

Healthy You

MAY/JUNE 1997

- Hysterectomy Questionnaire
- How Men Lose Weight
- Attention Deficit Disorder
- Lawn Mower Safety

*WomanCare
Section
on page 19*



**Complete Class
Schedule Inside**



An Aspirin A Day?
page 4



Does Milk Do
Every Body Good?
page 6



Successfully Recovering
from a Hysterectomy
page 23



A Cancer Test You
Shouldn't Ignore
page 24

Contents

FEATURES

Lawn Mower Accidents1
How you can prevent them

ADHD (Attention Deficit)2
What parents should know

An Aspirin A Day.....4
Benefits and drawbacks

Men and Weight Loss5
A look at the "macho" strategy

Does Milk Do Every Body Good?6
About lactose intolerance

CLASS & LECTURE SCHEDULE

Class Descriptions7-15

Bulletin Board16

Camp HealthRock17

**How to Register
for Classes and More**.....18

WOMANCARE

Meet the Award Winners20
Spirit of Women 1997

How to Change Your Lifestyle22
One woman got measurable results

**Successfully Recovering
from a Hysterectomy**23
Why it's easier for some than others

A Cancer Test You Shouldn't Ignore.....24
Colorectal screening is important

Myths About the Pill26
It's safer than many women think

To Your Health28
*Up-to-the-minute news and health policy
issues that affect you and your family*

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

Thinking Ahead Can Prevent Lawn Mower Accidents

Lawn mowers cause serious accidents

As a trauma surgeon at the Lehigh Valley Hospital Trauma Center, Jim Cushman, M.D., sees a lot of accidents. Nearly 46,000 people were seen in the hospital's emergency department last year, including more than 2,000 trauma cases involving accidents at home, work and in motor vehicles.

While only a handful were caused by lawn mowers, Cushman says these powerful machines cause some of the worst injuries.

"We save thousands of lives and in most trauma cases we can reverse the damage that's been done," Cushman says. "But injuries caused by lawn mowers are usually not reversible. Many result in the loss of a foot, toes, or part of a leg, foot or hand."

In fact, more than 20 percent of the people admitted to Lehigh Valley Hospital for mower accidents were children: One had a leg amputated and three had feet amputated. Most of these accidents involved riding lawn mowers when adults who were moving in reverse did not hear a child or allowed a child to sit on the seat with them.

"The dangers are too great for a parent ever to allow a child to ride with them," Cushman says. "All they have to do is hit a bump and the child can fall."

"In fact, lawn mower accidents are most commonly caused when people don't think ahead of what they're doing," he says.

According to Richard DeMott, manager of Hanover Garden Center in Bethlehem, government regulations have mandated many safety features: pull ropes on handles; handle levers that must be depressed for the engine or blade to turn; deflector chutes to prevent flying objects; and safety switches that turn off riding mowers when the driver leaves the seat.

"Unfortunately, some people find these safety features inconvenient so they tape down the safety lever, disconnect the safety switch or adjust the deflector chute," DeMott says.

DeMott recommends reading manufacturer instructions, not tampering with safety features and having older mowers inspected. ●

To receive a safety checklist for operating your lawn mower, call (610) 402-CARE.

Lawn Mower Safety Tips

- Don't let children ride on your lap while operating a riding mower.
- Tell kids to play elsewhere.
- Don't put feet or hands under a mower when it's running.
- Wear work boots, not sandals or sneakers.
- Concentrate on what you're doing.
- Avoid alcohol and certain medications.



Richard DeMott, manager of Hanover Garden Center, demonstrates a new lawn mower with the pull rope located on the handle, a safety feature that prevents feet from slipping under the mower during starting.

Attention Deficit Disorder

What parents should know about the diagnosis and treatment

Children having trouble paying attention or who are more active or impulsive than others could be exhibiting signs of ADHD.

Many parents search for answers when their child's activity and lack of attention push them to the limit. Few are comforted when they learn the answer may be that their child has Attention Deficit Hyperactivity Disorder (ADHD).

ADHD, commonly called ADD, is a childhood behavior disorder affecting an estimated five percent of school-age children. Its symptoms include lack of attention, hyperactivity and impulsiveness beyond what seems normal in the age group.

"One of the most frustrating things for parents is that there's no standardized test for ADHD," says Michael Schwartz, M.D., a pediatrician at Family Pediatricians. "There are only standardized forms based on an assessment of behaviors, and these assessments are, by nature, subjective.

According to Schwartz, most kids with ADHD are referred to pediatricians after they've started school, confirming suspicions parents had at an earlier age.

"By definition, ADHD behavior has to be present in two situations, and that's usually home and school," he says. "We usually hear from parents when their children are in first grade. That's when the first significant demands are put on them in school."

Jeffrey Knauss, Ed.D., psychologist and program director for

ADHD Warning Signs

If you're beginning to suspect that your child has a problem that may be ADHD, don't ignore it in the hope that it will go away. Consider seeking a professional evaluation when any of the following conditions exist:

1 ■ For at least six months the child has displayed activity, inattentiveness and impulsiveness far greater than in other children of the same age.

2 ■ For at least a few months other parents have been telling you that your child has much poorer self-control or is far more active, impulsive and inattentive when with other children than is normal.

3 ■ Far more of your time and energy is required to manage and keep the child safe than other parents invest.

4 ■ Other children do not like to play with your child and avoid him or her because of the child's excessively active, emotional or aggressive behavior.

5 ■ A day-care staff member or school teacher has informed you that your child has been having significant behavioral problems for several months.

6 ■ You frequently lose your temper with this child, feel as if you are on the verge of excessive physical discipline or might even harm the child, or are greatly fatigued, exhausted, or even depressed as a consequence of managing and raising this child.

From Taking Charge of ADHD: The Complete, Authoritative Guide for Parents, by Russell A. Barkley, Ph.D.

The Highs and the Lows

Ritalin, the brand name for methylphenidate, is the most common medication given to treat ADHD. It may increase the attentiveness and self-control of children with ADHD, but exactly how it does this is not clear, says Cade Upanavage, a pharmacist at Spectrum Pharmacy.

The key to Ritalin, Upanavage says, is making sure it's appropriately prescribed.

"It's different for each child, and can make some kids too lethargic and others too fidgety," she says, "but if prescribed properly, it has no serious side effects."

According to Upanavage, Ritalin is controlled carefully, with physicians requiring visits before refills, and when treatment ends, children are also taken off gradually to prevent withdrawal.

Psychologist Jeffrey Knauss, Ed.D, says the media's criticism of the increasing use of Ritalin is exaggerated.

"No one is trying to medicate the children of America to make them zombies," Knauss says. "When done appropriately, kids don't look like they're medicated. They are happy, active children."

"After a child is put on Ritalin, I've had parents come back and say, 'I can't believe the difference.'"

the inpatient adolescent psychiatric unit at Lehigh Valley Hospital, recommends parents who suspect a child has ADHD to call a professional. Typically, pediatricians, child psychologists, neurologists, social workers and school psychologists are most familiar with the current scientific and professional literature.

Professionals use 18 different behavioral criteria to diagnose ADHD, says Knauss, but there are clues that should raise a parent's suspicions.

"One clue is if a child has more trouble paying attention or is more active or impulsive than other children," Knauss says.

"Another clue is if other parents tell you your child is exhibiting these behaviors."

"Other children may not want to play with your child, or school may send home reports on behavior problems," he says. "These are signs that activity levels may exceed what is normal."

According to Knauss, there is no conclusive proof about the causes of ADHD, but evidence points to three areas: diminished activity in part of the brain that gives us self-control and sustains activity; trauma, disease and other agents that can affect neurology; and a hereditary factor.

In fact, there are one to two million adults with ADHD, including parents of children currently diagnosed with ADHD, says George DuPaul, psychologist and associate professor of school psychology at Lehigh University.

Controversial Treatment

The treatment of ADHD involves some combination of counseling and medication, and the increasing use of the most common medication, Ritalin, has concerned some parents.

"People are not comfortable giving a behavior modifying medication to children," DuPaul says. "But it can make the difference in whether the child stays back in school, and that's not an attractive option either."

"Ritalin is only controversial until parents see it work and then they think it's a miracle," Schwartz says. "Parents just need to know it's only part of the therapy."

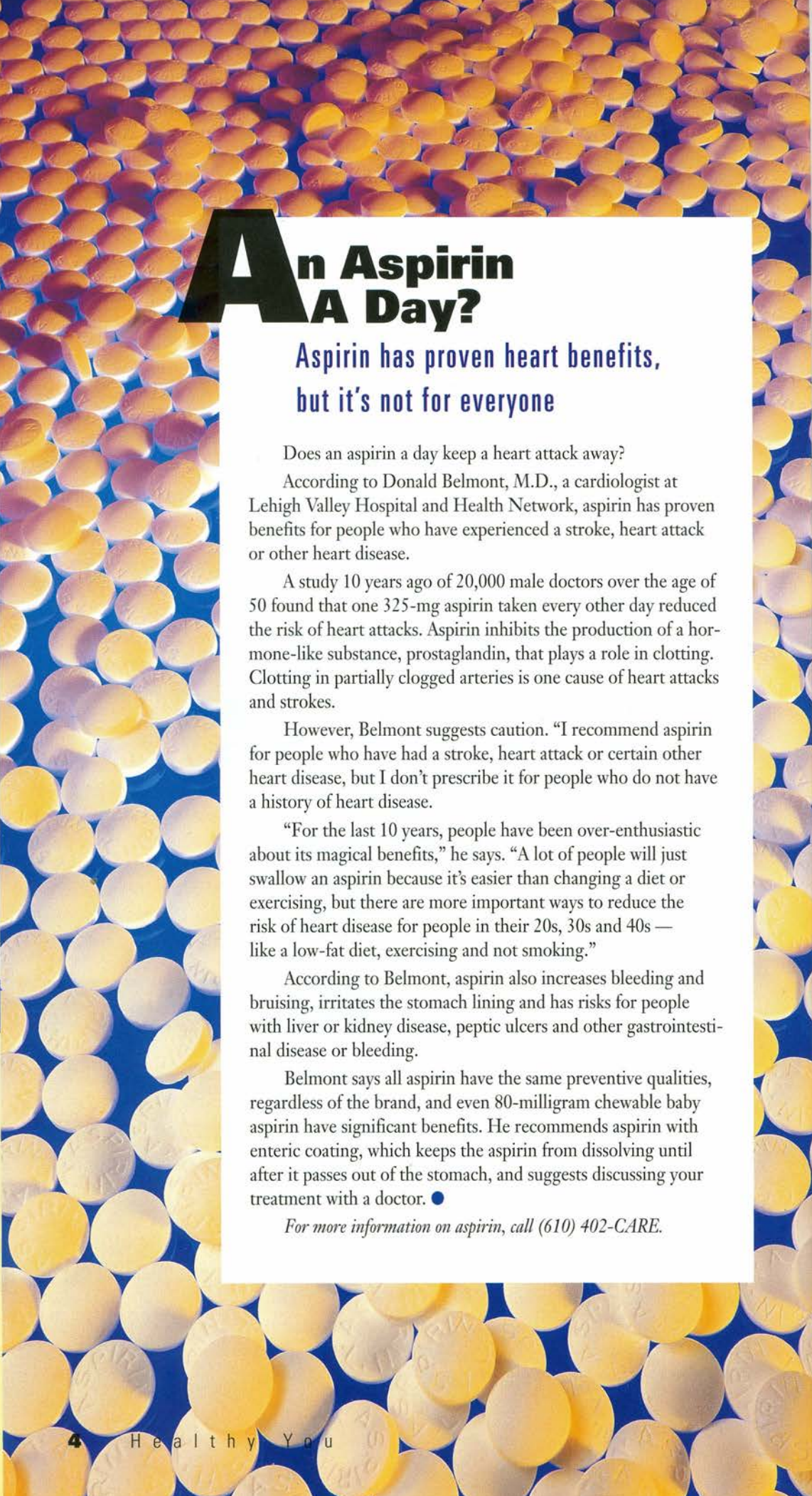
One of the goals of a new study being conducted by Lehigh Valley Hospital's department of pediatrics and Lehigh University's department of education and human services is to see whether early intervention in children considered at risk for ADHD can reduce the need for medication, DuPaul says.

According to Schwartz, when he diagnoses a child with ADHD, he'll do behavior counseling and consult with psychologists and psychiatrists. "We try to help parents reach out to other resources, particularly behavioral psychologists," he says.

Resources include CH.A.D.D. (Children and Adults With Attention Deficit Disorders), a nonprofit organization providing information and support. ●

For more information on identifying ADHD or to contact the local chapter of CH.A.D.D., call (610) 402-CARE.





An Aspirin A Day?

Aspirin has proven heart benefits, but it's not for everyone

Does an aspirin a day keep a heart attack away?

According to Donald Belmont, M.D., a cardiologist at Lehigh Valley Hospital and Health Network, aspirin has proven benefits for people who have experienced a stroke, heart attack or other heart disease.

A study 10 years ago of 20,000 male doctors over the age of 50 found that one 325-mg aspirin taken every other day reduced the risk of heart attacks. Aspirin inhibits the production of a hormone-like substance, prostaglandin, that plays a role in clotting. Clotting in partially clogged arteries is one cause of heart attacks and strokes.

However, Belmont suggests caution. "I recommend aspirin for people who have had a stroke, heart attack or certain other heart disease, but I don't prescribe it for people who do not have a history of heart disease.

"For the last 10 years, people have been over-enthusiastic about its magical benefits," he says. "A lot of people will just swallow an aspirin because it's easier than changing a diet or exercising, but there are more important ways to reduce the risk of heart disease for people in their 20s, 30s and 40s — like a low-fat diet, exercising and not smoking."

According to Belmont, aspirin also increases bleeding and bruising, irritates the stomach lining and has risks for people with liver or kidney disease, peptic ulcers and other gastrointestinal disease or bleeding.

Belmont says all aspirin have the same preventive qualities, regardless of the brand, and even 80-milligram chewable baby aspirin have significant benefits. He recommends aspirin with enteric coating, which keeps the aspirin from dissolving until after it passes out of the stomach, and suggests discussing your treatment with a doctor. ●

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

Men and the Weight-Loss Battle

Does macho competition work better than support?

Vicious competition finally prompted Sam to lose 25 pounds. He and Ralph, an equally overweight colleague, drew up the perfect plan. They had a “carrot” (dinner in a fine restaurant). They had a “stick” (weekly weigh-ins at the office). And they had rich opportunities for sabotage.

Sam pinned photos of cheeseburgers to Ralph’s calendar. Ralph left chocolates on Sam’s desk. Drawing on heroic reserves of discipline, the two managed to achieve their goals the same week. After a brief truce, they started a competitive weight-maintenance program.

Does it take a declaration of war for men to lose weight? “Actually, women can be just as vicious,” says Emmaus internist Shawn Ruth, D.O. He tells of two female friends who assessed each other a dollar for each pound they failed to lose.

When it comes to fat, men do have a genetic advantage. “Because of hormonal differences, men tend to have less body fat than women,” Ruth says. Still, it’s estimated that up to 30 percent of American males (and females) are seriously over their ideal weight.

Once they make the decision to lose it, some men find the incentive they need in a commercial weight-loss program. Others rely on friends or family members. “Sam and Ralph used basic business principles, such as strategic goal-setting and attempts to undermine the competition,” Ruth says. “The common denominator we all seem to need is someone to help us stick with it.”

“Use whatever motivates you to lose weight,” says clinical psychologist Tom Lane, Ph.D., director of The Guidance Program at Lehigh Valley Hospital and Health Network. “But losing is only part of the story. To keep the weight off, you need to change your lifestyle permanently.” Eat wisely, exercise regularly—and, like Sam, you may find that a little ongoing competition doesn’t hurt. ●

For information about weight-loss programs offered by Lehigh Valley Hospital and Health Network, see pages 10-11 or call (610) 402-CARE.

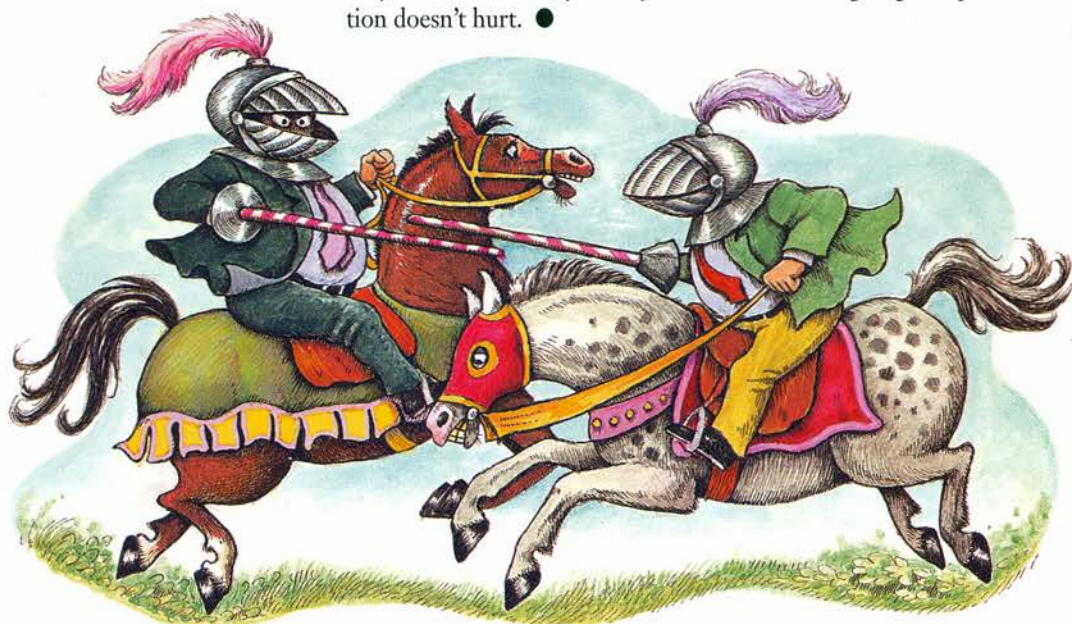
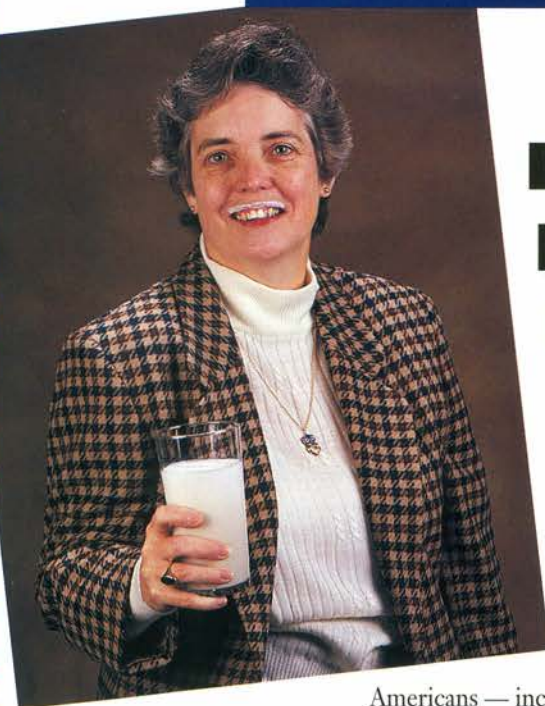


Illustration by Lucy Corrigan



Does Milk Do Every Body Good?

Susan Cox of Allentown remembers suffering severe abdominal cramps, nausea, gas and diarrhea. She was tested for gall bladder problems and an ulcer, and drank lots of milk to soothe her stomach.

Then she was diagnosed as lactose intolerant, or allergic to milk and milk products.

Cox is one of an estimated 30 to 50 million

Americans — including 70 to 80 percent of all African Americans and Asian Americans — who lack the enzyme needed to digest lactose, the predominant sugar of milk and dairy products.

“Most people with lactose intolerance complain of bloating, diarrhea, gas and abdominal cramping about 20 to 30 minutes after drinking milk,” says Patrick Hanley, D.O., an internist at Lehigh Valley Hospital and Health Network’s Mauch Chunk Medical Center. “But often it’s difficult for them to connect these symptoms to dairy products.”

Tests are Inconclusive

Doctors can conduct a blood, breath or stool test, but Hanley warns that the tests are not conclusive, and diagnosis is often made by “clinical suspicion.”

Hanley says similar symptoms can be produced by irritable bowel syndrome (caused by nerves), an allergy (which could also cause hives) or an intestinal disease.

“There are some infectious diseases that can cause lactose intolerance, but usually it is related to enzyme deficiency and symptoms develop over time, often becoming more pronounced by adolescence,” Hanley says.

“When I was diagnosed in my early 20s, I went on an avoidance diet, giving up cream dishes, milk, cheese, ice cream,” Cox says. “Today, new pills and non-dairy products make it easier.”

According to Barbara Carlson, clinical dietitian with Lehigh Valley Hospital and Health Network, you can take over-the-counter Lactaid pills before having dairy products. The pills put the enzyme needed to digest lactose into the stomach. Plus, many people can tolerate some amount of lactose.

“Most people can handle about a half a cup of milk, but there are some who can’t handle a tablespoon,” Carlson says. “You should get in the habit of reading labels, looking for the words *lactose* and *whey* (milk solids) in ingredients, and then substitute lactose-free products like Lactaid, which include calcium enriched milk and yogurt.” ●

For a guide to a lactose free diet, call (610) 402-CARE.

Lactose intolerance usually develops in adolescence, but Susan Cox of Allentown was diagnosed in her 20s.

Healthy You

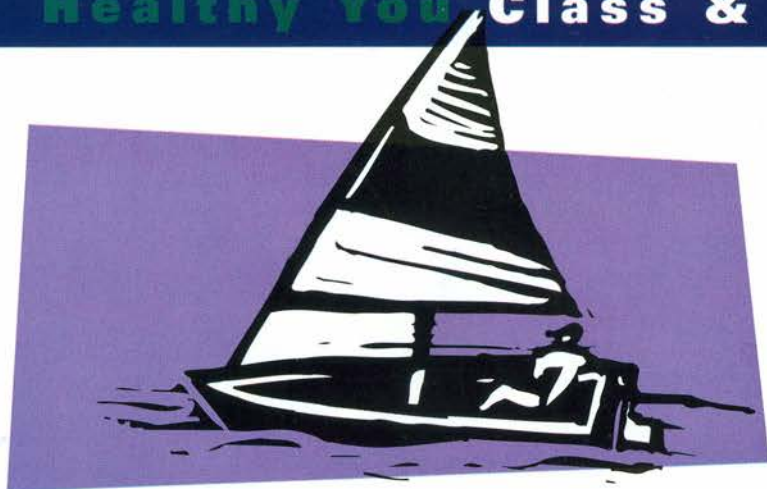
CLASS & LECTURE SCHEDULE



Learning at Kids Fest:
Missy Simon, Affinity program physical therapy assistant with help from the "The Cowardly Lion" teaches Peter Kareha, Allentown, what it would be like to perform every day tasks with a disability. Lehigh Valley Hospital and Health Network sponsored Kids Fest April 6.

Priorities.....	9
Specialty Lectures	9
Healthy Eating	9
Shape-up Solutions	10
Stress Reduction Programs for Adults	11
Smoking Cessation Classes	12
Diabetes Education	12
Cancer Education	12
CPR Courses.....	12

Speaker's Bureau.....	13
Support Groups.....	13
Women's Health	13
Children's Health	13
Childbirth and Parenting Education	14-15
Bulletin Board.....	16
Camp HealthRock	17
Registration Form.....	18



HIGHLIGHTS

Warm weather is on the way! Get yourself and your family ready for the best summer yet, with programs like these:

■ **Hot Time in the Summer Time**, a special presentation on why it's not cool to bake yourself in the sun (page 9).

■ **Gourmet Picnics on a Budget**. Chef Mike shows you how to plan a picnic to delight the senses (page 9).

■ **Are You Driven to Distraction?** a women's health program about adult attention deficit disorder, which affects over one million people (page 13).

New to Our Schedule? Here's How It Works.

The classes and programs in the coming pages are listed by topic. (If you want to see all the topics, check *Table of Contents* on page 7.) Each listing includes date, time and abbreviated location. Locations are spelled out at the bottom of this page. When you've selected a class, you can register by phone, fax or mail. See page 18 for details and a mail-in registration form. If you have questions, feel free to call (610) 402-CARE

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated.

CLASS LOCATIONS

ABBREVIATIONS

Lehigh Valley Hospital, Cedar Crest & I-78	CC
Lehigh Valley Hospital, 17th & Chew	17
School of Nursing, 17th & Chew	SON
Morgan Cancer Center, Cedar Crest & I-78	MCC
1243 S. Cedar Crest Blvd.	1243
2166 S. 12th St., Allentown	2166
Wellness Center	WC

NEW LOCATIONS!

Muhlenberg Hospital Center	MHC
----------------------------	-----

PS Priorities Program

Priorities are clusters of two or more workshops offered at a discounted package price. You can choose from six Priorities, listed below. For more information on each workshop, see the descriptions in the following pages; they're marked with the Priorities symbol (PS). (You can also take these workshops individually at the regular prices listed in the following pages.)

HEART HEALTH PRIORITIES...

includes three workshops:

- ◆ Antioxidants
- ◆ What's in the Cart? for Heart Health
- ◆ Building Your Activity Pyramid

\$79 for one/two persons

CANCER PREVENTION PRIORITIES...

includes three workshops:

- ◆ Antioxidants
- ◆ What's in the Cart? for Cancer Prevention
- ◆ Building Your Activity Pyramid

\$79 for one/two persons.

OSTEOPOROSIS REDUCTION PRIORITIES...

includes two workshops:

- ◆ What's in the Cart? for Osteoporosis Prevention
- ◆ Building Your Activity Pyramid

\$60 for one/two persons.

WEIGHT CONTROL PRIORITIES...

includes three workshops:

- ◆ Which Weigh Works
- ◆ Shaping the Right Attitudes
- ◆ Diets a la Carte

\$79 for one/two persons.

STRESS REDUCTION PRIORITIES...

includes two workshops:

- ◆ Finding a Healthy Balance
- ◆ The Next Step

\$60 for one/two persons.

SELF-CARE AND IMPROVEMENT PRIORITIES...

includes two workshops:

- ◆ Personal Lifestyle Practices
- ◆ Building Your Activity Pyramid

\$60 for one/two persons.

If you need personal assistance in reviewing your Priorities, please call (610) 402-CARE, Monday through Friday, 8:30 a.m. - 4:30 p.m.

Specialty Lectures

Hot Time in the Summer Time

Baking yourself in the sun is no longer the cool thing to do! Sun ages skin and raises cancer risk. Learn about the latest sunscreens and how to keep your skin safe, young and healthy.

Free • Tuesday, June 10; 7-8:30 p.m.

Class meets at CC, Auditorium.

Lori Barrell, R.N.

Chef Mike Presents Gourmet Picnics on a Budget

Want to impress a special person—or your special family—with a picnic to delight the senses? Chef Mike shows you how to plan and present a meal they'll always remember.

Free • Wednesday, June 4; 7-8:30 p.m.

Class meets at CC, Auditorium.

Mike Kramlich, executive chef

Barbara Carlson, registered dietitian

On the Job Fitness

Fitness isn't just about evenings and weekends. It's the healthy decisions you make on the job, such as drinking water, taking the stairs, dealing with stress. Learn the basics of workday fitness!

Free • Wednesday, May 14; 7-8 p.m.

Class meets at CC, Auditorium.

Greg Salem, exercise physiologist

Healthy Eating

Antioxidants PS

How can antioxidants improve your health and prevent heart disease and cancer? Learn about this exciting new area of nutrition—including which antioxidants come in vitamin and mineral supplements and which are found only in foods.

\$35 for one/two persons.

• Thursday, May 22; 7-8 p.m.

Class meets at MHC.

• Tuesday, June 10; 7-8 p.m.

Class meets at WC.



Diets a la Carte

Join our registered dietitian to learn how to review calories, count fat grams and carbohydrates, choose restaurant meals—and jump start your own diet plan.

\$35 for one/two persons.

- Wednesday, May 21; 7-8 p.m.
- Friday, June 20; 2-3 p.m.

Classes meet at WC.

What's in the Cart? for Heart Health

Heart-healthy eating begins in the grocery store! This new, revised program with a registered dietitian will help you fill your cart with the right foods.

\$35 for one/two persons.

- Thursday, May 29; 10-11 a.m.
- Wednesday, June 4; 7-8 p.m.

Classes meet at Giant Food Store, MacArthur Road, Whitehall.

- Thursday, July 3; 9:30-10 a.m.

Class meets at Weis Market, Rt. 512 & Crawford Lane, Bethlehem.

What's in the Cart? for Osteoporosis Prevention

A high-calcium, low-sodium diet helps prevent osteoporosis. Learn what foods promote your strong bones.

\$35 for one/two persons.

- Wednesday, May 21; 10-11 a.m.

Class meets at Giant Food Store, Cedar Crest & Tilghman Sts., Allentown.

- Thursday, June 26; 7-8 p.m.

Class meets at Weis Market, Rt. 512 & Crawford Lane, Bethlehem.

What's in the Cart? for Cancer Prevention

Foods high in fiber and carotene and low in fat are a good anti-cancer strategy. This program will teach you how to find them.

\$35 for one/two persons.

- Thursday, May 22; 9-10 a.m.
- Wednesday, June 18; 9-10 a.m.

Classes meet at Giant Food Store, Emmaus.



Shape-up Solutions

HealthRock Cafe—the Place for Kids to Lighten Up!

A new program to help preteens and their family members lose weight through healthy eating and exercise habits. Led by a registered dietitian, a behavior modification specialist and an exercise specialist.

4 sessions • \$99.

Begins Saturday, May 17; 10 a.m.-noon

Class meets at WC.

Aerobic and Conditioning Classes for Adults

Choose from more than 40 classes—to achieve optimal health and fitness—various times and locations throughout the Lehigh Valley.

Fee: Month-to-month.

Class meets at 1243, Lower Level, 2166.

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

Walking Wonders

Measure your fitness level, get a personalized exercise “prescription” and learn about one of the easiest and best forms of exercise—walking.

\$35 for one or two persons.

- Wednesday, May 28; 7-8 p.m.

- Monday, June 9; 7-8 p.m.

Class meets at MCC, Kelly Gallagher Atrium.

W.O.W.! Walking-Out Workout Club

Now at three locations! Exercise, have fun and earn prizes in this popular program.

\$10. (\$5 for adults 55 and over.)

Club meets at South Mall, Lehigh Street, Allentown; Saucon Valley Community Center, Hellertown; and Lehigh County Senior Citizens' Center, Elm Street, Allentown.

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

Which Weigh Works?

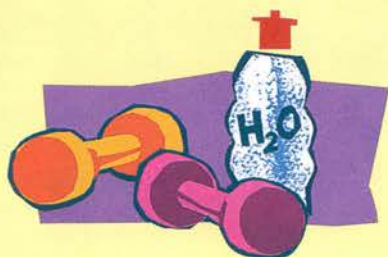
Learn the myths and realities of weight loss, your personal nutrition profile and how to plan a healthy, no-nonsense diet.

\$35 for one/two persons.

- Friday, June 6; 2-3 p.m.

- Monday, June 23; 6:30-7:30 p.m.

Classes meet at WC.



"Exercise For Life" Classes for Adults

If you've neglected physical activity, these classes are a great way to get started...

Thirty "Healthy" Minutes Classes

Thirty-minute classes can lower blood pressure, reduce cholesterol, help prevent osteoporosis, heart disease and adult-onset diabetes, speed heart attack recovery and ease arthritis.

Sixty "Fitness" Minutes Classes

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

Monthly fees:

\$21 for unlimited 30-minute classes at any location

OR

\$26 for unlimited 60-minute classes at any location

Locations:

- 1243SCC Lower Level
- Whitehall Township West Catasauqua Playground
- Muhlenberg Hospital Center Rehabilitation Center
- Lehigh County Senior Citizens Center.



Shaping the Right Attitudes

For successful, long-term weight control, exercise and attitude go hand in hand. Learn what habits lead to overeating and how to plan an exercise program at home or at a health club.

\$35 for one/two persons.

- Wednesday, May 14; 7-8 p.m.
- Friday, June 13; 2-3 p.m.
- Monday, June 30; 6:30-7:30 p.m.

Classes meet at WC.

Building Your Activity Pyramid

Everyday activities can improve your health and enjoyment. Learn how to build them into your busy schedule.

\$35 for one/two persons.

- Thursday, May 15; 3:30-4:30 p.m.
- Friday, May 23; 1-2 p.m.

Classes meet at 1243, Lower Level.

- Monday, June 9; 6:30-7:30 p.m.
- Class meets at WC.*

Protect the Back Exercises

Learn how your back works and what to do when it doesn't. Includes a personal exercise plan.

\$35 for one/two persons.

- Monday, June 23; 6:30-7:30 p.m.

Class meets at WC.

Stress Reduction Programs for Adults

Finding a Healthy Balance

Positive mind, healthy body—identify stress factors that most affect you. Focus on your preferred coping skills.

First of 2 sessions. \$35.

- Tuesday, May 20; 6:30-8 p.m.
- Tuesday, June 17; 6:30-8 p.m.

Classes meet at WC.

The Next Step

Why just manage stress when you can prevent it? Experience two physical activity sessions that can calm the effects of stress.

Second of 2 sessions. \$25. (Prior participation in "Finding a Healthy Balance" is required.)

- Tuesday, May 27; 6:30-8 p.m.
- Tuesday, June 24; 6:30-8 p.m.

Classes meet at WC.

When You're Ready To Quit Smoking...

QuitSmart®

This five-part Duke University program helps you quit through self-hypnosis and the Better Quit® Cigarette Substitute.

5 sessions • \$85.

• Thursday, June 5; 7-8 p.m.

Classes meet at 1243, room #3221.

Individual Tobacco Use Cessation Counseling

This program combines Smoke Stoppers® or QuitSmart® with one-on-one counseling and support over a three-month period.

For fee information and to schedule an appointment, call (610) 402-CARE.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital offers a series of programs for adult diabetics in such areas as diet, exercise, medication and home testing. Family members/friends are welcome.

Call (610) 402-CARE for detailed information.

Cancer Education

Family Caregiver Course

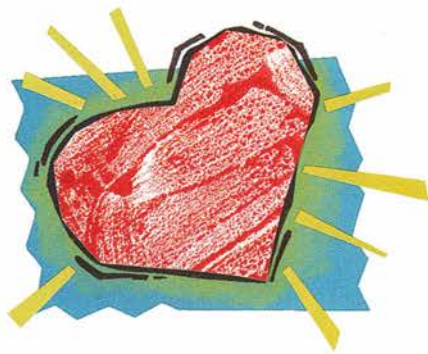
A state-approved program for those caring for a cancer patient at home. Learn about physical and emotional needs, community resources and problem-solving skills. Supported by the PA Department of Health Cancer Control Program.

Free.

• Thursdays, May 8, 15, 22; 7-9 p.m.

Classes meet at MCC, Conference Room 1A.

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



CPR Courses

All CPR classes meet at 1243, Third Floor.

Course A

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

\$25.

• Monday, June 30; 7-10 p.m.

Course C: Adult-Child-Infant

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

3-part course • \$35.

• Monday, June 2, 9 & 16; 7-10 p.m.

• Monday, July 21, 28 & Aug. 4; 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 or recently-expired (within one month) Course C card.

Renewal • \$20.

• Monday, June 23; 7-10 p.m.

• Monday, July 14; 7-10 p.m.

Course D - Infant-Child

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

\$25.

• Monday, May 19; 7-10 p.m.

• Monday, July 7; 7-10 p.m.



Speaker's Bureau

Presentations on a variety of health care topics to civic, social and church organizations.

Topics include:

- Breast Cancer: Post Mastectomy
- Partners in Progress: Lehigh Valley Hospital and the Challenges Facing Health Care
- Childbirth Options in a Hospital Setting
- Traumaroo: Injury Prevention Program for Kids 6-8 Years of Age
- Update on the Prevention and Treatment of Osteoporosis
- Planning a Smoke-Free Workplace
- Sports Medicine: Injury Prevention & More
- Community Service - Caring for Our Community

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

Support Groups

Lehigh Valley Hospital 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.

Spirit of
Women

Women's Health Programs

ADHD: Are You Driven to Distraction?

Attention Deficit Disorder (ADHD) isn't just a children's issue; it affects adults, too. Learn about current treatment options, as well as practical suggestions on ADHD management.

Free

- Tuesday, May 27; 7-8:30 p.m.

Class meets at 17, Auditorium.

Kenneth Zemanek, M.D., psychiatrist, LVH

Becoming a New Parent in Your 40s

As those who've done it know, there are unique challenges in becoming a new parent later in life. Share your joys and concerns with a psychologist and "older mother."

Free

- Tuesday, June 10; 7:30-8:30 p.m.

Class meets at CC, Classroom 1.

Nancy Trautwin, Ed.D., psychologist

Children's Health

Family Matters: Sex Education— What Parents Need to Know

Are you uncomfortable discussing sex with your kids? Get practical advice on helping children at various stages of development become sexually healthy, responsible adults.

Free.

- Wednesday, May 14; 7-8 p.m.

Class meets at 17, Auditorium.

Elizabeth Goff, M.D., Pediatrician, LVH

Bedwetting

A problem for one in 20 six-year-olds, bedwetting is still often misunderstood and improperly treated. Learn what (and what not) to do for your child, including new treatment options.

Free

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

Class meets at 17, Auditorium.

Michael Schwartz, M.D., Pediatrician, LVH





Childbirth and Parenting Education

"From Pregnancy to Parenthood"

Because babies don't come with instructions, we offer the next best thing - prepared childbirth and parenting education programs sponsored by Lehigh Valley Hospital in cooperation with Lehigh Valley Lamaze Associates.

Through these programs, we can provide you with timely, accurate information about what to expect when you're expecting and after your baby is born. We can also help expectant and new moms meet the physical demands of pregnancy and delivery through our prenatal and postpartum fitness programs.

For more information about the classes, schedules or fees or to register, call (610) 402-CARE weekdays between 8:30 a.m. and 4:30 p.m.

One-day Lamaze

Same topics as above, geared for couples whose schedules won't accommodate a six-week course. \$125 includes continental breakfast and lunch.

- Saturday, May 17; 9 a.m.-5 p.m.
- Saturday, June 7; 9 a.m.-5 p.m.
- Saturday, June 28; 9 a.m.-5 p.m.
- Saturday, July 19; 9 a.m.-5 p.m.

Variety of locations.

Call (610) 402-CARE.

Early Pregnancy (3-5 months)

Becoming a Family

Join other parents-to-be for an introduction to the physical and emotional changes of pregnancy, tests you need, nutritional and other health needs, and what to expect when you deliver. Refreshments and door prizes.

Free

- Sunday, May 18; 1-4 p.m.
- Sunday, July 20; 1-4 p.m.

Classes meet at 17, Auditorium.

Childbirth Preparation (6-8 months)

Prepared Childbirth (Lamaze) Series

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

6 part series. • \$75.

- Monday, June 9 (First session)
- Monday, July 21 (First session)

Classes offered at a variety of times and locations.

For information, call (610) 402-CARE.

Refresher Classes

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

3 sessions • \$50.

- Wednesday, July 9; 7-9 p.m. (First session)

Variety of locations. Call (610) 402-CARE.

"Just Breathing" Class

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

\$30.

- Friday, May 23; 7-9 p.m.
- Friday, July 18; 7-9 p.m.

Variety of locations. Call (610) 402-CARE.

Breastfeeding Classes

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

\$20.

- Wednesday, May 21
- Wednesday, June 18
- Wednesday, July 16

For times and locations, call (610) 402-CARE.

Prenatal Fitness Program

Learn how pregnancy changes your body and how to maintain a moderately active fitness program.

2 evenings a week for 6 weeks. • \$40.

- Monday, June 23 (First session)
- Monday, Aug. 4 (First session)

Class meets at SON.

For times, call (610) 402-CARE.

"All About Baby" Class (Newborn Care)

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

\$20.

- Friday, June 13; 7-9 p.m.
- Friday, July 25; 7-9 p.m.

Variety of locations. Call (610) 402-CARE.

Sibling Classes

Help brothers and sisters prepare for the newborn. Activities, refreshments, tours. Parents' attendance required.

\$10 per child; \$15 for 2 or more children.

Age 3-4

- Wednesday, June 4
- Thursday, July 3
- Wednesday, Aug. 6

Age 5 and older

- Wednesday, June 11
- Thursday, July 10
- Wednesday, Aug. 13

Class meets at SON, 6-7:15 p.m.

Healthy Beginnings Labor and Delivery Series

Labor and delivery information with relaxation and breathing techniques, medications and cesarean birth outlined.

4 sessions • \$20.

For Healthy Beginnings Plus participants (cost included in health package)

- Tuesday, July 1; 8:30-10 a.m. (First session)

Classes meet at SON.

Healthy Beginnings Parenting Newborn Series

Expectant parents receive information about feeding, safety, immediate health problems, newborn and well child care and local resources.

4 sessions • \$20.

For Healthy Beginnings Plus participants (cost included in health package)

- Tuesday, July 1; 10:30 a.m.-noon (First session)

Classes meet at SON.

Infant/Child CPR

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

2 sessions • \$20/person or \$30/couple.

One class per week for two weeks.

- Thursdays, July 17 & 24; 7-9 p.m.

Classes meet at SON.

Postpartum Programs (After the Baby Is Born)

"Hey Baby, Let's Work Out"

Restore muscle tone and strength after pregnancy while you enjoy playtime with your baby. Includes gentle infant massage techniques.

Full session: 2 times a week for 6 weeks • \$40.

Mini session: 2 times a week for 3 weeks • \$20.

- Monday, June 23; 10:30-11:30 a.m. (First session)
- Monday, Aug. 4; 10:30-11:30 a.m. (First session)

Classes meet at 1243, Lower Level.

New Moms Network (Support group for new moms)

A support group for new mothers and their babies. Group meets Thursdays, 10-11 a.m.

Free.

- May 15 - Your Infant & Sleep
- May 29 - Changes in Parents' Roles
- June 12 - Feeding Your Infant
- June 26 - When to Call the Doctor
- July 10 - Calming the Crying Infant
- July 24 - Infant Growth & Development

Class meets at SON.

Your Incredible Infant

Questions about your six-to-12-month old infant? Learn about feeding, teething, safety, behavior, sleep, motor and social skills and more.

\$10.

- Thursday, May 15; 7-9 p.m.

Class meets at SON.

Maternity Tours

Expectant parents/family members can tour the maternity unit at Lehigh Valley Hospital. Adult tours are held selected Mondays and Saturdays. Sibling tours are offered several times a month.

Free

Advance registration is required.

To register, call (610) 402-CARE.



Community Blood Pressure Screening

• Thursday, June 12; noon-1:30 p.m.

South Mall, Lehigh Street, Allentown

Free

Community Cholesterol Testing (non-fasting)

• Thursday, June 12; noon-1:30 p.m.

South Mall, Lehigh Street, Allentown

\$10

Personal Lifestyle Practices

• Friday, May 30; 12:30-2 p.m.

• Tuesday, June 24; 1-2:30 p.m.

1243 S. Cedar Crest Blvd., Lower Level

\$35 for one or two persons.

A true picture of your health goes beyond blood pressure and cholesterol to include lifestyle practices. This workshop will give you a complete "snapshot" with a personalized evaluation of your results. No fasting needed for the cholesterol test. Call (610) 402-CARE to register.



Visit the Health Services Tent at May Daze

• Saturday, May 17; noon-4 p.m.

• Sunday, May 18; noon-4 p.m.

Lehigh Valley Hospital, Cedar Crest & I-78

Blood Pressure Screening

Free

Non-Fasting Cholesterol Screening

\$5 Results in five minutes

Body Composition Analysis

Free

Osteoporosis Bone Scan and Screening

• Saturday, May 17; 11 a.m.-4 p.m.

Free

On-Site Physician Referral Services

Free

Call (610) 402-CARE for more information.

Especially for Seniors: Self-Defense Program

• Thursday, July 10; 10-11 a.m.

Lehigh County Senior Citizen's Center
1633 Elm St., Allentown

Free

Learn how to protect yourself at this interactive program which will be led by Gerald Kresge and Francis Paulson from Lehigh Valley Hospital and Health Network's Security Department.

Call (610) 402-CARE to register.

Yabba Dabba Doo!



**A five-day
summer
adventure
just
for kids.**

Sponsored by
Lehigh Valley Hospital
and Health Network's
Center for Health Promotion
and Disease Prevention.



*"Our goal is to promote
wellness among children
early in their lives.*

*It's the best way
to help them grow up
to become
healthy adults."*

GREG SALEM,
camp coordinator



**At Camp HealthRock,
kids learn about**

Fitness – Games and exercises build strength and flexibility. There's even a chance to learn self-defense!

Nutrition – Cooking up low-fat Rice Krispie™ treats is a tasty way to learn about diet.

Safety – An exciting visit to the MedEvac emergency helicopter reinforces the importance of injury prevention.

Healthy Lifestyle – Childhood is the time to learn positive habits, such as NOT to smoke.

Camp HealthRock Works!

This creative approach to health and fitness education has impressive results. The majority of participants show marked improvement in physical ability and knowledge of healthy lifestyle practices.

**There's a Camp HealthRock
Just for You...**

Ages 7-9 Aug. 4-8

Ages 10-12 Aug. 11-15

Five sessions – \$100

**Camp meets each day at
Wellness Center, Fish Hatchery Road, Allentown.**

Winner

**1996 NOVA International Award
for Best Innovation in
Wellness and Health Promotion**

**To register, fill in and send the form on page 18.
For more information, call (610) 402-CARE.**

How to Register

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

CLASS LOCATIONS

Lehigh Valley Hospital, Cedar Crest & I-78
Lehigh Valley Hospital, 17th & Chew
School of Nursing, 17th & Chew
Morgan Cancer Center, Cedar Crest & I-78
1243 S. Cedar Crest Blvd.
2166 S. 12th St., Allentown
Wellness Center

ABBREVIATIONS

CC
17
SON
MCC
1243
2166
WC

NEW LOCATIONS!

Muhlenberg Hospital Center

MHC



BY FAX: You can register by fax with payment by **MasterCard or Visa**. Fax (610) 402-3020. Use the registration form below.



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



BY MAIL: Mail the registration form below to the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, Pa. 18103-6296



IN PERSON: You can register in person at the address above.

Plus many new locations throughout the Lehigh Valley!

Class & Lecture Registration Form

Questions?
Call (610)
402-CARE

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Date of Birth _____ Social Security # _____

Are you a Lehigh Valley Hospital employee? ☐ Yes ☐ No

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

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

Make check payable to: Lehigh Valley Hospital or

Charge to my Credit Card ☐ MasterCard ☐ Visa

CREDIT CARD ACCOUNT NUMBER

Signature _____

Exp. Date _____

PAYMENT: Total amount enclosed: \$ _____

Ask whether you are eligible for class discounts.

LEHIGH VALLEY
HOSPITAL AND
HEALTH NETWORK



WOMANCARE

1997 Spirit of Women Award Winners:
(Clockwise From left) Esther Lee, Michelle Lawson, Christina Williams and Wendy Body Rothrock with their award for achievements in work, family and health. The award was designed by local artist Barbara Zeller. The awards program was sponsored this year by Pennsylvania Power and Light.

<i>Spirit of Women Awards ..</i>	<i>20</i>
<i>Measurable Results</i>	<i>22</i>
<i>Hysterectomy</i>	<i>23</i>
<i>Colorectal Cancer</i>	<i>24</i>
<i>Myths About the Pill</i>	<i>26</i>
<i>To Your Health</i>	<i>28</i>

AWARD WINNERS

Meet some
"spirited"
Lehigh Valley
women! In
different ways,
these four Spirit
of Women
Award winners
have made a
difference in
their communi-
ties. They were
honored at the
recent Spirit of
Women confer-
ence for their
contributions in
the areas of
work, family
and health.

Michelle Lawson

As director of the Sixth Street Shelter and Turner Street Apartments in Allentown, Michelle helps families move from welfare to self-sufficiency. She and her team confront drugs, poverty and hopelessness. They help families move from welfare to self-sufficiency. "Our job is to give them the opportunity for a brighter future," she says.

Michelle, who once dreamed of being a police officer, studied criminology in college. Years later, as a full-time career woman and single mom, she earned a master's in marital and family therapy.

Off the job, she's been active in the Sertoma Club of the Lehigh Valley, Project Child and Lehigh Carbon Community College. Her Bible study group at Wesley United Methodist Church helps keep her going, as does her back-yard garden.

Michelle's many friends call her "a source of inspiration"... "a woman who gives of herself in so many ways to make the load a bit lighter for others."



Esther Lee

In every way she can, Esther is fighting to make life better for her community. She started volunteering for the Bethlehem schools when her children were young. Joining the school board, she became the first African-American and the first woman elected to public office in the Lehigh Valley.

Esther works tirelessly for the Salvation Army, the NAACP, the Republican Party and the county Human Relations Commission. She has served on the board of Channel 39 and now produces the station's Black

Exposure program. Her personal foundation is the Baptist Church; she is clerk of Second Baptist, and plays a leadership role in Baptist women's associations at the regional and state level. Her goal, she says, is "to strengthen women, to encourage them to stand tall and work in their own community to change the condition of the world."

Esther herself, now 63, stands very tall. "At my age they say you should slow down," she says. "But I suspect I'll go until I have to stop."



Wendy Body Rothrock

Wendy is a runner, a mover and a

shaker. She helped turn the Lehigh Valley Road Runners' Women's 5K Classic into a premier event that annually attracts more than a thousand runners and raises \$30,000 for breast cancer treatment and research. Notoriously humble, she insists, "The committee holds it together!" Says her committee: "Wendy is the glue."

Wendy herself runs—and swims, bikes and golfs—for the love of it. A confessed "health nut," she's competed in more than 20 triathlons.

Her day job is project manager at Alvin H. Butz, Inc. A mechanical engineer with a master's in finance from Penn State, she's run major building projects at Lehigh University, Rodale Press and Lehigh Valley Hospital.

As a female engineer, Wendy is a role model and mentor to younger women. "Even though I'm in a male-dominated profession," she says, "I don't try to be a man. I'm very proud to be a woman!"



Christina Williams

Back in second grade, Christina found her way into the Learning Club, an after-school program that builds reading and math skills. Over the years, she kept at it so faithfully that she mastered all the books available in the program!

There was only one thing to do: become a tutor herself. Now a Dieruff High School junior, Christina teaches math and phonics to younger students in the Learning Club. When she was selected for the high school track team this year, she coordinated her time so she could run and still honor her responsibilities as a tutor.

Christina is a hard-working scholar herself, earning a place on the honor roll this year. Her goal is college and a career as an accountant. "Working with numbers makes me happy," she says. Meanwhile, she's a terrific role model. As her supervisor puts it, "Christina's commitment to the Learning Club and to academic excellence is an inspiration to her students."



Special Recognition

A special award for lifetime achievement was presented to Spirit of Women speaker and women's advocate **Janice McElroy**. Janice was featured in the January *Healthy You* particularly for her accomplishments in the political arena. She has served as executive director of the Pennsylvania Commission for Women, and one of her major efforts was in women's health. "I urge women to be informed and get involved in the issues that are close to their hearts," Janice says. Many predict that in the near future Janice will, indeed, pursue yet another role...serving her community in public office.

As one Emmaus woman found,
it's a matter of attitude
as well as behavior

How Can I Change My Lifestyle?

Eleanor Turko of Emmaus was eating too much, exercising too little and feeling bad about both. When she heard about the Measurable Results program at Lehigh Valley Hospital and Health Network, she signed up. Today, 15 months later, she has "turned her life around."

What propelled Turko into action? And what keeps so many other women from doing the same?

"Action is only part of the story," says Kevin Siddons, director of community health studies at Lehigh Valley Hospital and Health Network. "Research has shown us that change comes in several stages. If you jump into action before you've changed your attitude, your new behavior isn't going to last."

Measurable Results is built on that idea. "Each woman gets an individual health risk assessment and the information she needs to move through the process of change and make solid, lasting lifestyle decisions," says Fran Derhammer, R.N., education director of Women's Health Services at Lehigh Valley Hospital and Health Network.

When Turko walked in for her risk assessment, her biggest concern was cholesterol. "It was in the 400s, which really depressed me," she says. "I wanted to learn how to lower it without resorting to medication."

The program motivated Turko to go on a diet and begin a walking and weight-training program. Ultimately, she lost nearly 40 pounds and lowered her cholesterol to 180. Maintenance has been a struggle at times. "The temptation is always there," she says. "But basically, I feel like there's nothing I can't do."

"Measurable Results helps women think through the benefits of changing their behavior and the costs of not changing it," Siddons says. "We encourage small, incremental changes. Those are easiest to incorporate in your life, and over time they add up to something big."

To receive a Measurable Results program brochure, call (610) 402-CARE.

Photo above: Eleanor Turko of Emmaus keeps her exercise shoes in the car so she and her dog, Pepper, are ready to walk wherever the mood strikes. Before the Measurable Results program, she says, "I used to hate exercise because it made my legs and knees hurt. Now I just love it!"

The 6 Stages of Change

- 1. Precontemplation.** In this stage, you have no real intention of changing and often feel your situation is hopeless.
- 2. Contemplation.** You realize you have a problem and begin to think seriously about changing it.
- 3. Preparation.** You're actively planning to make change within a month, not simply moving away from old patterns but toward new ones.
- 4. Action.** You are busy making change. To stay motivated, give yourself rewards and seek support from friends.
- 5. Maintenance.** This stage is more difficult than action; it's an ongoing process that can last several months to a lifetime.
- 6. Termination.** Your former problem—say, overeating—no longer tempts you; you have finished the cycle of change and are actively engaged in a new lifestyle.

From James Prochaska, Ph.D., author of "Changing for Good" (William Morrow, 1994)

Successfully Recovering from a Hysterectomy

You need a hysterectomy. If you're like most women, you'll feel better about your health, sexuality and self-image after the operation. But is there a way to make sure?

Two physician researchers from Lehigh Valley Hospital and Health Network are working on that. Stephen Klasko, M.D., chairman of obstetrics/gynecology, and Michael Kaufmann, M.D., chairman of psychiatry, have researched the factors that cause some women to respond well to hysterectomy and others to have problems.

"From a purely physical point of view, removing the uterus has no impact on a woman's well-being afterward," Klasko says. "What makes the difference is the attitudes and feelings she brings into surgery."

In other words, if you believe losing your uterus means losing your female identity, recovering from a

hysterectomy will be difficult. But if you feel positive about yourself and your relationships, you're likely to have a much better quality of life. Good communication with your doctor and support from family and friends also contribute to a positive outcome, the study found.

Now, the two researchers are adapting their study questionnaire into a simple test any physician can use. The patient is asked to agree or disagree with a series of statements such as: *I will have better health after the surgery. My partner will lose interest in me after the surgery. I will feel younger than I have in years.* Her answers help the doctor predict whether she'll have trouble adjusting to the surgery. If so, they can discuss psychological counseling or an alternative treatment.

"This project underscores the fact that emotional factors play a critical role in the successful outcome of a surgical procedure," Kaufmann says. "There is no separation between mind and body. If you are contemplating surgery, you and your doctor need to prepare for it emotionally just as carefully as you prepare physically."

For health tips before and after a hysterectomy, call (610) 402-CARE.

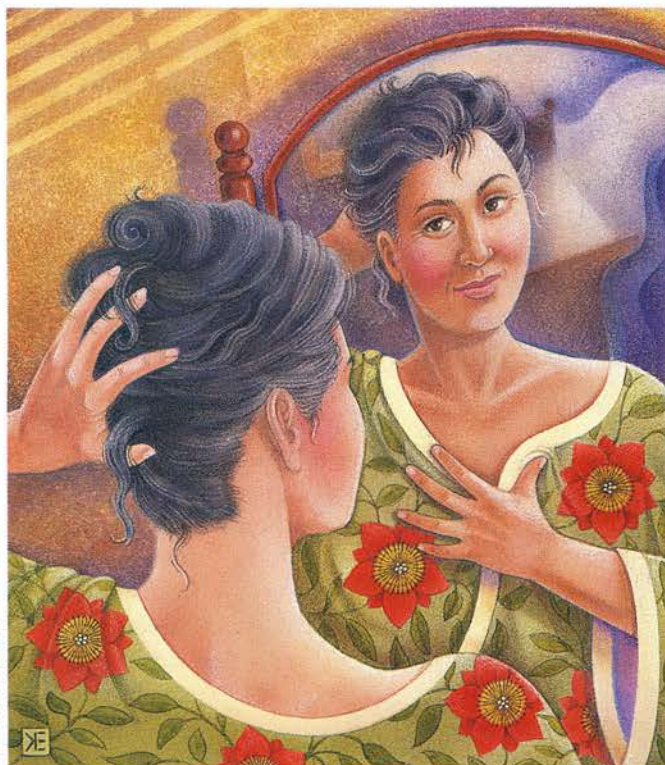


Illustration by Kobi Cohen

A new questionnaire helps explain why some women have an easier time than others



Personal Issues

**Most women
focus on pelvic
and breast
health,
unaware that
colorectal
cancer screen-
ing is vital**

A Cancer Test

If you knew that a simple, painless, inexpensive test could help protect you against the second leading cause of death from cancer in the United States,

chances are you'd be eager to have the test. Yet fewer than one in five Americans do so. Colorectal cancer is "the cancer nobody talks about"—and that includes women, who are affected by the disease just as often as men.

Lester Rosen, M.D., a colorectal surgeon at Lehigh Valley Hospital and Health Network, is out to change those statistics. He spearheaded a national panel of experts that recently published new guidelines on colorectal cancer screening. "This disease strikes 134,000 people a year and kills 55,000," Rosen says. "We pored through all the research to see whether regular screenings could have an effect, and we found they could cut the death rate by a third."

Rosen's panel recommends that everyone over 50 be tested regularly for colorectal cancer. Some physicians, including Allentown family practitioner Madalyn Schaeffgen, M.D., urge their patients to begin at 40. There are several tests to choose from, all of which are effective at detecting cancer and precancerous growths at the early stages.

The most common is the *fecal occult blood test*, a kit your doctor gives you to collect stool smears and send them back to be analyzed for traces of blood shed by cancerous tissue. (You send three separate samples because bleeding can be intermittent.) The test is inexpensive, easy to use, and should be done yearly.

Flexible sigmoidoscopy involves a physician threading a tube into the rectum to check the lower half of the colon for cancers or polyps (growths that could become cancerous). It should be done every five years. A *barium enema* (every five to 10 years) allows the doctor to view the entire colon by X-ray; and a *colonoscopy* (every 10 years) is a more thorough version of the sigmoidoscopy that involves sedating the patient.

Recommendations for Screening

If you're at average risk—

- Begin screenings at age 50
- Fecal occult blood test every year
- Sigmoidoscopy every five years

If you have a family history of colorectal cancer—

- Begin screenings at age 40
- Ask your doctor which tests you need

You Shouldn't Ignore

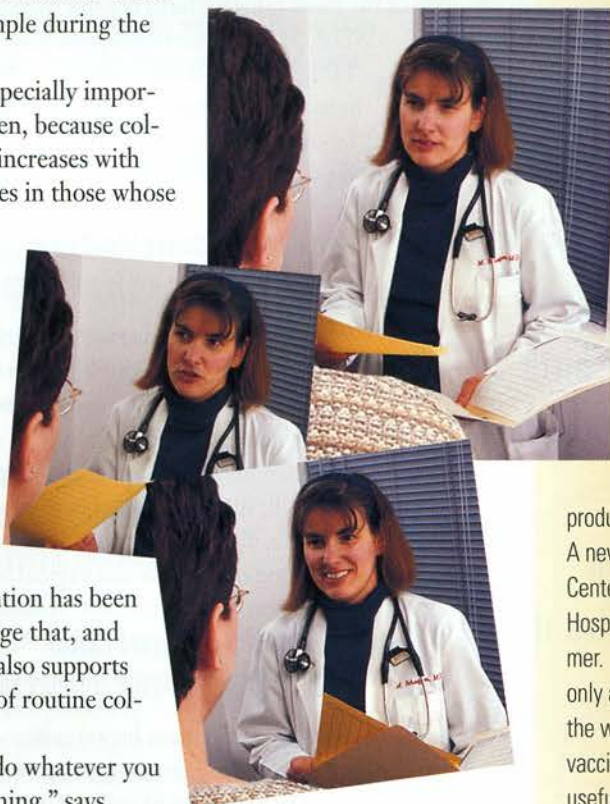
As simple and effective as the fecal blood test is, why don't more people have it done? One of the main reasons is lack of public awareness. "Women are probably even less aware than men because they tend to think of pelvic and breast health as the whole story," Schaeffgen says. "When you go to your gynecologist or family physician for an annual checkup, it's likely you'll get a rectal exam, especially if you've been pregnant. But you may not know whether the doctor took a fecal blood test sample during the exam. Ask!"

The issue is especially important for older women, because colorectal cancer risk increases with age. It also increases in those whose parents, siblings or children have had colorectal cancer.

Many managed care companies cover routine colorectal screenings, but Medicare pays only if the person has cancer symptoms. Legislation has been introduced to change that, and President Clinton also supports Medicare funding of routine colorectal tests.

"Meanwhile, do whatever you need to get a screening," says Schaeffgen. "It's not that involved, time-consuming or expensive—and a very small price to pay if it means finding a cancer when it's still early and curable." ■

For information on screening guidelines, call (610) 402-CARE.



Madalyn Schaeffgen, M.D., talks with a patient about colorectal cancer screening. It's a doctor-patient dialogue that needs to happen regularly!

A New Approach for Colorectal Cancer Patients

Herbert C. Hoover, Jr., M.D., chair of surgery at Lehigh Valley Hospital and Health Network, has been testing immunotherapy to improve the outlook for colorectal cancer patients. The patient is immunized with a vaccine mixed from samples of the patient's own tumor.

Hoover has tested the approach over the past 18 years, and he looks for approval soon from the U.S. Food & Drug Administration to

produce the vaccine widely. A new Biological Therapy Center at Lehigh Valley Hospital will open this summer. It will be the first of only a few centers around the world to produce the vaccine and to study its usefulness with other types of tumors.

"Our research suggests that immunotherapy can prolong life in colorectal cancer patients with advanced tumors," Hoover says. "The approach seems most valuable for cases in which the cancer can be surgically removed, but has a high risk of recurrence."

Myths About the Pill

An excellent
choice for birth
control and other
benefits—
but women
don't realize it

Half of all women believe birth control pills carry major health risks and no health benefits. They're wrong on both counts. If women were better educated about the pill and other forms of contraception, says the American College of Obstetricians and Gynecologists, it might reduce "the appalling number of unintended pregnancies" in our country.

The pill, which works by stopping ovulation, is "one of the most valuable birth control methods," says Patrice Weiss, M.D., obstetrician/gynecologist at Lehigh Valley Hospital and Health Network. "It's convenient, easy to use and effective, and for most women the benefits far outweigh the risks." Here are the facts you should know:

Myth: The pill causes blood clots.

Fact: Being on the pill is safer than being pregnant.

"When it first came out in the 1960s, the pill contained up to 100 micrograms of estrogen, versus 20 to 35 today," Weiss says. "The negative effects were associated with that higher dose. Today, only women in certain high-risk groups should not take the pill, such as smokers over age 35 and women with a history of blood clots, strokes, active liver disease or unexplained vaginal bleeding."

Myth: The pill causes cancer.

Fact: The pill actually prevents some cancers.

"If you have breast cancer you shouldn't take the pill because estrogen can worsen it," Weiss says. "In terms of risk, we know that low-dose birth control pills do not raise your risk of developing breast cancer. We also know that the pill reduces the risk of ovarian and endometrial cancer."

Myth: The pill is for contraception only.

Fact: It has many other benefits.

"The pill relieves menstrual cramps, decreases menstrual bleeding and anemia, reduces the risk of ectopic (tubal) pregnancy and reduces ovarian cysts," Weiss says.

**"It's convenient,
easy to use and
effective, and
for most women
the benefits far
outweigh the risks."**

Patrice Weiss, M.D.

Myth: The pill is foolproof.

Fact: It is, but only if used correctly.

"If you follow directions, you have less than one chance in 100 of becoming pregnant on the pill," Weiss says. "The actual failure rate is higher, due to human error and carelessness. I tell my patients to pick a time to take the pill—first thing in the morning, just before bed, whatever works for them—and stick with it. If you skip a day, you need to take two pills the next day and use a backup method for one month."

Myth: The pill causes unpleasant side effects.

**Fact: Some women have side effects,
but they usually don't last.**

"Nausea, weight gain, bloating, headaches, breast tenderness and spotting can occur at first," Weiss says. "These usually subside within three months. If side effects persist, talk with your doctor."

**Myth: If you're on the pill too long,
you won't be able to get pregnant.**

Fact: You can get pregnant immediately.

"The average time is two months, but many women become pregnant right away," Weiss says. "After all, if the hormone stayed in your system for any length of time you wouldn't have to take a pill every day. And there is no strong association between pill-taking and problems with the unborn baby, even in women who conceive while on the pill."

Myth: The pill prevents sexually transmitted diseases (STDs).

Fact: Only a condom does this.

"The pill will prevent pregnancy better than a condom, but it does nothing to protect you from AIDS, gonorrhea and other STDs," Weiss says. "Women with a new partner or multiple partners should always use a condom."

For a detailed chart on the benefits and drawbacks of various contraceptive methods, call (610) 402-CARE.

The Mammogram Controversy

Finally, everyone agrees: You should begin them by age 40

The National Cancer Institute kicked up a storm earlier this year when it decided not to recommend regular mammograms for women in their 40s. The American Cancer Society—and many doctors—strongly disagreed, saying women of average risk should not only begin the practice by age 40, they should have a mammogram every year. Now, the two influential groups have reached an accord.

Mammography (X-ray examination of the breasts) detects lumps at the earliest and most curable stage, when they're too small to be felt. There was never any argument about women 50 and over, who are 30 percent more likely to survive breast cancer if they have yearly mammograms. "The statistics are hazier for younger women," says Gregory R. Harper, M.D., director of the John and Dorothy Morgan Cancer Center at Lehigh Valley Hospital and Health Network. "Women in their 40s tend to have denser breast tissue that can limit the accuracy of mammography."

Now, there are fairly clear

guidelines you should follow. Harper sums them up:

- **Begin mammograms by the time you're 40.** "I advise my patients in their 40s to have a mammogram every year," Harper says. "Although breast cancer is relatively rare at this age it tends to be fast-growing, so skipping a year doesn't make sense."

- **If you have high risk factors, such as past biopsies or a family history of breast cancer,** talk with your doctor; you may need to begin mammograms earlier.

- **Don't neglect monthly self-exams and annual physician exams.** Like anything, mammography has its limitations. ●

Check your health plan to see if mammography is covered.

If you feel your coverage is inadequate, contact your plan and complain! The recent agreement between the National Cancer Institute and the American Cancer Society should pressure health plans to pay for mammography.

Consumer Watch

Overweight Is On the Rise



The "couch-potato" syndrome is worsening in the U.S. A new survey shows that some 33 percent of men, 30 percent of women, 14 percent of children and 12 percent of teens are overweight. That's an all-time high in each category.

The reasons: too many calories and too little activity.

"Americans need to do a much better job of exercising and eating a healthy diet," says Judy Sabino, director of community health and health studies, Lehigh Valley Hospital and Health Network. "There are many opportunities to become more active now in the warmer weather." ●

For information about nutrition and exercise programs, see pages 9-11 or call (610) 402-CARE.

Consumer Watch

Are those weight-loss miracles you see in TV ads the truth?

The Federal Trade Commission (FTC), after investigating the big commercial diet programs, has found inflated claims, deceptive pricing and false testimonials. New guidelines require the programs to base their claims on average weight losses rather than unusual ones, and to monitor losses for at least two years before calling them "long-term" or "permanent."

Health from Your Computer!

Want to find out more about a medical condition, how your body works, or when the next prenatal class begins? Try the Internet! The computer network is chock-full of health-related information. Navigating the World Wide Web in search of reliable health facts takes a bit of care, however. Because anyone with a computer can set up a Web site, the information you find may be out-of-date, sales-oriented or simply inaccurate.

These high-quality Web sites are a good starting point:

American Heart Association

<http://www.amhrt.org>

American Cancer Society

<http://www.cancer.org>

National Institutes of Health

<http://www.nih.gov>

U.S. Food and Drug Administration

<http://www.fda.gov>

For local events and classes, as well as general health information and *Healthy You* magazine on-line, take a look at this web site:

Lehigh Valley Hospital and Health Network

<http://www.lvhhn.org>

See the next issue of *Healthy You* for a story about online cancer support.



a significant drop in the death rate from the disease. According to a report from the Centers for Disease Control and Prevention, 12 percent fewer Americans with AIDS died in the first half of 1996 than in the same period a year earlier. The decline is likely due to several factors, including new drugs and combinations of drugs; more widely available AIDS-related health care; and the impact of prevention activities.

The picture varies, however, by gender and race. While AIDS deaths declined 15 percent in men, they actually rose three percent in women, and new AIDS cases are rising among females and African-Americans. And, as treatments improve, the number of people living with AIDS is on the rise (up 10 percent in 1996). ●

Think Twice About Tanning!

Before you stretch out to bask in the sun, consider this sobering fact: skin cancer rates in the United States are soaring. The incidence of malignant melanoma, the most aggressive skin cancer, is 18 times more prevalent than it was in 1930, according to a recent study. That means one in 84 Americans will develop the disease in their lifetime. It's the most common cancer in women 25 to 29, and second only to breast cancer in those 30 to 34.

The heartbreaking fact is that melanoma is preventable.

While depletion of the earth's ozone layer may be one reason for the rising cancer rate, the main reason is that Americans are spending more time in the sun without protection. Before you head outdoors, put on protective clothing and a hat, and use a sunscreen of SPF 15 or higher! ●

For a free card on how to detect skin cancer, call (610) 402-CARE.

AIDS Deaths Drop, But Not for All

For the first time since the AIDS epidemic emerged 15 years ago, there has been

In the Next Issue

- On-the-Job Fitness
- Cosmetic Surgery
- Mind-Body Medicine
- Incontinence
- Kids and Hearing

If there is another topic you would like to see in an upcoming issue of *Healthy You*, call (610) 402-CARE.

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

Any comments concerning this publication may be sent to:

Healthy You, Marketing, Planning & Public Affairs,
1243 S. Cedar Crest Blvd., Suite 3115, Allentown, PA 18103, or you may call (610) 402-CARE.

Visit Lehigh Valley Hospital's web site at www.lvhhn.org

TDD General Information
(610) 402-1995

© Lehigh Valley Hospital and Health Network, 1997.
All rights reserved.

Publishers

John C. Stavros
Senior Vice President
Marketing and Planning
Mary Alice Czerwonska
Vice President, Public Affairs

Editors

Kerri L. Puskar, Manager
Public Affairs
Kathryn Hobbie

Contributing Writers

Kathryn Hobbie
Gary Kimball

Art Director

Jeanne Stock

Photo Editor & Photographer

Thomas F. Amico

Distribution & Production

Denise Golant, Coordinator, Public Affairs
Kathleen Scaief, Coordinator, Public Affairs

Contributing Advisors

MEDICAL EDITOR Robert Laskowski, M.D.
COMMUNITY HEALTH Judith Sabino, Gregory Salem
WOMEN'S HEALTH Marie Shaw, Fran Derhammer, R.N.
Vincent Lucente, M.D., Patrice Weiss, M.D.
CONSUMER INFORMATION LINE Jill Korn, R.N.,
Chris Morehouse, R.N.

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



We got carded!



With our Vitality Plus card, we get an array of health and wellness opportunities... *plus* hospital amenities, social activities and lifestyle cost savings.

Vitality Plus is an affordable membership program for people 50 and over offered exclusively through participating physicians and select area hospitals.

A program of Lehigh Valley Hospital and Health Network

Lehigh Valley Hospital
PO Box 689
Allentown, PA 18105-1556

Non-Profit Org.
U S Postage
PAID
Permit # 1922
Allentown, PA

LEHIGH VALLEY
HOSPITAL AND

***** 5-DIGIT 18102