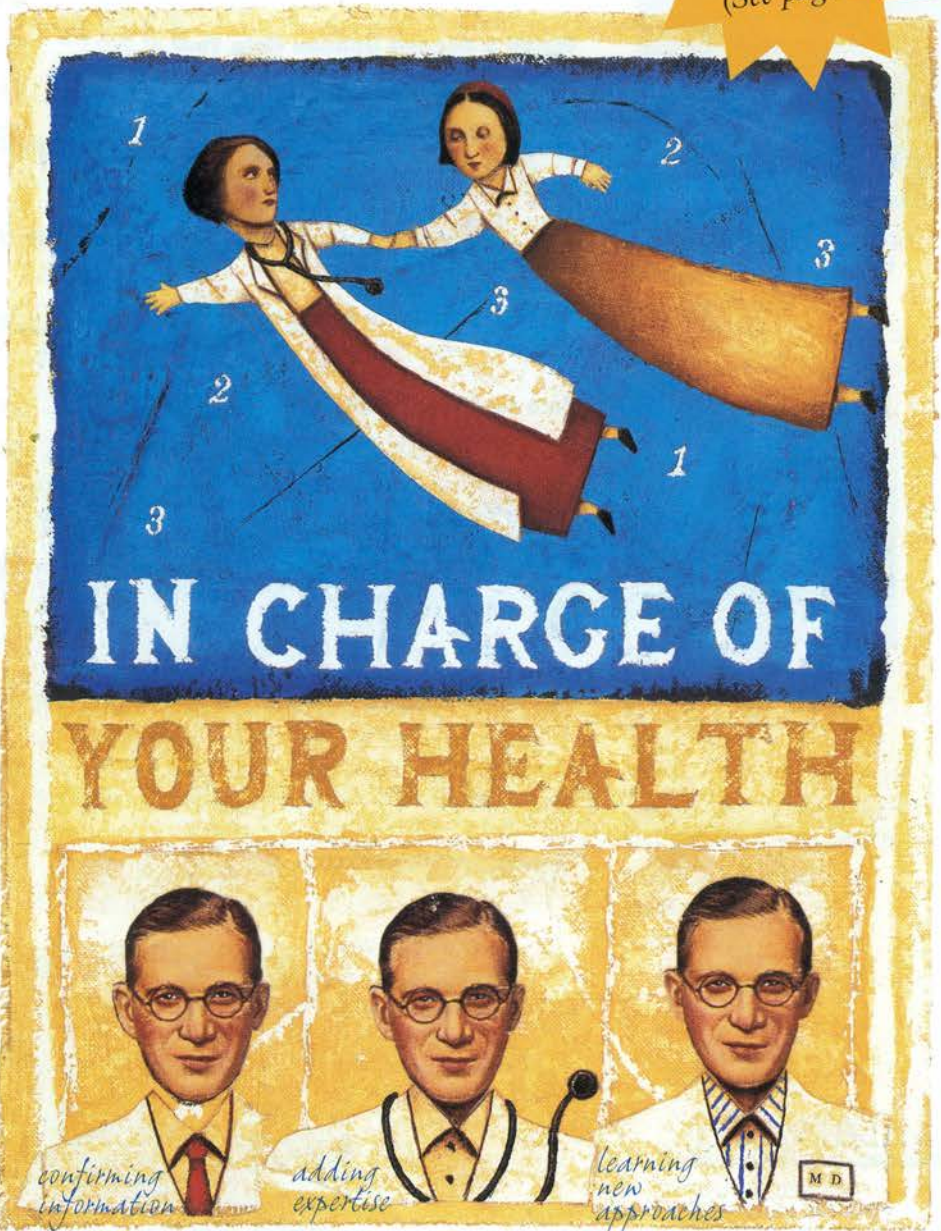


Healthy You

MARCH/APRIL 2001

- Eating Under Stress
- When Your Children Won't Behave
- New Treatments for Incontinence
- Do You Need a Second Opinion?

Vitality Plus Section
(See page 24)



Healthy You

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What's New for You?

Don't miss the new and notable classes and presentations in this issue. Some highlights:

- **Mini-Medical School** — Study many of the topics that medical students do. *page 35*
- **Take Charge of Your Heart Health** — Lifestyle strategies to lower your cholesterol and blood pressure. *page 34*
- **Counter Intelligence** — Become an informed health consumer. *page 34*
- **Loss and Life Changes: Calming the Storm** — Understand your response to grief. *page 38*
- **Exercise for Bone Health** — Reduce the risk of osteoporosis through resistance training. *page 40*
- **Body Work** — Refreshing massage and reflexology for cancer patients. *page 43*

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Safe Snoozing

What you need to know about sleeping pills

Are sleeping pills a good idea when you're having a hard time falling asleep or need to catch some extra z's? "Over-the-counter or prescription sleep aids can be very helpful if used in moderation," says Jay Needle, registered pharmacist at Lehigh Valley Hospital and Health Network. "But you need to exercise caution."

Just because medications are sold over the counter or labeled "natural" doesn't mean they're safe or effective, Needle says. "Many sleep aids contain antihistamines that cause drowsiness the same way cold medicines do. They're useful short-term, but if you continue more than two or three weeks you run the risk of daytime sleepiness, progressively poorer nighttime sleep and other problems." And regular use of stronger prescription sleep aids can lead to physical dependence.

What about natural products like melatonin? Studies have failed to prove its safety and effectiveness, Needle says. Kava, another popular product, can cause harmful interactions with several medications.

The bottom line: for temporary insomnia, commercial sleep aids are fine. But if sleeplessness persists, see your doctor to rule out an underlying medical condition.



Illustration by Barbara Field

Short Siestas Save the Day

An afternoon nap may be just what you need to get through your day. "There is a normal dip in alertness between 1 and 5 p.m.," says John Galgon, M.D., sleep disorder specialist at Lehigh Valley Hospital and Health Network. "Many companies find their workers are more efficient in the afternoon when they take a short power nap. Even airlines, on occasion, ask pilots to hand over the controls and take a nap before landing."

Naps should be no longer than 15 to 20 minutes and are particularly helpful if you don't get enough sleep at night, Galgon says. Studies show we should sleep 8.3 hours a night, but the average American gets only about six hours.

Spirit of Women

● **Know a Spirit of Women Award Nominee?**—Do you know a woman who is the ultimate role model—energetic, inspiring, dedicated? If so, nominate her for a Spirit of Women award. The awards are given to local women age 14 and older in the areas of work, family or health. Honorees will be recognized at the Spirit of Women 2001 event. *For a nomination form or information on this year's event, call 610-402-CARE.*

● **Finding Balance Through Spirit of Women**—Whatever your family dynamics, there are women like you who understand. Get tips on how to learn from each other. Together, you'll explore issues that women face as singles, parents, divorcees, widows, caregivers for parents and more. While discovering how to create family harmony, you'll also get expert advice on how to rejuvenate yourself and keep yourself feeling attractive.

The workshop is part of Spirit of Women's mentoring series, aimed at helping women balance their work, family and health. Look forward to the June workshop, Women Mentoring Women: Exploring Career Choices and Changes. *To register, call 610-402-CARE.*

Women Mentoring Women: "Families" Helping "Families"

Free
Tuesday, April 10; 5-9 p.m.
Muhlenberg College
For details, see page 40.

Is Your Child Too Thin?

Your 6-year-old is a picky eater and weighs only 40 pounds.

Is she okay?

“A skinny child doesn’t necessarily mean an unhealthy child,” says pediatrician Barbara Katz, M.D., of Lehigh Valley Hospital and Health Network. Some children are naturally thin, many are finicky eaters, and a child’s weight can depend on a number of factors including activity level, eating patterns and food preferences.



If you’re concerned, have your child’s height/weight ratio evaluated by a pediatrician. If it’s outside the normal range, there could be an underlying condition that your physician or a nutritionist will want to explore.

If your child is within the normal range, focus on developing good eating habits and healthy food choices. Allow the child to eat small meals when she’s hungry—and hang in there. Changes in eating patterns and food preferences are all a part of growing up, Katz says.

*Want to Know More? For a copy of an earlier **Healthy You** article with more detail on height-weight ratio, call 610-402-CARE.*

Pros and Cons of Episiotomy

Not so long ago, a routine part of childbirth was the episiotomy, a small incision to ease labor by widening the opening as the baby’s head emerges. The idea was to prevent tearing and shorten labor, reducing the risk of damaging the baby or the mother’s pelvic muscles and nerves.

Recent studies have shown that episiotomies may actually make tissue more susceptible to tearing, resulting in major repairs and longer recovery. Expectant mothers should keep an open mind, however, says obstetrician/gynecologist D’nese Sokolowski, M.D., of Lehigh Valley Hospital and Health Network. “Because no two women or deliveries are the same, it’s very hard to get meaningful comparisons,” she says.

Sokolowski reserves the decision on episiotomy until labor is under way. If all is going well, she allows the perineal tissue to stretch gradually and naturally, sometimes using massage to ease the process. “But if the baby is large and delivery is difficult, an episiotomy is the wiser course,” she says. “And if the mother has had extensive tearing in a prior delivery, episiotomy allows for better control and repair.”

Want to Know More about preparing for childbirth? See our prenatal classes on page 41 or call 610-402-CARE.

TAP: A New Way to Make College Affordable

The bad news: by the time today’s newborn reaches age 18, college may cost three or four times what it does now. The good news: a new state program called TAP (Tuition Account Program). By allowing you to buy future tuition at today’s lower prices, TAP offers a guaranteed way to beat inflation and gain tax benefits, too. Once a child’s TAP account is established, anyone—parents, grandparents or friends—can contribute. For details, attend the presentation “Making College Affordable” on April 12 or 26. See details on page 32 or call 610-402-CARE.

Over Age 50?

This issue is packed with information for you.

Highlights:

Your FINANCES

- Helping an Aging Parent Manage Money (page 26)
- Living on a Limited Income? (page 32)

Your FEET

- Relief From Foot Problems (page 28)
- Be Kind to Your Feet (page 32)

Your SAFETY

- The Aging Driver (page 30)
- 55 Alive Safe Driving (page 33)

Vitality
PLUS

INSIDE Lehigh Valley Hospital and Health Network (LVHNN)

● **Osteoporosis Program at Trexlertown**—If you're concerned about osteoporosis, there's a complete resource now available at LVHNN's Health Center at Trexlertown: the Metabolic Bone Team. This coordinated team, including specialty physicians, nurses, dietitians and rehabilitation professionals, can help you with everything from diagnosis to treatment to education and support. *When should you be tested for osteoporosis? For guidelines, call 610-402-CARE.*

● **Top Prenatal Clinic**—Staff members at LVHNN's prenatal clinic get rave reviews from their patients—and now, from the Pennsylvania Department of Health, too. The team won the Reaching Out Award for their efforts in the statewide "Love 'em with a Checkup" program. Through a media campaign, the program encourages pregnant women to call a toll-free number for health care (including free checkups for low-income women). "We gather comments about providers who go the extra mile," says a Department of Health spokesman, "and this year, Lehigh Valley Hospital topped the list."

● **A New Parenting Program**—Medical care for your child and parenting education for you, all in one place: that's the idea behind Healthy Steps. It's a national program, and LVHNN—in cooperation with ABC Family Pediatricians—is the first site to complete the four-year study phase, with funding from the Dorothy Rider Pool Health Care Trust. Healthy Steps aims to show that combining medical care and education improves child development, says Michael Schwartz, M.D. He and his team now offer the program, for children from birth to age 3, at two Allentown locations. *For details, call 610-402-CARE.*

● **Expanded Diabetes Care**—Helwig Diabetes Center now offers its services at three locations: Lehigh Valley Hospital—17th & Chew, Lehigh Valley Hospital—Muhlenberg and the Health Center at Trexlertown. *For hours and details, call 610-402-CARE.*



Happy First Birthday to the Center for Mother and Baby Care. Joining in the Jan. 15 celebration are some "alumni" of the center: top photo—Cynthia Canario (l) and Chase Brooks; center photo—Tony and Kathy Pierfy of Easton with sons Phil and Theo, held by labor and delivery nurse Karen Schleicher, R.N.; bottom photo (l-r)—Theo Pierfy, Cynthia Canario, Chase Brooks, Kendra Sommers, Gabriella Leighton.



Investigating a health question?

Don't Be Afraid of the Web

Even Sherlock Health needs help navigating the Internet. When he's stumped, he knows whom to call: Sharnee Cederberg, R.N., library and learning coordinator, Health Center at Trexlertown. Cederberg has guided dozens of library visitors through Internet health searches. Here are some of the sites she finds especially useful:

CancerNet—A service of the National Cancer Institute, this site discusses types of cancer and treatment options as well as coping, support, resources and clinical trials.
<http://cancernet.nci.nih.gov>

EndocrineWeb—The goal of this site is to educate patients and families about thyroid and other endocrine disorders including osteoporosis and diabetes. <http://www.endocrineweb.com>

National Institute of Diabetes & Digestive & Kidney Diseases—This site provides information on a variety of diseases and conditions; it's a component of the National Institute of Health. <http://www.niddk.nih.gov>

For general health information, these sites are good starting points:

Healthfinder—<http://www.healthfinder.gov>

Centers for Disease Control—<http://www.cdc.gov>

World Health Organization—<http://www.who.org.int>

National Health Information Center—<http://nhic-nt.health.org>

To learn more about searching the Internet, see page 34 for information on the Internet Ambassadors program at the Health Center at Trexlertown.

Tanning Parlors Damage Skin

If you think a tanning parlor will help you look good, think again. The ultraviolet rays emitted by indoor tanning booths cause wrinkles, brown spots and some kinds of skin cancer.

"Tanning booths are not safer than sunlight," says Lehigh Valley Hospital and Health Network dermatologist Terry Robbins, M.D. "Every exposure to ultraviolet rays is damaging."

Tanning booths emit ultraviolet A rays, deep-penetrating rays that have been linked to basal and squamous cell cancers, Robbins says. There is less conclusive evidence on the link to melanoma, the most serious form of skin cancer.

If you use tanning booths, remember that certain medications—including some antibiotics and over-the-counter pain relievers—make skin more sensitive to ultraviolet light. Check labels carefully.

Want to Know More? For information on a free skin cancer screening, see page 38 or call 610-402-CARE.

How Would You Like to Attend Medical School?

If you've always wanted to know more about health and medical science, now's your chance. Lehigh Valley Hospital is offering Mini-Medical School, a free, five-week series on Tuesday evenings, May 1-29. It's a highly popular concept nationally. You study the same subjects medical students do, but a science background isn't necessary. For details, see page 35.



Schizophrenia Study

If someone you love has schizophrenia, you may be interested in a national study of a new medication. Lehigh Valley Hospital and Health Network is now enrolling adults age 18 to 63 who have been diagnosed with schizophrenia or other psychotic disorders. There is no charge to participating patients for study-related medical care, lab work, exams or hospital costs. For details on the six-week study, call 610-402-CARE—and watch for a story on schizophrenia in a future issue of *Healthy You*.



Taking Charge of Your Health:

Would a Second Opinion

In many circumstances, another medical opinion is very valuable—to you and your doctor

“My doctor just told me I have cancer,” the voice on the phone says to Chris Morehouse, R.N. “I want to know all my options. Do you think I need a second opinion?”

Morehouse and her colleagues at Lehigh Valley Hospital and Health Network’s 402-CARE phone line hear that question hundreds of times a year. She answers this way: “You are in charge of your health. There’s always a value in confirming what you’ve been told or learning about a different approach.” Here’s what you should know about the process.

Why GET A SECOND OPINION?

Seeking another professional viewpoint is not about doubting your doctor. These days, even the finest doctor can’t know everything. It’s about “your basic right to have the knowledge you need to make appropriate decisions about your health,” Morehouse says.

Chances are, your physician will encourage and support you fully. “Some people feel intimidated about asking for a second opinion or are afraid they’ll offend their doctor,” says internist Yehia Mishriki, M.D., of Lehigh Valley Hospital and Health Network. “We don’t take it personally. If we were in your shoes, we’d want the same thing.”

When YOU NEED ONE

Not every health condition requires a second opinion. Your doctor will tell you if your case is straightforward enough that the extra consultation would be a waste of time. However, you should seek a second opinion if:

- **You have a complex condition with many treatment options.** “Take prostate cancer, for example,” says urologic oncologist Joseph Trapasso, M.D., of Lehigh Valley Hospital and Health Network’s Urologic Cancer Second Opinion Service (see box, next page). “Treatments vary depending on your preferences, age and health status. A second opinion can be invaluable in sorting out the best choice for you.”
- **You have a disease that is difficult to diagnose.** Having access to a specialist with a particular interest in the condition could make all the difference in getting the proper diagnosis and treatment.
- **The recommended treatment is controversial.** Mishriki recalls a patient with early breast cancer who’d been told she needed a preventive mastectomy. “She sought out as many opinions as possible,” he says.
- **You’re given a poor prognosis.** Here, too, Mishriki says, the wise course is to get additional viewpoints, and possibly to explore alternative or experimental therapies.

Help You?

Who IS THE BEST CHOICE?

In many cases, your primary doctor can refer you to a specialist he or she knows and trusts. Another option is a referral from the members of the 402-CARE team, who are very familiar with local resources. “The ideal situation,” Morehouse says, “is a second opinion service, when such a service exists.”

How TO GO ABOUT IT

Before your appointment, ask your own doctor and the one you’re consulting what medical records will be needed and how to transfer them. “The most common problem in rendering a second opinion is lack of complete information,” Trapasso says. Also, ask your insurer if second opinions are covered.

Find out as much as you can about your condition so you’re prepared to talk about it. “The Internet is a great tool, but for background only,” Morehouse says. “Don’t try to self-diagnose!” She also suggests preparing a list of questions you want to ask.

On the day of the appointment, bring someone with you to take notes. “In a stressful situation like this, your companion will remember more than you will,” Trapasso says.

What TO DO WITH THE RESULTS

Your second opinion physician will give you and your regular doctor a written summary of findings and treatment recommendations. If the second opinion confirms the first, you’ll be confident your diagnosis and treatment are on the right track. But what if they don’t agree? With a diagnosis like cancer, it’s not unreasonable to seek a third opinion, says Morehouse, who often helps callers sort through such issues.

In many cases, your family doctor can help clarify your situation. When considering two fairly equal treatment options, Mishriki says, it’s usually best to choose the more conservative course—for example, treating a back injury with rest and medication rather than surgery. ●

Want to Know More? Don’t miss “Self-Care Solutions,” a presentation on taking charge of your health care (see page 34).

The Value of a Second Opinion Team

You can get a second opinion from physicians and surgeons in any specialty area of Lehigh Valley Hospital and Health Network. Two areas, breast health and urologic cancers, have multispecialty second opinion teams.

“In a single visit, you receive an evaluation from the team and a written summary of our findings and recommendations,” says Joseph Trapasso, M.D., who directs the Urologic Cancer Second Opinion Service. The team works closely with your primary physician, but it does accept self-referrals.

For details on either of these second opinion teams, call 610-402-CARE.

Making the Most

OF A SECOND OPINION VISIT

- Make sure your records are transferred
- Check your insurance coverage
- Read up on your condition
- Prepare a list of questions
- Take a friend or family member



'What Does Music Mean to Me?'

Here's what
it can do for
your well-being

Imagine your favorite song. Take in the melody, feel the rhythm, hear the words. Notice how your mood changes: you're probably humming and smiling without even realizing it.

"Tone and rhythm are part of our heartbeat, our breathing, our brain waves and our speech," says Keith Doram, M.D., chief of internal medicine at Lehigh Valley Hospital and Health Network. "Music lifts our emotions and releases tension."

Music even has been shown to ease depression, boost the immune system and decrease memory loss, according to the American Music Therapy Association. "If people with Alzheimer's disease hear a song from their teen-age or childhood years, they often respond," Doram says. "The music is deeply imbedded in their memory."

Along with listening, there's great value in making music—even if you think you have no musical talent. "It's a wonderful tool for self-expression," says music therapist Meg Deak. "When we sing, our bodies produce chemicals that make us feel good."

Just ask internist Russ Rentler, M.D., about the personal benefits of music. He never took lessons, but plays several string instruments. His passion for music has lowered his blood pressure, he says, and opened a new world of communication with his patients: "When I play for them it often brings tears to their eyes and mine. Music moves and comforts people."

For breast surgeon Nora Suggs, M.D., playing and teaching the flute "makes me a better doctor because it provides balance. It also connects me to a variety of people and makes me feel whole."

How to put music to work for you? Here's how to get started:

Sample a variety of music. You can find a great selection at the library. Try different radio stations, too. You may discover a new sound that appeals to you.



"Music is my bliss. Becoming a music therapist has given me the satisfaction of sharing the value of singing and drumming with others."

When Meg Deak felt something was missing from her job as an X-ray technologist, she discovered a more fulfilling way to care for people with her favorite hobby: making music. She reinvented her career, pursuing bachelor's and master's degrees in counseling and music therapy. Today, she incorporates music into family counseling, studies the connection between voice and healing, and leads a drumming circle twice a month in Emmaus (call 610-402-CARE for details).

Try musical meditation. "For at least 20 minutes each day, turn off the lights and drink in the music," Deak says. "Keep a journal of how it makes you feel." Classical music at the adagio (slow) tempo of 60 beats per minute matches the rate of your heart at rest, she says, and can help you calm or slow down.

Join a glee club, church choir or drumming circle. "You don't have to be a great singer to sing with a group," Doram says. "Get your family and friends involved to make it more fun." As for rhythmic drumming, Deak says, anyone can do it and it's a perfect tension reliever.

Learn to play an instrument. "You're never too old to learn," Rentler says. "Just find the instrument that's right for you." For example, if guitar seems too challenging, try the autoharp. This hand-held harp has buttons so there's no intricate finger placement on strings.

Listen to live music. Check out festivals such as May Daze on May 18, 19 and 20 at Lehigh Valley Hospital's Cedar Crest site. "There's nothing like a live experience," Suggs says. "Unlike recorded music, you become part of it." ●

Want to Know More about the health benefits of music? For information on music therapy and music programs for adults and children, call 610-402-CARE.



"I love the teamwork involved in creating music. Playing different instruments and different notes, we work together to make a pleasing sound."

Alan Berger, M.D., saved up for a bass guitar in his teens, and played to earn money for medical school. Practicing for shows (including Lehigh Valley Hospital's May Daze) has been a healthy break from patient care responsibilities. Today, he jams with his 13-year-old son, who aspires to be the next Eric Clapton.

"Playing and listening to music serve as stress relievers and as avenues of creativity for me. I often just close my eyes and explore the sounds."



Internist and geriatrician Keith Doram, M.D., has appreciated music from earliest childhood, when a nanny would sing religious songs to him. He grew up singing and playing the piano and flute while participating in a variety of musical styles including classical, religious, rhythm and blues, jazz and pop tunes. Today, he enjoys making music fun for his children and often performs at churches and other forums.

All of these physicians are on the medical staff of Lehigh Valley Hospital and Health Network.



EATING UN

It's a common and potentially risky habit; here's how to change it

You come home from work so tired and tense that the box of cookies looks like a long-lost friend. You recall the argument with your boss and eat a cookie. You think of your lengthy to-do list and eat another. Before you know it, the cookies are gone—and you haven't even tasted them.

This is stress eating, all too familiar to most people. "It's a common way of trying to divert your attention from something uncomfortable or unpleasant," says psychiatrist Kenneth Zemanek, M.D., of Lehigh Valley Hospital and Health Network. The problem is that for stress relief, a piece of celery won't cut it. "What we crave are carbohydrates and fat," says Zemanek's colleague, family practitioner Debra Cressman, M.D.

The result can be unhealthy excess weight. Stress eating is a vicious circle for people who want today's ultra-thin body image, Cressman says: "You gain weight, which creates added stress about how you look, and you wind up eating and gaining even more." Zemanek says some studies link stress eating with the "apple" body shape (fatter around the waist) associated with higher heart disease risk.

Why do you eat under stress? In part, it's a biochemical response to stress hormones, which stimulate your appetite for carbohydrates so you'll have the rush of energy to deal with the



Keeping a food diary helps Jerry Reilly of Hellertown track his eating patterns. He gets help from LOVAR dietitian Robin Gayle.*

* LOVAR (Lowering of Vascular Atherosclerotic Risk) is a pioneering study to reduce heart disease risk, funded by the Dorothy Rider Pool Health Care Trust and Lehigh Valley Hospital. For more information, call 610-402-CARE.



ER STRESS

stressful situation. Stress eating may also be a learned behavior, Zemanek says: “Many people grow up seeing foods like ice cream as a source of comfort.” Finally, he says, there’s a psychological aspect. For example, someone who feels neglected or unloved may eat to try to “fill the void.”

Not everyone *overeats* under stress. “Some people lose their appetite,” Zemanek says. “But this is more likely to happen when the stress is overwhelming—for example, the death of a loved one—rather than simply day-to-day tension.”

Is the so-called obesity epidemic in America stress-related? While our sedentary habits and oversized food portions are the more likely culprits, today’s hurry-up lifestyle can make it difficult to plan relaxed and healthy meals. But you don’t have to give in to stress eating. Here are some suggestions on how to break the pattern:

■ **Recognize what triggers your stress**—everything from major events to minor annoyances—and how to read your own “early warning signs.”

■ **Be aware of your eating patterns.** “You can pile up a lot of calories just picking at food,” Cressman says. “Write down everything you eat; you may be surprised.”

■ **Clear out the high-fat snack food.** If it’s not around, you can’t eat it. And if you “buy it for the kids,” Cressman says, remember it’s not good for them, either.

■ **Replace it with healthy nibbles:** frozen yogurt, fresh fruit, rice cakes or pretzels. That way, when you need to eat, you can do it safely.

■ **Find other ways of relieving stress**, such as calling a friend, taking a bath, having a massage or working a jigsaw puzzle. Get some instruction in relaxation techniques, yoga or Tai Chi. “It’s important,” Cressman says, “to make time to care for yourself this way.”

■ **Get moving!** Among all its other benefits, exercise is a great stress-buster. “I ‘prescribe’ a 30-minute walk at least three or four times a week to my patients,” Cressman says.

■ **Call your doctor** if you’re seriously overweight or feel you may be suffering from depression. These conditions can and should be treated. ●

Want to Know More about healthy eating or about the symptoms of depression? For an information packet that includes a sample food diary, call 610-402-CARE. And don’t miss the presentation “Stress Less, Relax More.” (See page 38 for details.)

You Don't Have to Live Wit

A wide array of new treatments offers many women hope for a cure

If you've retreated from social or work gatherings for fear of leaking urine even after seeking treatment, don't despair. Loss of bladder control doesn't have to be the "ultimate loss of control" anymore, says urogynecologist Vincent Lucente, M.D., of Lehigh Valley Hospital and Health Network.

"New treatments are evolving quickly," Lucente says. "If you were unsuccessful with therapy six months ago, get re-evaluated. The first step to regaining control is *taking* control by learning your choices."

New high-tech procedures and new types of surgery using tiny incisions provide hope beyond the basic treatments of change in diet, exercise, medication, hormonal therapy and biofeedback, says Lehigh Valley Hospital and Health Network urologist David Clair, M.D.

What are your options? That depends on the type of incontinence you have. *Stress incontinence*, the most common, is caused by weakening of the muscles that support the urethra. It occurs when you sneeze, cough or exercise. *Urge incontinence* is caused by sudden, involuntary contractions of the bladder.

"There's no standard therapy. We develop a customized plan to meet each woman's needs and lifestyle," Lucente says.

For stress and urge incontinence

Magnetic muscle stimulation—If you find Kegel (pelvic) exercises difficult to do, magnetic stimulation is an ideal alternative. While the patient sits fully clothed in a chair, electromagnetic fields strengthen the pelvic muscles. "You undergo a 20-minute treatment twice a week for eight weeks," Clair says. "It's gentle, painless and highly successful."

For stress incontinence

Minimally invasive tape surgery—Tension-free vaginal tape is today's most promising surgical choice with a nearly 90 percent chance of cure, Lucente says. Through small incisions, mesh



Incontinence Anymore!

tape is positioned under the urethra as support. To ensure proper placement, the surgeon has the patient cough with a full bladder during the procedure (done under local anesthesia). "This is an outpatient procedure without the scarring, pain or recovery of traditional surgery," Lucente says.

Radio frequency tissue stimulation—In this outpatient procedure, radio frequency energy is applied through a small incision, to heat and shrink pelvic tissue and stop leakage. "This evolving technology may be able to restore bladder control without the need for traditional surgery," Lucente says.

Silicone injections—A bulking agent is injected into pelvic tissue to close the urethra partially. Collagen was used until silicone was introduced last year. "Silicone cures incontinence for several years and often permanently," Lucente says. This approach is being improved constantly through clinical trials.

For urge incontinence

Electrical nerve stimulation—When other therapies have failed, a pacemaker-like device can be implanted in the upper buttock to send electrical pulses to inhibit the nerve that controls the bladder. "We test the nerve first by having the patient wear a device on her belt," Lucente says. "If incontinence improves, we know treatment is likely to be successful." ●

Want to Know More? For copies of past Healthy You stories on incontinence or for referral to a specialist, call 610-402-CARE.

Researching 'Smart Drugs' for Bladder Control

Medications for incontinence are limited today, but "smart drugs"—targeted to the site of the problem so they cause fewer side effects—show promise for the future. They could come in time-released dosages as pills, suppositories or skin patches.

"Researchers are studying drugs that work directly at the bladder, rather than traveling throughout the bloodstream and causing side effects," says uro-gynecologist Vincent Lucente, M.D. "Dosing is also being improved. We hope people will have to take medicine only once a week instead of every day."

Want to Know More? Lehigh Valley Hospital and Health Network is studying several drug treatments for incontinence. If you're interested in participating in a study, call 610-402-CARE.



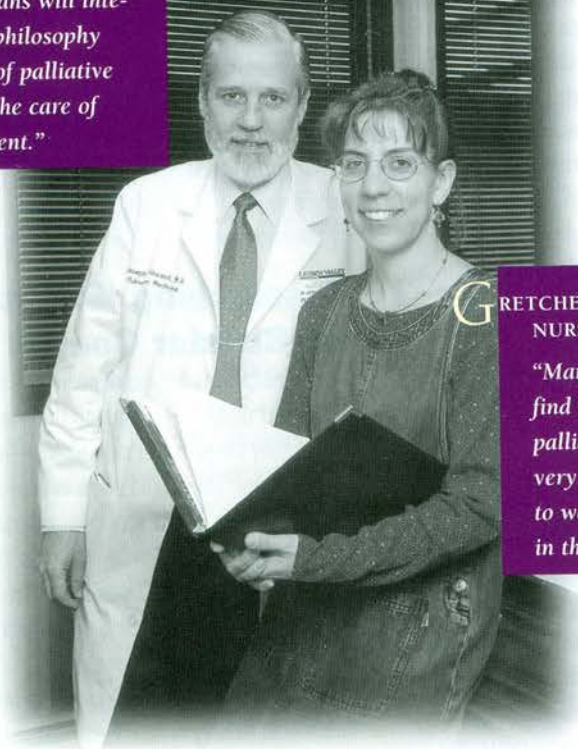
Illustrations by Judy Newhouse

ULLA MARTZ, SOCIAL WORKER

"Our patients and their families need various kinds of support, including community resources. But we also help them recognize their own inner strength. This is vital in coping and living with chronic disease"

JOSEPH VINCENT, M.D.

"Someday, I hope that all physicians will integrate the philosophy and tools of palliative care into the care of every patient."



GRETCHEN FITZGERALD, NURSE PRACTITIONER

"Many people ask, 'Don't you find it depressing working in palliative care?' In fact, it's a very fulfilling job. I am honored to work with people at this time in their lives."

Care to Relieve Suffering

'Palliative care' looks beyond technology to focus on improving quality of life for those with chronic illness

"We keep people alive much longer with today's procedures and medications, and that's wonderful," says nurse practitioner Gretchen Fitzgerald of Lehigh Valley Hospital and Health Network. "But it can mean living for years with a chronic disease. How do you help people do that comfortably?"

This often-overlooked question is central in palliative care, an approach that focuses on care rather than cure. "Palliative care looks at the whole person with the goal of improving his or her quality of life," says Joseph Vincent, M.D., director of Lehigh Valley Hospital's new Palliative Care Team. It involves pain



REV. SUSAN HILL, CHAPLAIN
“Chronic illness is an opportunity to focus on the meaning and value of life. We support our patients as they understand their spirituality and embrace life as fully as possible.”

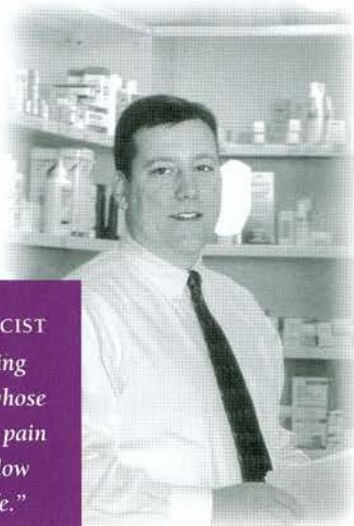
and symptom control and comfort care, just as hospice does, but it's not just for patients who are going to die within six months. Many people with congestive heart failure, chronic lung disease and even cancer live for years. Palliative care may provide aggressive therapy along with emotional and spiritual support in the course of a chronic or terminal illness.

The Palliative Care Team is a pilot program funded by the Dorothy Rider Pool Health Care Trust, and it's on the leading edge nationally. Fitzgerald is the team member who makes the initial call when a patient is referred to the program. Depending on their needs, the patient and family are connected with physicians, nurses, psychiatrists, pharmacists, social workers and chaplains. “We're looking at all the various life issues that come into play in chronic disease,” Fitzgerald says.

One of the most critical is pain management. “We have excellent resources to spare people needless pain,” Vincent says. “But studies show that nationally, we don't do a good job of this—due to unfamiliarity with the resources, fear of drug addiction or other reasons.”

More broadly, palliative care reflects an earlier approach to health care in which the doctor sat with the family and helped them through difficult times. “It's a whole different attitude toward ‘caring,’” Fitzgerald says. “Medical professionals often feel frustrated at having to ‘give up’ when technology can't cure a patient. But it's important to be able to just be there—and each team member has something unique to offer.” ●

Want to Know More? In its current pilot phase, the Palliative Care Team is available to anyone hospitalized at Lehigh Valley Hospital at the Cedar Crest & I-78 and 17th & Chew sites. A doctor's referral is needed. For more information, call 610-402-CARE.



RICHARD KERR, PHARMACIST
“It's especially rewarding to work with a team whose purpose is to alleviate pain and symptoms, and allow patients to focus on life.”

Coping With ALS

Lou Gehrig's disease is a heart-rending diagnosis. Specialized care is key to easing the burden on patient and family.

When the diagnosis is ALS, it's hard to have hope. Amyotrophic lateral sclerosis, also called Lou Gehrig's disease, is "about the most difficult diagnosis in all of medicine to give to someone," says neurologist Glenn Mackin, M.D., director of Lehigh Valley Hospital and Health Network's new Neuromuscular Diseases Center. ALS is a progressive degeneration of nerve cells that eventually leads to complete muscle paralysis. The cause is unknown, the average survival three to four years.

Herbert Kern of Walnutport heard that diagnosis in November 1999. For months, he'd had weakness in his hands, and he first suspected carpal tunnel syndrome. Mackin, an expert in diseases like ALS, pinpointed the problem. Having access to a neuromuscular specialist is vital for ALS patients, he says, to avoid misdiagnosis and begin care as quickly as possible. "ALS is not curable, but it is treatable. After the initial shock, people can live with it and do well."

Kern and his wife, Shirley, were "in shock for a couple of weeks," she says. "But you're better off facing it head on." At the time of this writing, Herbert Kern was affected mainly in the hands and arms; Shirley Kern was mowing the lawn, cutting up his food and tucking in his shirt for him. Eventually, most ALS patients need a wheelchair, oxygen support and other medical services. There is one FDA-approved drug that improves survival by a few months, but at the risk of side effects, Mackin says. "It's not the home run we all want for ALS."

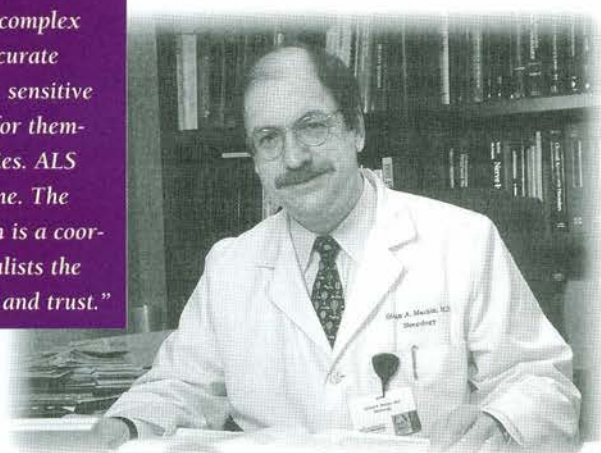
The key to treatment is to keep the patient and family one step ahead of the disease so they have a sense of being in control, Mackin says. "Unlike Alzheimer's, with ALS the mind is not affected and the patient can still call the shots. This is very empowering." Through the Neuromuscular Diseases Center, Mackin can offer families like the Kerns a full array of specialized medical, psychological and social services including palliative, or comfort, care (see previous pages). While research is part of its mission, he says, the center's main focus is holistic care and support for the patient and family.

The Kerns know the value of that. Support from Mackin, their family physician (internist James McNelis, D.O.), the ALS Association, their church and their family has made all the difference. "I think our family has gotten closer through this," Shirley Kern says. "We'll do what we can for as long as we can, one step at a time." ●

GLENN MACKIN, M.D.,
NEUROLOGIST

"ALS patients have a complex set of needs—from accurate diagnosis and prompt, sensitive treatment to support for themselves and their families. ALS takes a toll on everyone. The best possible approach is a coordinated team of specialists the family comes to know and trust."

Want to Know More about the Neuromuscular Diseases Center? Call 610-402-CARE.



Discard After: 10-02-2001

Time to Throw It Out?

Check that medicine cabinet. Expired or contaminated items could be risky to your health!

When was the last time you gave your medicine cabinet a good spring cleaning? Medications and many personal care supplies don't last forever. Keeping them because you "might need them some day" can be downright dangerous.

Virtually all medications have an expiration date. In most cases, after they expire they become less potent and able to do their job. "But some expired medications actually can cause physical problems—for example, they affect kidney and liver metabolism in certain people," says Mark Wendling, M.D., family practitioner at Lehigh Valley Hospital and Health Network.

Expired pill bottles cluttering up the medicine chest can be harmful to the elderly or visually impaired, he says, who could inadvertently take the wrong medication.

Besides age, improper storage can cause medications to change and become weak or useless, says registered pharmacist Jay Needle of Lehigh Valley Hospital and Health Network. "Heat, light and moisture can make medications break down, rendering them less effective. Inhalers, used by many for asthma and other respiratory symptoms, can explode under intense heat or become ineffective if exposed to cold."

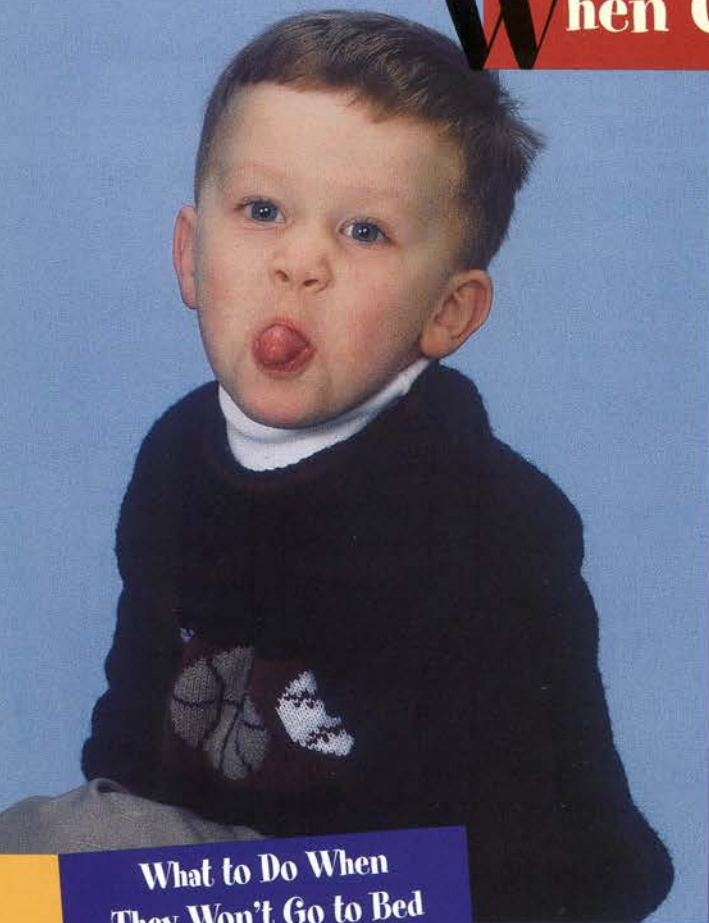
Medications aren't the only things that can go bad. Eye drops, face creams, mascara and lipstick can become contaminated, most commonly after you've had a cold or infection. The general rule is, if it looks funny or smells strange, get rid of it. Check liquids for floating particles, check creams for caking, and toss mascara when it clumps or dries out. If there's an expiration date on the package (as in the case of vision care supplies), pay attention to it.

As for your toothbrush, you know it should go in the trash when it gets frayed. But there's another reason. Bacteria can linger on toothbrushes and even toothpaste containers after a streptococcus (strep) infection. To stop the infection from spreading, boil the toothbrush or discard it.

When it comes to the medicine cabinet, don't take chances. If in doubt—throw it out! ●

Want to Know what to do with outdated medications? Bring your medications to Health Spectrum Pharmacy at one of Lehigh Valley Hospital's three locations. For locations, hours and information on other free pharmacy programs, call 610-402-CARE

When Children Won't



What to Do When They Won't Go to Bed

Find out what's going on inside— and that depends on what kind of child you have. Busy, active little ones tend to be night owls. They need firm limits, a set schedule and calming activities before bedtime. A quiet child who's reluctant to go to bed may have separation anxiety. Strictness isn't the answer here; instead, try some extra cuddling and a story.

The toddler screaming for candy in the store is classic bad behavior. But every parent knows that little ones have endless ways to try their parents' patience. How strict do you really need to be?

"Setting boundaries is important in any relationship," says Rosanne Teders, licensed social worker, director of psychiatric evaluation services at Lehigh Valley Hospital and Health Network. "It's especially important for parents to set limits, because you have a crucial job: helping your child become a responsible, dependable adult."

The problem is, your child has a job, too: becoming independent from you. The

baby pokes you in the eye to confirm there's a "me" and a "you." The teen-ager outstays her curfew to test the limits of your attachment. Through all the years in between, there's a constant push-pull of dependence versus independence, says Lehigh Valley Hospital and Health Network pediatrician Michael Schwartz, M.D., of the Healthy Steps parenting program (see box next page).

"In the process, children need to learn self-control and how to balance their needs and wants with those of others," he says. "And discipline is how they learn it.

But 'discipline' doesn't equal 'punishment.' I see discipline as a positive way of teaching." Here are some ideas on how to do it right:

- **Be consistent.** Tell children what the consequences will be if they misbehave, and apply the consequences all the time, or your credibility suffers. Parents should also be a united team.

- **Don't try to be your child's buddy.** You are the necessary authority figure, and you can't fill that role and be popular at the same time.

- **Learn about the developmental stages of children so you know what to expect.** "It helps to understand that Timmy isn't being bad, he's just being 2," Teders says.

- **Know your child.** "Personality and temperament begin to emerge in a newborn," Schwartz says. "You need different strategies for a laid-back child than for a highly active one."

Some experts offer help

■ **Start young.** As young as 1 year, set up rules and routines to lay the groundwork for good behavior later.

■ **Get them talking.** “When you open the lines of communication early about sensitive topics, you build your children’s trust that they can come to you about anything,” says Teders, the parent of a teen-ager.

■ **Don’t be afraid of anger.** Everyone gets angry sometimes; it’s what you do with it that counts. Young children need to learn that, “It’s OK to be mad at Susie, but not OK to throw the toy at her.” They also need to see how you as a role model express angry feelings without screaming or hitting. The right message: “I still love you, but I’m angry at what you just did.”

■ **Use appropriate consequences.** As long as they’re not damaging, natural consequences work best—for example, letting a child who won’t wear a coat walk to the car without it so she understands that coats keep us warm. Time outs are also effective. A quick spank, Teders says, should only be resorted to for very young children in situations of great danger.

■ **Admit when you’re wrong.** With slightly older children, it’s OK to say, “I’m sorry, that wasn’t fair of me.” You’re an important role model that no one is perfect.

■ **Don’t over-explain.** With a young child, forget the 45-minute talk on why the answer is no—it’s no “because I say so.” Even with older children, Schwartz says, “You don’t always have to justify yourself.”

■ **Take time to play.** Focusing on your child for as little as a half-hour after work can prevent a lot of problems, Schwartz says. “Discipline is no substitute for positive time together.” ●

Want to Know More about positive discipline? Be sure to attend the workshop “Understanding Your Child’s Temperament.” (See page 40 for details.) To register, call 610-402-CARE.

Healthy Steps

If you’d like personalized parenting help, consider a program called Healthy Steps. The pilot phase (see page 4) is now complete, and Michael Schwartz, M.D., and his team at ABC Family Pediatricians are offering the service at two Allentown locations. It’s a combination of pediatric medical care and parent education. For more information, call 610-402-CARE.

What to Do With a Balky Eater

Little explorers are more interested in different tastes and textures than in finishing their beans. Try this approach from the Healthy Steps team: Don’t force your child to stay at the table until his plate is clean. Your job is to fix the meal, his is to eat it. If he doesn’t finish and gets hungry later, reheat the same food. You’ve set the rules, allowed some leeway and taken away the guilt.



Making Your Teen a Safe Driver

Tougher rules are reducing the accident rate of young drivers, but parents still play a key role

Worried about letting your 16-year-old take the wheel? “Parents *should* have some degree of concern,” says Ken Mead, program director of Lehigh Valley Hospital and Health Network’s Adolescent Transitions program. “The responsibility that goes along with driving is serious business.”

Nationally, vehicle crashes are the leading killer of 15- to 20-year-olds. And one in seven 16-year-olds has a serious crash before his or her 17th birthday.

What’s the reason for such statistics? It’s partly inexperience, says the Insurance Institute for Highway Safety. The combination of steering, scanning the environment and reacting appropriately “is a far more complex task than most 16-year-olds realize.”

An even bigger factor, though, is teens’ attitudes. Unlike most adults, their fear of consequences isn’t as finely developed, Mead says. They’re convinced they’re immortal, and tend to spurn seat belts, drive fast for the thrill of it and respond more readily to peer pressure than to adult advice.

Graduated licensing comes to the rescue

In recent years, the prognosis for teen drivers has become much better thanks to a new concept called graduated licensing. Most states now have such programs. In Pennsylvania, young drivers progress through three stages: permit, junior license and unrestricted license.

Permit holders must complete six months and 50 supervised hours of skill-building before they can take a road test. Graduated licensing also restricts night driving and number of passengers, and drivers under age 18 get automatic suspensions for certain driving infractions. Teen drivers must be free of traffic or alcohol offenses

Driving the Message Home

To help keep your teen safe, Lehigh Valley Hospital’s trauma team, Nazareth High School and other community partners staged a mock accident to drive the message home: don’t drink and drive. For information about this community program, call 610-402-CARE.



to move to the next licensing level.

Between 1999 (when the current Young Driver Law went into effect) and 2000, fatalities of Pennsylvania 16- and 17-year-olds declined 33 percent and injuries 10 percent. The improvement was greater for 16-year-olds, the age group at highest risk.

Parents have a major responsibility

Even with the best regulations, adolescent drivers still need personal guidance. Ideally, the process should begin well before age 16. "Talk to your children about the awesome responsibility that goes with driving," Mead says, "not only to obey the laws but also to protect passengers and other drivers. Talk about the lifelong consequences that could result."

Some parents draw up written contracts with their teens outlining the rules of car use and what will happen if rules are broken. "At the very least, have a verbal understanding so everyone is on the same page," Mead says.

On a practical level, you can help your driver-in-training by giving him or her as much supervised driving time as possible and insisting on safe practices—including seat belts all the time, no car phone use while driving, and no alcohol or drugs. But your most critical job, Mead says, is to set a responsible example yourself. "Parents who drive too fast, drink and drive, engage in road rage or don't buckle up lack credibility no matter how much they preach. You have tremendous power as a role model." ●

Want to Know More? For a pamphlet on how to help beginning drivers, a sample Contract for Teen Drivers or details on Pennsylvania's graduated licensing program, call 610-402-CARE.



"If you drink and drive, it'll catch up with you eventually. You could go to jail, you could kill your friends and you could die. Seeing that first-hand in the mock crash made everybody think twice about their actions on prom night."

Keri White, a junior at Nazareth High School and a board member of Students Against Destructive Decisions, helped organize a mock drunken driving crash last May at the school in cooperation with Lehigh Valley Hospital's trauma team and University MedEvac.



Drinking and Driving

As proud as you feel seeing your teen dressed up for the prom, it's likely you also feel anxious about the dangers of alcohol. Drinking is a factor in up to one-third of fatal crashes involving youngsters over age 16. But new "zero tolerance" laws give parents the chance to stress the legal consequences of drinking and driving.

All 50 states have passed such laws prohibiting teens from driving with any amount of alcohol in their system beyond a dose of cough medicine. In several states, the laws have significantly reduced the number of late-night fatal crashes involving young drivers.

Adding to the message are emotionally charged school awareness programs like "Every 30 Minutes." (That's how often someone is killed by a drunk driver in the United States.) "It changed the way I looked at everything," said Jennifer Harding, who participated in the mock crash at Nazareth High School as an "accident victim." "I'll never forget my mother crying over me in the Trauma Center."

Ouch!



It's a Muscle Cramp

What can you do to relieve and prevent painful spasms?

Call it a muscle cramp, spasm or charley horse. You don't have to live with the sudden, severe pain if you follow good exercise and nutrition habits, says Robert Donati, physical therapist at Lehigh Valley Hospital—Muhlenberg.

Cramps are most common in the calf muscle and also the feet, which contain many small muscles. "When muscles aren't warmed up or are tired from overuse, they don't get an adequate flow of blood and oxygen," he says. "That makes them contract, which triggers the pain."

Prevent muscle cramps by:

- **Stretching before you exercise** — Stretching warms up your muscles by increasing blood flow to them.
- **Progressing gradually into the activity** — Beginning exercise too quickly causes cramping, so pace yourself and build up slowly.
- **Taking care of your feet** — Ease the pressure on your feet by wearing shoes that fit correctly and have good arch support. Also, rest periodically when walking or standing for long periods of time.
- **Drinking plenty of water** — Proper water intake helps keep the blood flowing to muscles.
- **Eating right** — Dehydration can rob the body of calcium and potassium and contribute to cramping, so some athletes eat a banana or other potassium-rich food before exercise, Donati says. Adequate amounts of calcium help, too.

"If you get a muscle cramp, stretch the affected muscle and gently massage it by moving your fingers along the length of the muscle," Donati says.

If you often have severe, persistent leg cramps when you go for a walk, Donati says, call your doctor. It could be a sign of an underlying medical condition that can and should be treated. ●

*Want to Know More? For a guide to proper stretching and a copy of a **Vitality Plus** story on leg pain, call 610-402-CARE.*

When You're Pregnant

If you're pregnant, you may experience frequent night cramps in your calves and feet, especially late in pregnancy. That's from the extra weight and the fact that some of the calcium and other essential nutrients in your blood are going to the baby, says physical therapist Robert Donati.

To help prevent night cramps, stretch before you go to bed, avoid standing for long periods and talk to your doctor about eating calcium-rich foods or taking calcium supplements.

Is there a 'bundle of joy' in your future?

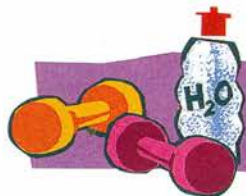
Here's how to prepare.

These "best steps to take during pregnancy" come from a group of new mothers and from the obstetricians/gynecologists of Lehigh Valley Hospital and Health Network.

Take a Lamaze class – It's the perfect way to learn what to expect during delivery. And by connecting you with

other couples, it'll provide an instant support group. (For more class information, call 610-402-CARE.)

Stay active – Even late in pregnancy, walking and other simple activities will improve both your and your baby's health. Exercise also helps you sleep better, improves mood and may contribute to an easier delivery. "Don't start an exercise program you haven't done before," says Michael Sheinberg, M.D. "And keep your target heart rate below 140."



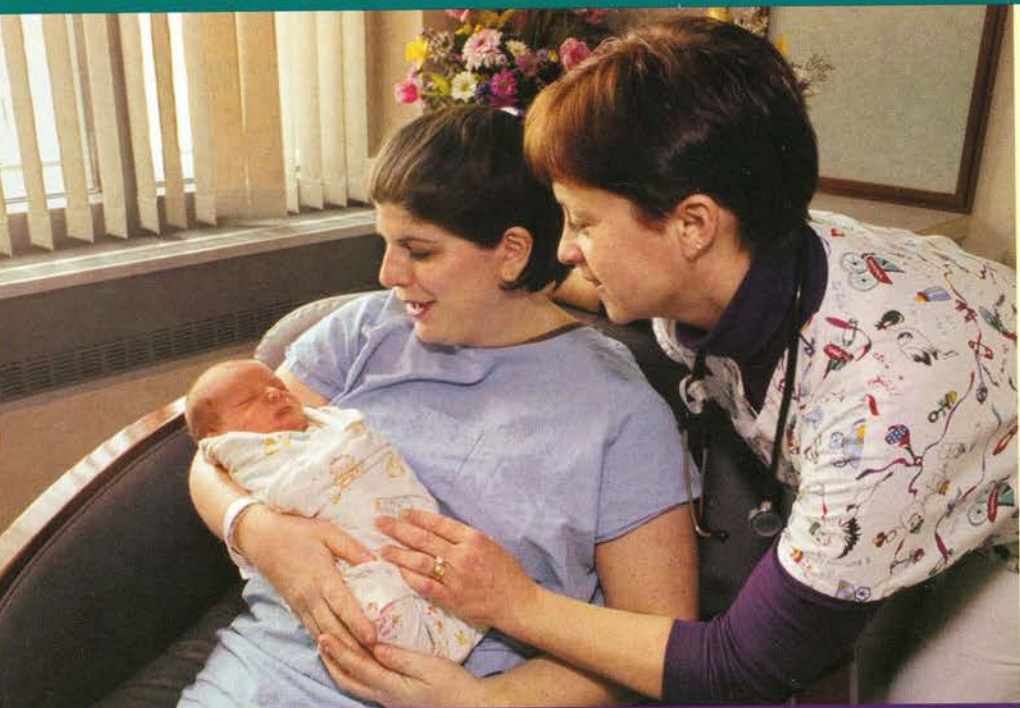
Drink lots of water – Try for six to eight glasses a day. "The more fluid you drink, the better your kidneys work to reduce swelling," says Larry Glazerman, M.D.

Keep within weight gain guidelines – Most health providers suggest gaining no more than 27 to 30 pounds. "But if you gain more, don't try to lose it while pregnant," says D'nese Sokolowski, M.D. "Better to gain a little extra than risk the baby's nutrition."



Listen to your body – When you need a catnap, take one. When a quick massage would ease aches and pains, ask for it. And when your energy is low, treat yourself to a manicure or pedicure, a new maternity outfit, or a quiet hour listening to music or reading for pleasure.

and most important of all...



The Center for Mother and Baby Care at Lehigh Valley Hospital

Special features just for you

To enhance your birth experience, these features are available at no extra cost:

- New parents program.
- Free valet parking for quick access to labor and delivery.
- Massage tub and whirlpool to help you relax and ease labor pains.
- Sleeping chairs that recline into beds for your partner or support person.
- Private patient/family rooms for relaxing together after the birth.
- BabyPressConference.com, a new way to share the excitement of your baby with friends and family over the Internet. (For details, visit BabyPressConference.com)
- Newborn TV Channel in your room 24 hours a day.
- Mother/Baby Manual, a document with complete information about pregnancy and caring for your new baby at home.
- The Pavilion Shoppe featuring baby and children's items and complementing our new Center for Mother and Baby Care.

And here's the perfect place for you and your doctor.

Located in the Fred Jandl Family Pavilion at Cedar Crest & I-78, the new Center for Mother and Baby Care offers everything you'll need: a highly specialized team, a full range of education programs and state-of-the-art childbirth care in a beautiful setting. Here are some of the highlights of this very special facility...





Experienced nurses at your side provide all the knowledge and support a new mother could need. Opposite page: Carol Wilson of Allentown and newborn Benjamin get some hands-on attention from Sharon Haupt, R.N. At left: Jie Floyd and little Eden Li of Bethlehem with Jacquelyn Puschock, R.N.

A focus on YOU – The Center’s entire team has one goal: making your pregnancy and birthing experience as rewarding as possible. They offer a wide variety of birthing options, and will work closely with you to make this one of the most memorable times of your life.

Homelike LDR rooms – Each of the 12 labor, delivery and recovery (LDR) rooms is roomy and comfortable, with its own television and bassinet for the newborn. You’re welcome to have relatives or friends on hand, and a specialized obstetrical nurse will be personally assigned to care for you.

Mother-baby nursing – After delivery, you’ll move to a cozy, private room in the Mother/Baby Unit. These rooms are equipped with a bassinet for the baby to “room in” 24 hours a day if you wish. The same nurse will care for both you and your baby, a style of care that allows for easy communication and extra support.

Lots of education – Your nurse will take every opportunity to teach you how to care for and feel comfortable with your baby—and there’s an educational Newborn Channel on your TV as well. You can get special help with breastfeeding through the lactation support program.

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

Comfort for the whole family is built into the Mother/Baby Unit. Here, Theodore Pierfy—first baby born at the Center for Mother and Baby Care—gets admiring looks from parents Kathy and Tony of Williams Township and brother Phillip.



Lots of education is part of mother-baby nursing. Here, new mother Kristin Friel, M.D. (right) checks out the information-packed Mother/Baby Manual—you’ll get your own copy to take home—with Linda Permar, R.N.





Loving care for newborns with special needs is the job of Holly Siegfried, R.N. (left), and the highly skilled Neonatal Intensive Care Unit staff. Darnell Dantzler and Natasha Silva, East Stroudsburg, came to Lehigh Valley Hospital for such care for tiny Ursula.

Expert care for your child – Lehigh Valley Hospital provides all the health screenings a newborn needs; it's standard procedure here. For newborns with special needs, the Level III Neonatal Intensive Care Unit is the highest level in the region. Lehigh Valley Hospital also excels in pediatric (children's) health care. Pediatricians are not just on call but on staff, all the time. And the region's first Pediatric Intensive Care Unit recently opened at Lehigh Valley Hospital—Muhlenberg in affiliation with The Children's Hospital of Philadelphia.



A little "graduate" of the Center for Mother and Baby Care is Cynthia Canario, who attended the Center's first birthday party in January 2001 with mother Paula Parades of Allentown.

Call for a Free Pregnancy Info Pack

For a detailed booklet on childbirth care and education at Lehigh Valley Hospital along with useful articles from past issues of *Healthy You*, call 610-402-CARE. Topics include:

- 'The Best Steps I Took During Pregnancy'
- The Father's Role in Baby Care
- Staying Fit During Pregnancy
- The Cesarean Birth Experience
- Your Childbirth 'Wish List'
- One Couple's Experience With Infertility
- Childbirth Pain Relief



Finding just the right obstetrician for you

It's important to have a doctor who is not only clinically competent and connected with the hospital you prefer, but also someone you can talk to. Ask about the doctor's philosophy and how he or she approaches childbirth care. "Your relationship with your doctor should be a real partnership," says Kristin Friel, M.D.

Need help finding your obstetrician? Call 610-402-CARE.

The nurses and staff of 402-CARE are familiar with the obstetricians and other professionals providing care at Lehigh Valley Hospital. They can help identify just the right choice for you, based on your location, needs and personal preferences. They can even help you develop a list of questions to ask and make your appointment for you.

Call 402-CARE weekdays between 8:30 a.m. and 4:30 p.m., or leave a message after hours for a prompt return call. When you need help with a physician referral—or any other question about your health—402-CARE is here for you.



Obstetricians Delivering at Lehigh Valley Hospital

Casa Guadalupe Center/Vida Nueva Health Center

143 Linden St.
Allentown, PA 18101
610-437-2703
Healthy Behaviors Program available

Center for Women's Medicine

17th & Chew Sts.
Allentown, PA 18104
610-402-1600
Healthy Behaviors Program available

College Heights Ob/Gyn Associates

1245 S. Cedar Crest Blvd., Suite 201
Allentown, PA 18104
610-437-1931
Kristin Friel, M.D.
Edward Geosits, D.O.
Thomas Hutchinson, M.D.
Michael Patriarco, D.O.
Molly Peters, M.D.
Patrice M. Weiss, M.D.

Larry Glazerman, M.D.

Health Center at Trexlertown
6900 Hamilton Blvd.
Trexlertown, PA 18087
610-402-0161

T.A. Gopal, M.D.

401 N. 17th St., Suite 302
Allentown, PA 18104
610-402-9400

Joseph Greybush, M.D.

401 N. 17th St., Suite 302
Allentown, PA 18104
610-402-9400

Garry Karounos, M.D.

2200 Hamilton Blvd., Suite 103
Allentown, PA 18104
610-435-4535
Midwifery services available

Lehigh Valley Women's Health Care Alliance

1575 Pond Road, Suite 104
Allentown, PA 18104
610-398-7848
Carolyn Scott, M.D.
Andrea Waxman, M.D.

Muhlenberg Obstetrics and Gynecology

2597 Schoenersville Road, Suite 304
Bethlehem, PA 18017
610-317-0208
Joseph DeFulvio, D.O.
Zirka Halibey, M.D.

Ob/Gyn Associates of the Lehigh Valley

1611 Pond Road, Suite 401
Allentown, PA 18104
610-398-7700
Lisa Baker-Vaughn, M.D.
France Bourget, M.D.
Susan Haas, M.D.
Earl Jefferis, M.D.
Gregory Radio, M.D.
Michael Sheinberg, M.D.

Ernesto Rodriguez, M.D.

1007 Hamilton St.
Allentown, PA 18102
610-774-9694
Healthy Behaviors Program available

Valley Ob/Gyn Associates

322 S. 17th St.
Allentown, PA 18104
610-434-4015
Samuel Abramowitz, M.D.
Sheldon Linn, M.D.
Howard Listwa, D.O.
D'nese Sokolowski, M.D.

M. Bruce Viechnicki, M.D.

1611 Pond Road, Suite 102
Allentown, PA 18104
610-366-7000

Concepcion Yen, M.D.

1728 Jonathan St., Suite 101
Allentown, PA 18104
610-432-2706

LEHIGH VALLEY

HOSPITAL AND HEALTH NETWORK

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

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Schoenersville Road and Westgate Drive
Bethlehem

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

610-402-CARE • www.lvhhn.org

How Soon Should You Seek Fertility Treatment?

It's been several months since you began trying to conceive a baby. You want to start a family. Should it be taking this long?

"A healthy couple in their mid- to late 20s have about one chance in four, statistically, of getting pregnant each menstrual cycle," says obstetrician/gynecologist Kristin Friel, M.D., of Lehigh Valley Hospital and Health Network. Obviously, there's some luck involved. But on average, Friel says, 85 percent of these couples will conceive within one year and 90 percent within two years.

Of course, real people aren't statistical averages, and many factors are involved in fertility. A major factor is age. "In women over age 35, there's a reduction in both the quantity and quality of eggs produced," Friel says. "This makes it harder to get pregnant and raises the risk of miscarriage." Health conditions also can interfere—including diabetes or thyroid disease in women, testicular problems in men, and a history of cancer treatment in either partner. Finally, smoking by either partner decreases fertility.

So how long is it reasonable to keep trying before going to your obstetrician/gynecologist? A year, for the healthy couple in their 20s, Friel says. But women over 35 and couples with health concerns should talk to their doctor at the outset and consider an evaluation after three to six months of trying to conceive.

Both members of the couple should be present at the initial visit, which includes a health history and a discussion of tests that may be needed. There are tests to evaluate the structure of the uterus and fallopian tubes, ovulation and hormone levels, and the quantity and quality of sperm. "For pregnancy to occur, the ovaries need to make eggs, the eggs need to travel to the uterus, and the sperm need to get there to fertilize them," Friel says. "The tests reveal where the problem is in all but 10 to 20 percent of cases."

Treatment options range from low-tech procedures, which most gynecologists can perform, to high-tech treatments that require an infertility specialist. "The choice," Friel says, "depends on the cause of infertility, the woman's age and insurance coverage. The good news is that with more sophisticated treatments, the chance for success is better than ever." ●

Want to Know More? For information on the new *in vitro* fertilization lab at Lehigh Valley Hospital—Muhlenberg or for referral to an infertility specialist, call 610-402-CARE or visit www.ivfupdate.com. See page 40 for details on the presentation "Infertility Update in the New Millennium."

When you can't get pregnant, there are many possible causes—and options

Welcome to Vitality Plus!

This membership program from Lehigh Valley Hospital and Health Network provides you with health education, special events, discounts, hospital amenities and more.

Vitality PLUS

There are two ways to join Vitality Plus...

■ **GOLD Membership** at \$20 a year (individual or couple) gives you the full range of program benefits.

■ **Community Membership** at no cost gives you a sampling of benefits.

See the full summary below. Then choose which type of membership you want and call today for your Vitality Plus membership card. Even for the no-cost Community Membership, you need a card to be able to use your benefits!

To join today, call 1-888-584-PLUS (7587) or use the handy enrollment form on page 44.

GOLD Member Benefits *\$20/year individual or couple*

Health and Education

- Newsletter
- Exercise classes at reduced rates
- Workshops and seminars at reduced rates or free
- Medical emergency card
- Health plan and insurance claims counseling

Hospital Amenities

- Phone card
- Cafeteria coupons

Social Events

- Special Vitality Plus events at reduced rates
- Dining club
- Dance lessons at reduced rates
- Volunteer opportunities

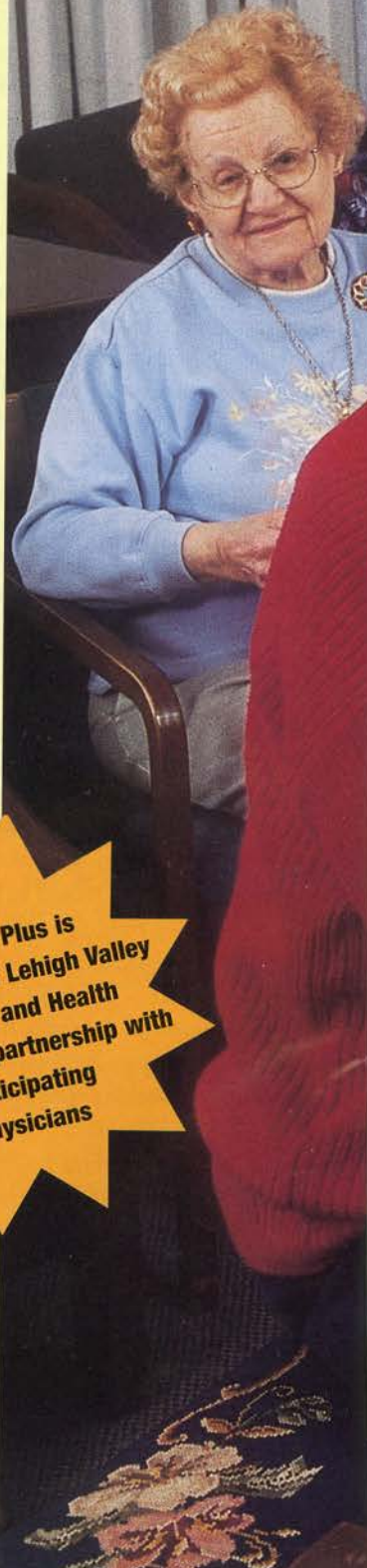
Discounts

- Long-term care insurance
- Eyewear
- Pharmacy
- Hearing care
- Travel
- Medical equipment
- Local health clubs

Community Member Benefits *Free*

- Newsletter
- Health plan and insurance claims counseling
- Invitations to special events
- Cafeteria discount
- Workshops and seminars
- Local health clubs discount

Vitality Plus is
a program of Lehigh Valley
Hospital and Health
Network in partnership with
participating
physicians



Money Management

Relief From Foot Problems

The Aging Driver



The “piano man” at Phoebe Home is Ray Bieber, 82, shown playing for residents (l-r, front row) Evelyn Unangst, Vivian Miller, Ethel Burgette, (back row) Viola Dennis, Irene Briggs and Margaret Stein. For sharing the gift of music (see story on page 8), Bieber won a Seniors’ Horizons Volunteer Award last year.

Helping an Aging Parent Manage Money

Seven financial issues you should discuss with your folks



It wasn't easy talking to your parents about money when you were a teen-ager, and it's probably just as stressful now that you're an adult. But the wise son or daughter knows how essential it is to talk about financial issues with aging parents—how much they have to live on, how to pay for medical care, what might be left to heirs—before an emergency arises.

“Many seniors hold finances very close to the vest and are reluctant to discuss them with their children,” says John Mehler, director of the Northampton County Area Agency on Aging. “But if you wait until your parents are gone or incapacitated, you'll just have more headaches.” If parents won't open up about these issues, arrange to have an outside professional such as an accountant or attorney work with them, Mehler says. There also are free community services available.

Financial issues vary depending on income level, but for most families there are seven key areas to discuss:

- 1 Day-to-day living.** Make sure elderly parents have enough disposable income and are paying the bills. “Some seniors have memory problems or are too proud to admit they are having financial problems,” says Laurene Roth, a geriatric social worker at Lehigh Valley Hospital and Health Network. Watch for warning signs such as stacks of unopened mail, she says.
- 2 Health insurance.** Premiums are rising and many plans are changing their benefits, so make sure your parents are covered adequately for medical, prescription and long-term care. Remember that standard Medicare doesn't cover everything, so supplemental insurance (MediGap) may be necessary. Free

assistance is available in several community locations from APPRISE counselors.*

3 Taxes. Are your parents filing all their tax forms? Are they paying too much or too little? Discuss this and recommend they see a tax specialist if they need help. Parents who don't want your assistance and can't afford help can contact the American Association of Retired Persons (AARP), which operates a free tax aid program from January through April 15.

4 Savings and investments. To help your parents make wise financial decisions, you need to know where their money is. They may have savings and investments accumulated over many years and located in several different accounts. "If possible, consolidate their investments in one brokerage house or bank," says Allentown attorney Dolores Laputka.

5 Power of attorney. To prevent a court-appointed guardian from deciding how their assets will be handled, it's very important that your parents set up a durable power of attorney—someone they designate to handle their financial affairs if they become mentally or physically incapacitated. A spouse or child is the usual choice, Laputka says, but some parents choose an attorney or other professional to prevent family conflicts.

6 Living will. In addition to a will detailing how their assets will be dispersed, your parents (and you!) need a living will. Also called an advance directive, this document outlines medical procedures a person does or doesn't want in the event of terminal illness or permanent unconsciousness.

7 Wealth transfer. If your parents have sufficient assets, they should consider a revocable living trust, which has tax advantages for both parents and children, Laputka says. A child, spouse or professional is named co-trustee and all assets are transferred into the trust. If parents become incapacitated, the co-trustee can step in and make financial decisions quickly and easily. Upon death, the trustee can immediately transfer ownership of the trust's property in accordance with the terms of the trust. ●

Want to Know More? To contact AARP tax assistance or an APPRISE counselor, or to receive past Vitality Plus articles on Medicare, advance directives, prescription drug coverage and elder law, call 610-402-CARE.

**APPRISE is a federally funded program to educate older adults about all types of health insurance.*

Living on a Limited Income?

If you're one of the millions of older adults living on limited means, you should know that there's help available, says geriatric social worker Laurene Roth. "There are community resources for seniors with limited incomes," she says. "These include government programs that can help you with medical insurance and prescriptions as well as community groups that can help with other needs."

UPCOMING CLASS

Living on a Limited Income?

Thursday, May 3
6:30-7:30 p.m.

For details,
see page 32.

Relief From Foot Problems

They're more common as you age, but with today's treatment options, you don't have to live with the pain

By age 50, you've probably put 75,000 miles on your feet—more, if you have an active job or lifestyle. Feet are designed to handle this stress and support you for a lifetime. But you are more likely to have foot problems as you grow older, especially if you wear shoes built for style, not comfort.

“High heels and poorly fitted shoes are the leading causes of foot ailments,” says orthopedic surgeon George Arangio, M.D., of Lehigh Valley Hospital and Health Network. “The other cause is normal wear and tear. Over the years, skin gets drier, muscles weaken and the fatty pads that cushion the bottom of the feet grow thinner. All these things make your feet more susceptible to problems.” Here are some of the most common:

Calluses. Calluses are the skin's way of developing a protective layer in places that thin with age or overuse. Typically they're not serious and can be corrected by wearing proper shoes. In some cases, thick metatarsal calluses form on the bottom of the feet, forcing toes to curl and become very painful. Treatment options include surgery, paring back the calluses, or adding support inside or outside the shoe.

Heel spurs. These bony growths occur when the ligament connecting the heel bone to the ball of the foot becomes inflamed. The condition is extremely painful, particularly in the morning. Heel

UPCOMING CLASS

Be Kind to Your Feet

Thursday, April 26
7-8 p.m.

For details,
see page 32.



spurs can result from arthritis, obesity or ill-fitting shoes. Recovery takes several weeks, aided by stretching, icing, heel pads and anti-inflammatory drugs, Arangio says. Physical therapy or surgery may be required.

Bunions. These bony bumps at the base of the big toe are usually the result of wearing high heels that push the front of the foot down into a narrow toe box. As the toes squeeze together, the big toe angles in. Corrective shoes are the first option, Arangio says; surgery to realign the bone also relieves the condition.

Hammer toes. Here, the four smaller toes contract at the middle joint, forcing the toe to curl down and creating severe pressure and pain. Ill-fitting shoes, tight nylons and arthritis are the typical causes. Hammer toe sufferers get relief by wearing shoe inserts or shoes with wide, roomy toes.

Corns. Corns are concentrated, cone-shaped calluses caused by ill-fitting shoes. They may be hard or soft and usually grow on the top of a toe or under a toe joint. You can remove corns with over-the-counter remedies, but for longer-lasting relief, see your doctor and switch to properly fitted footwear. ●

Want to Know More? Treat your feet to a foot massage (see page 39). For details or to sign up, call 610-402-CARE.



Caring for Your Feet

Wearing the right shoes is the most important step toward good foot care. "Make sure your shoes have a supportive sole and fit you properly," says podiatrist David Steed, D.P.M., of Lehigh Valley Hospital and Health Network. "Always have your feet measured when you go to the shoe store. Feet spread with age, and sizes can vary from brand to brand."

To prevent serious problems as well as everyday ailments like toenail fungus and ingrown toenails, follow these foot care tips:

- Keep feet clean and dry them thoroughly after a bath or shower.
- Trim nails straight across and not too short.
- Wear clean socks or stockings and avoid tight fits.
- Use lotion, not daily soaking, to keep your skin moist.
- Maintain a healthy weight so your feet aren't supporting excess pounds.
- Don't smoke. It reduces blood circulation to your feet.
- Exercise your feet by walking regularly.

Diabetes and Your Feet

Foot care is especially important for people with diabetes. Up to 50 percent develop a condition called peripheral neuropathy. The condition can cause loss of sensation in the extremities and lead to muscle weakness, says Deborah Swavely, R.N., director of the Helwig Diabetes Center at Lehigh Valley Hospital and Health Network.

"When you lose feeling in the feet, it makes you unaware of cuts, bumps or bruises that lead to foot ulcers and serious infections," Swavely says. "Finally, your feet may perspire less, resulting in dry, cracked skin and infection." The best prevention? Use a mirror daily to check the bottoms of your feet for injury, and make sure your shoes fit properly.

Want to Know More? Don't miss the Peripheral Neuropathy Symposium, April 7. (See page 42 for details.) To register or to learn more about the Lehigh Valley Peripheral Neuropathy Support Group, call 610-402-CARE.

The Aging Driver

What to do if you suspect an elderly relative is no longer safe behind the wheel

Giving up the car keys is one of the hardest parts of growing very old. Jack Lenhart, M.D., family practitioner at Lehigh Valley Hospital and Health Network, has learned that in his practice. Like all physicians, he must report to the state when a patient's degree of impairment risks public safety. The resulting loss of independence can be so upsetting that it strains the doctor-patient relationship. It can strain family relationships, too.

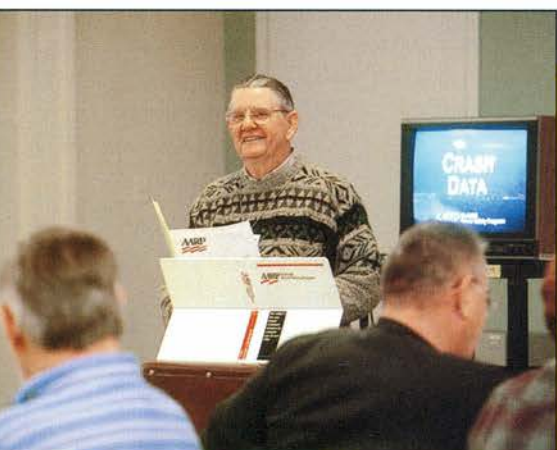
If you suspect someone you love can no longer drive safely, the first step is to educate yourself about the impact of age on driving. Aging alone doesn't equal impairment, Lenhart says: "I have patients in their late 80s who still drive confidently. But we all have slower reaction time and vision changes as we age, and hearing loss is common."

People with arthritis can have problems at the steering wheel, diabetes can cause loss of sensation in the feet, heart problems raise the risk of fainting, and people with cognitive problems like Alzheimer's can forget where they're going, he says. Finally, the medications many elderly people take can cause dizziness, drowsiness or confusion.

As a family member who sees the person regularly, you're better able than the doctor to gauge how well an elderly driver is doing. "Go out together occasionally and let him drive," Lenhart says. If there's reason for concern, call the doctor or a driver evaluation service for a comprehensive checkup of the person's physical condition and driving skills.

To soften the blow if the news is bad, look into public transportation services for seniors. And keep transportation in mind when helping an older relative with housing decisions. Knowing what he knows now, Lenhart says, "I want to live in a place after retirement where I can get around and do things, car or no." ●

Want to Know More about driver evaluation? Good Shepherd Rehabilitation Hospital offers such a service with a doctor's referral. For information, call 610-402-CARE.



Richard Savage of Breinigsville instructs an AARP 55 Alive Mature Driving class.

UPCOMING CLASS

The 55 Alive Mature Driving Program

With instruction, older drivers can compensate for many of the effects of age. That's the idea behind 55 Alive, a classroom driving refresher course run by the American Association of Retired Persons (AARP) and offered free by Lehigh Valley Hospital's trauma department to Vitality Plus GOLD members. It'll even lower your insurance premiums. For details, see page 33.

Mark Your Calendar!

This tear-out section will help you keep track of Vitality Plus classes, events and programs. For more information on these classes, see pages 32-34.

Be sure to register for all classes.

Space is limited.

March

- 14 & 16 55 Alive — AARP Driving Class
- 16 & 23 Computer Basics I
- 27 Options in Knee Replacement
- 30 Computer Basics II



April

- 6 Computer Basics II
- 12 Making College Affordable
- 19 Your Future in Social Security
- 20 & 27 Introduction to the Internet
- 21 & 28 55 Alive — AARP Driving Class
- 26 Be Kind to Your Feet
- 26 Making College Affordable

May

- 3 Living on a Limited Income?
- 4 & 11 The Web for Seniors
- 17 Your Future in Social Security



Other Classes of Interest:

- **Take Charge of Your Heart Health**
See page 34
- **Counter Intelligence**
See page 34
- **Self-Care Solutions**
See page 34
- **Exercise for Life Tryout**
See page 35
- **Loss and Life Changes: Calming the Storm**
See page 38
- **Exercise for Bone Health**
See page 40

Healthy You

Health Improvement Classes



Registration required

Class space is limited. You must register in advance for classes. Call 610-402-CARE or see the registration form on page 44 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.



Age 50-Plus

Options in Knee Replacement **NEW**

Are you a candidate for knee replacement surgery? Find out about the latest on treating knee problems, what surgery involves, and how nutrition, exercise, strength training and medications can help you return to a normal, active lifestyle.

Free

- Tuesday, March 27; 7-8 p.m.

Class meets at CC, Classroom 1.

Prodromos A. Ververeli, M.D., chief of orthopedic surgery



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Making College Affordable **NEW**

Learn about Pennsylvania's Tuition Assistance Program (TAP), a program that gives you a guaranteed way to beat tuition inflation. Receive a 50 percent off account enrollment fee coupon when you attend this presentation.

Free

- Thursday, April 12; 11 a.m.-noon

Class meets at CC, Classroom 1.

- Thursday, April 26; 6:30-7:30 p.m.

Class meets at 17, School of Nursing, Auditorium.

Norman J. Provost, field representative, Tuition Account Program

See related article on page 3.

Be Kind to Your Feet **NEW**

Do you want to avoid foot problems that make it difficult to find comfortable shoes? Learn more about proper foot care, how to prevent injury, and surgical and non-surgical options available to you.

Free

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

Class meets at 17, Auditorium.

David Steed, D.P.M., podiatrist

See related article on page 28.

Living on a Limited Income? **NEW**

Making ends meet on a limited income can be a challenge. Learn money management tips to help you advise parents or other older adults.

Free

- Thursday, May 3; 6:30-7:30 p.m.

Class meets at 17, School of Nursing, Auditorium.

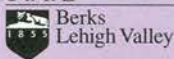
Kathy Kresge, education director, Consumer Credit Counseling

See related article on page 26.

Vitality PLUS

**At a reduced rate
for GOLD Members**

PENNSTATE



Vitality Plus in partnership with Penn State Lehigh Valley offers computer classes at the Fogelsville campus. All fees include text-book. Vitality Plus GOLD members receive a discount on the following classes:

Computer Basics I

This hands-on, user-friendly course is designed for those with little or no computer experience. Topics include how computers work, computer terminology, hardware and software, and using Windows.

2 sessions

- \$50, Vitality Plus GOLD members
- \$65, others
- Fridays, March 16 and 23; 10 a.m.-noon

Computer Basics II

Designed for students who have the basic skills taught in Computer Basics I (recommended but not required). Learn how to work with files on a floppy disk, font functions and editing techniques.

2 sessions

- \$50, Vitality Plus GOLD members
- \$65, others
- Fridays, March 30 and April 6; 10 a.m.-noon

Introduction to the Internet

Basic knowledge of the Internet, e-mail and the World Wide Web. Computer Basics I and II are recommended but not required. Learn Internet terminology, e-mail basics and "netiquette."

2 sessions

- \$50, Vitality Plus GOLD members
- \$65, others
- Fridays, April 20 and 27; 10 a.m.-noon

The Web for Seniors

Learn to browse and search the Web and discover senior-specific news and views. Introduction to the Internet is recommended but not required. Learn to use search engines and browsers, and do advanced searches.

2 sessions

- \$50, Vitality Plus GOLD members
- \$65, others
- Fridays, May 4 and 11; 10 a.m.-noon



Students will benefit from Penn State Lehigh Valley's state-of-the-art library providing access to print and electronic resources including the Internet. The campus is located at 8380 Mohr Lane in Fogelsville. To register or for more information, call 610-285-5058. Have your Vitality Plus membership card handy. Refunds only if cancellation made seven days before the class begins.

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 and Friday, March 14 and 16; 12:30-4:30 p.m.
- Saturday, April 21 and 28; 8:30 a.m.-12:30 p.m.

Classes meet at 17, School of Nursing, Auditorium.

See related article on page 30.

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, April 19; 7-9 p.m.
Class meets at MUH—Banko, Room 3.
- Thursday, May 17; 7-9 p.m.
Class meets at 17, Auditorium.

**Join us at MAY DAZE on
MAY 18, 19 and 20
Lehigh Valley Hospital—CC & I-78
Music, entertainment, food
and special activities.**

Medicare Counseling

Free, confidential counseling on Medicare coverage, your rights, billing issues or claims. Counselors are trained Apprise volunteers from the Lehigh County Area Agency on Aging. Call 1-888-584-PLUS (7587) or visit a counselor during walk-in hours most Wednesdays, 10 a.m.-noon, at the Health Center at Trexlertown.

Internet Ambassadors

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

See related article on page 5.



Healthy Eating

Healthy Habits for Life **NEW**

A six-week step-by-step approach to food and fitness helps you make gradual permanent changes. Break the "diet" cycle, assess your current diet, fit physical activity into your day, set up a personalized eating plan, plan for "eating on the run," stock a healthy kitchen, be restaurant savvy and much more!

\$95

- Thursdays, March 29; 6-7 p.m. (first session)

Classes meet at CC, Classroom 2.

Amy Virus, registered dietitian

Take Charge of Your Heart Health **NEW**

Is your blood pressure or cholesterol too high? Learn about the latest diet and lifestyle factors to help you live a more heart healthy life. We'll provide lifestyle strategies to lower your cholesterol and/or blood pressure.

\$10

- Thursday, April 12; 10-11:30 a.m.

- Tuesday, April 24; 6:30-8 p.m.

Class meets at TX.

- Thursday, May 10; 10-11:30 a.m.

Class meets at CC, Classroom 1.



Is Your Child or Family Overweight? **NEW**

Preventing and treating childhood obesity is a family event. This interactive workshop will help develop an approach to weight control for your child and family that doesn't involve medications or diets. Learn which lifestyle changes will work for you and your family. Offered in cooperation with the Cedar Crest College/Allen Center for Nutrition.

Free

- Wednesday, April 25; 7-8:30 p.m.

Class meets at CC, Classroom 1.

Dennis Kean, M.D., pediatrician

Jane Ziegler, registered dietitian

Health Awareness

Counter Intelligence **NEW**

Do you always make an informed decision when purchasing over-the-counter drugs or beginning the newest fad diet? How much of your decision is based on words like "new, improved or money-back guarantee"? Learn about your consumer health.

\$10

- Wednesday, April 4; 7-8:30 p.m.

Class meets at 17, Auditorium.

Jim Hruban, health educator

Self-Care Solutions **NEW**

Did you know you make a health care decision every three days? No one cares more about your health than you—you are the most important person in the health care system. This program shows you how to take charge of your health care.

Free

- Wednesday, April 4; 7-8 p.m.

- Monday, April 16; 10:30-11:30 a.m.

Class meets at CC, Classroom 1.

Zubina Marwji, M.D., internal medicine specialist

See related article on page 6.

Self-Defense and Personal Safety

Three evenings of instruction include one on personal safety and two on practicing self-defense techniques. Learn how to protect yourself in an interactive and comfortable environment.

3 classes • \$45

Tuesday, April 17; 7-9 p.m. (first session)

Classes meet at CC, Classroom 1.

Gerald Kresge, director of security, Lehigh

Valley Hospital and Health Network

Aaron Snyder and Randall Achey, self-defense specialists

Mini-Medical SCHOOL



Anatomically Speaking:

Anatomy of the Human Body

- Tuesday, May 1; 7-9 p.m.
*Anthony Matejicka II, D.O.,
internal medicine specialist*

Our Body's Framework for Life:

The Musculoskeletal System

- Tuesday, May 8; 7-9 p.m.
*William Iobst, M.D.,
rheumatologist*

The Beat Goes On: The Cardiovascular System

- Tuesday, May 15; 7-9 p.m.
*D. Lynn Morris, M.D.,
chief of cardiology*

Mini-Medical School is Lehigh Valley Hospital's exciting new approach to learning about health and science. Study the same topics medical students do, learn from expert faculty and get the inside track on how doctors diagnose and treat disease. Attend all five sessions and "graduate" with a certificate of achievement. Mini-Medical School is free but registration is required. Class size is limited, register early. *To register, call 610-402-CARE.*

Free

Classes meet at CC, Auditorium.

Battling Renegade Cells:

Cancer and the Immune System

- Tuesday, May 22; 7-9 p.m.
*Herbert C. Hoover Jr., M.D.,
chairman,
department of surgery, and
Sarah Stevens, M.D.,
internal medicine specialist*

Journey to the Center of the Brain: Neuroscience

- Tuesday, May 29; 7-9 p.m.
*John Castaldo, M.D.,
neurologist*

See related article on page 5.

Exercise and Movement

A health readiness questionnaire is required for all participants in the Exercise and Movement classes.

Workouts for the purpose of improving health

PACE (People With Arthritis Can Exercise)

Don't let pain slow you down. This exercise program is designed for those with a rheumatic disease limiting joint motion and/or strength. *Developed by the Arthritis Foundation; a physician referral is necessary.*

16 classes for 8 weeks • \$49

- Wednesdays and Fridays, March 28;
11:30 a.m.-12:30 p.m. (first session)

Classes meet at TX.

Jason Meixsell, program director

Personal Wellness Profile

This health/wellness screening provides a report of cardiovascular disease risk and a health profile. It involves physical fitness measures, health history questionnaire and lipid profile screening.

Appointments are required; call 610-402-CARE.

Must be 18 years or older.

\$89

- Tuesday, April 10; noon-4 p.m.
- Tuesday, May 8; noon-4 p.m.

Class meets at MUH—Banko, Room 4.



Exercise for Life 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, March 19; 10:15-11 a.m.
- Monday, April 23; 10:15-11 a.m.

Class meets at Zephyr Park.

- Saturday, March 24; 11:30 a.m.-12:15 p.m.
- Saturday, April 28; 11:30 a.m.-12:15 p.m.

Class meets at TX.

Dance, Dance, Dance

Learn to cha-cha, waltz and line dance, taught to the oldies, big band, country and top-40 music. It's an exercise experience combined with fun.

4 classes • \$20 per person or \$35 per couple

- Fridays, March 23; 6:45-7:45 p.m. (first session)
- Fridays, April 27; 6:45-7:45 p.m. (first session)

Classes meet at TX.

World Tai Chi Day

Be part of the celebration and learn how Tai Chi can help you improve the health of your mind, body and spirit. Everyone is invited to an open-air class at Rodale Park in Trexlertown (behind the Velodrome).

Free

- Saturday, April 7; 10 a.m.-noon

Class meets at Rodale Park, Trexlertown.

"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 and a registration form, 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.

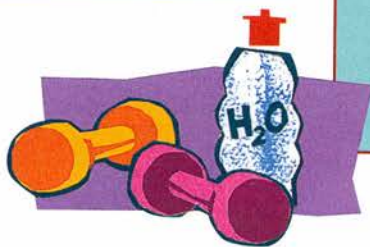
Monthly fees:

\$22 for unlimited 30-minute classes at any location (\$18, Vitality Plus GOLD members) or

\$29 for unlimited 60-minute classes at any location (\$24, Vitality Plus GOLD members)

Locations:

- Health Center at Trexlertown
- Lehigh Valley Hospital—Muhlenberg
- Whitehall Township, Zephyr Park



Staying Strong

Strength-building, resistance training and range-of-motion activities improve muscle tone and slow down bone density loss. This exercise prescription will improve the effects of arthritis and osteoporosis.

12 classes for 6 weeks • \$30

- Wednesdays and Fridays, March 21; 10:15-11:15 a.m. (first session)
- Wednesdays and Fridays, May 4; 10:15-11:15 a.m. (first session)

Classes meet at TX.

Instructed by certified exercise specialists or personal trainers

Worksite Wellness Programs

Bring the gift of health to your employees. Lehigh Valley Hospital and Health Network offers programs at your place of business. The Worksite Wellness programs focus on nutrition, exercise, stress management and self-care. The following classes can be offered during a lunch-break or before or after the work day. *To learn more, call 610-402-CARE.*

Self-Defense and Personal Safety

- See page 34

Personal Wellness Profile • See page 35

Gentle Yoga • See page 37

Everyday Tai Chi • See page 37

Body Rolling • See page 37

Loss and Life Changes: Calming the Storm

- See page 38

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

MUH • Lehigh Valley Hospital—Muhlenberg, 2545 Schoenersville Rd., Bethlehem

MUH • Banko • Lehigh Valley Hospital—Muhlenberg, Banko Community Center, Westgate Drive, Bethlehem

1243 • 1243 S. Cedar Crest Blvd. Allentown

1251 • 1251 S. Cedar Crest Blvd. Allentown

2166 • 2166 S. 12th St. Allentown

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

PN • Pointe North 190 Brodhead Rd., Suite 105 Bethlehem

Community Locations

Whitehall Township, Zephyr Park
Schadt Ave. and Campus Dr.

Southmoore Golf Course
235 Route 512
Bath





Workouts for the purpose of enriching the body, mind and spirit

Gentle Yoga

Your health will benefit from breathing, stretching, strengthening and destressing. The focus is to relax and to go at your pace with this yoga.

- 6 classes • \$48
- Mondays, April 16; 6:45-8 p.m. (first session)
- Thursdays, April 19; 10:15-11:30 a.m. (first session)

Classes meet at TX.

Vigorous Yoga

Expand your practice of *batba* with a series of intense yoga postures done in succession. This class can help develop strength as well as flexibility.

- 6 classes • \$48
- Mondays, April 16; 8:15-9:30 p.m. (first session)

Classes meet at TX.

Fundamentals of Tai Chi

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

- Thursday, April 12; 6:45-8:45 p.m.
- Class meets at MUH—Banko.*
- Monday, April 23; 10:15 a.m.-12:15 p.m.

Class meets 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.

- 6 classes • \$48
- Tuesdays, March 20; 4-5:15 p.m. (first session)
- Mondays, April 30; 10:15-11:30 a.m. (first session)
- Tuesdays, May 1; 4-5:15 p.m. (first session)
- Tuesdays, May 1; 6:45-8 p.m. (first session)

Classes meet at TX.

- Thursdays, May 3; 6:45-8 p.m. (first session)
- Classes meet at MUH—Banko, Rooms 1 and 2.*

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.*

- 6 classes • \$39
 - Tuesdays, April 24; 6:45-7:45 p.m. (first session)
- Classes meet at MUH—Banko, Rooms 1 and 2.*
- Thursdays, April 26; 6:45-7:45 p.m. (first session)

Classes meet at TX.

Body Rolling

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

- \$15
- Saturday, April 21; 11 a.m.-1 p.m.

Class meets at TX.

- Thursday, May 10; 6:30-8:30 p.m.
- Class meets at 17, School of Nursing, Auditorium.*

Workouts for the purpose of athletic challenge

Bicycling Workshop *NEW*

Join an orthopedic doctor, physical therapist, and strength and conditioning specialist to prepare for a fun and injury-free summer of bicycle riding and racing.

- \$10
 - Saturday, April 21; 9 a.m.-noon
- Class meets at MUH—Banko, Rooms 1 and 2.*
- Mitchell Cooper, M.D., orthopedic surgeon*
Sandra Tremblay, physical therapist
Kevin Swanson, strength and conditioning specialist

Make Your Short Game Great! *NEW*

Learn the proper grip, stance and posture for chipping and putting from a PGA professional. Also learn the proper stretching and warm-up for golfers.

- 1 class • \$15; 2 classes • \$25
- Saturday, May 5; 10-10:45 a.m. and 11:15 a.m.-noon

Class meets at Southmoore Golf Course.
Jim Muschlitz, PGA professional
Robert Donati, physical therapist



Health Screenings

For information, call 610-402-CARE.

LEHIGH VALLEY MALL—

upper level

Blood Pressure Screenings-Free

Tuesday, March 20; 8:30-10 a.m.

Tuesday, April 17; 8:30-10 a.m.

MUH—BANKO, ROOM 4—

Lipid Profile Screening-\$18.50

Accurate and fast results are available in five minutes. This non-fasting cholesterol screening provides readings for total cholesterol, HDL, triglycerides, LDL, VLDL, and calculates a total cholesterol and HDL ratio. Results will be explained by a health professional. *Appointments are required; call 610-402-CARE. Must be 18 or older.*

Tuesday, March 27; 11:30 a.m.-2:30 p.m.

Tuesday, April 24; 11:30 a.m.-2:30 p.m.

Full Swing Ahead! **NEW**

A PGA professional will show you how to swing a driver properly and hit a golf ball for distance. Flexibility and strength demonstrations will help prevent injuries and improve your game.

1 class • \$15; 2 classes • \$25

- Saturday, May 19; 10-10:45 a.m. and 11:15 a.m.-noon

Class meets at Southmoore Golf Course.

Jim Muschlitz, PGA professional

Robert Donati, physical therapist

PUMP Preview

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 adult ages and fitness levels. Try a preview class, then sign up for a session.

\$10

- Wednesday, May 2; 5:30-6:15 p.m.

Class meets at MUH—Banko, Rooms 1 and 2.

PUMP Sessions

6 classes • \$55

- Saturdays, March 31; 9:45-10:45 a.m. (first session)
- Wednesdays, April 4; 6:45-7:45 p.m. (first session)
- Saturdays, May 19; 9:45-10:45 a.m. (first session)
- Wednesdays, May 23; 6:45-7:45 p.m. (first session)

Classes meet at TX.

- Wednesdays, May 9; 5:30-6:30 p.m. (first session)

Classes meet at MUH—Banko, Rooms 1 and 2.

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, April 17; 8:15-9 p.m. (first session)

Classes meet at TX.

Mind and Body

Loss and Life Changes: Calming the Storm

NEW

People experience losses every day — some as subtle as changes inherent in aging, some as obvious as the death of a loved one. Understand the emotional, psychological, physical and spiritual responses to loss and explore resources useful in coping with the grief process.

\$10

- Monday, April 2; 7-8:30 p.m.

Class meets at MUH—Banko.

- Tuesday, April 17; 7-8:30 p.m.

Class meets at CC, Classroom 2.

Lorraine Gyauch, R.N.

Introduction to Metaphysics

Introduce yourself to the concepts of metaphysics. Explore beyond the surface of everyday awareness and reconnect with your innermost spirit or self, the source of wellness.

\$15

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

Class meets at CC, Classroom 2.

Stress Less, Relax More

Think and move your way to stress relief based on yoga and ayurvedic health beliefs and practical techniques. Learn your “dosha” (personal mind/body type) and benefit from a more deeply focused life. *Wear loose comfortable clothes and bring a mat/towel.*

4 classes • \$24

- Thursdays, March 22; 6:45-7:45 p.m. (first session)

Classes meet at TX.

Lynn Miller, certified yoga instructor

See related article on page 10.

Skin Cancer Screening

Early detection screenings for skin cancer save lives! Skin cancer is highly curable if found and treated in its early stages. These screenings will examine your skin for growths and changes.

Appointments are necessary; call 610-402-CARE.

Free

- Tuesday, May 8; 6-8 p.m.

Screenings at MUH.

- Wednesday, May 9; 6-8:30 p.m.

Screenings at CC.

See related article on page 5.



Fountain of Youth

For thousands of years these simple movements designed to slow the aging process were shrouded in secrecy by the Tibetan monks. Join in and share five movements in theory and practice. *Wear comfortable clothing.*

\$20

• Tuesday, April 24; 6:45-8 p.m.

Class meets at TX.

Synthia and Michael Angelone, Tai Chi practitioners

Massage Therapy

Infant Massage **NEW**

Combining touch with play and caregiving is a nurturing way to interact and bond with your new baby. Learn step-by-step techniques to help relax your baby. Excellent for babies 2 weeks to 3 months old.

\$15

• Friday, March 16; 10:30-11:30 a.m.

Class meets at TX.

• Saturday, April 14; 10:30-11:30 a.m.

Class meets at MUH—Banko, Room 4.

Instructed by Department of Family Practice certified massage therapists

Partner Massage — The Joy of Touch

Giving and receiving a massage is a wonderful way for couples and friends to express love and caring for each other. This workshop will improve how you relate to one another. *Bring a pillow and blanket.*

\$35 per couple

• Saturday, March 31; 1-3 p.m.

Class meets at TX.

• Saturday, May 12; 1-3 p.m.

Class meets at MUH—Banko, Rooms 1 and 2.

Scott Pellington and Mary Veitch, certified massage therapists

Seated Chair

Using a portable massage chair, our therapists will massage the head, neck, shoulders, back and arms.

\$20 per 15 minutes

Sessions held at TX and MUH—Banko.

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.

\$35 per half-hour

Sessions held at TX, MUH—Banko 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 and meditation.

\$35 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.

\$35 per half-hour session

\$50 per one-hour session

\$70 per 90-minute session

Sessions held at TX, MUH—Banko and 2166.

All massages provided by certified massage therapists

MESSAGE MADNESS

March

Let the scents soothe you — save \$5 on an aroma massage. (Good at 2166 only.)

April

Tax Break Special — \$5 off any 60-minute massage after 4 p.m. (Does not apply to intern appointments.)

May

Mother's Day Special — \$5 off any 30-minute massage on Tuesday or Thursday. (Does not apply to intern appointments.)

For more information, call 610-402-CARE.

Does not apply to gift certificates.

Spirit of Women

Women's Health

Infertility Update in the New Millennium

NEW

A reproductive team discusses and reviews all the new treatments and technologies available for infertility and will be available to answer your questions.

Free

• Tuesday, April 3; 7-8 p.m.

Class meets at CC, Auditorium.

Albert Peters, D.O., reproductive endocrinologist

Kathryn WorriLOW, Ph.D., embryologist

See related article on page 23.

Women Mentoring Women: "Families" Helping "Families"

NEW WORKSHOP

Join us for a "vacation" from your responsibilities. Relax and take time to learn about "helping" relationships that create balance in your life so you can help yourself and your "family."

Free

• Tuesday, April 10; 5-9 p.m.

Class meets at Mublenberg College, Moyer Hall.

Diane Moyer, Ph.D., psychologist

Linda Bips, Ed.D., psychologist

Cindy Hunter, image consultant

See related article on page 2.

Exercise for Bone Health **NEW**

Make exercise part of your bone health plan! Understand the value of resistance training and weight-bearing exercise in reducing the risk of osteoporosis or halting its progression.

Free

• Tuesday, May 8; 1-2:15 p.m.

Class meets at TX.

James Ross, M.D., rheumatologist

Joseph Arangio, certified strength and conditioning specialist

Endometriosis — More Than Cramps **NEW**

Endometriosis affects nearly 5.5 million women in the United States. Learn more about what it is, if you are at risk, how it is diagnosed, and the latest treatments, resources, research and the Pelvic Pain Program.

Free

• Wednesday, May 30; 7-8 p.m.

Class meets at CC, Classroom 1.

Craig Sobolewski, M.D.



A Mother's Day Special **NEW**

Treat your mom to this fun gift of wellness—European breakfast, a mini-strength-training session, a 10-minute seated chair massage and a special gift just for her.

\$30 per mother/daughter

• Saturday, May 12; 10 a.m.-noon

Class meets at TX.

Parenting

A Framework for Working With Infants, Toddlers and Families **NEW**

This is a training session ideal for parents and professionals alike to learn how to work with and improve the lives of young children.

Free

• Wednesday, March 14; noon-2:30 p.m.

Class meets at MUH—Banko.

Training Institute of Early Head Start

Understanding Your Child's Temperament

NEW

Would you like to improve how you relate to your child? This workshop focuses on the different aspects of your child's personality and temperament and provides you with ways to enhance your parent-child relationship.

Free

• Tuesday, March 27; 7-8:30 p.m.

Class meets at 17, School of Nursing, Auditorium.

Cathy Rutman, R.N., Healthy Steps specialist

Terry Thomas, Healthy Steps specialist

Safe Sitter **NEW**

Prepare to be a good babysitter by being able to handle whatever situation may arise. This class is designed to help adolescent caregivers (11-13 years old) become competent in rescue skills, basic first aid and safe child care. *Bring a lunch.*

2 classes • \$35

• Saturday, April 28 and May 5; 9 a.m.-3 p.m.

Classes meet at MUH—Banko, Rooms 1 and 2.



Childbirth and Newborn Care

Maternity Tours

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

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

Prepared Childbirth (Lamaze) Series

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

\$90

For further information, call 610-402-CARE.

"All About Baby" Class (Newborn Care)

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

\$20

Class meets at 17, Auditorium.

For further information, call 610-402-CARE.

One-day Lamaze

Same topics as Prepared Childbirth Series (see above), 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.

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. *Registration for the tour is required as space is limited.*

Free

• Thursday, May 10; 6-7 p.m.

Class meets at CC, Jaiindl Pavilion, Labor and Delivery Unit, Library Conference Room.

John Collins, M.D., anesthesiologist



Breastfeeding Classes

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

\$20

Class meets at 17, Auditorium.

For further information, call 610-402-CARE.

"Just Breathing" Class

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

\$30

Class meets at 17, Auditorium.

For further information, call 610-402-CARE.

Refresher Lamaze Class

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

\$30

For further information, call 610-402-CARE.

See page 39 for information on an Infant Massage class.

Disease Prevention and Care

Spinal and Posture Screening **NEW**

Poor posture and spinal mechanics can contribute to a variety of musculoskeletal conditions. Learn how chiropractic care may help in these non-pressure screenings.

Walk-in appointments available on the following days.

Free

• Thursday, March 15; 10 a.m.-1 p.m.

• Thursday, April 19; 10 a.m.-1 p.m.

• Thursday, May 17; 10 a.m.-1 p.m.

Screenings at MUH—Banko, Room 4

Christopher R. Amato, chiropractor

How to Keep Your Spine Healthy **NEW**

Want to prevent spinal injuries? This class will teach you how to lift, safely do yard work, sit properly and avoid waking up with a stiff neck.

\$5

• Tuesday, May 8; 6:30-7:30 p.m.

Class meets at CC, Classroom 1.

Christopher R. Amato, chiropractor

Peripheral Neuropathy Symposium

This disabling disorder can be due to heredity, diabetes, the immune system and many other possible causes. Learn about diagnosis, treatment options including pain relief, rehabilitation and the latest research.

\$16

Saturday, April 7; 8 a.m.-3 p.m.

Days Inn and Conference Center

Routes 22 and 309, Allentown

For more information, call 610-402-CARE.

Stretching for Healthy Joints **NEW**

Designed to help keep joints functioning optimally, this presentation includes demonstration and hands-on practice. *Wear loose, comfortable clothing.*

\$10

• Tuesday, March 20; 6:30-7:30 p.m.

Class meets at CC, Classroom 1.

• Thursday, April 5; 10:30-11:30 a.m.

Class meets at MUH—Banko.

Christopher R. Amato, chiropractor

CPR

All CPR classes meet at 1251, Suite 309.

Adult (Course A)

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

• \$30

• Monday, April 16; 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 • \$50

• Monday, March 26, April 2 and 9; 7-10 p.m.

• Monday, May 7, 14 and 21; 7-10 p.m.

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



Course C Renewal

To attend you must have a current Course C card.

Renewal • \$30

• Monday, April 23; 7-10 p.m.

Infant-Child (Course D)

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

\$30

• Monday, March 19; 7-10 p.m.

• Wednesday, March 28; 7-10 p.m.

• Wednesday, April 25; 7-10 p.m.

• Monday, April 30; 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 MUH. In addition, a new support group for adults with diabetes meets at 7 p.m. on the third Monday of every month at CC, Classroom 1.

For additional information, call 610-402-CARE.

Speakers' Bureau

Learn about advances in breast disease evaluation from 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.

Cancer Services Education

Orientation Program for Patients and Families

NEW

As you begin cancer treatment, we'll help you prepare and show you how to manage the unexpected. This service is designed for patients and family and friends — you are encouraged to bring a partner.

Free

• Wednesday, March 28; 7 p.m.

• Wednesday, April 25; 7 p.m.

Meets at CC, Morgan Cancer Center, Rooms 1A and 1B.

Learn More About Cancer Risk

Do you want to know more about your risk, or the risk of someone in your family, to develop breast or ovarian cancer? Lehigh Valley Hospital and Health Network offers a new cancer risk assessment program to the community. *For more information, call 610-402-CARE.*

Body Work: Massage, Reflexology and Reiki

NEW

Learn the benefits of "body work" techniques. You will have the chance to practice on yourself or a partner and leave feeling refreshed. Plus you'll be able to continue these simple techniques at home.

Free

- Thursday, April 19; 7 p.m.

Class meets at CC, Morgan Cancer Center, Rooms 1A and 1B.

Joanne Edelman, massage therapist

Men Facing Cancer Discussion Group

For men dealing with prostate, bladder or genitourinary cancer.

Free

- Monday, April 2; 7:30-9 p.m.
- Monday, May 7; 7:30-9 p.m.

Meets at CC, Morgan Cancer Center, Room 1B.

GYN Support Group

For women dealing with ovarian, uterine, cervical or other gynecologic cancer.

Free

- Wednesday, April 4; 7:30-9 p.m.
- Wednesday, May 2; 7:30-9 p.m.

Meets at CC, Morgan Cancer Center, Suite 114.

Warning Signs of Pelvic Cancer

- Discomfort and/or bloating of abdomen
- Constipation, diarrhea or change in bowel habits
- Frequent or urgent urination
- Abnormal bleeding
- Excessive fatigue
- Pain during intercourse

If any of these symptoms lasts more than two weeks without an explanation, see your physician promptly.

Bereavement Support Group

For family and friends who have experienced a loss through death.

Free

- Tuesday, April 10; 7:30-9 p.m.

Meets at CC, Morgan Cancer Center, Suite 114.

Adolescent Support Group

For adolescents ages 10-16 facing cancer and their family members.

Free

Ted Brent, Camelot for Children

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

Support Groups

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

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

For more information, call 610-402-CARE

or visit our on-line searchable directory of support groups and national health organizations at

http://www.lvhbn.org/calendar/support_search.html

Adult Grief Support Group

For those who have recently experienced the death of a loved one, this six-week session offers solace, comfort and caring. *Group size is limited; preregistration is required.*

Free

- Tuesdays, March 20; 6:30-8:00 p.m. (first session)

Meets at MUH, Third Floor Chapel.

Rev. Kathryn A Wieder, staff chaplain

Burn Survivor Support Group

The Lehigh Valley Hospital Burn Survivor Support Group meets every two months. *For more information, call 610-402-CARE.*

Free

- Sunday, April 8; 1-3 p.m.
- Sunday, June 3; 1-3 p.m.
- Sunday, August 12; 1-3 p.m.
- Sunday, October 14; 1-3 p.m.
- Sunday, December 9; 1-3 p.m.

Meets at CC, Morgan Cancer Center,

President's Room or Classroom 1.

Class Registration and Membership 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**.

PARTICIPANT INFORMATION: This section must be completed

Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Date of Birth _____ Social Security # _____

Are you a Lehigh Valley Hospital employee? Yes No

Are you a Vitality Plus Gold member? Yes No

TO REGISTER FOR A CLASS: Please refer to the course schedule (pages 32-43) for class title, date/time and fees. *Please print.*

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

TO BECOME A VITALITY PLUS MEMBER:

Enroll me in Vitality Plus—Healthy Living for People 50 and Over.

Please refer to page 24 for membership details.

FREE Community Membership

Vitality Plus Gold (\$20/year individual or couple)

Your date of birth ___/___/___ Sex ___M ___F

Spouse's name _____

Social Security # _____ Date of birth ___/___/___

Your primary care physician _____

PAYMENT INFORMATION: This section must be completed

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: \$ _____

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

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

Any comments concerning this publication may be sent to:

Healthy You

Attn: Marketing & Public Affairs

1770 Bathgate Road,

Bethlehem, PA, 18017 or you

may call 610-402-CARE.

Visit Lehigh Valley Hospital's

web site at www.lvhhn.org

TDD General Information

610-402-1995

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Healthy You is published 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.

In publishing *Healthy You*, we rely on the expertise of our primary and specialty physicians at Lehigh Valley Hospital and Health Network.

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*Lehigh Valley Physician Group

Is it Indigestion or is it Heart Disease?



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