/yourcare/healthy_you/toc/

BETTER HEALTH FOR LIFE FROM LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

Healthy You

lifestyle and health promotion

- The Right Way to Bike
- Get Moving: The Extraordinary Health Benefits of Ordinary Activities
- When a Friend Is Grieving
- Faces and Aging
- Oh! My Aching Back!
- A Cancer Test You Shouldn't Ignore
- How Can I Change My Lifestyle?
- Thinking Ahead Can Prevent Lawn Mower Accidents
- Mind-Body Medicine
- Be a Good Health Citizen
- Healthy Eating for One

senior health

- Immunization Is Not Just for Kids
- Kitchen Safety Begins in the Bedroom
- The ABC's of Aging
- Bouncing Back After a Heart Attack
- A Gentler Way to Repair the Heart
- Profile of a Parkinson's Patient

women's health

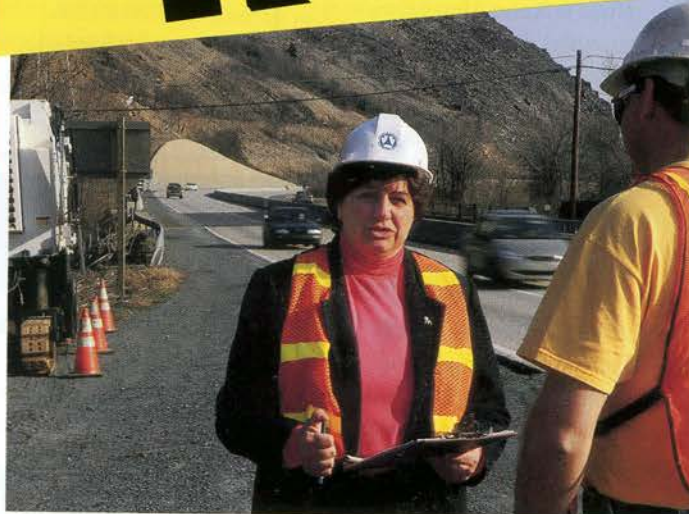
- A Healthier Start for Newborns
- A "Revolution" in Female Reproductive Surgery
- Creating a Community of Women
- Women's Health Services Profile: Donna Strauss
- Breast Health
- When a Friend Is Grieving
- Seasons of a Woman's Life
- Faces and Aging
- Women's Health Services Profile: Mina Hyman
- Leading Up to Menopause
- Do You Need a Mammogram?
- Women's Health Services Profile: The power of a group
- The Mystery of Fibroids
- A Woman's Guide to Menopause
- Women's Health Services Profile: Too Late to Have a Baby?
- A New and Better Path to Menopause
- Estrogen and Alzheimer's
- Women and the Cholesterol Connection
- Women's Health Services Profile: The power of a group

View back articles from *Healthy You* magazine on-line anytime! ➔

ROAD

RAGE

Steamed at construction delays? For safety's sake, please calm down!



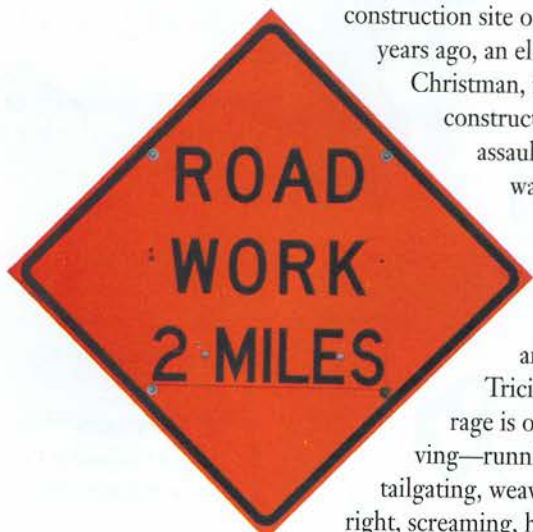
Standing on Bethlehem's Hill-to-Hill Bridge with her paving crew two years ago, PennDOT contract coordinator Marie Christman came face to face with the

barrel of a gun. But it wasn't a mugger on the other end. It was a motorist angered by his wait in traffic.

It wasn't an isolated incident. After waiting in traffic at a construction site on Union Boulevard in Allentown two years ago, an elderly woman drove her car into

Christman, flipping her up and over the car. "Our construction crews are verbally or physically assaulted every day by drivers angry about waiting in traffic," Christman says.

Road rage is a term used to explain what happens when motorists, frustrated by traffic delays or other drivers, act out their anger behind the wheel. According to Tricia Charlesworth of PennDOT, road rage is often an outgrowth of aggressive driving—running stop signs and red lights, speeding, tailgating, weaving in and out of traffic, passing on the right, screaming, honking, flashing lights, and using hand and facial gestures.





Defend Yourself Against Road Rage

When confronted by an aggressive driver, here's what you should do, says PennDOT:

- Make every attempt to get out of the way.
- Put your pride in the back seat. Do not challenge the driver by speeding up or attempting to hold your own in the next lane.
- Avoid eye contact.
- Ignore gestures and refuse to return them.

Road rage increasingly results in violence. Last year, two men got out of their cars during construction on Route 22 and began fighting. Last Thanksgiving, a working mother in Atlanta was so angered at being cut off that she got out of her car and shot another woman in the face.

Violent road incidents may be related to frantic lifestyles, says psychiatrist Joel Lerman, M.D., of Muhlenberg Behavioral Health (a part of Lehigh Valley Hospital and Health Network). "People's lives are so stressful today," he says. "We feel we have to take the kids to soccer and ballet, enroll in a college course ourselves, work a full-time job and put on a gourmet meal. We can't do it all, so we try to make up time by driving faster."

Road rage is also expressed when people, particularly men, view their cars as extensions of themselves or a measure of who they are in society. "When another driver does something to anger them, it makes them feel powerless and less in control," Lerman says. "So their car becomes a weapon." While men—particularly young men—are the most aggressive drivers, he adds, as women's lives become more stressful, they are more prone to aggressiveness on the road.

What can you do to prevent road rage? "Schedule your life realistically so you're not rushing when you're in the car," Lerman says. "Remind yourself that there are only 24 hours in a day and you can't do everything. If you find yourself speeding, swearing, honking or gesturing often, you have a problem. This is not normal behavior, even though many people think it is."

To avoid being a victim of road rage, steer clear of aggressive drivers. "You don't know who is in the other car," Lerman says. "That person may be a collection of problems, a ticking bomb waiting to go off. So if he wants to force himself into your lane, let him. If he cuts you off, let him go." ●

***Want to Know More?** For more information on avoiding road rage and for a list of road construction "hot spots" to avoid this spring and summer, call 610-402-CARE.*





Your Medical Family

Asking questions about family history can yield valuable insights on your own health risks

Why does one person develop a disease and another doesn't? Family history sometimes plays a role. Take heart disease, for example. "Many of the traditional risk factors, such as high cholesterol, tend to run in families," says cardiologist Daniel Silverberg, M.D., of Lehigh Valley Hospital and Health Network. "These are not things you inherit like blue eyes, but predispositions—tendencies for a condition to develop."

What's the value of knowing that sort of information?

"Granted, you can't do much about genetics," says Silverberg's colleague, oncologist Victor Aviles, M.D. "But there is no question that awareness can save lives through early detection and prevention." In other words, armed with a knowledge of your health risks, you can take active steps to minimize them.

Generally, the concern is more serious the more relatives you have with a given condition, the younger they were when it began, and the closer they are to you genetically (first-degree relatives are your parents, children and siblings).

Here are the key questions to ask your family.

Does high cholesterol or high blood pressure run in our family? Problem cholesterol isn't just a matter of a total over 200. A high total can be offset by HDL ("good" cholesterol, ideally over 35) or worsened by LDL ("bad" cholesterol, ideally under 130). If your family has high cholesterol or high blood pressure, get regular screenings, stay fit and eat a low-fat diet.

Is there a family tendency toward obesity? Obesity raises

the risk of heart disease, diabetes and many other problems. Those who carry the excess around the middle (the "apple" body shape) are at higher coronary risk.

Does anyone have diabetes? Type 1 (childhood) diabetes has a strong hereditary link, and type 2 (adult) diabetes also appears to run in families. Further, a woman who develops gestational diabetes during pregnancy has a higher risk of later developing type 2. Reduce



Tree

your risk with regular exercise and weight control.

Has anyone been diagnosed with breast cancer? “We now believe genetics is a factor in only 5-10 percent of breast cancers,” Aviles says. “It’s important to be conscientious about screenings and monthly self-exams. Genetic counseling may be helpful if one or more first-degree relatives have been diagnosed. And research is showing the value of drugs like tamoxifen for prevention.”

What about prostate, colorectal or skin cancer? If your father or brother had prostate cancer, your risk doubles, so talk to your doctor about early screenings. Do the same if colorectal cancer is present in the family. “About 13 percent of cases are believed to be familial,” Aviles says. If a first-degree relative had melanoma (a type of skin cancer), you need regular check-ups, but generally your best defense is to stay out of the sun.

Have any relatives had migraines? “There is a significant genetic link for migraines,” says family practice physician Robert Blauser, M.D., of Lehigh Valley Hospital and Health Network. Lower your risk by avoiding caffeine, nicotine and alcohol.

Are there signs of osteoporosis in the family? If older relatives have osteoporosis or a history of fractures, and if the typical family body frame is thin and small-boned, get a bone density test and watch your calcium intake.

Does anyone have thyroid disease? Researchers don’t know the extent of the genetic link, but thyroid disease is often seen in mother-daughter pairs. Symptoms are often misdiagnosed. If the condition is in your family, talk to your doctor.

Has anyone in the family been diagnosed with depression? Genetics are a major risk factor for depression, anxiety disorders and bipolar disorder (manic-depression), all of which can be treated very successfully.

Is there a family tendency toward alcohol abuse? “The decision to drink or take drugs is more environment than heredity,” Blauser says, “but genetics may be a factor in whether or not you develop an addiction.”

Are we a family of smokers? It’s not an inherited trait, but if parents smoke, their children are more likely to. This habit raises the risk of heart disease, strokes and many different cancers. Quitting is one of the best preventive health moves you can make. ●

***Want to Know More?** For more information on risk factors, prevention and treatment of any of the mentioned health conditions, call 610-402-CARE or visit our web site at www.lvhhn.org.*

Finding Your INN

Your neighbor runs a marathon. Your co-worker takes on martial arts. Your cousin joins a volleyball league. And you say, "Wow, I wish I could do that."

You can! Within us all is an inner jock. Take it from Neal Berkowitz, M.D., who ran his first marathon at age 40.

"The secret is to find a sport you love," says Berkowitz, a family practice physician at Lehigh Valley Hospital and Health Network. "But build your potential slowly, to avoid injury and disappointment."

Begin by trying different sorts of athletics, says Lehigh Valley Hospital and Health Network psychiatrist Ken Zemanek, M.D. "You might find a long bike ride boring, but discover a love for body building." These same challenges were conquered by local people who at one time never thought it possible. Here are their stories of personal triumphs.

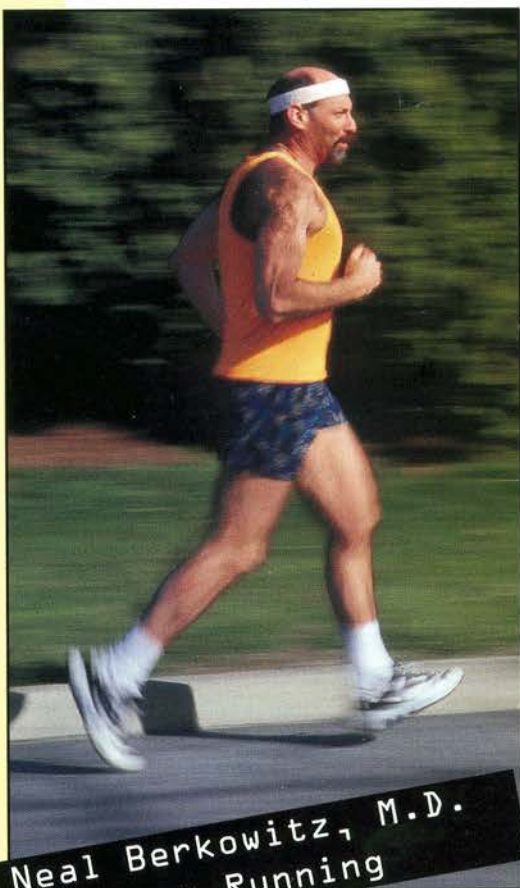
You, too, can experience the 'kick' of an athletic high

When Neal Berkowitz, M.D., reached the halfway point of his first marathon, the overwhelming accomplishment brought him to tears. "I knew I would

finish the entire 26 miles, even if I had to walk," he recalls.

Berkowitz didn't walk, he ran to the finish line — and has done it again twice since that milestone moment seven years ago. He values the achievement both personally and as a physician.

Berkowitz took up running when basketball and racquetball became too hard on his body. He liked the independence of his new sport: "I needed nine other people to play basketball, but I can go run-



Neal Berkowitz, M.D.
Marathon Running

ER 'JOCK'

ning anytime, and it's a great way to start the day."

The physical results are equally rewarding. Beginning with low mileage runs, Berkowitz gradually built up endurance and strength, dropping his weight from 210 to 190 pounds. Today, at 47, he strives to improve his performance by cross-training with bicycling and rollerblading.



Newly single with grown children, Elisabeth Ladd, R.N., was looking to reclaim her love for sports. "I

was a real tomboy as a kid," she says. "The fact that my high school didn't offer sports for girls never stopped me from skiing, swimming or playing tennis."

Then, as a young adult, the responsibilities of work and family took hold and kept her from athletics for 25 years. Finally, Ladd could wait no longer. After years of dreaming about biking, she took the initiative to go cycling with a friend.

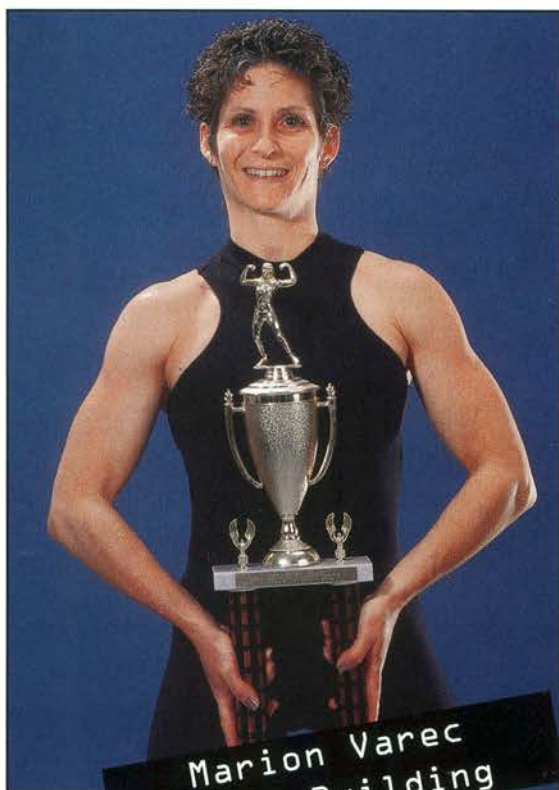
"When he suggested a 10-mile ride, I thought he was crazy," she says. "I hadn't been on a bicycle since I was 13! But this is something I always wanted to do, and I was going to do it."

She soon discovered a passion for the sport and met her husband of today, Barrett, on a tandem trek. Five years later, the pair took on a six-day, 520-mile bike ride to crusade against cancer. "I enjoy the challenge, and can focus on scenery in a way I just can't in a car," Ladd says. "It's wonderful stress relief."

In fact, Ladd's whole family rediscovered their athletic selves later in life. Her sister became an avid tennis player, her father took up skiing at age 40 and her mom still hits the slopes at 77.

**Elisabeth Ladd, R.N.
Long-Distance Biking**

Continued on next page



Marion Varec
Body Building

Ladd herself resumed skiing and is on the national ski patrol.

"Some people make excuses not to exercise, but today I find reasons to take it on," she says. "And the overwhelming feeling of accomplishment keeps me going."

Marion Varec of Emmaus was a cheerleader and a majorette in high school – not quite the body-building type. But that changed when she joined a gym at age 34, initially hoping just to tone up after having two children.

"I would staple together workouts from fitness magazines and bring them to the gym," Varec says. "After a

couple of months of training, people noticed the results and encouraged me to compete in the Lehigh Valley Body Building Championship."

Suddenly, the "gym guys" became her enthusiastic coaches. "They gave me tips on dieting and lifting techniques," Varec says. After a year of training—one-hour sessions, five days a week—Varec placed second in the competition. Today, at 40, she continues to work out. "I never imagined my body would develop the way it has," she says. "It's the ultimate confidence booster." ●

Want to Know More? Try our new PUMP class that uses weights for muscle shaping and strengthening. It's designed for all fitness levels. See page 28 for details on this and other fitness classes.

Making Strides With a Mentoring Guide

If your ambition is running or speed walking, the Lehigh Valley Road Runners Club can connect you with a mentor through its Making Strides program. The goal is to prepare beginners for the Women's 5K Classic in October, a 3.1-mile run/walk race for breast cancer research.

The unique camaraderie provides motivation for both the mentors and mentees, says mentor Jane Serues of Springtown. Most of the 250 beginners last season "found they were more capable than they thought," she says. Many have become mentors themselves. The group meets Tuesdays, beginning in early August, at 6:30 p.m. in the Lehigh Parkway. The program costs \$25 and includes course materials and a T-shirt.

Want to Know More about mentoring? To find or be a mentor in the areas of work, family or health, check out the Spirit of Women 2000 conference Oct. 10 at Lehigh University. To learn more, see page 2 or call 610-402-CARE.

Self-Esteem

After Breast Cancer

"After learning my story, many people glance at my chest almost despite themselves, making me feel embarrassed and ashamed." Those words flowed from Stephanie Byram's soul after she lost her breasts to cancer. Seven years later, she is moved by something much more powerful: beauty, spirit and hope.

By facing her feelings of "lost womanhood, lost motherhood and lost sexuality" and recording her journey with photographer Charlee Brodsky, Byram discovered new opportunities for personal growth.

"It takes a lot of courage to find self-esteem in the physical and emotional scars of breast cancer," says counselor Carole Moretz, R.N., who facilitates the Support of Survivors at Lehigh Valley Hospital and Health Network. "Women often become exceptionally wise about who they are and how they are uniquely beautiful."

They may discover beauty and meaning through reconnections with friends and family, writing in a journal, raising money for the disease, mentoring newly diagnosed women or running races for breast cancer.

Byram herself aimed to be the first breast cancer survivor to run every Race for the Cure (there are 109 of these events nationally each year). A race publicity session with Brodsky took her in a whole new direction: the creation of "Stephanie," a photo diary about Byram's experience.

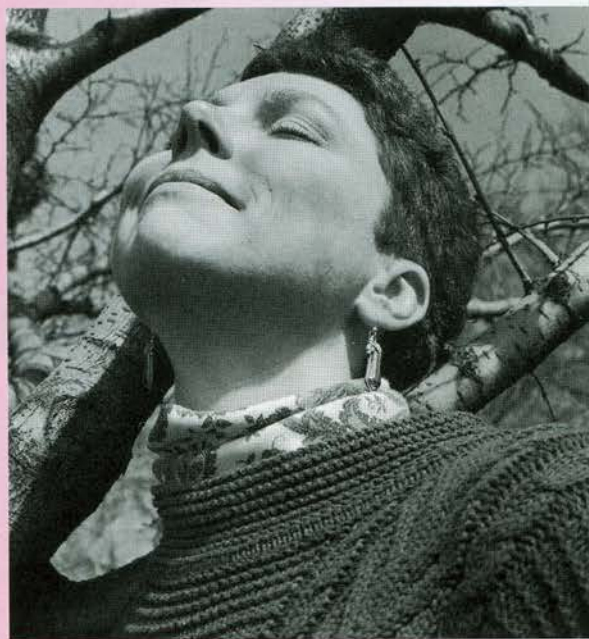
"Neither of us thought the photos would function as an aid to her healing," says Brodsky. "But that's exactly what happened. Part of her dealing with cancer was learning not to hide it."

"My turning point was a photo in which I compare myself to a Michelangelo sculpture," Byram says. "I began to see my torso as a work of art and to feel beautiful." Byram has now run more than 30 races, found love in marriage and helped other women with breast cancer "look deep within themselves."

Although cancer still touches her life, "I now live with emotional intensity," she says. "And I keep in mind that loving and laughing are my best healers." ●

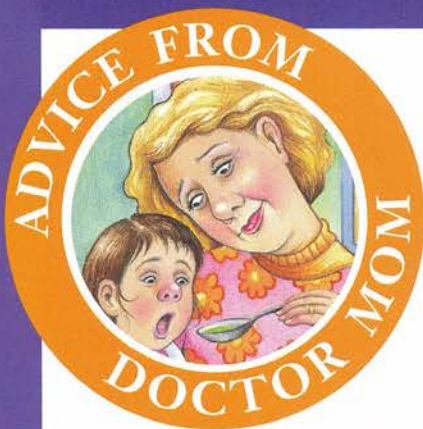
Want to Know More? Lehigh Valley Hospital and Health Network's Breast Health Services presents "Stephanie," a moving exhibition of one woman's breast cancer journey, at the Allentown Art Museum through July 2. See page 30 for details. Also see page 27 for information on a "Self-Esteem and You" workshop.

How one woman found courage and strength through the experience



At age 30, Stephanie Byram had surgery to remove the highly aggressive cancer in both breasts. Here, on her 31st birthday, the Pittsburgh woman celebrates life.

"I pieced together a new self," she says, "unified and wonderfully alive."



"Doctor Mom" (or Dad) on Bumps, Bruises, Cuts and Sores

Every parent knows that bumps and bruises, cuts and scrapes are part of childhood. But these wounds can be scary, leaving you with questions on how to treat them, when to call the doctor and when it's an emergency.

If you are "Doctor Mom" (or Dad) for your family, here's some information to help you:

Bumps

When children bang their heads, it's normal for a bump to develop right away. Apply ice to reduce swelling and watch for symptoms of a concussion (nausea, vomiting, fatigue, loss of attention, quietness or irritability), says Brian Nester, D.O., director of Express ER at Muhlenberg Hospital Center.

Doctor Mom Says: *Call the doctor if your child has a bump on an ankle, wrist or other joint. Joints contain growth plates (where new bone cells develop) and a bump can affect growth. Even if a bone isn't broken, a cast or splint may be needed for proper healing.*

"If you see these symptoms, call your doctor or bring the child to the emergency room," Nester says. "Usually these symptoms and even a brief loss of consciousness can be normal, but you should keep an eye on the child through the night." Take extra precautions with children under 2 years old, since it's more difficult to accurately assess little ones who can't talk yet.

Bruises

Bruises occur when a blow to the body breaks blood vessels under the skin, causing discoloration. Most bruises are not emergencies and only require ice to prevent swelling. But if the bruise results from a serious injury, if the pain is extreme or doesn't subside, or the child cannot move a limb, call your doctor.

Also call the doctor if your child has a bruise on the belly—which often occurs from bicycle handlebars—or an injury to the genitals. "In boys, injuries can cause testicle torsion, or twisting, which will kill the testicle if not treated in six to eight hours,"

Nester says. In girls, an injury to the vagina can cause internal injuries. Close inspection of the area is appropriate.

Bruises on the face, which has many small

Doctor Mom Says:

Beware of combination cuts/bruises. Swelling is the body's defense against bleeding, so a cut may be deeper than you think. After cleaning out the cut, check to see how deep it is.



Illustrations by Lucy Corina

ises, rapes

bones, should be treated with extra care. Nester recommends calling your doctor to ensure proper healing.



Cuts

It can be difficult to tell if a cut needs stitches. Apply pressure directly on the wound with a folded washcloth. (Ice folded inside will help relieve pain.) "If bleeding or oozing continues after several minutes of pressure, the cut may need stitches," Nester says. "Check with your doctor." Gaping cuts and those with jagged edges or with foreign matter inside should also be checked.

Be careful of cuts on the face. "Any significant cut on a child's face should be looked at by a physician," Nester says. "For cosmetic reasons, we often use a type of glue that heals the wound with less stress than stitches."

Doctor Mom Says:

Go easy on the ointment.

Topical antibiotics can prevent infection, but after a day or two, let the cut dry out to promote new cell growth.

For cuts that don't require stitches, clean with

soap and water. If all the dirt doesn't come out, use hydrogen peroxide. Apply a small amount of antibiotic ointment, cover with a bandage and watch closely; these wounds are particularly at risk for infection.

Scrapes

In some wounds, the outer layers of the skin are scraped off, exposing inner layers of skin or tissue. Scrapes usually are not serious, but should be cleaned with soap and water or hydrogen peroxide and bandaged with an antibiotic ointment. Leave the protective scab on as long as possible, Nester says. ●

Doctor Mom Says: *Treat a scrape like a burn.* When the scab comes off, cover the new skin with sunblock as long as it looks pink, or it may heal darker than the surrounding skin.

Want to Know More? For an activity coloring book about home safety, call 610-402-CARE.



The Miracle Drink: W A T E R

It's not fancy,
but it's vital
to your good
health—
make sure
you're drinking
enough!

With so many colorful and flavorful drinks available today, it's easy to forget one simple liquid that's vital to good health: water. It makes up 75-80 percent of your body weight and helps carry nutrients through the body and clear out waste.

"Every chemical reaction in the body takes place in water, so you need to have your organs drenched in fluid," says Amy Virus, Lehigh Valley Hospital and Health Network registered dietitian. "Don't wait until you're thirsty; thirst is a sign of dehydration."

Drink eight to 10 cups (64-80 fluid ounces) of water daily, Virus says. If you're sick, espe-

cially with a fever, drink more. "Water helps regulate body temperature," she says. Also, drink more when you exercise. Virus recommends 16 ounces of water before a workout, four to eight ounces every 15 to 20 minutes during exercise and at least 24 ounces afterward.

Not getting enough water can make you tired and constipated. Drinking plenty of this no-calorie refresher can help control weight, prevent bladder infections and keep kidneys healthy. How can you tell if you're drinking enough? Urine is the best clue, Virus says. It should be clear and light in color.

If you're just not a plain-water person, try adding a slice of lemon for flavor. You can substitute other fluids, but make sure at least three cups (24 ounces) of your daily liquid intake is water. Sports drinks and juices are healthy options, but check the calorie count. Limit caffeine (which "steals" water from the body) and fizzy, sweet beverages with lots of empty calories. Virus offers these tips to boost your water intake:

- Take water breaks, not coffee breaks.
- Keep water on your desk.
- Drink water with meals.
- When you walk by a water fountain, take a drink.
- At parties, alternate sparkling water with other beverages.
- Travel with a bottle of water, even for day outings.
- Drink plenty of liquids before, during and after airline travel.
- Try a water cooler at home. It can be a fun way to get your kids into the water habit. ●

***Want to Know More?** For a guide to the warning signs and risks of dehydration, call 610-402-CARE.*

Worried About Water Quality?

Public water suppliers monitor water constantly and treat it to remove harmful contaminants, says Liesel Adam of Lehigh County Authority (one of the agencies responsible for public water supply). "You can be confident your public water meets health and safety standards." If you have a private well, she says, test at least once a year for the most common contaminants including microorganisms, which can cause bacterial infections that typically affect the lower intestines and cause diarrhea.

Do you ever need to use bottled water? It's purely a matter of taste and convenience.

Crime Prevention

for the Elderly

Don't let fear
of mugging
keep you locked
up at home!

Older people can be an easy mark for purse-snatchers, muggers and other street criminals. Many of them are well aware of the risk. "But there's a right and wrong way to react to it," says Sergeant Henry Hamory of the Allentown Police Department's Crime Prevention Unit.

"If fear of crime is making you or someone you love more careful about personal safety, that's a good thing," Hamory says. But some older folks are "so worried they stay shut up at home and rarely go out at all." If you're in that category, you're unnecessarily limiting yourself.

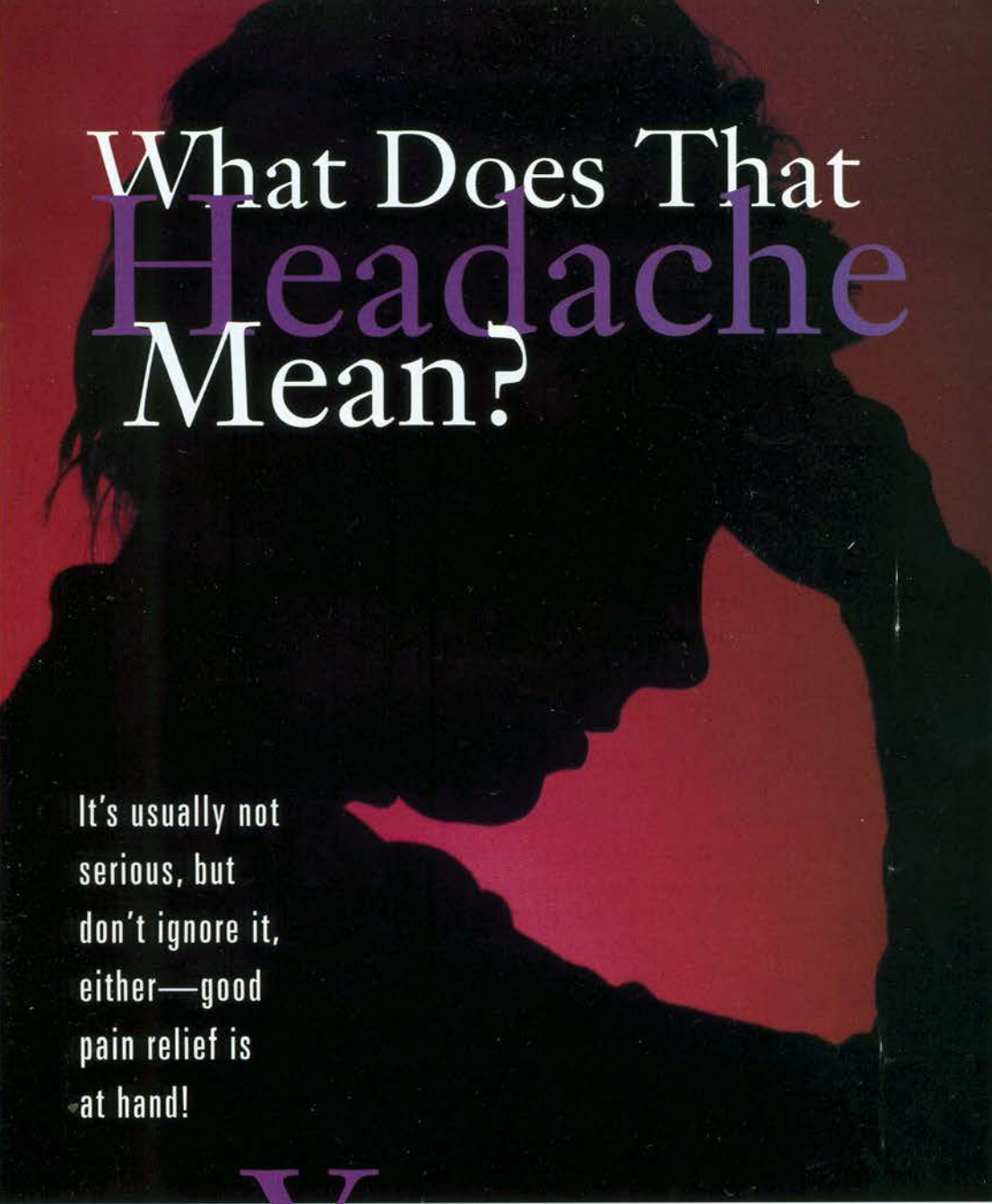
Hamory suggests these crime prevention techniques to help you stay safe and still get out and enjoy life:

- **Be aware of your surroundings at all times;** keep your head up and your eyes open.
- **Go out with a buddy** whenever possible.
- **Tell someone where you're going** and when you expect to return.
- **Carry your purse close to your body,** and your wallet in a front (not rear) pants pocket or inside your jacket. Don't leave these items on a counter or in a shopping cart, even temporarily.
- **Avoid deserted areas,** even if you have to take a longer route to reach your destination.
- **When traveling by bus,** sit near the driver.
- **Carry change for phone calls or emergency transportation,** but avoid carrying large sums of money.
- **Don't overburden yourself with packages** that obstruct your view.
- **Consider carrying a whistle** or shriek alarm.
- **Have keys ready** when you reach your door, so you don't have to fumble for them. ●

Want to Know More? Don't miss a presentation on crime prevention for older adults on July 6. See page 33 for details.

In the Car

- Whenever possible, keep doors locked and windows up while driving.
- Consider getting a cell phone for emergencies. (It's a great gift for older relatives!)
- Park in well-lit, busy areas.
- If the car breaks down, stay inside; when someone approaches, ask them to call a service truck or the police.

A dark silhouette of a person's head and shoulders is shown against a deep red background. The person's hand is pressed against their temple, suggesting a headache. The overall mood is somber and focused on the theme of pain.

What Does That Headache Mean?

It's usually not serious, but don't ignore it, either—good pain relief is at hand!

You may not believe it if you're sitting there with pounding temples, but most headaches are not a symptom of a serious disease. Rather, they're a problem that needs treatment—and there are better treatments now than ever before, says Lehigh Valley Hospital and Health Network neurologist James Redenbaugh, M.D.

To help prevent and treat your headaches, Redenbaugh says, the first step is to identify the type of headache you have:

Tension headaches

These are the most common headache type, Redenbaugh says, and they cause pressure and pain all around your head. Tension headaches often are triggered by stress and come on late in the day, occurring occasionally or daily. They're troublesome enough to send you for the aspirin bottle, but Redenbaugh cautions against overuse of painkillers. "Often people begin taking so many pain relievers for tension headaches that they develop 'rebound headaches,'" he says. "When the medication wears off, another headache develops." Instead, he suggests exercise, relaxation techniques or psychological counseling to relieve stress.

Migraines

Migraines affect an estimated 23 million Americans, predominantly women. They are usually hereditary, Redenbaugh says (see related story on page 8). Migraines result from irritated nerve endings and usually occur on one side of the head, causing an intense, throbbing pain aggravated by light, sound and movement. They can be accompanied by nausea and occasionally are preceded by visual or sensory warning signs that may include numbness and tingling.

Preventing migraines can be difficult. Eliminating red wine and chocolate works for some people, while certain medicines usually prescribed for other conditions have helped others, Redenbaugh says. These include beta-blockers (heart medicine), antidepressants and anti-epileptic drugs. When it comes to treating the pain after the onset of a migraine, he says, significant advances have been made, particularly with new “designer” drugs called triptans.

Cluster headaches

These headaches, often confused with migraines, usually affect men. They always occur on one side of the head and almost always behind the eye, sometimes causing the eye to tear or become droopy. “Cluster headaches usually occur at night and last less than an hour, but are so severe that people become afraid to go to sleep,” Redenbaugh says. “In fact, some people become so anxious as to contemplate suicide.”

Cluster headaches are named because they come in clusters—occurring every night for a month or two, then disappearing for months or years before they return. Triptan, the migraine pain medicine, can relieve cluster headaches as well.

Exertional headaches

These headaches come on very suddenly after various kinds of physical exertion, from weightlifting to sex or even coughing and sneezing. “They cause flashing, lightning-like pain, which is often but not always in the back of the head,” Redenbaugh says.

Lasting less than an hour, exertional headaches have been confused with the symptoms of a brain aneurysm, a life-threatening condition in which an artery weakens and balloons out. Exertional headaches can be treated with the drug indomethacin.

Other headaches

Some headaches result from sinus congestion, which causes pain and tenderness around the sinuses. “Sinus headaches are not as common as most people think,” Redenbaugh says. “If you have them frequently, you should be checked for migraines.”

Some headaches are a side effect of allergies. “See your doctor if the headaches become severe,” he says. “They may be due to another cause.” Finally, cutting back on caffeine—which is found not only in coffee and cola, but even as an added ingredient in some pain relievers—can cause withdrawal headaches. ●

Want to Know More? For articles on headaches and headache remedies from past issues of *Healthy You*, call 610-402-CARE.

When Should You Be Concerned?

While most headaches are not symptoms of anything serious, contact your doctor if you have these symptoms:

The worst headache of your life — especially if you’ve never had bad headaches.

A headache along with personality change, severe drowsiness or confusion.

A headache along with a high fever and stiffness in the neck, which could indicate meningitis.

Pimples Aren't

An acne
awareness
'Zit Quiz'
for teens
(and
parents)

Almost eight in 10 teen-agers know from experience that zits are the pits. Is chocolate to blame, or not keeping skin clean? Do those popular "nose strips" help? Lehigh Valley Hospital and Health Network dermatologist Stephen Purcell, D.O., tests your acne awareness with this true-and-false quiz.

Oily skin equals lots of pimples. ☐ True ☐ False

False! "Plenty of people with dry skin have acne and many people with oily skin don't," Purcell says. Zits happen when dead skin cells block normal oil flow through the hair follicle and out the pore. Blame your parents for pimples, not oily skin. You inherit the tendency to break out.

Male hormones often cause acne. ☐ True ☐ False

True! The male hormone androgen kicks in during puberty for boys and girls. "After puberty, boys produce 10 times as much androgen as girls and are more often the victims of severe acne."

"Nose strips" clear pimple debris. ☐ True ☐ False

False! If you don't have acne, these strips will make you think you do. "They pull out normal columns of white debris, not blackheads or whiteheads. Scotch tape produces the same result."

Eating chocolate increases breakouts. ☐ True ☐ False

False! A study of 65 people proved this wrong. "The group ate chocolate with 10 times the normal amount of cocoa every day for a month, and most acne didn't get any worse." Food, in general, has little to do with acne.

The black dot in a blackhead is dirt. ☐ True ☐ False

False! The difference between a blackhead and a whitehead is an open pore, not dirt. Oxidized oil from a blackhead's opening causes it to look black. "Squeezing a pimple won't help. Pressure ruptures follicle walls and causes infection to spread, adding a couple of weeks to the pimple's life."



That Simple



Frequent face washing aggravates pimples.

☐ True ☐ False

True! People tend to over-wash because they think dirt causes acne. "Excessive cleansing can cause the same irritation as squeezing. Wash gently with your fingertips no more than twice a day. Use a mild, nonsoap cleanser."

Hair gel and spray make zits worse. ☐ True ☐ False

True! Stickiness causes dead cells to clump together and clog pores. "Touching your face after applying hair products or after running fingers through your hair can definitely irritate pimples."



Cosmetic skin care kits help treat acne.

☐ True ☐ False

False! "Using oil-free makeup instead of oil-based makeup can help prevent acne, but cosmetic programs are not viable treatment programs." Beware of the miracle claims by infomercials, too. "The products generally contain triclosan or benzoyl peroxide, the same ingredients in over-the-counter treatments."

Oral contraceptives are the most prescribed acne treatment for girls. ☐ True ☐ False

False! They're one of the last steps in treatment and usually work better for adult females (see below). "Antibiotics and topical agents such as Retin A and benzoyl peroxide do the job well for most teens. The drug Accutane often eliminates acne permanently, but because of side effects, we only recommend it to those with serious cystic acne." ●

Want to Know More? Acne can be a serious and embarrassing problem for teens and adults. To learn more about treatments or for a referral to a dermatologist, call 610-402-CARE.

Strolling Down Acne Lane: When It's a Lifelong Problem

Just when many women think they've escaped teen-age acne, the zits attack. More than 40 percent of adult women experience breakouts.

The culprit? Hormones. "When a woman hits her late 20s or 30s, the ratio of male to female hormones changes. This increase in androgens and decrease in estrogen triggers the problem," Purcell says. "Stress, too, can cause flare-ups."

But don't stress over pimples. There are more options for treating adult acne, Purcell says, than ever before.

Men and

Staying mentally and physically fit can turn middle age into a new start

Bethlehem veterinarian **Raymond Stock** gave himself a present when he turned 50 last August. He enrolled in a master's degree program in bioethics at the University of Pennsylvania. With one son in college and the second nearly there, the Allentown

resident found it a perfect time to expand his horizons while continuing as a full-time animal doctor.

"You realize you're as far from 30 as you are from 70, and that's a wake-up call," Stock says. "I've almost finished raising a family, so I decided to pursue something I'd been too busy to do. I'm a strong believer in staying mentally fit as well as physically fit."

Mentally fit

New challenges are important to maintain middle-age mental fitness and can help prevent the depression that's sometimes called a midlife crisis ("male menopause"), says Lehigh Valley Hospital and Health Network psychiatrist Joseph Antonowicz, M.D.

"Unlike women, who go through significant hormonal changes during menopause, for men the changes of middle age are all in their heads," he says. "Testosterone (the male hormone) doesn't decline until men are in their late 70s or 80s."

That doesn't mean middle age is an insignificant male transition. Antonowicz sees three major changes for men at this stage:

Career: Many men come to the sobering realization that their career has peaked, prompting them to begin a new career, coast toward retirement or take on new challenges outside work.

Family: When children grow up and leave the house, empty nest syndrome affects dads as well as moms. While some find the extra time liberating, others find it depressing. "It depends how you fill the void," Antonowicz says. "Some men buy a sports car or begin sporting an earring, but you also can go back to school or get serious about a hobby."

Doing his homework with help from Nacho the Cairn terrier, veterinarian Raymond Stock is pursuing his personal midlife challenge: a master's degree in bioethics.

Aging

Body: “One day you realize your hair is gray, it’s not growing out the top of your head but from every other pore, and you have to work a lot harder to keep off weight,” Antonowicz says. “I suggest men accept that there are natural changes that accompany aging, and focus on the positives. You’re probably smarter and know a lot more about the world.”

Physically fit

Enjoying your later years will be a lot easier if you take care of your body, says David Caccese, M.D., Lehigh Valley Hospital and Health Network internist. “Men can be vital into their late 70s and 80s, both mentally and physically.” Heart disease, stroke and cancer are the top medical concerns after age 40, he says, but you can reduce your risks by following these guidelines:

Eat healthy: A low-fat, high-fiber diet rich in fruit and vegetables can help control weight and prevent cancers and heart disease. And don’t forget calcium—osteoporosis affects men, too.

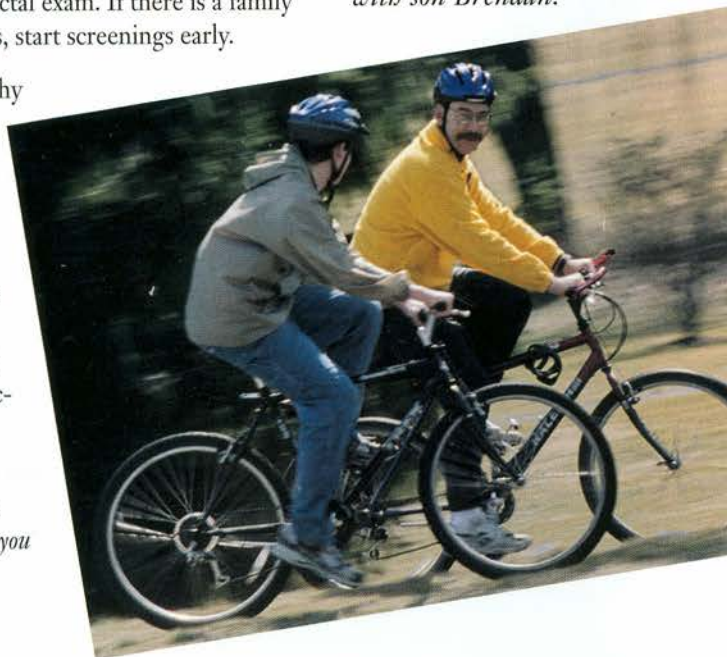
Stay fit: Regular exercise keeps pounds off, maintains bone strength and muscle tone, and prevents heart disease. It also keeps you mentally fit by relieving stress and improving self-esteem, Caccese says.

Get tested: As men approach 50, it pays to get into the health screening habit. Have your blood pressure and cholesterol checked (and treated, if necessary). Tests for colon cancer include stool tests, sigmoidoscopy and colonoscopy. Prostate cancer tests include a PSA (blood) test and rectal exam. If there is a family history of any of these conditions, start screenings early.

He’s staying physically fit, too: Stock, who bikes regularly, rides with son Brendan.

For Raymond Stock, a healthy diet and regular exercise are helping him reach his goals. He strives for a largely vegetarian diet with some fish and chicken, focusing on whole grains. In addition to the regular exercise he gets working with animals, he stays fit by bicycling and walking his dogs. “I feel practically as good now as I did 20 years ago,” Stock says. ●

Want to Know More? For tips on maintaining good mental health as you age, call 610-402-CARE.



HEALTH on the Web

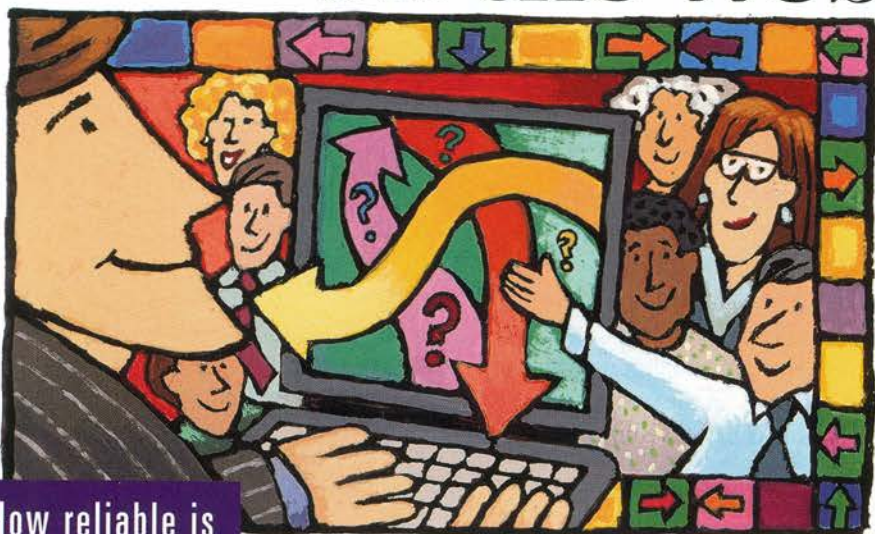


Illustration by Ben Williams

How reliable is
the medical
information
you find in
cyberspace?

If you've "surf'd the Web" for medical information, you know that health is a big topic in cyberspace. More and more, physicians like Louis Spikol, M.D., find their patients arriving with piles of health-related printouts. "Generally, that's a plus," says the Lehigh Valley Hospital and Health Network family practitioner. "The Internet is a vast information source, and it can also function as a super support group, connecting you to people with similar conditions around the world."

But how do you know if the information you're digging up is accurate, current and reliable? Here's some guidance from Spikol and a Lehigh Valley Hospital and Health Network colleague, Web manager Bob Martin:

■ **Look at the quality of the source.** Virtually anyone can put information on the Web, and it's so easy to copy that you may have no idea of the original source. "Be aware that many sites have a built-in bias or self-interest," Spikol says. He and Martin suggest relying on web sites from reputable medical institutions. "At a site like Lehigh Valley Hospital's," Martin says, "you know the information has been validated by physicians and other health professionals."

■ **Share your findings with your doctor.** Bring in that pile of printouts, and be sure to let your doctor know where they're from. He or she can help you judge the quality, and you in turn can keep your physician informed of what's out there. "Good information," Spikol says, "helps you be a real partner with your doctor."

■ **Don't self-diagnose.** Even the best-quality information has limits, as Spikol observed when an elderly relative who'd looked up his symptoms on the Web announced, "I finally figured out what's wrong with me: pheochromocytoma!" Spikol was a bit skeptical. "Pheochromocytoma is a very rare condition—the odds are about one in a million," he says. "But it was a natural mistake. Most web sites list only the symptoms and not the incidence rates." The more likely diagnosis: a simple case of high blood pressure. ●

Want to Know More? If you'd like help finding health information on the Web, visit the Health Library and Learning Center at Trexlertown or call 610-402-CARE.

Healthy You

Health Improvement Classes



Healthy Eating

- Nutrition News You Can Use **NEW** Page 26
- Nutrition Prescription **NEW** Page 26

Mind and Body

- Chinese Way to Healing—Herbal Medicine **NEW** Page 26
- Chinese Way to Healing—Acupuncture **NEW** Page 27
- Self-Esteem and You **NEW** Page 27
(Also see article on page 13.)

Exercise and Movement

- Fundamentals of Tai Chi **NEW** Page 28
- Walks of Life **NEW** Page 28

Spirit of Women

Women's Health

- New Treatment Options for Female Urinary Incontinence **NEW** Page 29
- Osteoporosis Screening Program **NEW** Page 31

Parenting

- Parenting Workshops **NEW** Page 31
- Being Your Child's Best Advocate **NEW** Page 31

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. Healthy You Programs reserves the right to cancel a program or class due to insufficient enrollment. Full refunds will be issued within 30 days.

Childbirth and Newborn Care

- Leaving Your Breastfed Baby **NEW** Page 31
- The Doula and You **NEW** Page 32

Age 50-Plus

- Caregiving: A to ... Me! **NEW** Page 32
- Crime Prevention Tips for Older Adults **NEW** Page 33 (Also see article on page 17.)

Disease Prevention and Care

- Living With Kidney Disease **NEW** Page 33
- Diabetes and Hidden Heart Disease **NEW** Page 33
- Parkinson's Disease Lecture Series **NEW** Page 33
- Living Well With Congestive Heart Failure **NEW** Page 34

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Healthy Eating

Nutrition News You Can Use **NEW**

Confused by the latest nutrition trends? We'll discuss where to look for credible information and review some of the latest information about healthy eating.

\$10

• Tuesday, June 13; 6:30-7:30 p.m.

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

• Wednesday, June 21; 6:30-7:30 p.m.

Class meets at TX.

Nutrition Prescription **NEW**

Do your food choices measure up to your health needs? Meet one-to-one with a registered dietitian to assess your calories, vitamins and minerals, and receive a personal eating plan to help meet your goals. Includes a body composition analysis.

\$95

Daytime and evening appointments available

For further information, call 610-402-CARE.



Illustrations by Sally Rugga



Mind and Body

Chinese Way to Healing—Herbal Medicine

NEW

Some of the most powerful preventatives to modern ailments are not in prescription drugs or vitamin pills but on your spice rack. This program helps explain the healing power of herbs.

\$10

• Monday, May 22; 7-8 p.m.

Class meets at TX.

• Wednesday, July 12; 7-8 p.m.

Class meets at CC, Classroom 1.

Chung-Hu Tao, traditional chinese medicine practitioner

How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call 610-402-CARE.

Lehigh Valley Hospital and Health Network Locations

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

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

MHC • Muhlenberg Hospital
Center, 2545 Schoenersville Rd.
Bethlehem

Community Locations

**Bath Community
Medical Center**
6649 Chrisphalt Dr., Bath

MHC-Atria
1745 W. Macada Rd.
Bethlehem

**Saucon Valley Middle and
High School**
2100 Polk Valley Rd., Hellertown

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

1243 • 1243 S. Cedar Crest Blvd.
Allentown

1251 • 1251 S. Cedar Crest Blvd.
Allentown

Scottish Rite Cathedral
1533 Hamilton St.
Allentown

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

Trexler Park
Allentown

Wegmans
3900 Tilghman St., Allentown

2166 • 2166 S. 12th St.
Allentown

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

**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 (\$17, Vitality Plus GOLD members)

OR

\$28 for unlimited 60-minute classes at any location (\$22, Vitality Plus GOLD members)

Locations:

- Health Center at Trexlertown
- Muhlenberg Hospital Center
- Scottish Rite Cathedral
- Whitehall Township, Zephyr Park



Chinese Way to Healing—Acupuncture **NEW**

Acupuncture is used to prevent disease and improve well-being. Join us to discover what conditions can be treated with acupuncture, how it works and if it is right for you.

\$10

- Monday, June 12; 7-8 p.m.

Class meets at TX.

Chung-Hu Tao, traditional chinese medicine practitioner

Self-Esteem and You **NEW**

• An informative two-part workshop helps you understand self-esteem—what it is, how you can lose it and how to improve it. Learn how self-esteem plays a role in our lives.

\$20

- Tuesday, July 11 and 18; 7-9 pm.

Classes meet at CC, Classroom 1.

Marcia Felkay, therapist-counselor

Natural Holistic Therapy

Based on the ancient tradition of mind-body healing, this education program offers healthy ways to rejuvenate. By focusing your energies inward, you can withstand the rigors of aging and improve quality of life.

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

Healing Therapies (ayurvedic, aroma, massage, light)

- Monday, May 22; 7:15-8:45 p.m.

Class meets at 17, Auditorium.

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

Body Rolling

This is a non-exercise class, 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

- Thursday, May 11; 9:15-10:15 a.m.
- Friday, May 12; 5:30-6:30 p.m.
- Wednesday, June 7; 7-8 p.m.
- Thursday, June 8; 9:15-10:15 a.m.
- Friday, June 16; 5:30-6:30 p.m.
- Thursday, June 22; 9:15-10:15 a.m.

Class meets at TX.

- Monday, May 15; 7-8 p.m.
- Monday, June 5; 7-8 p.m.
- Monday, June 19; 7-8 p.m.

Class meets at 17, School of Nursing, Auditorium.

- Monday, May 22; 6-7 p.m.
- Monday, June 26; 6-7 p.m.

Class meets at 2166.

Health Screenings

For information, call 610-402-CARE.

LEHIGH VALLEY MALL—

upper level

Blood Pressure Screenings-Free

Tuesday, May 16 8:30-10 a.m.

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

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,
MHC-Atria, Bath Community
Medical Center,
CC-Jaindl Pavilion and 2166.*

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,
Bath Community Medical Center, CC-Jaindl
Pavilion and 2166.*

*All massages provided by certified
massage therapists*

Exercise and Movement



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.*

\$20

• Saturday, May 20; 10 a.m.-noon
Class meets at TX.

MESSAGE MADNESS

May

Any foot or aroma massage for only \$20—save \$10.
Available only at TX.

June

Beat the clock with a therapeutic massage for only \$38—save \$10.
Good Monday-Friday before 4 p.m. Available only at TX.

July

Take a summer cooldown with a 30-minute relaxation massage for only \$20—save \$10.

For more information, call 610-402-CARE.

Walks of Life **NEW**

Walking can motivate you to explore the emotional, social and spiritual sides of wellness while gaining physical benefits. For novice and advanced walkers alike, each class is led by a certified personal trainer.
Wear comfortable walking shoes and bring a water bottle!

8 classes • \$32, includes keepsake walking journal

• Tuesdays, May 30; 12:10-12:55 p.m.
(first session)

*Classes meet at MHC, Banko Family
Community Center.*

• Tuesdays, May 30; 5:30-6:15 p.m.
(first session)

Classes meet at MCC.

• Thursdays, June 1; 12:10-12:55 p.m.
(first session)

Classes meet at Trexler Park, Allentown.

PUMP Preview **NEW**

This cutting-edge group workout will strengthen your body and produce incredible results. PUMP uses a variable of light barbell and selected weight plates to work every major muscle group in the body. Designed for all ages and fitness levels. *Try a preview class.*

\$10

• Wednesday, July 12; 6:45-7:30 p.m.
or 8-8:45 p.m.

• Saturday, July 15; 9:45-10:30 a.m. or
11-11:55 a.m.

Class meets at TX.

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 educational program with a fitness expert, followed by a 30-minute exercise session.

Free

• Monday, May 22; 11 a.m.-noon

*Class meets at Whitehall Township,
Zephyr Park.*

• Thursday, June 15; 6:45-7:45 p.m.

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

• Wednesday, June 21; 7-8 p.m.

Class meets at TX.

Cardio Kickboxing

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, June 20; 8:15-9 p.m. (first session)

Classes meet at TX.

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 for all participants.*

6 classes • \$48

- Tuesdays, May 30; 6:45-8 p.m. (first session)
- Mondays, June 5; 10:15-11:30 a.m. (first session)

Classes meet at TX.

- Mondays, June 5; 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, May 31; 10:15-11:15 a.m. (first session)

Classes meet at TX.

- Wednesdays, 7:45-8:45 p.m. and Saturdays, 9-10 a.m., June 3 (first session)

Classes meet at MHC, Banko Family Community Center.

Instructed by certified exercise specialists or personal trainers.

Peak Balance Workout

This sports training 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

- Wednesday, May 31; 6:45-8:15 p.m.
- Saturday, June 3; 9:45-11:15 a.m.
- Wednesday, June 14; 6:45-8:15 p.m.
- Saturday, June 17; 9:45-11:15 a.m.
- Wednesday, June 28; 6:45-8:15 p.m.
- Saturday, July 15; 9:45-11:15 a.m.

Class meets at TX.

Yoga Moves

This class for novice students provides safe and gentle exercise with an emphasis on stretching. 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

- Thursdays, June 1; 6:45-7:45 p.m. (first session)

Classes meet at TX.

- Mondays, June 5; 6:30-7:30 p.m. (first session)

Classes meet at St. John's UCC.

Kripalu Yoga

In this form of yoga for people of all ages and fitness levels, 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, June 5; 6:45-8 p.m. (gentle)
- Begins Thursday, June 8; 10:15-11:30 a.m. (gentle)

Classes meet at TX.

Spirit of
Women

Women's Health

New Treatment Options for Female Urinary Incontinence **NEW**

New and effective treatments for urinary incontinence in women include medications, nerve stimulators, minimally invasive surgery and muscle-building electro-magnetic therapy. Join an informative discussion on the causes and solutions for this problem.

Free

- Tuesday, June 6; 7-8 p.m.

Class meets at 17, Auditorium.

Vincent Lucente, M.D.

Kim Hunsicker, nurse practitioner

Osteoporosis Lecture Series **NEW**

Discover how to reduce your risk for osteoporosis, and learn how to talk to your doctor or practitioner about your questions and concerns. The series includes:

Free

Nutritional Needs

(prevention and treatment)

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

Carol Greenlee, M.D., endocrinologist

Jane Ziegler, registered dietitian

Osteoporosis—From the Beginning

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

Patrice Weiss, M.D.

Preserving Posture and Preventing Injury

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

Betsy Canto, occupational therapist

Class meets at TX.

Women's Self-Defense

Maintaining a sense of self-control is key to personal safety. This workshop provides crime prevention tactics, self-defense techniques and information on protective devices. You'll practice what you learn! *Wear loose and comfortable clothes.*

\$20

- Wednesday, May 17; 7-8:30 p.m.

- Saturday, June 17; 11:30 a.m.-1 p.m.

Class meets at TX.

- Wednesday, June 21; 5:30-7 p.m.

Class meets at 2166.

Aaron Snyder, martial arts specialist

Randall Achey, martial arts instructor

See page 32 for a new
The Doula and You
childbirth class.

Breast Health Services of Lehigh Valley Hospital and Health Network, in partnership with Allentown Art Museum, presents:

Stephanie

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

Photography by Charlee Brodsky

Open to the public

April 26-July 2

Allentown Art Museum

Rodale Gallery

Fifth and Court streets, Allentown

In celebration with

*Spirit of
Women*

Please register for the following free events:

Gallery Talks With Photographer

Charlee Brodsky

Join a small, informal group for a guided tour led by photographer Charlee Brodsky. Space is limited to 20 people per group.

Friday, May 12; noon and 2 p.m.

Gallery Talks

Join a small, informal group for a guided tour of the exhibition. Space is limited to 20 people per group.

Thursday, June 15; noon-1 p.m.

Saturday, June 17; noon-1 p.m.

Tuesday, June 20; 6:30-7:30 p.m.

Tuesday, June 27; noon-1 p.m.

Thursday, June 29; noon-1 p.m.

What Every Woman Should Know About Breast Cancer

Allentown Art Museum, Rodale Gallery

Learn how improvements in breast health screenings and research can help you. Ask a board-certified oncologist and registered nurses any questions during an informal Q&A session. Information about a breast cancer prevention study, the Study of Tamoxifen and Raloxifene (STAR), and free risk assessment forms will be available. Arrive early for a self-guided tour of the exhibition.

Wednesday, June 7; 6:30-7:30 p.m.

*Gregory Harper, M.D., physician-in-chief,
Cancer Services*

*Elisabeth Ladd, R.N., program director,
Breast Health Services*

Deborah Kane, R.N., coordinator, STAR trial

To register for all events, call 610-402-CARE.

Spirit of Women

Osteoporosis Screening Program

You may be one of the more than 22 million women with osteoporosis and don't know it. If you're 45 or menopausal, schedule yourself for this quick, safe and painless bone density screening. Includes displays, speakers and giveaways.

\$25

Thursday, May 25; 1-8 p.m.

Health Center at Trexlertown.

For an appointment, call 610-402-CARE

Growing Your Emotional Well-being

Emotional Well-being and Spirituality: Explore the often overlooked relationship between emotional and spiritual well-being.

\$10

• Thursday, June 1; 7-8:30 p.m.

Class meets at TX.

Pat Gordy, social worker

Facial Therapy — Keep That Healthy Glow

Learn a regimen of facial exercises and special skin care to promote a toned, younger, more vibrant facial appearance.

\$25

• Thursday, June 15; 7-8:30 p.m.

Class meets at Saucon Valley Middle School.

• Saturday, July 8; 9:30-11 a.m.

• **Class meets at 17, School of Nursing, Auditorium.**

Joyce Abuisi, esthetician

Parenting

Parenting Workshops

The Training Institute of Early Head Start is sponsoring workshops to help you raise your children in a positive family environment.

Free

The Rise and Fall of the American Teen-ager

• Wednesday, May 17; 7:30-9:30 a.m.

Thomas Hine

Raising Non-violent Children in a Violent Society

• Wednesday, June 21; 7:30-9:30 a.m.

Steven Parker

Class meets at 17, 2nd Floor Auditorium.

Being Your Child's Best Advocate **NEW**

Families of children with special needs will learn tools and techniques to make parenting easier. This full-day event features workshops on sibling relationships, juggling multiple demands, and more. Sponsored by Lehigh Valley Hospital Department of Pediatrics and Parent-to-Parent of Pennsylvania.

Free

• Friday, May 19; 8:30 a.m.-4 p.m.

Class meets at 17, School of Nursing, Auditorium.

For more information, call 610-402-CARE.

Childbirth and Newborn Care

Register
NOW
for classes
starting in
May through July

Leaving Your Breastfed Baby

NEW

Do you need to leave your baby for work or school? Learn how to make breastfeeding while working a success. *Breastfeeding babies welcome.*

\$15

• Wednesday, May 24; 9-10:30 a.m.

• Saturday, June 10; 9:30-11 a.m.

Class meets at TX.

Tracey Miller, R.N., lactation consultant

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.



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 19; 7-8 p.m.

Class meets at CC, Classroom 2.

Cindy Dinsmore, Laurice Dunning, Kerri Hoyt, Tina London, Carole Manspeaker, certified nurse-midwives



The Doula and You **NEW**

Learn how the support of a doula through labor, birth and postpartum can enhance the birth experience for the new mom and her partner. Doulas provide emotional and physical comfort measures and information to help you make the right birthing decisions.

Free

• Thursday, June 1; 7-8 p.m.

Class meets at CC, Classroom 1.

Sarah K. King and Marlene Gubler, certified doulas

Spirit of Women

"All About Baby" Class (Newborn Care)

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

\$20

Class meets at 17, Auditorium.

For further information, call 610-402-CARE.

Becoming a Family

Join other parents-to-be for an 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, June 10; 9-10:30 a.m.

Class meets at MCC, Classroom 1B.

One-day Lamaze

Same topics as Prepared Childbirth Series (see page 31), 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.

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

Tuesday, Aug. 8; 6-7 p.m.

Class meets at CC, Classroom 1.

James Shabben, M.D.

"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.

Age 50-Plus

Caregiving: A to ... Me! **NEW**

Join a lively discussion on the "art" of caregiving, with emphasis on care for the older adult. Learn about useful techniques, helpful resources, and the opportunities and joys of caregiving.

Free

• Tuesday, May 16; 7-8 p.m.

Class meets at 17, Auditorium.

Laurene Roth, geriatric social worker

Heidi Singer, geriatric nurse practitioner



Crime Prevention Tips for Older Adults **NEW**

Learn ways to protect yourself not only from purse-snatchers, but also from swindlers and conmen. Awareness, personal safety, self-defense and tips for handling money and phone calls.

Free

• Thursday, July 6; 7-8:30 p.m.

Class meets at CC, Classrooms 1 and 2.

Frank Paulson and Gerald Kresge, security consultants

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

Class meets at 17, Auditorium.

• Thursday, June 15; 7-8:30 p.m.

Class meets at TX.

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

• Wednesday, June 21; 10-11 a.m.

• Tuesday, Aug. 22; 6:30-7:30 p.m.

• Tuesday, Sept. 5; 6:30-7:30 p.m.

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

• Wednesday, July 12; 6:30-7:30 p.m.

Class meets at 17, School of Nursing, 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.

Vitality Plus GOLD members, Free •

Non-members, \$10 (check made payable to AARP)

• Wednesday & Friday, May 24, 26; 5-9 p.m.

Class meets at CC, Classroom 1.

• Wednesday & Friday, June 7, 9; 9 a.m.-1 p.m.

Class meets at TX, Room 6.

Medicare Counseling

Current and soon-to-be Medicare beneficiaries are invited to make an appointment for free, confidential counseling on Medicare and alternatives, 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.

Free

OTHER CLASSES OF INTEREST

• **Exercise for Life** (page 27)

• **Natural Holistic Therapy** (page 27)

• **Kripalu Yoga** (page 29)

These classes offer discounts for Vitality Plus GOLD members.

Disease Prevention and Care

Living With Kidney Disease **NEW**

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

Free

• Monday, May 8 and 15; 6-8 p.m.

Class meets at MCC, Conference Room 1B.

Presented by the Renal Care Team

Diabetes and Hidden Heart Disease **NEW**

For those with diabetes, severe heart and vascular disease may develop without symptoms. We'll discuss the special needs and risk factors, and the cutting-edge research for new therapies and strategies to manage them successfully.

Free

• Tuesday, May 2; 7-8 p.m.

Class meets at MHC, 1st Floor Conference Room.

Connie Molchaney, nurse practitioner

Spirit of Women

Parkinson's Disease Lecture Series **NEW**

Don't miss this informative series on such topics as nutrition, treatment options, disease progression and recreational activities.

Free

• Saturday, May 20; 10-11:30 a.m.

• Saturday, June 17; 10-11:30 a.m.

Class meets at 1243, Affinity.

Living Well With Congestive Heart Failure

NEW

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

\$10

- Tuesday, May 23; 7-9 p.m.

Class meets at CC, Classroom 1.

Empowerment for Those With Chronic Conditions

This introductory workshop to self-management offers a practical approach to overcome the daily physical and emotional challenges of living with a chronic illness (heart disease, diabetes, arthritis and others).

\$10

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

Class meets at 17, School of Nursing, Room 900.

- Tuesday, May 23; 1-2 p.m.

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

- Tuesday, June 13; 6:30-7:30 p.m.

- Thursday, June 15; 10-11 a.m.

Class meets at TX.

- Tuesday, June 27; 6:30-7:30 p.m.

- Wednesday, June 28; 10-11 a.m.

Class meets at CC, Classroom 1.

Wendy Robb, nurse educator

Take Care of Back and Neck Pain

Understand the 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 help you achieve your wellness potential.

\$5 per class

Douglas K. Zeigler, Daniel J. Reyes, chiropractors

Carpel Tunnel Syndrome

- Thursday, May 25; 7-8:15 p.m.

Joshua Krassen, D.O.

Knee, Foot and Ankle

- Saturday, May 20; 9:30-10:45 a.m.

- Thursday, June 8; 7-8:15 p.m.

George A. Arangio, M.D.

Home Care Management and Pain Management

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

Bruce Nicholson, M.D.

- Thursday, June 22; 7-8:15 p.m.

Steve Mortazavi, M.D.

Class meets at TX.

Quit Smoking

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 more information, 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, June 26; 7-10 p.m.

Adult-Child-Infant (Course C)

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

3-part course • \$40

- Monday, May 22, June 5 and 12; 7-10 p.m.

- Monday, July 24, 31 and August 7; 7-10 p.m.

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

Course C Renewal

To attend you must have a current Course C card.

Renewal • \$25

- Monday, June 19; 7-10 p.m.

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

Infant-Child (Course D)

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

\$25

- Wednesday, May 24; 7-10 p.m.

- Wednesday, June 28; 7-10 p.m.

- Monday, July 10; 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, weight loss, insulin pump therapy and home testing. Family members/friends are welcome at no additional charge. Programs and services are now available at TX, CC, 17 and MHC.

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.lvhhn.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.

Registration Form

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. Choose from a variety of methods for enrolling in other classes. For more information, call 610-402-CARE. Monday-Friday, 8:30 a.m.-4:30 p.m.

BY FAX: 610-402-2295.

Use the registration form.

Payment by **MasterCard, Visa or Discover.**

BY PHONE: Call 610-402-CARE.

Payment by **MasterCard, Visa or Discover.**

BY MAIL: Mail registration form and payment to

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

ON THE WEB: Through the Lehigh Valley Hospital and Health Network web site www.lvhhn.org. Go to the calendar of events; use the online registration form. Payment by **MasterCard, Visa or Discover.**

LEHIGH VALLEY

HOSPITAL AND HEALTH NETWORK

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

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

Charge to my Credit Card ☐ MasterCard ☐ Visa ☐ Discover

CREDIT CARD ACCOUNT NUMBER _____

Signature _____ Exp. Date _____

PAYMENT: Total amount enclosed: \$ _____

Ask whether you are eligible for class discounts.

Breast Health Services of Lehigh Valley Hospital and Health Network, in partnership with Allentown Art Museum, presents:

Stephanie

A Photo Diary of One Woman's Journey with Breast Cancer

Photography by Charlee Brodsky

April 26 - July 2

The exhibition is open to the public from 11 a.m. to 5 p.m., Monday through Saturday, and noon to 5 p.m. on Sunday.

**Allentown Art Museum, Rodale Gallery
Fifth and Court streets, Allentown**

At age 30, Stephanie Byram was diagnosed with highly aggressive breast cancer and had surgery to remove both breasts. Finding courage and strength in the experience, Stephanie tells her story with photographer and friend Charlee Brodsky. Together, the two Pittsburgh women reveal hopefulness and transformation through an inspiring and powerful exhibition.

Please register for any one of the following free events by calling 610-402-CARE.

Gallery Talks With Photographer Charlee Brodsky

Join a small, informal group for a guided tour led by photographer Charlee Brodsky. Space is limited to 20 people per group.

Friday, May 12; noon and 2 p.m. (Continued)

In celebration with

*Spirit of
Women*

LEHIGH VALLEY

**HOSPITAL AND
HEALTH NETWORK**



Concerned About Your Risk of Developing Breast Cancer?

If you are at least 35, postmenopausal with some of the following risk factors, you may qualify to participate in STAR:

- 1. History of breast cancer in mother, daughter or sister**
- 2. Had first child after age 30**
- 3. Never had children**
- 4. Menstruation at an early age**
- 5. Previous biopsies for benign breast disease**
- 6. Breast conditions such as lobular carcinoma in situ or atypical hyperplasia**

"We work closely with each participant's primary care physician, who knows her health best," says STAR

coordinator Deborah Kane, R.N. "Her well-being is monitored every step of the way."

Concerned About Your Risk of Developing Breast Cancer?

If so, joining the Study of Tamoxifen and Raloxifene (STAR) could help lower your chance of developing the disease. STAR examines whether the osteoporosis drug raloxifene is effective in preventing breast cancer among women with high risk and whether it is more beneficial than tamoxifen,

Lehigh Valley Hospital and Health Network is operating STAR at the John and Dorothy Morgan Cancer Center, Muhlenberg Hospital Center, Gnaden Huetten Memorial Hospital, Hazleton General Hospital and Hazleton-St. Joseph Medical Center.

Want to Know More? To have a breast cancer risk assessment and learn if you qualify for STAR, call 610-402-CAPE

Gallery Talks

Join a small, informal group for a guided tour of the exhibition. Space is limited to 20 people per group.

Thursday, June 15; noon-1 p.m.

Saturday, June 17; noon-1 p.m.

Tuesday, June 20; 6:30-7:30 p.m.

Tuesday, June 27; noon-1 p.m.

Thursday, June 29; noon-1 p.m.

Open House for Health Care Professionals

This special program for health care professionals will include a video presentation and self-guided tours of the exhibition.

Tuesday, May 23; noon-6 p.m.

Education Program for Students and Faculty

Students and faculty from local schools, colleges and universities will learn the importance of breast health awareness during a video presentation and self-guided tour of the exhibition.

Wednesday, April 26; 3-5 p.m.

What Every Woman Should Know About Breast Cancer

Learn how improvements in breast health screenings and research can help you. Ask a board-certified oncologist and registered nurses any questions you may have during an informal Q&A session. Information about a breast cancer prevention study, the Study of Tamoxifen and Raloxifene (STAR), and free risk assessment forms will be available. Arrive early for a self-guided tour of the exhibition.

Wednesday, June 7; 6:30-7:30 p.m.

Gregory Harper, M.D., physician-in-chief, Cancer Services

Elisabeth Ladd, R.N., program director,

Breast Health Services

Deborah Kane, R.N., coordinator, STAR trial

To register for events, call 610-402-CARE.

There Is Something You Can Do About Breast Cancer



Dorothy Sechler, 58, of New Tripoli doesn't have breast cancer. But everyday she swallows two little pills to "throw some hard punches" at the disease.

"Cancer claimed the lives of my husband, my sister and a close friend," she says. "I was angry at cancer and needed a way to prevent this horrible disease."

Today, Dorothy is one of thousands of women nationwide striving to do just that through the Study of Tamoxifen and Raloxifene (STAR).

STAR, operated at several sites through Lehigh Valley Hospital and Health

Network, examines whether the osteoporosis drug raloxifene is effective in preventing breast cancer in women at high risk and whether it offers benefits over tamoxifen, the proven drug. In the first Breast Cancer Prevention Trial, in which Sechler also participated, tamoxifen proved to cut the risk by about half.

"When I learned the news about tamoxifen, I felt proud knowing that I helped," Dorothy says. "You, too, can help make a difference for your daughters, your granddaughters and future generations."



Be a STAR like Dorothy

Call 610-402-CARE to learn more.

INSIDE Childbirth **Care**

BETTER HEALTH FOR LIFE FROM
LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK



**The Center for
Mother and Baby Care**

You'll Find Everything You Need at Lehigh Valley Hospital and Health Network

*The New Center for Mother and Baby Care is located
in the Fred Jaendl Family Pavilion, Lehigh Valley
Hospital, Cedar Crest & I-78, Allentown*

Our Childbirth Team

- Board-certified obstetrician/gynecologists, perinatologists, neonatologists
- Obstetric, perinatal and neonatal specialty nurses
- Certified nurse-midwives
- Certified nurse practitioners

Childbirth Education

- Prepared childbirth, fitness and parenting classes
- Special presentations
- Mother-Baby Manual
- New parents program
- *Healthy You* magazine
- 402-CARE nurse-staffed phone line

Childbirth Care

- Specialized testing and counseling
- State-of-the-art labor and delivery rooms
- Family-centered philosophy
- Mother/baby nursing care
- Perinatal care for high-risk pregnancies
- Level III Neonatal Intensive Care Unit

Related Women's Health Services

- Infertility and reproductive endocrinology
- Genetic testing and counseling
- Urogynecology/pelvic reconstruction
- Gynecology
- Minimally invasive surgery

LEHIGH VALLEY
HOSPITAL AND



All set for a tour — Nancy and Fred Derby of Coopersburg on their way to the new Center for Mother and Baby Care for a "sibling tour." Son

Congratulations!

Having a baby is one of life's most precious moments, and we at Lehigh Valley Hospital want this to be a very special experience for you and your family.



Why choose to have your baby at Lehigh Valley Hospital?

Generations of experience. With more than 3,300 births a year, we are the area's leading provider of childbirth services—and one of the most experienced. Our board-certified physicians, specially educated nurses, technicians and support staff have delivered more than 100,000 babies.

All the services you need. From pregnancy testing to newborn care, we offer a full range of birthing options in one location. If you or your newborn should need specialized care, the most advanced perinatal/neonatal care in the region is available right here.

A beautiful new facility. All of our maternity services are housed in the Center for Mother and Baby Care in the Fred Jaindl Family Pavilion, Lehigh Valley Hospital (Cedar Crest & I-78), designed especially for your convenience and comfort.

Personalized care. Our staff will do everything possible to meet your needs and respect your wishes and preferences.

Thanks for sharing your special event with us. If you have any questions or concerns, ask any member of our staff at any time, or call 610-402-CARE.



During Your Pregnancy

Sign Up for a Childbirth Class

Lehigh Valley Hospital offers a wide range of programs to prepare you and your partner. Our classes are small so we can focus on your individual needs. Here's a sampling...

- Prepared Childbirth (Lamaze)
- One-Day Lamaze
- Lamaze Refresher
- Nurse-Midwives and Your Pregnancy
- All About Baby (newborn care)
- Breastfeeding
- Infant/Child CPR
- Becoming a Family
(physical/emotional changes of pregnancy)
- Sibling Tour
- Lactation Consultations
- Analgesic Options in Childbirth

For a complete current listing, call 610-402-CARE.

Curl Up With a Good Book

Our Mother-Baby Manual is an information-packed book designed to prepare you for the childbirth process, and for how to take care of yourself during pregnancy and then your new baby.

Meeting Your Needs

Take a Tour

Please come visit the Center for Mother and Baby Care during your pregnancy. Our tours are led by knowledgeable childbirth nurses who will be glad to answer your questions. Have an advance look at our beautiful facility, and feel free to bring the new baby's brothers and sisters.

To arrange a tour, call 610-402-CARE.

Special Options

Nurse-Midwives

Our childbirth team includes certified, licensed nurse-midwives. Nurse-midwives provide holistic health care and education to mothers and babies before, during and after childbirth and throughout your baby's life. They work closely with obstetricians when the need arises. Nurse-midwives believe in teaching you to be self-reliant and to trust your own body in delivering a healthy baby naturally.

Doulas

A doula is a woman trained and experienced in childbirth support. She can help you and your family through the labor and delivery process and the care of the newborn. (There is a fee for doula services.) Our doulas are certified by Doulas of North America.

A one-day Lamaze class

at home is the perfect answer for couples with demanding schedules, like Heather Sheaffer and husband Alan of Allentown. (Heather is shown here with new daughter Hannah.)



"Because we were in our own home with our own Lamaze coach, we felt comfortable asking the 'silly' questions.

We'd been unsure about what to expect in our birth experience. Taking Lamaze helped us feel more in control."

At the Center for Mother and Baby Care

You Are the Focus Here

Our entire team at the Center for Mother and Baby Care has one goal in mind: to make your pregnancy and birthing experience as rewarding as possible. We want you to feel comfortable and confident that you're in very good hands.

We offer a wide variety of birthing options, and we encourage you to do some thinking ahead of time about your preferences. For example, do you prefer an obstetrician or midwife? Do you want siblings, grandparents and/or friends on hand? Would you and your partner benefit from having a doula? Do you prefer anesthesia during labor or a non-medication approach to pain relief?

Of course, labor and delivery is never completely predictable. It's a series of changing

We Believe...

- You and your family should be able to design the childbirth experience you want.
- Each member of the childbirth team, including you, plays an important role.
- All team members should communicate openly and often.
- You and your family are entitled to health care with dignity and respect.

Hands-on nursing —

Sharon Haupt, R.N. (right), provides personalized care to Carol Wilson of Allentown and newborn Benjamin Ellis Wilson, shown here in a private family room.



Meeting Your Needs

events, and our main responsibility is to safeguard your and your baby's health. But we believe strongly in a "family-centered" approach with you as the focus. Throughout the childbirth process, we'll work closely with you and do all we can to make this one of the most special times of your life.

Your Labor, Delivery and Recovery

When you come to the hospital on the big day, your first stop will be the Labor and Delivery area on the third floor of the Center for Mother and Baby Care. We'll check to see if you are in active labor. If so, you'll be brought to one of 12 labor, delivery and recovery (LDR) rooms, with a nurse personally assigned to care for you. We also have a birthing room for women who are being delivered by a nurse-midwife.

Each of our LDRs is roomy and comfortable, with its own television and warmer bed for your newborn. We'll measure and weigh the baby (and give any needed medications) right in your room. For the first few hours of bonding, we know it's important to keep you and your baby together.

Careful preparation for a Cesarean section made all the difference to Beth

Kushner-Giovenco of Allentown, a mother-baby nurse and a new mom herself. Open communication with her nurses, anesthesiologist, obstetrician and pediatrician prepared her for the Cesarean delivery of son Ryan.



***"The team is your
shoulder to lean on, from
the early stages of preg-
nancy through childbirth.***

*If the unexpected occurs—
such as a C-section delivery—
the team is fully prepared and
can guide you through for a
cherished experience."*

A Room in the Mother/Baby Unit

- Warm, cozy and private
- Oversized pull-out sleeping chair for your partner
- Private bathroom (some with seated shower)
- Bassinet for baby to "room in" 24 hours a day
- All baby care, including bathing, can take place here
- Newborn Channel on your TV
- Open visiting policy for your family
- Medical equipment readily accessible



After Your Baby Is Born

Once you've recovered a bit from the delivery, you'll move to your room in the Mother/Baby Unit (located on the fourth floor of the Center for Mother and Baby Care). Each of the 27 rooms in this unit is private and homelike.

Here, the same nurse will care for both you and your baby. We believe strongly in this style of care; you can communicate easily with your nurse and have any questions answered immediately. The nurse can also spot potential problems faster and give extra support when needed.



If you want, you and the baby can “room in” together 24 hours a day. With all the baby’s basic care taking place here, you’ll be able to get some practice so you’ll feel more confident when you go home. When your baby must be away from you (for certain procedures or when you need to rest), we have three nearby nurseries.

We bring most special services to your room, so you don’t have to go to other parts of the hospital. And each nursing area has a handy kitchen stocked with refreshments and light nutritious snacks for moms.

Meeting Your Needs

A little coaching from nurses who know

helped Denise Geroulo of Northampton—who, like all first-time mothers, needed guidance caring for her newborn, Tyler. Her “guardian angels” coached her through the new responsibility.



“When Tyler kept crying, I wasn’t sure exactly what to do. But my nurses showed me ways to care for him and told me I could call them anytime from home. They helped make our first night at home easier than we had imagined.”

Learning About Your Baby

While you’re in the Mother/Baby Unit, we’ll take every opportunity to teach you how to care for your baby—and to help your partner and family feel comfortable with the newest family member.

No new baby comes with “how-to” instructions, but we provide the next best thing. Our Mother-Baby Manual, written especially for mothers who deliver at Lehigh Valley Hospital, includes useful information on caring for yourself after delivery, and feeding and caring for your baby. If you want extra instruction in any



Looking over the ‘instruction manual’ —

Obstetrician Kristin Friel, M.D. (right), of Whitehall checks out the Mother-Baby Manual with nurse Linda Permar, R.N., before heading home from the hospital with her newborn daughter, Hope.

of these areas, we have booklets and videos, as well as an educational Newborn Channel right in your room.

We'll offer special training in breastfeeding, a practice we strongly recommend at the Center for Mother and Baby Care. All our nurses are educated for lactation support (helping new mothers with breastfeeding). This means you'll have a knowledgeable person available to help you at all times.

Having Visitors

Women who have had babies at Lehigh Valley Hospital tell us they prefer an open visiting policy. We welcome visitors anytime between 11 a.m. and 8 p.m. Siblings of all ages may visit anytime. Children other than siblings should be over age 12.

The Center for Mother and Baby Care is designed for your peace of mind. It is a secure unit with a security system that requires card access.

Family visiting areas allow you to take a break from your room to visit with friends and family members.

After You Go Home

If you and your doctor feel you need extra support, we can arrange to have a nurse come to your home to examine you and your baby, check for any problems, review what you've learned about baby care, and help connect you with any resources you may need. (Please note that insurance may not cover this service.)



Taking a play break – Thomas Biltcliff of Topton and son Tommy, 2, enjoy one of the family visiting areas equipped with children's games.



Just for You

To make your birth experience special, we've created many features that are available at no extra cost...

■ **New parents program**, featuring monthly prenatal newsletters (through your child's first birthday) and discounts from local merchants.

■ **Free valet parking** for quick access to labor and delivery.

■ **Massage tub** and whirlpool to help relax you and ease labor pains.

■ **Sleeping chairs** that recline into beds for your partner or support person.

■ **Private patient/family rooms** to relax after the birth in a home-like environment.

■ **Breastfeeding guidance** from specially educated nurses.

■ **Baby Press Conference**—Share the excitement of your new baby with friends and family over the Internet.

■ **Newborn TV Channel** in your room 24 hours a day, offering programs on baby care and other useful topics.

■ **Mother-Baby Manual**, a document with complete information about pregnancy and caring for your new baby at home.

For more information on any of these features, call 610-402-CARE.



'Live from Lehigh Valley Hospital' – Tammy and Paul Johnston of Allentown broadcast a Baby Press Conference with newborn Alison and 3-year-old Matthew. Since the Johnston grandparents live in Sweden and Africa, without this service it would be months before they could see their new granddaughter.

Special Services

If Yours Is a High-Risk Pregnancy

Lehigh Valley Hospital is a leader in caring for women with medical conditions or other factors that make their pregnancies high-risk. Our team includes board-certified perinatologists (high-risk childbirth specialists) and a staff of nurses and technicians with special training in the medical and emotional aspects of high-risk childbirth.

Our philosophy is to work closely with you and your own obstetrician on how best to manage your pregnancy. Our perinatologists consult with obstetricians throughout the region via our Regional Perinatal Network and are available 24 hours a day. Specialists and test results are available to physicians at great distances through our telemedicine capability.

Should you need state-of-the-art testing—including ultrasound, amniocentesis, genetic testing, fetal heart monitoring and chorionic villa sampling—it's all available under one roof as part of the Center for Mother and Baby Care. We are the only hospital in the region, and one of the few in all of Pennsylvania, to be certified by the American Institute of Ultrasound in Medicine. It's an important mark of quality in high-risk childbirth care.

Lehigh Valley Hospital is one of very few, including university hospitals, to have a special

Meeting Your Needs

Close monitoring through pregnancy resulted in a healthy daughter for Marie Shaw of Fogelsville, director of Women's Health Services at Lehigh Valley Hospital. Shaw was scared when she learned she had a condition that could pose a threat to herself and her baby. Thanks to good teamwork between her obstetrician and perinatologist, there were no complications for little Megan Elizabeth.



"As soon as my doctors learned something was wrong, they were vigilant and watchful. Because of my professional experience here, I believed in Lehigh Valley Hospital and was confident we were in the best possible hands."

Antepartum Unit for women who need to be hospitalized—in some cases for weeks or even months—to help ensure a safe and healthy delivery. To make the unit as comfortable as possible for longer-term stays, we're equipping the televisions in each room with Internet access. There's also a family lounge for taking a break with your children.

We are fully equipped for any emergency. Two operating rooms are located in the Center for Mother and Baby Care, ensuring quick access when a Cesarean section becomes necessary. Board-certified anesthesiologists are in the hospital 24 hours a day.

For Newborns With Special Needs

The highest level Neonatal Intensive Care Unit (NICU) in the region is located at Lehigh Valley Hospital. Our Level III NICU, on the fourth floor of the Center for Mother and Baby Care, is designed to provide expert care for newborns who have medical or surgical problems or who are born prematurely. The staff includes board-certified neonatologists (physicians specializing in the care of critically ill newborns) and specially trained nurses and respiratory therapists.

Our philosophy is to involve you in the baby's care from the very first day. The nurses will work with you closely so you'll understand the baby's care plan and equipment needs. To build your skills and confidence before



‘Was I that small?’ — Gayle Jones of Zionsville and her son, Nick, look at an isolette while touring the new Neonatal Intensive Care Unit (NICU) with NICU nurse Darlene Pail, R.N. Nick, a NICU “graduate” born at just 1 pound, 12 ounces, is a healthy toddler today. Jones, who’s expecting again, is thankful to her “surrogate family.”

taking your baby home, we encourage you to spend as much time as possible here. We provide parents with two breastfeeding rooms and 24-hour visitation in a private and quiet environment.

Many NICU parents find our support group very helpful. It's made up of parents whose babies have "graduated" from the NICU, and who now want to help others who are coping with the stress of an ill infant or high-risk pregnancy. We can arrange for a parent support group member to provide phone support or visit you if you wish.

Keeping Your Baby Well

As your newborn grows into childhood, you can keep relying on Lehigh Valley Hospital. Our pediatric department has a full range of wellness and preventive health services. Our team of pediatric specialists is the most complete and sophisticated in the region.

The vast majority of children's health care today doesn't require an overnight hospital stay. But if your child should need to be hospitalized, we have a 20-bed inpatient unit with a specially educated staff sensitive to the needs of children (and their families).

For children who are seriously ill, Lehigh Valley Hospital provides the highest level of care through a partnership with The Children's Hospital of Philadelphia (CHOP). We soon will operate the region's only Pediatric Intensive Care Unit and provide outpatient care through CHOP Specialty Care Center of the Lehigh Valley.

For assistance in finding a pediatrician or for a complete list of pediatric specialists at Lehigh Valley Hospital, call 610-402-CARE.



Expert parenting advice —
Angela Henry of Bethlehem (right) talks with pediatrician Anne Helwig, M.D., about the growth and development of her daughter, 15-month-old Emily Rae.

A New Generation of Care at Lehigh Valley Hospital

Theodore Pierfy was the first baby born

at the new Center for Mother and Baby Care in the Fred Jandl Family

Pavilion, Cedar Crest & I-78. Here, the little fellow—born at 8 pounds, 8 ounces—is cuddled by his parents, Kathy and Tony Pierfy of Williams Township, and big brother Phillip, 2, in the home-like comfort of a private family room.

“Whether our nurses were giving Theo a bath or our pediatrician was doing a checkup, the staff made us a part of the experience,” Kathy Pierfy says. **“The rooms are beautiful, but it’s the people that make this place. We had a wonderful experience.”**



LEHIGH VALLEY

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HEALTH NETWORK

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

MUHLENBERG HOSPITAL CENTER
Schoenersville Road and Westgate Drive
Bethlehem

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

610-402-CARE • www.lvhhn.org

If you live or work in Bethlehem...

Muhlenberg Hospital Center has been part of the Bethlehem community for four decades. In that time, we have provided quality health care for every stage of life for Bethlehem families.

Today, as a part of Lehigh Valley Hospital and Health Network, we are able to provide an ever-widening range of health care services in Bethlehem. We offer access to the latest technology and increased convenience for the community.

Each year, we:

- treat more than 6,500 in-hospital patients
- see tens of thousands of outpatients
- handle more than 27,000 emergency room cases.

We are conveniently located off Route 22, on a 110-acre campus. Our strategic partnerships with organizations such as The Children's Hospital of Philadelphia and Good Shepherd Rehabilitation Hospital demonstrate our plans to expand quality care in Bethlehem.

**In addition to our recent improvements,
our area code has changed. Please note
that our new phone numbers are:**



Main Number: 484-884-2200

Emergency: 484-884-2388

Patient Information: 484-884-2201

Better Health for Life from Lehigh Valley Hospital and Health Network.

In addition to general medicine, surgery and emergency medicine services, Muhlenberg Hospital Center now offers expanded services, greater expertise and increased convenience for people who live or work in Bethlehem.

- Cancer Services
- Children's and Adolescent Care
- The Infertility and In-Vitro Fertilization Center
- Radiology
- The Wound Care Center
- Cardiology
- Interventional Radiology
- Behavioral Health Services
- Orthopedic Services
- Sports Medicine
- Breast Health Services
- Diabetes Services
- Vascular Disease Services
- Home Health Services
- Occupational Medicine

To obtain more information about Lehigh Valley Hospital and Health Network services in Bethlehem, call 610-402-CARE for a free brochure.

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Our Pledge to Bethlehem

The best cancer care is right here.



Lehigh Valley Hospital and Health Network Cancer Services treats more new patients than any other hospital in the region and we are a major partner with the Pennsylvania State University College of Medicine.

The specialists at our John and Dorothy Morgan Cancer Center provide chemotherapy and advanced radiation, including inpatient and outpatient treatment. Our multi-disciplinary approach gives access to a variety of oncology physicians and certified oncology nurses for the most comprehensive diagnosis, consultation and treatment.

Now we're providing the same high quality of care at a new cancer center at Muhlenberg Hospital Center—one more sign of our commitment to the fight against cancer.

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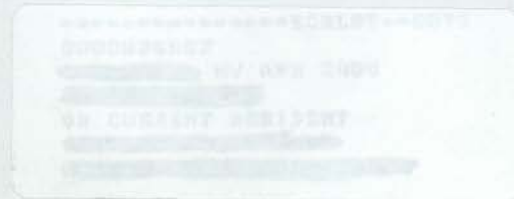
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Lehigh Valley Hospital
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