

SEPTEMBER | OCTOBER 2015

HealthyYou

5 Fall Freebies

PAGE 5

BEATING BREAST CANCER

PAGE 8

Beautifully

Sign Up for MyLVHN

PAGE 3

A PASSION FOR BETTER MEDICINE



Lehigh Valley
Health Network

Contents



COVER STORY

- 8 **Beating Breast Cancer Beautifully**
Plastic surgery boosts Paula Steiner's confidence

DEPARTMENTS

EMPOWER YOURSELF

- 3 **Know the 'Story of Your Health'**
Sign up for MyLVHN today

GET STARTED

- 4 **Pump Up That Pumpkin**
Plus 5 fall freebies, hiking tips and national recognition

TAKE CHARGE

- 6 **Cancer**
The power of survivorship
- 18 **Heart Disease**
Inside a cardiac catheterization

CALENDAR

- 21 **Classes and Support Groups for You**

IN THIS ISSUE

- 10 **Get Back Home After Surgery**
New program helps you recover
- 11 **Relief for Sore Wrists**
How to treat carpal tunnel syndrome
- 12 **Able to Help Others Again**
Barbara Faulkinberry recovers from spine surgery
- 14 **Decode Those Food Labels**
Learn what's really healthy
- 16 **She Swept Away the Weight**
Olivette Lambert sheds 130 pounds
- 19 **Take That Catnap**
Your couch is calling
- 20 **When That Itch Is Lice**
How to recognize, treat it

PUT YOUR HEALTH FIRST

FIND A DOCTOR
LVHN.org/findadoc

WATCH VIDEOS OF OUR SURGEONS
Visit LVHN.org/surgery.

STAY UP-TO-DATE
Get daily health information on our Lehigh Valley Health News blog.
Visit LVHN.org/news.

READ THIS ISSUE
of Healthy You magazine online – and read extra stories – at LVHN.org/healthyyou.

Know the 'Story of Your Health' With **MyLVHN**

► **Get involved in your own health care.** In the "Empower Yourself" column, Lehigh Valley Health Network (LVHN) providers offer information to help you gain confidence and take control. This issue's featured provider: obstetrician/gynecologist Michael Sheinberg, MD, with LVPG Obstetrics and Gynecology-Pond Road and medical director of the LVHN Epic project.

In the past, most medical information was written on a paper chart or typed into separate electronic medical record systems. Neither was easy for patients to access. Now at LVHN, we've transitioned to a single, integrated computer system called Epic.

Among the many great aspects of Epic is a feature called MyLVHN, which allows patients to log in and review test results, after-visit summaries, allergy records and much more. It's really the story of your health.

Ready to get started? First, visit MyLVHN.org. There you can read frequently asked questions and watch a short video about how to activate your account. If you have an activation code and medical record number, you can activate your MyLVHN account right from the main MyLVHN.org page. You also can activate MyLVHN at your next appointment with a Lehigh Valley Physician Group (LVPG) provider.



WITH AN ACTIVATED MyLVHN ACCOUNT, YOU CAN:

- Send a secure message to your health care provider.
- Review medications
- Request a prescription refill
- Review test results
- See previous after-visit summaries of your care
- Pay a bill

You also can send a secure, non-urgent message to your health care provider's team. When we receive a message from a patient, our team handles the request or forwards it to me for advice. I often answer it myself and can reply directly or ask a team member to check in with that patient. It's a great feature that will save you time. And with MyLVHN, you can see if your message has been read.

If you provide care to children or a loved one, you can request proxy access to view portions of their MyLVHN account. For parents, this is a way to track your child's milestones or immunizations. For caregivers, this is a way for you to understand the scope of your loved one's care. At their next appointment, speak with the care team about MyLVHN proxy access.

As a physician, I strongly believe MyLVHN offers you one of the most engaging ways to understand your health. I encourage you to activate your MyLVHN account so you can benefit from this patient-friendly technology.

Ask about
MyLVHN at your
next doctor's
office visit.

MyLVHN
It's the Story of Your Health



When was your last tetanus shot?
Need a prescription refill?
Want to email your care team?
MyLVHN can help.
Ask us how you can sign up for MyLVHN.
Visit MyLVHN.org.

A PARTNER FOR BETTER MEDICINE™
Lehigh Valley Health Network

Next Step

SIGN UP FOR MyLVHN.
Visit **MyLVHN.org** or
call **610-402-CARE.**

Get Started

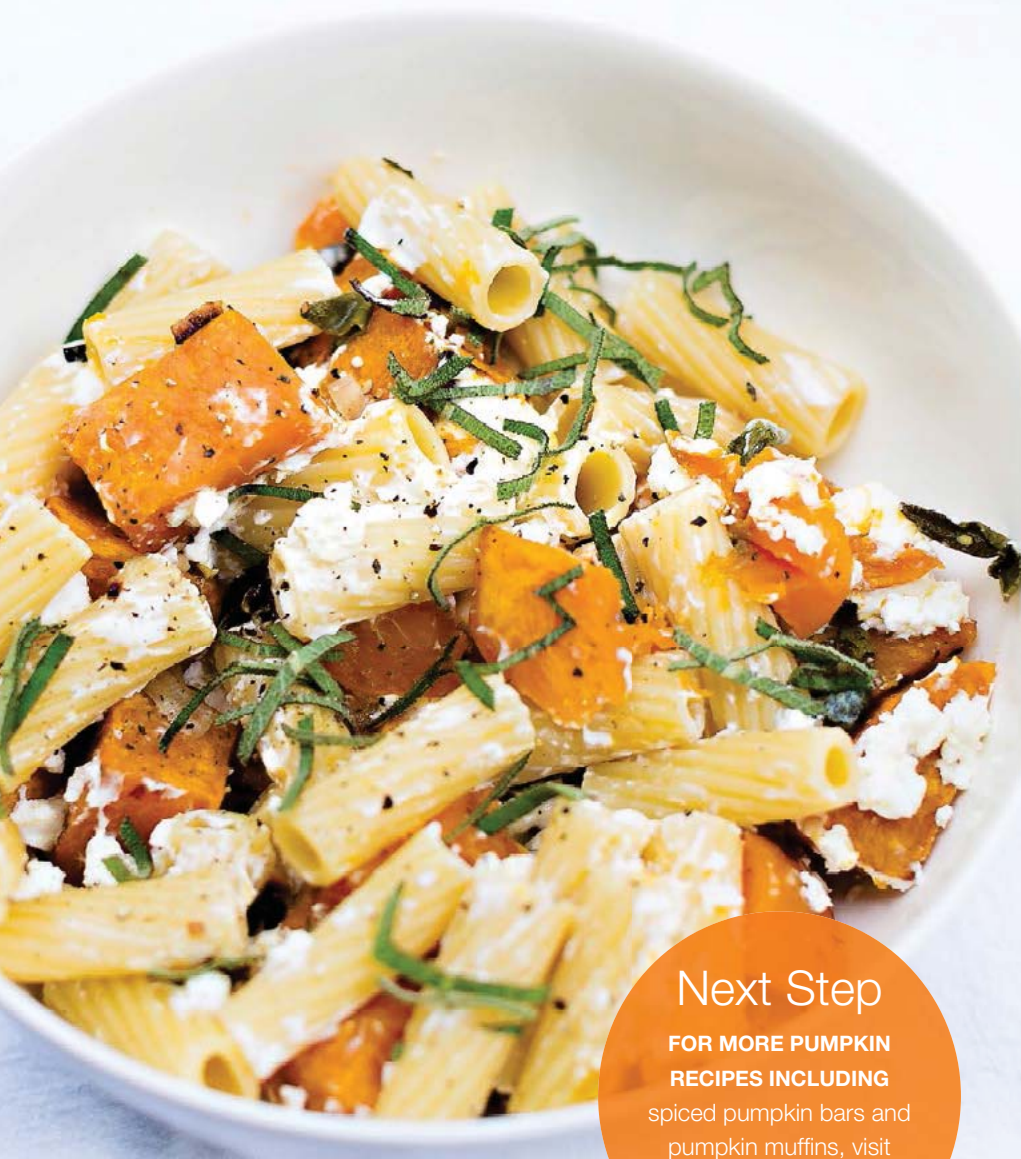
USE THESE TIPS AND START YOUR PERSONAL JOURNEY TO BETTER HEALTH TODAY

Stories by Kyle Hardner, Richard Laliberte, Rick Martuscelli and Sidney Stevens.

Pump Up That Pumpkin

It's almost autumn, and pumpkins are everywhere.

So it's a perfect time to cook up some savory pumpkin dishes – and not just pumpkin pie. There are plenty more great ideas – roasted seeds in the oven, pumpkin soup and pumpkin bread. Here's one to get you started:



Rigatoni With Roasted Pumpkin and Goat Cheese

Makes 6 servings

- 4 pounds fresh pumpkin (can substitute with squash, as seen at left)
- 4 ounces shallots, peeled and quartered
- 3 tablespoons olive oil
- ¼ cup sage leaves, fresh
- ¼ teaspoon salt and pepper
- 12 ounces uncooked rigatoni
- 2 tablespoons butter
- 5 ounces goat cheese, crumbled

DIRECTIONS

- ▶ Preheat oven to 425 degrees.
- ▶ Remove seeds, peel skin and cut pumpkin into 2-inch chunks.
- ▶ Toss pumpkin, shallots, olive oil, sage, salt and pepper together, arrange on sheet pan and roast about 30 minutes.
- ▶ Cook pasta in large pot of salted boiling water until al dente. Strain pasta and reserve ¼ cup of cooking water.
- ▶ Return pasta, cooking water, pumpkin, shallots, butter and goat cheese to pot. Gently fold to combine well.

Nutritional information per serving (416 grams): 470 calories, 66 g carbohydrates, 15 g protein, 18 g fat, 150 mg sodium, 40 mg cholesterol, 4 g dietary fiber

—Sidney Stevens

Next Step

FOR MORE PUMPKIN RECIPES INCLUDING spiced pumpkin bars and pumpkin muffins, visit LVHN.org/recipes or call **610-402-CARE**.

LVHN to Join Memorial Sloan Kettering Cancer Alliance

An agreement has been signed for Lehigh Valley Health Network (LVHN) to join the Memorial Sloan Kettering (MSK) Cancer Alliance. The alliance's goal is to bring the most current knowledge and advanced cancer care into the community setting.

LVHN and MSK – the world's oldest and largest private cancer center – are participating in a mutual process to determine how the organizations can best work together to improve care for patients and enhance cancer research at both organizations. Once that process is complete and LVHN becomes a member of the MSK Cancer Alliance, here is what will happen:

- ▶ Patients will benefit from expanded access to MSK clinical trials, as well as the latest discoveries in cancer research.
- ▶ LVHN physicians will discuss their more complex cancer cases with MSK physicians, who have experience in treating different and rare forms of cancers.
- ▶ LVHN physicians will visit MSK to observe new techniques.
- ▶ Both institutions will share educational resources, and collect and track data on quality of care, outcomes and patient satisfaction.



Memorial Sloan Kettering
Cancer Center

5 Freebies for You This Fall

The children are returning to school. The leaves will soon change color, and it's a great time to recharge your health goals. To get started, try these five free activities:

1 Sign up for MyLVHN. If you go to an LVHN or LVPG provider, you now can view your test results, after-visit summaries, allergy records and much more online. Get the story of your health. Visit MyLVHN.org.

SEE PAGE 3.

2 Get that flu shot. Circle Nov. 7 or 8 on your calendar (or create an alert on your smartphone). That's when LVHN will be providing free flu shots at Dorney and Coca-Cola parks in Allentown.

SEE PAGE 21.

3 Connect with others. Are you a stroke survivor? Do you live with Parkinson's, MS or myasthenia gravis? Do you have diabetes? Get free support.

SEE PAGE 22.

4 Frolic in fall foliage. Experience the great outdoors at our Get Out! Lehigh Valley events in Alburtis, Bethlehem, Jim Thorpe and Kemplton.

SEE PAGE 21.

5 Learn to prevent falls. Attend the 50+ Wellness Expo, where you can get blood pressure and balance screenings, win a raffle, and – most importantly – learn to stay safe on your feet.

SEE PAGE 21.



6 Tips for Safe Hiking

Appalachian Trail, state parks, rail trails: "Our area offers great hiking," says certified athletic trainer Jeffrey Silliman with Lehigh Valley Health Network. He suggests these steps to return from trails safe and sound.

1 ASSESS: Know the terrain, weather and hazards ahead – and whether you can handle them.

2 HAVE PROPER FOOTWEAR: Good tread and ankle support provide stable footing on rocky trails.

3 FILL UP: Consume healthy foods and water before starting. Carry snacks, and drink at least one quart of water every two hours.

4 TELL SOMEONE: Knowing where you're going, when you'll get there, what route you'll take and when you expect to get back helps rescuers if you get in trouble.

5 CARRY ESSENTIALS: Pack a flashlight, whistle and first-aid kit.

6 STAY ON TRAILS: You'll be easier to find if lost or injured. Plan what to do and where to go if companions get separated.

The Power of Survivorship

**SALLY McCLAIN SAVORS LIFE,
LONG AFTER CANCER TREATMENT**

Sally McClain (below, right) fought breast cancer. Now, nearly 20 years later, one of her lasting memories of the experience is the support she found afterward.

“I meet with a nurse practitioner every year for an annual exam,” says McClain, 74, of Upper Macungie Township. “In the past I’ve also had genetic testing, where I was relieved to learn that my breast cancer didn’t run in my family.”

It’s all part of a Lehigh Valley Health Network program called Survivor PLACE (programs for living after the cancer experience). It provides a nurse practitioner who will look for any signs of cancer returning and offer recommendations on managing pain, fatigue or other issues related to treatment. You’ll also have a dietitian, counselor, social worker and a rehabilitation specialist available as needed.

“Everyone there is so helpful and positive,” McClain says. “They know where to send you in the health network for whatever services you may need.”

SALLY’S STORY

For McClain, the cancer journey began at age 55 when she lived in the Lancaster area. A mammogram found a type of cancer called infiltrating duct carcinoma. “The lump was so small, even my surgeon wasn’t able to feel it,” she says. That early detection meant her cancer was highly treatable.

She underwent a lumpectomy and lymph node removal, followed by six weeks of radiation therapy. Then, for the next five years, she took a prescription medication (Tamoxifen) that blocks the actions of estrogen and helps to prevent certain types of breast cancer.

SUPPORT AND FOLLOW-UP CARE

Two years after surgery, McClain developed lymphedema – a swelling in her arm most commonly caused by the removal of or damage to lymph nodes. After moving to the Lehigh Valley, she went to Lehigh Valley Hospital–Cedar Crest in Salisbury Township and met nurse practitioner Dena Wich, CRNP, with the LVHN Survivor PLACE program.

“She referred me to a physical therapist, who was able to recommend an additional compression sleeve worn at night in order to keep the swelling down,” McClain says.

Such support can mean a great deal to people after cancer treatment. “We consider survivorship a distinct phase of cancer care,” Wich says. “Having cancer is one of the most stressful experiences someone will go through in their lifetime, and we’re here to help you cope with the physical and emotional aspects.”

Survivor PLACE, available through a physician’s referral, provides additional services, including a free three-month membership at an LVHN Fitness location, grief support and other resources. For McClain, it’s been a key step in her journey.

“I believe early detection, the right medical treatment and a strong support system got me where I am today,” she says. “I’m alive and enjoying every day with my family and friends.”

—Leslie Feldman



Dena Wich, CRNP
Cancer survivorship

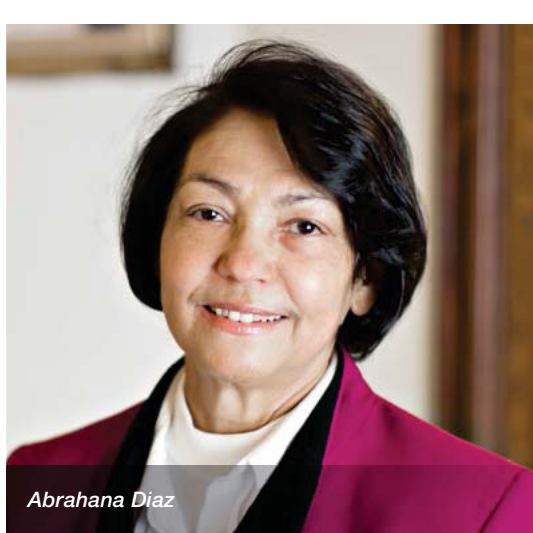


Next Step

**LEARN MORE ABOUT
RESOURCES FOR CANCER
SURVIVORS.** Visit **LVHN.
org/survivor_place** or call
610-402-CARE.



Margaret Boyle



Abrahana Diaz



Bobbie Ewing

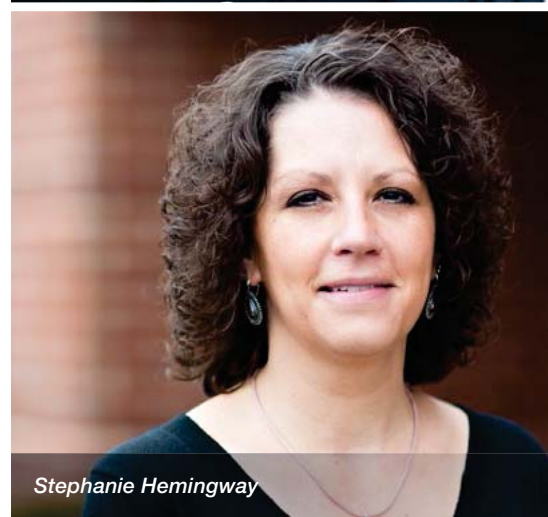


Darlene Heffelfinger

Meet the Many Faces of Breast Cancer

Every person who has breast cancer has a unique and individual experience with her diagnosis, treatment and life impact. It's the most personal of diseases, and it inspires people to help one another.

In that spirit, many local breast cancer survivors who received treatment at LVHN have stepped forward to share their stories in their own words. Get inspired by their stories. Visit **[LVHN.org/manyfaces](https://www.lvhn.org/manyfaces)**.



Stephanie Hemingway



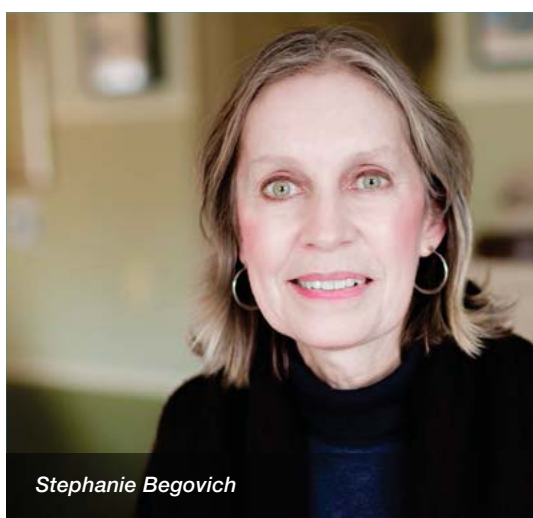
Joan Edwards



Mary Fries



Rania Hanna



Stephanie Begovich



Deborah Bauer

Beating Breast Cancer *Beautifully*

PLASTIC SURGERY AFTER BREAST CANCER
BOOSTS **PAULA STEINER'S** CONFIDENCE

Can breast cancer be a blessing in disguise? Yes, says Paula Steiner of Whitehall. She lived through the diagnosis, several surgeries and chemotherapy. Then she took steps that enhanced her self-esteem. "I wanted to be sure something good came of this," she says.

Her journey began eight years ago with a diagnosis of stage 3 cancer in her left breast. Under the care of surgical oncologist Heiwon Chung, MD, with LVPG Surgical Oncology—1240 Cedar Crest, Steiner had a lumpectomy and had lymph nodes removed. Yet those procedures didn't take all her cancer.

Rather than have another lumpectomy, she chose to have her left breast removed and opted for a prophylactic mastectomy on her right breast. Her decision meant reconstructive surgery, which Lehigh Valley Health Network (LVHN) plastic surgeon Randolph Wojcik Jr., MD, with LVPG Plastic and Reconstructive Surgery—1243 Cedar Crest, performed in January 2008 using tissue from Steiner's abdomen.

"Breast cancer is life-changing," Wojcik says. "I think all patients having surgery for breast cancer should talk with a plastic surgeon about their options – from doing nothing to full reconstruction and a lot in between."

A few weeks after her mastectomies, she started chemotherapy,

which proved difficult. "I can't sit still," says Steiner, who rides a bicycle 20 miles a day and craves the adrenaline rush from exercise. "During chemo I faithfully rode my bike on the Ironton Rail Trail. Sometimes I was a little sick, but riding distracted me from the sickness."

On her rides, she had plenty of time to think. And while she wasn't pleased with how chemo affected her – it left her feeling bloated, and she lost her hair – she realized she wanted to feel good about her physical appearance in the long term, starting with her breasts.

"She had a great result, but she wanted a bit more fullness," Wojcik says. "There was only so much fat in her abdomen, so we added volume with implants."

Steiner was unsure of how much "volume" she wanted, until literally right before surgery in summer 2008. She took a piece of medical tape and a Sharpie, wrote "Make my breasts like

Jennifer Aniston's," and stuck it on herself as they wheeled her in for surgery.

Going up one cup size allowed her to "feel more comfortable about myself, and that's what counts," Steiner says. After the surgery, she reflected on some of the thoughts she had during chemotherapy – including imperfections she saw in her nose and neck. So she asked Wojcik to do plastic surgery on those two areas as well. "I probably never would have done [any of these procedures] if I hadn't had breast cancer," she says.

For Wojcik, seeing people recover from breast cancer and regain their self-esteem is a professional and personal passion. "Having cancer can be demoralizing and depressing, and it shatters your confidence," he says. "My job isn't just to make you look good in clothes. It's to make you whole again." And that's exactly how Paula Steiner feels.

—Leah Ingram



Medical aesthetician Emily Doster, with LVPG Plastic and Reconstructive Surgery—1243 Cedar Crest, applied makeup for Paula Steiner's Healthy You magazine photo shoot. Learn more about skin care and facial services available for you. Visit LVHN.org/plasticsurgery.

Next Step

LEARN MORE ABOUT
PLASTIC SURGERY at
LVHN. Visit [LVHN.org/
plasticsurgery](http://LVHN.org/plasticsurgery).



“My job isn’t
just to make
you look good
in clothes.
*It’s to make
you whole
again.*”



Heiwon Chung, MD
Surgical oncology



Watch her video at LVHN.org/Chung.



Randolph Wojcik Jr., MD
Plastic surgery



Watch his videos at LVHN.org/Wojcik.

Next Step

SURGEONS AT LVHN perform 70 percent more surgeries than anyone else in our region. Learn why that matters at [LVHN.org/surgery](https://www.lvhn.org/surgery).



Get Back Home After Surgery

NEW PROGRAM HELPS YOU RECOVER FROM COLON-RECTAL SURGERY

“How quickly can I go home again?”

It's the question most people ask following any type of surgery. Now a new program available within Lehigh Valley Health Network (LVHN) is designed to help people return home and resume normal daily activities quickly and safely following elective colon-rectal surgical procedures.

Called ERAS (pronounced air-is), it stands for enhanced recovery after surgery. LVHN is one of 10 hospitals nationwide chosen by the American College of Surgery to administer the program.

“Recently, large U.S. institutions have shown ERAS to decrease complications and reduce return trips to the hospital,” says LVHN's Pat Toselli, DO, with LVPG General Surgery–Hausman Road. Colon-rectal surgery is a particular focus because “such procedures often are complex, leading to a high morbidity and higher length of stay,” Toselli says.

HOW IT WORKS

ERAS begins with a team approach. “All surgeons, anesthesiologists, nurses and hospital staff contribute,” Toselli says. The team follows specific protocol. For example, during surgery, a noninvasive cardiac (heart) monitor is used to guide fluid administration in order to avoid bowel wall edema (swelling). When edema can be avoided, your gastrointestinal tract recovers faster, which means you can return home sooner.

After surgery, you are encouraged to be mobile and start drinking as soon as possible, often times while still in the recovery room. This helps avoid blood clots (called deep vein thrombosis) that could develop in your legs with too much rest. And once you leave the hospital, a nurse practitioner will call to make sure you are taking your medications as directed, that your

recovery is progressing nicely, and that your wound is healing as expected. This helps to reduce or eliminate return trips to the hospital.

ERAS IN ACTION

ERAS began this spring, and it helped Barbara Dabney (above). This past May, the 74-year-old from Cresco, Monroe County had a routine colonoscopy that uncovered a large, flat polyp. Its location and shape meant Toselli couldn't remove it during the colonoscopy, so Dabney needed colon resection surgery.

“I had the surgery on May 28 and was home three days later,” Dabney says. “I didn't have any problems. After surgery I walked briskly, I sat up in a chair all day like I was supposed to, I went to the bathroom, and I didn't have any postoperative pain.”

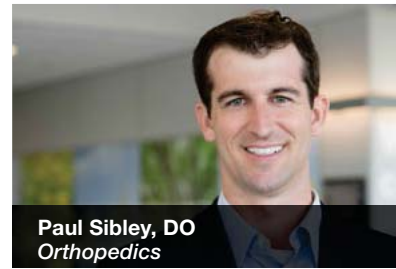
Dabney had three great reasons to get out of the hospital as soon as possible – to visit her son and his twin sons, who live nearby in Allentown.

–Leah Ingram



Relief for Sore Wrists

HOW TO TREAT CARPAL TUNNEL SYNDROME



Paul Sibley, DO
Orthopedics

First you feel the pain in your wrists.

Then you feel numbness and tingling in your fingers that wakes you up at night. What could it be? The likely cause: carpal tunnel syndrome, which affects up to 3 million people nationwide each year.

It's equal opportunity, occurring in people with white-collar (using a keyboard) and blue-collar (using a jackhammer) jobs. Yet it also has a genetic component. "You can be predisposed to it," says Lehigh Valley Health Network orthopedic surgeon Paul Sibley, DO, with VSAS Orthopaedics. "A lot of people I see who have carpal tunnel say it runs in their families."

WHAT IT IS

The carpal tunnel is a small passageway approximately the size of the thumb located on the palm side of the wrist. This is where the median nerve and tendons pass from your forearm into your hand. When this area swells, it puts pressure on the nerve and causes

carpal tunnel syndrome. In severe cases it can cause persistent numbness in your fingers and loss of function and strength in your hand.

How do genetics affect it? "Sometimes people are simply born with smaller carpal tunnels, which make them more prone to this syndrome," Sibley says. "Certain jobs (using a keyboard or a jackhammer, for example) can make the symptoms come on sooner."

Health conditions such as thyroid disorders, diabetes, obesity and rheumatoid arthritis also may bring an increased risk. Women are three times more likely than men to develop carpal tunnel syndrome, with the risk increasing after menopause. Men are most likely to see it midlife and later. It's rarely seen in children.

HOW TO TREAT IT

"There are a variety of conservative approaches that can relieve symptoms of carpal tunnel syndrome," Sibley says.

These include tendon-gliding exercises (or exercises that promote movement), anti-inflammatory medications, wrist splints and even acupuncture. "Steroid injections can be effective but are often temporary," Sibley says. "However, a good result with an injection often indicates a good result with surgery."

Conservative approaches can buy you a few years, but eventually most people will need surgery. "It's a 10-minute outpatient procedure that relieves the pressure on the nerve," Sibley says. Most patients are back to normal activities in two to four weeks depending on the severity of the issue and how the wound heals. Studies indicate fewer than 5 percent of people who have the surgery ever experience a recurrence of carpal tunnel syndrome.

So that numbness and tingling ... you *can* live without it. "I've seen patients put up with the pain from carpal tunnel syndrome for years," Sibley says, "but relief is out there."

—Ted Williams

Next Step

LEARN MORE about
orthopedic care at LVHN.
Visit LVHN.org/ortho.



Able to Help Others Again

BARBARA FAULKINBERRY RECOVERS FROM SPINE SURGERY

They started with an ocean-like whooshing noise. Then came super-sensitivity to light and sound, followed by pounding in her head. They were migraine headaches, and for years Barbara Faulkinberry couldn't solve them.

Sometimes prescription medication (rizatriptan benzoate, or Maxalt®) offered relief, and later Novocain shots did the same. But too often she had to retreat to a darkened room for two to five days with ice packs on her head. "I still managed to work as a special education teacher, but it was hard," says Faulkinberry, 63, of New Ringgold.

Still, she continued her lifelong dream of owning horses and starting a therapeutic riding school to help children with autism and other mental disabilities. Teaching special-needs children to ride and care for horses often helps them physically and emotionally. Faulkinberry and her husband even bought a 21-acre farm and two horses, Eddie and Dylan, so she could begin learning to ride and develop a program.

THAT 'PINCHED FEELING'

Then, about three years ago, Faulkinberry's migraines became completely unbearable. "I got this pinched feeling in my neck and down through my shoulders and arms," she says. "Sometimes it felt like I was going into a seizure."

After much soul-searching, Faulkinberry decided to take early retirement. She continued earning money by offering psychic readings in her home, and tried to stay focused on her horses and planning her riding program.

"I rode for the next two years, but I really shouldn't have because I was in so much pain," she says. "Then last summer, I couldn't lift bales of hay by myself anymore. I just started crying alone in the barn. I thought, 'I'll do whatever it takes so I can have a normal life and a second chance.'"

AN UNLIKELY CAUSE

Relief came after she received an August 2014 referral to Lehigh Valley Health Network (LVHN) neurosurgeon Christopher Lycette, MD, with LVPG Neurosurgery. An MRI quickly uncovered the cause of her migraines and pain. Four of the disks between the vertebrae in her neck were herniated (ruptured) and were pressing on the spinal cord.

Herniated neck disks usually are caused by normal wear and tear from aging, a condition called cervical degenerative disk disease. "Her case was more severe than most, because it involved four disks rather than the usual one or two," Lycette says.

A few weeks later, Faulkinberry underwent anterior cervical discectomy and fusion (ACDF), a minimally invasive (small-scar) but extremely delicate procedure that essentially rebuilds the spine with the aid of a technologically advanced microscope the size of half a room.

"It's an amazing piece of machinery that allows us to use a drill and special tools to remove the damaged disk material and then replace it with bone grafts," Lycette says. "With Barbara, we

secured all four grafts in place with a titanium plate and screws so new bone cells could fuse the vertebrae together. This provided her neck with the support it was begging for all along."

PAIN-FREE LIVING

Faulkinberry's recovery was easier than she expected. Within a month of surgery, her migraines and pain had completely disappeared.

"Most patients do really well with this type of surgery, even when it's as complicated as Barbara's," Lycette says. "They've suffered from nerve pain for so long that once the spine is supported and the pressure is off, they feel better almost immediately."

This past April, Faulkinberry began riding her horses again and now is able to clean stalls and spend full days working on her farm. Best of all, she's moving forward with her therapeutic riding program, planning to buy three more horses and start signing up students.

"Dr. Lycette did a great job, and I'm very grateful," she says. "I have a second chance, and my dreams are finally coming true."

—Sidney Stevens





Next Step

LEARN MORE about surgery for degenerative disk disease at LVHN. Visit [LVHN.org/degenerative-disk-disease](https://www.lvhn.org/degenerative-disk-disease) or call **610-402-CARE**.



Christopher Lycette, MD
Neurosurgery

Watch his videos at [LVHN.org/Lycette](https://www.lvhn.org/Lycette).

Barbara Faulkinberry

is back to enjoying life on her farm again with neighbor children Colette (left) and Madeline Balesier (right).



Decode Those Food Labels

LEARN WHAT'S REALLY HEALTHY

Organic. Gluten-free. Whole grain. Those food labels sound healthy. But are they? “It’s important to know the answer, because some labels aren’t regulated by the government, and some foods with healthy labels aren’t so healthy,” says Lehigh Valley Health Network (LVHN) family medicine physician Chau Nguyen, DO, with LVPG Family Medicine–Catasauqua.

Get the skinny on common food labels on the next page. Below, learn more about the Nutrition Facts label and some other common food packaging terms.

About Those Nutrition Facts

In addition to food labels, always read the Nutrition Facts, typically located on the back or side of any food product. “Look for the amount of sodium, fat, cholesterol, sugar and calories per serving (for the most part, lower is better), as well as how that fits into a healthy meal plan,” says registered dietitian Kimberly Proccacino with Sodexo.

Decoding Other Common Food Labels

- ▶ **Low calorie:** 40 calories or less per serving
- ▶ **Calorie-free:** Less than 5 calories per serving
- ▶ **Low cholesterol:** 20 milligrams or less (and 2 grams or less of saturated fat) per serving
- ▶ **Fat-free/sugar-free:** Less than ½ gram of fat or sugar per serving
- ▶ **Low sodium:** 140 milligrams or less of sodium per serving
- ▶ **Reduced:** At least 25 percent less of specified nutrient or calories than the usual product
- ▶ **High in:** Provides 20 percent or more of the Recommended Daily Value of a specified nutrient per serving



WHAT IT MEANS. Only the “USDA Organic” seal means food is certified to meet strict Department of Agriculture standards (that is, produce grown without chemical fertilizers and pesticides, and livestock raised without growth hormones and antibiotics).

Foods with the USDA seal can be labeled:

- ▶ 100 percent organic – all ingredients are certified organic.
- ▶ Organic – at least 95 percent of ingredients are certified organic.

Foods containing 70 to 94 percent certified organic ingredients cannot bear the USDA seal but can say “Made with organic ingredients” (or list a specific ingredient). Foods with fewer than 70 percent organic ingredients can only include them in the ingredient list.

IS IT HEALTHIER? Organic foods are typically more expensive but are worth it health-wise.



WHAT IT MEANS. The Food and Drug Administration (FDA) requires foods labeled “gluten-free” (also “free of gluten,” “without gluten,” and “no gluten”) to contain fewer than 20 parts per million (ppm) of gluten protein. Gluten is found in grains, such as wheat and barley, and can damage the small intestines of people with an autoimmune disorder called celiac disease.

IS IT HEALTHIER? If you have celiac disease (or less severe non-celiac gluten sensitivity), paying attention to gluten-free labels is essential for your health. If you don’t have either condition, gluten-free foods may not benefit you.



WHAT IT MEANS. The government doesn’t regulate vegan labels, other than requiring them to be “truthful and not misleading.” Vegan foods should not contain meat or animal-derived products, including milk, honey and eggs, so always check the ingredient list yourself.

IS IT HEALTHIER? Eating vegan can be a healthy personal choice if your diet includes enough non-meat protein, like beans and tofu.



WHAT IT MEANS. The FDA doesn’t regulate use of the term “whole grain,” but does recommend only products containing all parts of the grain (bran, germ and endosperm) should carry it. However, the FDA does require foods bearing the health claim “diets high in whole grains may reduce heart disease and cancer risk” to contain at least 51 percent whole-grain ingredients.

IS IT HEALTHIER? Whole-grain products are higher in fiber and vitamins. Avoid foods with meaningless labels like “wheat bread,” “enriched” or “stoneground wheat,” which may contain white flour dyed brown. True whole-grain products have at least 2-3 grams of fiber per serving, so always check the nutrition label.



WHAT IT MEANS. The FDA doesn’t regulate use of the term “natural,” but allows it on products that don’t contain synthetic additives or artificial colors and flavors.

IS IT HEALTHIER? “Natural” foods may be healthier, but verify it by reading the nutrition label.

–Sidney Stevens

Next Step

LEARN MORE about nutrition labels, the power of green foods and gluten-free diet tips. Visit LVHN.org/healthyyou or call **610-402-CARE**.



Kimberly Procaccino
Nutrition services



Chau Nguyen, DO
Family medicine



She Swept Away the Weight

OLIVETTE LAMBERT
SHEDS 130 POUNDS

Next Step

VIEW OUR WEIGHT-LOSS

SURGERY SEMINAR and watch patient success stories. Visit LVHN.org/surgicalweightloss.

She lived on smoothies. She tried pills that promised to boost her metabolism and quell her hunger. She counted calories, cut portions and tried diet after diet.

"I kept believing that if I tried hard enough, it would work, but nothing did," says Olivette Lambert, 34, of Easton. "Every night, I felt like I was just sitting there at the dinner table with my family, starving myself. I wound up just giving up."

By the end of 2014, Lambert weighed 244 pounds and wore size 22 pants. The extra weight made walking painful, and simple daily activities, like climbing a flight of stairs, made her feel as if her legs were buckling. "Even if I wanted to exercise, I couldn't. No way, no how," she says.

INSPIRATION FROM HER COUSIN

Years earlier, Lambert's cousin had gastric bypass surgery that removed part of her stomach and rerouted the remaining pouch to a different part of her intestine. Lambert watched as her cousin's weight seemed to melt off after the procedure.

That piqued her interest in surgical weight loss, but Lambert also heard that gastric bypass made eating certain types of foods – such as chewy, dense meats – difficult to digest. She wanted the weight loss her cousin had experienced but without the complications. Then she learned about a newer option called sleeve gastrectomy.

During the procedure, surgeons create a small banana-shaped pouch (called a sleeve) in the stomach.

"Because sleeve gastrectomy removes 70 percent of the stomach where the hunger hormone ghrelin is produced, patients feel dramatically less hungry, fill up more quickly and lose almost as much weight as people who've undergone a bypass," says weight-loss surgeon Richard Boorse, MD, with LVPG General and Bariatric Surgery–1240 Cedar Crest.

Also, because the natural connection between the stomach and the intestine remains intact, sleeve gastrectomy doesn't pose some of the potential complications of gastric bypass, such as bowel obstruction or poor nutrient absorption.

"Gastric bypass has been the gold standard for weight-loss surgery for more than two decades," Boorse says. "The public impression is that it's scary and dangerous. In reality, it's one of the safer operations that surgeons perform, with a lower mortality risk than hip replacements. But no one surgical option is right for everyone, and for Olivette, sleeve gastrectomy was the right choice."

FROM SIZE 22 TO SIZE 8

Boorse performed sleeve gastrectomy surgery on Lambert last February. Five

months later, she dropped more than 100 pounds. By summer she fit into size 8 pants and had the confidence and energy to do things she hadn't done in years, like go down slides at an indoor water park.

Lambert credits much of her success to the support she's received from LVHN's Weight Management Center's group meetings as well as from her family. "When I first had the surgery, LVHN counselors told me I would mourn food," she says. "At the time, I didn't understand what that meant. I thought, 'How can you mourn food?'" But soon after the surgery, she found herself depressed because she couldn't eat what she used to consider a "full serving." For a while, she stopped eating dinner with her family. It was her fiancé who brought her back to the dinner table saying, "We're still a family. Come to the table and sit with us and talk."

Lambert's fiancé, William Stanton, and teenage son, Frank Perez Jr., did even more than encourage her. They joined her quest, exercising and tracking their food intake with a smartphone app. Stanton has dropped 40 pounds since, and Perez has lost 35 pounds.

Lambert and Stanton often work out together with fitness DVDs and a home gym. Now Lambert is constantly in motion, carrying laundry up the steps, picking up toys off the floor, dusting furniture and doing other types of housework. She's even started a housecleaning business.

"I just can't stop," she says. "My fiancé can't believe how much I've changed. I'm amazed and happy with everything that I am able to accomplish."

—Alisa Bowman



Richard Boorse, MD
Weight-loss surgery
Watch his videos at LVHN.org/Boorse.

What Happens During a Cardiac Catheterization

INSIDE THIS COMMON HEART HEALTH TEST

You've likely heard someone talk about a cardiac catheterization or know someone who has had one.

Cardiac catheterizations are performed commonly because the procedure is one of the most useful methods to evaluate and treat your heart's blood vessels, valves and muscles that control its pumping function. About 9,500 catheterizations are done at Lehigh Valley Health Network (LVHN) annually.

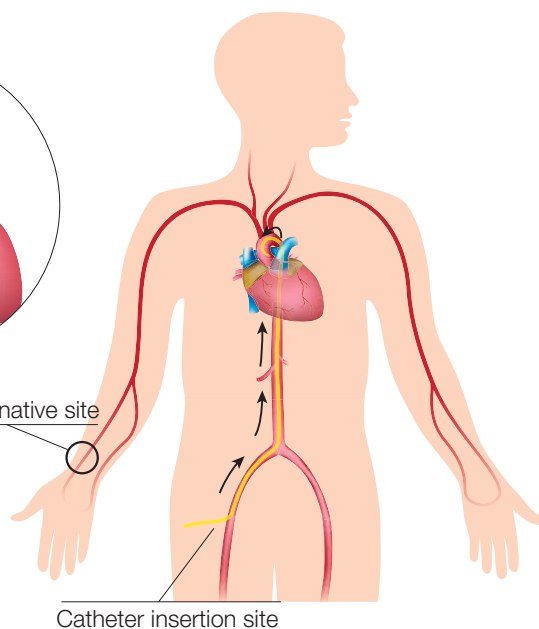
Cardiac catheterizations are performed by physicians called interventional cardiologists who specialize in the procedure. "A thin, flexible tube called a catheter is inserted into an artery through a small incision in the groin or wrist," says LVHN interventional cardiologist Bryan Kluck, DO, with LVPG Cardiology—1250 Cedar Crest. "A dye that is visible by a special X-ray is injected. It allows us to see if any blood vessels are blocked or narrowed, examine heart valves, look for birth de-

fects and check the pumping function of the heart." You are typically awake during the procedure and receive medication that helps you relax.

The information a cardiac catheterization provides helps your doctor determine the best treatment. "Sometimes – as in the case of someone having a heart attack – it's clear that we have to work quickly to open the blocked artery causing the heart attack," Kluck says. "Other times I can take the information the cardiac catheterization provides and talk with the patient's primary care physician or cardiologist to determine the best course of action."

A cardiac catheterization also is performed as part of other procedures to treat heart disease. These include:

► **Angioplasty** – A tiny balloon at the tip of the catheter is used to open a blocked blood vessel. A small wire mesh tube (stent) often is placed in the artery to keep it open.



► **Ablation** – During this procedure for heart rhythm disorders, the catheter delivers extreme heat or cold to destroy the abnormal heart tissue causing the heart to beat erratically.

► **Transcatheter aortic valve replacement (TAVR)** – For patients unable to have open-heart surgery, a catheter is used to replace a diseased aortic valve.

► **Valvuloplasty** – The catheter's balloon presses against hardened tissue in a faulty valve, which helps the valve open and close more effectively.

► **Occluder insertion** – In this procedure used to treat people born with a hole in the heart, a catheter delivers an umbrella-like device that covers the hole.

—Rick Martuscelli



Bryan Kluck, DO
Interventional cardiology

9,500
catheterizations are
performed at LVHN annually.

Next Step

LEARN MORE ABOUT
HEART CARE AT LVHN.
Visit LVHN.org/heart.

Take That Catnap

A 10- TO 20-MINUTE MIDDAY BREAK IS GOOD FOR YOU

How often have you hit that post-lunch lull and wished for a quick nap? It's something we all think about – but is it healthy? Yes.

A short nap of 10 to 20 minutes is proven to improve mood, alertness and memory retention, enhance performance and reduce mistakes and accidents.

According to the Pew Research Social and Demographic Trends, 34 percent of Americans say they nap on a typical day.

“Naps benefit the brain,” says Lehigh Valley Health Network (LVHN) pulmonologist Richard Strobel, MD, who practices at LVHN's Sleep Disorders Center. “Insufficient sleep is linked to heart disease and other illnesses including cancer. It also is related to weight gain.”

WHEN SHOULD I NAP?

The best time to nap is between 1 p.m. and 4 p.m., which matches the low point of your body's circadian (sleep) cycle. “For the most benefits, your nap environment should mirror your sleep environment,” says LVHN's Madi Capoccia, DO, with LVPG Family Medicine–Cetronia Road. “Make sure

the temperature in the room is comfortable, and try to limit the amount of noise heard and the extent of the light filtering in.”

CAN I NAP TOO LONG?

Yes. If a nap lasts more than 30 minutes, it can lead to grogginess (called “sleep inertia”). “Another drawback is that a longer nap – or one taken too late in the day – may adversely affect the quality and length of your nighttime sleep,” Capoccia says.

WHAT IF I HAVE ‘UNPLANNED NAPS’?

If you're oversleeping, falling asleep unexpectedly during the day or do not feel well-rested after a nap, you may have some type of sleep disorder. One potential cause is obstructive sleep apnea, a disorder that causes people to stop breathing momentarily during sleep and may lead to increased need for sleep and daytime fatigue. Also, numerous prescription medications can disrupt sleep; so too can alcohol use, thyroid disease and depression.



Richard Strobel, MD
Pulmonology



Madi Capoccia, DO
Family medicine

“If you find yourself sleeping more than eight hours per night or falling asleep unexpectedly during the day, an evaluation may be necessary to identify, diagnose and treat your sleep problem,” Strobel says. “Your primary care provider can refer you to a specialist or to the Sleep Disorders Centers where the necessary testing to diagnose the issue can be performed.”

—Leslie Feldman

1-4 p.m.

Ideal nap time

10-20 minutes

Ideal length for “power nap”

34%

of Americans nap
each day.

Next Step

LEARN MORE ABOUT
LVHN'S SLEEP DISORDERS
CENTERS. Visit
LVHN.org/sleep.

Next Step

LEARN MORE about Children's Hospital at Lehigh Valley Hospital. Visit LVHN.org/children.



When That Itch Is Lice

LEARN HOW TO SPOT THEM AND WHETHER THEY'RE CONTAGIOUS

The school year has just begun. You notice your child continually itching. Then you see white flakes in his hair, near the scalp. You're convinced those white flakes are nits, the eggs that soon will hatch into lice. Is it time to keep him out of school for a few days?

Not necessarily, says pediatrician Stephen Alvarado, MD, with LVPG Pediatrics—West Broad. "Parents often self-diagnose lice when often their children actually have something else," Alvarado says. That's because nits appear tiny and white, similar to dandruff and other debris.

In one study, teachers, parents and school nurses submitted nits specimens to Harvard infectious disease researchers, who examined them under microscopes. According to the researchers, many of the so-called nits were in fact dandruff, hairspray droplets, scabs or dirt.

SESAME-SEED SIZE

The lice themselves are somewhat easier to identify than their nits, given they are the size of sesame seeds, have six legs and are grayish-white in color. Yet even if your child does have lice, there's no reason for her to miss school.

"Lice are not a health hazard, and they do not spread disease," Alvarado says. "They're also not as contagious as many people believe." Because lice do not hop or jump, your child cannot spread them to other children simply by sitting next to them. Lice are most often spread through head-to-head contact.

IF YOU SUSPECT LICE:

► See a health care professional.

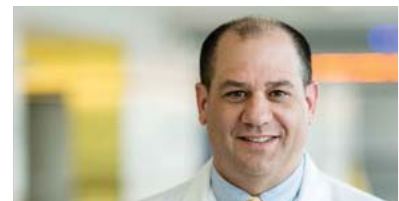
"If it's dandruff or dry skin, it's not going to get better with lice treatments," Alvarado says.

► **Follow directions on over-the-counter products.** A cream rinse called Nix (permethrin 1 percent) will kill lice quickly. Apply it to damp hair and leave it on for 10 minutes. Then rinse, but do not shampoo until the following day. Use the rinse again in nine days to kill any remaining, newly hatched lice. Use a lice comb throughout the treatment process to pick off any remaining nits. See your health care provider after the second treatment if you suspect your child still has lice.

► Help prevent the spread of lice.

Though your child is safe to return to school following an initial head lice treatment, encourage her not to share hair accessories or hats with other children.

—Alisa Bowman



Stephen Alvarado, MD
Pediatrics

Watch his video at LVHN.org/Alvarado.



Calendar CLASSES AND SUPPORT GROUPS

REGISTER BY CALLING 610-402-CARE OR VISIT US ONLINE AT LVHN.ORG/HEALTHYYOU.

Registration is required and must be received at least one week prior to class start. You'll get a refund if a class is canceled due to low enrollment.

What's New

20th Annual Parkinson's Symposium

For patients and caregivers, learn the most current information on Parkinson's disease treatment and research. To register, call

610-402-CARE.

Sept. 26: 8:30 a.m.-2:30 p.m.
at LVH-Cedar Crest

Free! 50+Wellness Expo

Expo promotes health and preventing falls. Includes blood pressure, balance and other health screenings, raffle, giveaways and healthy snacks.

Sept. 19: 9 a.m.-1 p.m. at LVH-Cedar Crest

Free! Helwig Diabetes Center Annual Community Event

Join Helwig Diabetes Center and more than 20 health care vendors for this community event. Free health screenings, flu shots, refreshments and giveaways.

Oct. 31: 8:30 a.m.-noon at LVH-Cedar Crest

Free! Survivors of Suicide Support Group

After losing someone to suicide, you may experience a multitude of emotions. Join fellow suicide loss survivors in a confidential setting.

Meets first Tue. of month: 7-8 p.m.
at LVH-Muhlenberg

Sponsored by Greater Lehigh Valley Chapter, American Foundation for Suicide Prevention

Around Our Community

Free! Community Exchange

Create a healthier community by becoming a member of our TimeBank. Give and earn time by exchanging services with friends and neighbors. All community members welcome. To get involved, call **610-402-CARE.**

Free! Drive-Through Flu Vaccines

For adults and children 6 months and older (children must be accompanied by a parent or guardian). Nonperishable, nonexpired food donations accepted for area food banks and shelters. Please no pets in vehicle.

Nov. 7: 9 a.m.-3 p.m. at Dorney Park, Allentown
Nov. 8: 9 a.m.-3 p.m. at Coca-Cola Park, Allentown

Free! Get Out! Lehigh Valley

This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to **get-outlehighvalley.org** or call **610-402-CARE.**

Hawk Mountain

Sept. 26: 10 a.m.

Glen Onoko

Oct. 10: 10 a.m.

Archibald Johnston Estate

Oct. 24: 10 a.m.

Lock Ridge Iron Furnace

Nov. 14: 10 a.m.

Women's 5K Classic

Run or walk a 5K (3.1 miles) in support of female cancers. Health expo includes packet pickup, wholesome food, health screenings, raffles and more.

Expo

Oct. 16: 3-7 p.m. at St. Luke's West End Medical Center, Allentown

5K

Oct. 17: 9 a.m. festivities begin at Lehigh Parkway, Allentown

Free! Would a Support Group Help?

Dozens of different groups provide comfort and support.

Screenings

Free! Clinical Breast Exams and Pap Tests for Uninsured Women

Appointment is necessary. Call **610-969-2800.**

Sponsored by Community Health and Wellness Center in collaboration with Allentown Health Bureau.

Weekly 8:30 a.m.-4 p.m.

Free! Rapid HIV and Hepatitis C Testing

Free, anonymous and confidential.

Mon.-Thu.: 9 a.m.-3 p.m.; Fri. by appointment at LVH-17th Street

Lung Cancer Screening

Call **610-402-CARE** for more information.

Caring for Mind and Body

Aqua New

Water exercise for posture, balance, strength and confidence.

Massage Therapy

Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support.

Free information sessions

Sept. 15, Sept. 22, Sept. 24
at LVH-Cedar Crest

Class sessions

Starting Sept. 29 at LVH-Cedar Crest

Retreat

Nov. 14 at LVH-Cedar Crest

Protecting Your Health

Free! Cessation, What Works?

How to succeed in beating tobacco addiction.

Oct. 20: 5-6 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Tobacco Free Northeast PA

Tobacco treatment referral services available for individuals and businesses.

Living With Diabetes

Our team will work with you and your health care provider to design a program to fit your needs.

Raising a Family

Free! **Tours**
Expectant Parent Tour
Sibling Tour

Preparing for Childbirth and Baby Combination Class— Six-week series

Covers labor, birth, caring for your newborn, breast-feeding and what to expect in the days after birth.

Preparing for Childbirth
Three-week series
Weekend: Saturday one-day
On the Internet
Teens Only

Preparing for Baby
Baby Care
Breast-feeding Baby

Staying Safe
Babysitting – Safe Sitter
Babysitters ages 11-13 will learn essential life skills in one session for safe and responsible babysitting.

CPR – Family and Friends
Learn rescue skills for infants, children and adults, and what to do for an obstructed airway.

Free! **Safe Ride—Car Seat Safety**
Certified technicians show how to correctly install car seats and secure children.

After-Delivery Support
Monday Morning Moms

Free! **Postpartum Support**
Understanding Emotions After Delivery
Meets second and fourth Thu. of month: 6:30 p.m.

Parenting Workshops
Surviving Toddler Years
Peacefully parenting your 18-month–4-year-old
Sept. 23

Top 10 Ways to Get Kids to Listen
Oct. 14

Grandparenting
Call **610-402-CARE** for dates.

We provide education for:

- Prediabetes
- Type 1 and type 2 diabetes
- Gestational diabetes

We will help you learn more about:

- Healthy eating
- Being active
- Testing your blood sugar
- Taking medication
- Reducing risks
- Problem-solving and healthy coping

We also offer:

- Insulin pump training
- Continuous glucose monitoring system training
- Support groups for adults and children
- Medical nutrition therapy

Free! **Insulin Pumpers**
Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). For details, call **610-402-CARE**.

Pattern Management – What really affects your blood sugars
Sept. 10 at 1243 S. Cedar Crest Blvd., LMC 1

What's New – Troubleshooting Review and Technology Open House
Nov. 5 at 1243 S. Cedar Crest Blvd., LMC 1

Free! **Sweet Success**
Monthly support group for adults with type 2 diabetes. For details, call **610-402-CARE**.

Diabetes Medication Update
Sept. 17: 6:30 p.m. at LVH–Muhlenberg
Diabetes and Dental Care—What's the Connection?
Oct. 15: 6:30 p.m. at LVH–Cedar Crest

Sugar-Free Kids
Monthly support group for children with type 1 diabetes. Call **610-402-CARE** to register for events.

Safe at School Program
Sept. 9: 6 p.m. at 1243 S. Cedar Crest Blvd., Suite 2600
October Halloween Party
To be announced

Prediabetes Self-Management Classes
Offered periodically throughout the year. Call **610-402-CARE** for information.

Coping With Illness
Free! **Amputee Support Group**
Meets third Mon. of month: 5-6:30 p.m. (includes dinner) at LVH–Cedar Crest

Bereavement Support Services
Grief Process Groups
Individual, Family and Couples Counseling
Ladies Lunch Club
Men's Breakfast Group
Spiritual-Based Adult Grief Support Group
Stepping Stones for Children

Free! **Brain Warriors Stroke Support Group**
For survivors and caregivers, share emotional and physical issues to help deal with life after stroke.
Meets third Mon. of month: 11 a.m.–noon at LVH–Cedar Crest

Free! **Huntington's Support Group**
Meets second Sat. of month at LVH–Cedar Crest

Free! **Joint Replacement Prep**
What to expect for knee or hip replacement.
Sept. 16. Oct. 21 at LVHN–Tilghman
Sept. 23, Oct. 28: 1:30-3 p.m.; Oct. 6, Nov. 3: 9-10:30 a.m. at LVH–Cedar Crest
Oct. 8: 8:30-10 a.m.; Nov. 12: 1:30-3 p.m. at LVH–Muhlenberg

Free! **Kidney/Pancreas Transplant Information Session**

If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call **610-402-CARE**.

Free! **Myasthenia Gravis Support Group**
Oct. 8: 5:30-7 p.m. at LVH–Cedar Crest

Parkinson's and Multiple Sclerosis Get Up and Go
Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes.
Mon. and Thu.: 10:30-11:30 a.m. and noon-1 p.m. at 1243 S. Cedar Crest Blvd.
Tue. and Fri.: 11 a.m.–noon at 1770 Bathgate, Bethlehem

Free! **Parkinson's Support Group**
Meets fourth Tue. of month at LVH–Muhlenberg

Free! **Preoperative Spine Class**
Prepares you for surgery, postoperative care and aftercare.
Sept. 15, Oct. 7, Oct. 20, Nov. 4, Nov. 17

Free! **FOR CANCER PATIENTS**
Cancer Matters: Advances in Cancer Care
For details, call **610-402-CARE**.

Look Good...Feel Better
Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence.
Sept. 14, Nov. 9: 2-4 p.m. at LVH–Cedar Crest
Oct. 19: 6-8 p.m. at LVH–Muhlenberg
With American Cancer Society

Men Facing Cancer

Meets third Mon. of month:
6:30-9 p.m. at LVH—Cedar Crest

Metastatic Breast Cancer Support Group

Meets second Mon. of month:
7-8:30 p.m. at LVH—Cedar Crest

Nutrition for Cancer Survivors

For patients who have completed treatment.
Sept. 14, Sept. 21, Sept. 28:
6-7:30 p.m.

Support of Survivors

Breast cancer helpline
610-402-4SOS (4767)

What Every Woman Needs to Know About Gynecologic Cancers: Education and Awareness

Sept. 23: 6 p.m. at LVH—Cedar Crest

Managing Your Weight

Free! **Monthly Support Group**
Support and information on weight-loss surgery.

Realities of Live: Overcoming Regain and Environmental Sabotage

Oct. 7: 6-7:30 p.m. at LVH—Cedar Crest

Making Healthy Choices

Nov. 4: 6-7 p.m. at LVH—Cedar Crest

Motivational Therapy Group

6-week program
Starting Oct. 6: 4-5 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Free! Weight-Loss Surgery Information Events

What to expect.
Evening sessions
Sept. 17, Oct. 6, * Oct. 27, Nov. 3:
6-7 p.m. at LVH—Cedar Crest
**Simulcast to LVH—Muhlenberg*
Day sessions
Oct. 16, Nov. 13: noon-1 p.m. at LVH—Cedar Crest

Weight Management Services

INDIVIDUAL

Nutrition Counseling

Assessment, body-fat analysis and goal-setting.

Nutrition Counseling/Metabolism

Body Composition Test

Counseling plus personal metabolism test and interpretation.

Six-Month Supportive Weight-Loss Program

Individualized expert-level care for nutrition, behavior and fitness.

Sports Performance Classes

Youth Program

For young athletes ages 8-11, two sessions/week for eight weeks concentrate on proper weight-lifting technique, flexibility and movement skills.

Junior Varsity Program

For athletes ages 12-14, two or three sessions/week for eight weeks emphasize gaining flexibility, strength and power.

Varsity Program

For athletes ages 15-18, advanced two or three sessions/week for eight weeks work on proper mobility, stability, increased strength and power.

LVHN Fitness Group Classes

Being an LVHN Fitness member allows you to partake in a variety of classes. Call **610-402-CARE** for more information. See a list of class locations and descriptions at **LVHN.org/fitness**. Classes are offered at five locations.

Boot Camp

Cardio Cross-Training

Chisel

Core Synergy

Cycling (30-, 45- and 60-minute classes)

Get Up and Go

Energizing Yoga

Exercise for Life

Kettlebells

Pilates

Relaxing Yoga

Staying Strong

STAT

Very Gentle Yoga

Yoga Basics

Yogalatte

Zumba

Zumba Gold



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish Healthy You magazine — to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you.
Send your comments to:
Healthy You

Attn.: Marketing & Public Affairs
P.O. Box 689, Allentown, PA 18105-1556
Call 610-402-CARE (2273) or email 402CARE@LVHN.org.

Publisher

Edward Dougherty
Chief business development officer
Susan Hoffman
Vice president, marketing and public affairs

Editorial Manager

Kyle Hardner
Medical Editor

Creative Manager

Teressa Colbaugh
Designer

Photographer

Olaf Staropynski

Magazine Coordinator

Alane Mercer

Production Assistant

Kathryne Keck-Harris

Contributing Advisors

CANCER CARE Ann Fatzinger, Patricia Shearburn, Pam Tobias, Keith Weinhold
CHILDREN'S HEALTH Mary Bianchi, J. Nathan Hagstrom, MD, Deanna Shisslak, Kim Velez
COMMUNITY HEALTH/EDUCATION Jennifer Adamski, Jesse Schimmer, Craig Souders
COMMUNITY RELATIONS Melissa Fitzgerald
DIABETES Chelsea Gerhart
HEART HEALTH Anne Marie Crown, Ronald Freudenberger, MD, Wendy Kaiser, Raymond Singer, MD, Rob Stevens
LVPG Emily Greene, Ashley Scheffler
NEUROSCIENCES John Castaldo, MD, Mark Li, MD, Claranne Mathiesen, RN, John Ward
NUTRITION SERVICES Kimberly Proccacio, Sodexo
ORTHOPEDICS Dan Lavelle, Brian Leader
PRIMARY CARE Kim Velez
REHAB/FITNESS Jennifer Adamski, Jesse Schimmer, Craig Souders
TRANSPLANT SERVICES Michael Moritz, MD, Lynsey Biondi, MD, Ashley Scheffler
UROLOGY Dan Lavelle, Angelo Baccala Jr., MD
TRAUMA/BURN Dan Lavelle, Dan Lozano, MD, John Ward
WEIGHT MANAGEMENT Ellen Fuller, Wendy Kaiser
WOMEN'S HEALTH Pat Marth, Kim Velez
402-CARE Susan Bernhard, Daria Moyer, RN, Jennifer Pareja, RN, Tracy Riccio, RN, Tina Ruhl, RN

Special Thanks

PHOTOGRAPHY MODELS David and Sara Pandl of Emmaus (page 5)

For information or a referral to any of the professionals featured in Healthy You, call 610-402-CARE or visit LVHN.org/healthyyou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

If you have received an extra copy of this publication, please share it with a colleague or friend. If the mailing information is incorrect, please notify us by calling 610-402-CARE (2273) or toll-free 888-584-2273.

TDD General Information 610-402-1995
© Lehigh Valley Health Network, 2015
All rights reserved.

Marketing and Public Affairs

P.O. Box 689

Allentown, PA 18105-1556

© Lehigh Valley Health Network

*Lehigh Valley Health Network is committed
to conserving resources by using the latest
in energy-efficient printing.* *After reading, please recycle this magazine.*

FOLLOW US TODAY!



Two of the 10 BEST hospitals in Pennsylvania.

**#3**

LVH-Cedar Crest

**#10**

LVH-Muhlenberg

Right here.

There are hundreds of hospitals in Pennsylvania. And right here there's a health network with two hospitals ranked among the top 10 in the state – Lehigh Valley Health Network. *U.S. News & World Report* has once again ranked LVH-Cedar Crest as #3 in PA, and has ranked LVH-Muhlenberg as #10. This is recognition of our passion for better medicine and the level of care and treatment we provide to the Lehigh Valley. When it comes to your health and the health of your family, take comfort in knowing that the very best care is right here at home.