

HealthyYou



Skate Away the Pounds

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PUT YOUR
HEALTH FIRST

FIND A DOCTOR
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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.



FOLLOW US TODAY!



Save Money, Quit Smoking

GET STARTED TODAY

Are you already devoting a big chunk of your monthly budget to cigarettes? Has the recent statewide tax increase made your wallet even lighter? Then why not quit smoking today.

According to the National Cancer Institute, in terms of smoking, your risk for developing cancer increases with the number of cigarettes smoked per day. Also, products such as cigars, pipes and smokeless tobacco contribute to increased risk.

The good news: Putting down that cigarette and replacing it with a carrot stick, for example, can help reverse those risk factors.

“There are several types of agents, such as nicotine patches, available to help people quit smoking,” says Brian Patson, MD, with LVPG Hematology Oncology. “Yet in order to quit smoking, you really have to want to quit. And the people around you – like your family members in your household – need to be on board.”

TIPS TO HELP YOU QUIT

Patson’s colleague, hematologist oncologist Eliot Friedman, MD, offers these tips to help you while you try to break the smoking habit:

- ▶ Drink lots of liquids.
- ▶ Avoid alcohol and coffee.
- ▶ Keep your hands busy.
- ▶ Start exercising.
- ▶ Consider using nicotine substitutes.

THE TOBACCO TREATMENT PROGRAM

Private and confidential counseling also increases your chances for living smoke-free. Lehigh Valley Health Network offers a private and confidential Tobacco Treatment Program that will help you quit. The program offers over-the-phone and face-to-face counseling.

WITH THE TOBACCO TREATMENT PROGRAM:

- ▶ Your confidentiality is ensured; only you and your counselor will know you are trying to stop.
- ▶ You can make calls from your home, your car or wherever you feel comfortable.
- ▶ All your sessions can be done over the phone if you prefer.
- ▶ You will get help to navigate the physical and psychological withdrawal associated with quitting smoking.

The Tobacco Treatment Program is located at 1243 S. Cedar Crest Blvd. in Allentown, Pa. Call 610-402-CARE for more information.

CONCERNED ABOUT YOUR LUNGS?

Download your free guide for information about prevention and treatment of lung cancer. Visit LVHN.org/HYLung.



Brian Patson, MD
Hematology oncology

▶ Watch his video at
LVHN.org/Patson.



Eliot Friedman, MD
Hematology oncology

▶ Watch his video at
LVHN.org/EFriedman.

Around Our Community

Stories by Sheila Caballero, Brian Downs, Nayab Kahn and Gerard Migliore

This is a place for you to meet people who give back to help create healthier neighborhoods throughout the Lehigh Valley. It's also where you'll find news about health services and healthy activities near you.

A Bountiful Harvest

For the past three summers, colleagues at the AIDS Activities Office (AAO) at Lehigh Valley Hospital–17th Street have worked side by side in a community garden. A colorful harvest of broccoli, lettuce, beans and summer squash provides a nutritional boost to AAO patients who need to keep their immune systems strong in their personal fight against HIV/AIDS. A small cutting garden with dahlias, coneflowers and daisies provides an emotional lift. “We serve about 60 families a month,” says AAO case manager Juan Collazo. “It’s a very rewarding and tangible way for us to help patients in need.”

SEE A PHOTO GALLERY.

Visit LVHN.org/garden.



900

people receive care each year from the AIDS Activities Office.

[SOCIAL SHARE](#)



73 Likes and Comments

A Summer Camp to Remember

All summer camps create memories. Perhaps none are as special as those made at Camp Red Jacket. Each year, children with type 1 diabetes attend the free three-day camp sponsored by Lehigh Valley Health Network. There they learn how to manage their condition. They also prepare healthy snacks, practice counting carbs and hear from guest speakers. This year, Olympic snowboarder Sean Busby, who lives with type 1 diabetes, spoke to the campers. Staffed by medical experts and volunteers and supported by donors, the camp provides a fun, safe environment. “We make sure kids can have fun and just be kids,” says Kailin Rumfield, CRNP, who volunteers each year.

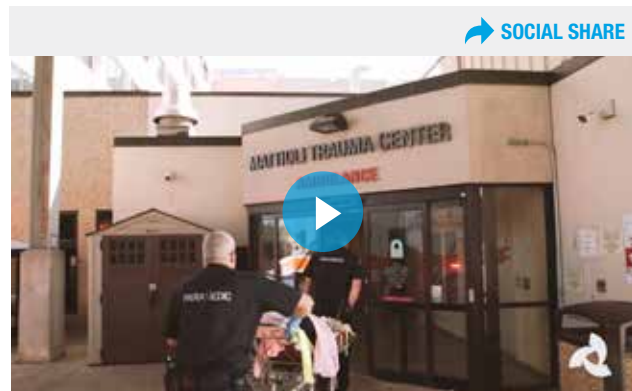
LEARN MORE ABOUT CAMP RED JACKET.

Visit LVHN.org/redjacket.

Help for Heart Attacks Communitywide

Ambulance personnel in Lehigh, Northampton, Carbon and Schuylkill counties have new technology to help provide faster diagnosis and begin treatment for the most serious heart attacks.

A donation from Lehigh Valley Health Network and the Eastern PA EMS Council provided 76 modems that will allow ambulance squads to send electrocardiograms (EKGs) effortlessly and wirelessly to area emergency rooms. "A team, system and technology that work quickly and skillfully offer the best chances of saving these patients," says cardiologist Ronald Freudenberger, MD, with LVPG Cardiology.



 **900 Likes**  **11.3K+ Views**

WATCH A VIDEO SHOWING HOW THIS TECHNOLOGY SAVES LIVES.

Visit LVHN.org/lifenet.

Tips to Keep Kids Safe While Hiking

Family time is crucial. So too is keeping your children active. So save a weekend this fall for a family hike. It can help you and your children relax, learn, grow and bond. "What I enjoy most about hiking with children is watching their excitement as a whole new world of sights, smells and sounds opens up," says pediatrician David Meehan, MD, with LVPG Pediatrics–Laurys Station.

Read tips from Meehan at LVHN.org/hikingtips to get ready for a fun family hike.

JOIN A GET OUT LEHIGH VALLEY WALK.

See page 21.



Preparing Your **child** for Surgery

HELPFUL TIPS TO MAKE THIS DAY A BIT EASIER

When you first learn your child needs surgery, you may go into panic mode. While you're surely going to be nervous for even a minor procedure – it's your child after all – remember that it's the child who actually has to go through the procedure. That's a lot for any boy or girl to process.

**TRY THESE TIPS FROM PEDIATRIC SURGEON KEITH THATCH, MD,
TO HELP YOUR CHILD GET READY BEFORE SURGERY.**

GATHER INFORMATION

Learn whatever you can about your child's procedure. Don't hesitate to ask questions during or after your child's pediatric surgical specialist office visit. There is a great deal of conflicting information on the internet, so make sure to ask about what resources are best to educate yourself and your child. Then do your best to explain what will occur. Tailor your message to your child's age and maturity level.

KNOW YOUR CHILD

Infants, toddlers and preschoolers have different levels of fearing the unknown than older children. For example, a younger child may need reassurance about trusting the doctors and nurses. Older children (ages 10 and up) are more aware of their bodies and can better understand what will happen during surgery. Know your child's concerns and always respond with honesty.

SHOW THE WAY

For younger children, you can use illustrations, a doll or a stuffed animal to explain where the incisions, scars or "ouchies" will be. Look for age-appropriate books and other resources about the surgery. You also may arrange a tour of our surgery center (the J.B. and Kathleen Reilly Children's Surgery Center) to get acclimated before the procedure.

LET YOUR CHILD OWN IT

This is especially important for older children who have their own questions and concerns. They know it's their bodies that will undergo the surgery, and they should be active participants in the process. But ownership extends to younger kids too. Let your child choose which toy to bring along. If your child's surgery involves an overnight stay, let your child pack the suitcase.





BE POSITIVE AND SUPPORTIVE

The more upbeat and reassuring you can be, the easier it will be for the patient and the siblings in your house. Even the most independent teenagers need that support.

Once you're inside the Children's Surgery Center or the main operating room at Lehigh Valley Hospital-Cedar Crest, you will find toys, games, iPads and other kid-friendly features that can help distract your child and put him or her at ease. You'll also have access to child-life specialists and pediatric anesthesiologists who comfort children. It's a team effort we all take seriously. Your help in preparing your child will help to ensure a smooth surgery day.



Keith Thatch, MD
Pediatric surgery

**DOWNLOAD
YOUR GUIDE
TO CHILDREN'S
SURGERY.**

Visit LVHN.org/HYpedsguide.

Treating an Unborn Baby's Life-Threatening Anemia

BABY JULIANNA
IS THRIVING
THANKS TO BLOOD
TRANSFUSIONS
IN THE WOMB



Wilka Perez was beyond thrilled when she learned she was pregnant earlier this year. But the Reading woman also worried that her baby might develop the same life-threatening anemia that caused her first baby to die in the delivery room and her 20-month-old son to be born with hydrocephalus (a build-up of cerebrospinal fluid in the skull). “I have Rh-negative blood, which wasn’t compatible with their Rh-positive blood,” she says. “With this baby, I asked my doctor in Reading for every test to prevent problems.”

A DEADLY DISORDER

Perez, 20, prayed that she and the new baby (a girl) would have compatible blood types, but test results quickly dashed her hopes. Not only was this baby also Rh positive (meaning her red blood cells carried the Rh protein) but, based on specialized ultrasound tests, the baby was already dangerously low on healthy red blood cells.

Fetal anemia from Rh isoimmunization occurs when an Rh-negative mother develops antibodies to Rh-positive red blood cells; these antibodies can then cross the placenta and destroy an Rh-positive fetus’s red blood cells, resulting in fetal anemia. Rh immune globulin injections can prevent the development of these antibodies, and are routinely given during pregnancy to Rh-negative mothers. In most cases, the “Rh shot” is successful. But once antibodies are produced, Rh immune globulin does not work, and each following Rh-positive baby may require blood transfusions in the womb to treat life-threatening anemia.

Perez was first diagnosed with Rh isoimmunization when she was pregnant

with her son. Doctors believe she began producing undetected antibodies during her first pregnancy in the Dominican Republic, and suspect that this is what her first child died from.

LIFESAVING ACTION

Neither her Reading doctor nor one she saw in Philadelphia perform fetal transfusions, so Perez was referred to Lehigh Valley Health Network (LVHN) maternal fetal medicine specialist Meredith Rochon, MD, of LVPG Maternal Fetal Medicine—3900 Hamilton Blvd.

“Our assessment agreed that the fetus was dangerously anemic and needed a transfusion,” Rochon says. “We confirmed this by testing the baby’s blood by inserting a needle through Wilka’s abdomen, and used ultrasound to guide it into a vein in the umbilical cord. The baby, who was 21 weeks old, was very anemic, with a blood count about 25 percent of normal.”

Rochon gave the baby an immediate transfusion of blood that was compatible with Perez’s. Weighing only 15 ounces at the time, the fetus struggled to handle the 10 cc of blood needed (equivalent to a small syringe-full).

“The baby almost died during that first transfusion because she was so sick, but the next transfusions were smoother as the baby got better,” Rochon says.

GOING ABOVE AND BEYOND

Altogether, Perez and her baby underwent nine transfusions, averaging one every two weeks. She was particularly touched that Rochon and her team often modified their schedules to accommodate her special challenges. “I had trouble finding transportation from Reading and getting a babysitter for my son, so I’m

really grateful,” she says.

Perez was so impressed, she asked Rochon to deliver her baby instead of staying closer to home.

On Aug. 3, almost four weeks before Perez’s due date, Rochon decided to deliver Perez and monitor the baby in LVHN’s neonatal intensive care unit (NICU) instead of performing another transfusion. “NICU care is now so advanced that another fetal transfusion was probably riskier than a premature delivery at this point,” Rochon says.

Perez underwent her third C-section with no complications, and Baby Julianna was born healthy, weighing 6 pounds 4 ounces.

On Aug. 19, Julianna went home from the NICU. Later in August, she required a transfusion when blood monitoring showed she was anemic. Julianna is taking iron and Epogen® to help her produce more red blood cells, and is expected to enjoy full health in the future. “Everyone at LVHN made me feel secure and important, like I was part of the family,” Perez says. “I couldn’t be happier to have my baby here.”

—Sidney Stevens



**LEARN MORE
ABOUT MATERNAL
FETAL MEDICINE
AT LVHN.**

Visit LVHN.org/MFM.

Roller Derby Girl's Athletic Transformation



Before and After With Jillian

Before: Craved salty and savory carbs
After: Loves quinoa salad

Before: Limited to plus-size stores
After: Any clothing store

Before: Emotional eater
After: Controls emotional eating triggers

WATCH
JILLIAN'S
VIDEO

Visit LVHN.org/jillian.

Richard Boorse, MD
Bariatric surgery

▶ Watch his video at
LVHN.org/Boorse.

Jillian Wexler's easy smile belies the strategic persona she takes on as "Stella Mac," a no-nonsense jammer – the scoring position – with the Lehigh Valley Rollergirls All-Stars team. "I like the fight, plus it tests my strength and endurance," she says.

The 26-year-old Coplay resident earned the jammer spot after losing more than 100 pounds with weight-loss surgery. Before that, Wexler was a blocker on the team who hoped the activity would help her lose weight. "I was more active, but I wasn't making good food choices," she says. "I got to the point where I couldn't stand looking in the mirror. I wanted to be an athletic, strong player and having extra weight hurt that."

HER TRANSFORMATION TO AGILE ATHLETE

Two years ago, Wexler attended a free information event at Lehigh Valley Health Network (LVHN) to learn about weight-loss surgery. At that gathering she met Richard Boorse, MD, surgeon with LVPG

General and Bariatric Surgery. "Dr. Boorse is inspiring," Wexler says. "He's an athlete, and he understands my athletic drive."

"Knowing Jillian wanted to improve her roller derby performance helped our team prepare her for weight-loss surgery," Boorse says.

Advance preparation is guided by health insurance requirements, and can take anywhere from three to six months.

Topics include:

NUTRITION: What you should eat now; what and how to eat after weight-loss surgery.

BEHAVIORAL HEALTH: How to manage triggers that influence what and when you eat.

EXERCISE: Importance of including daily exercise before and after surgery.

Wexler had gastric sleeve surgery, a procedure that removes about 75 percent of the stomach. "Gastric sleeve, or sleeve gastrectomy, works on the principle of restriction," Boorse says. "You feel full with much less food." This

DOWNLOAD YOUR FREE GUIDE TO WEIGHT-LOSS SURGERY.

Visit LVHN.org/HYweightloss.

procedure also removes a part of the stomach called the fundus that secretes a hunger-stimulating hormone called ghrelin. "By removing that eating trigger, most gastric sleeve patients tell me they never feel hungry," Boorse says.

JILLIAN'S ATHLETIC AMBITIONS

Wexler recalls something Boorse told her before surgery. "He said, 'We're going to make you that derby girl you've always wanted to be' – and they have."

Now Wexler competes on the All-Stars team, and she's taken up running. "I've entered several 5K races," she says. It's all part of her ongoing weight-maintenance strategy. "Surgery is definitely a tool – it's not a fix-all," she says. "If I didn't make good choices afterward, including staying physically active, what was the point of surgery?"

–Jenn Fisher

A Day in the Life

HOW GAME DAY PLAYS OUT FOR THE PHANTOMS' TEAM DOCTOR



ABOUT THE AUTHOR

A quiet, down-to-earth guy, family medicine physician Neil Mathews, MD, with Lehigh Valley Family Health Center, serves as team doctor for the Lehigh Valley Phantoms of the American Hockey League (AHL).

A hockey player goes down on the ice. The team doctor and head trainer rush out to assist. It may look easy, but it's not. It takes lots of training – and balance.

As a Lehigh Valley Phantoms' doctor, I must attend two ice assistance training sessions along with other medical providers. It takes practice, because moving an injured player from the ice is different than on a grass field. This year, we practiced moving a goal judge on a backboard from the ice behind the goal. It's a challenge!

Fortunately, in my two years with the Phantoms, I haven't had to go out onto the ice during a game. Our trainers have only done so a few times. But our team is ready. I'm at every home game, standing behind the Phantoms' bench inside the PPL Center. We have a stretcher under the stands with a backboard, intravenous fluids, suture materials and other medical supplies. I hope we never need them.

MY GAME DAY

I arrive about an hour before the opening faceoff. I check with the trainers of both teams, since team doctors don't travel in the AHL. I check on players, officials, goal judges, our penalty box people – anyone with on-ice responsibilities – about any nagging issues, from a rash to

a sore throat to an injury.

We keep close tabs on Phantoms personnel and get advance notice about opposing players. These checks give everyone peace of mind.

During the game, we're busiest between periods. We check out players who take a hard check that impacts a knee or a shoulder, for example. Both the Phantoms and players from opposing teams use our X-ray machine at LVHN–One City Center if needed. It's rare at an AHL arena. Typically players must leave the arena and go to

a hospital for an X-ray.

After the game, I stay for up to an hour, working with players after the coach has spoken with them.

Because the Phantoms are affiliated with the Philadelphia Flyers, we have multiple doctors at our games. Gregor Hawk, MD, with OAA Orthopaedic Specialists, serves as the orthopedic team doctor. We also have an osteopathic physician at our games. He works on players' necks and backs.

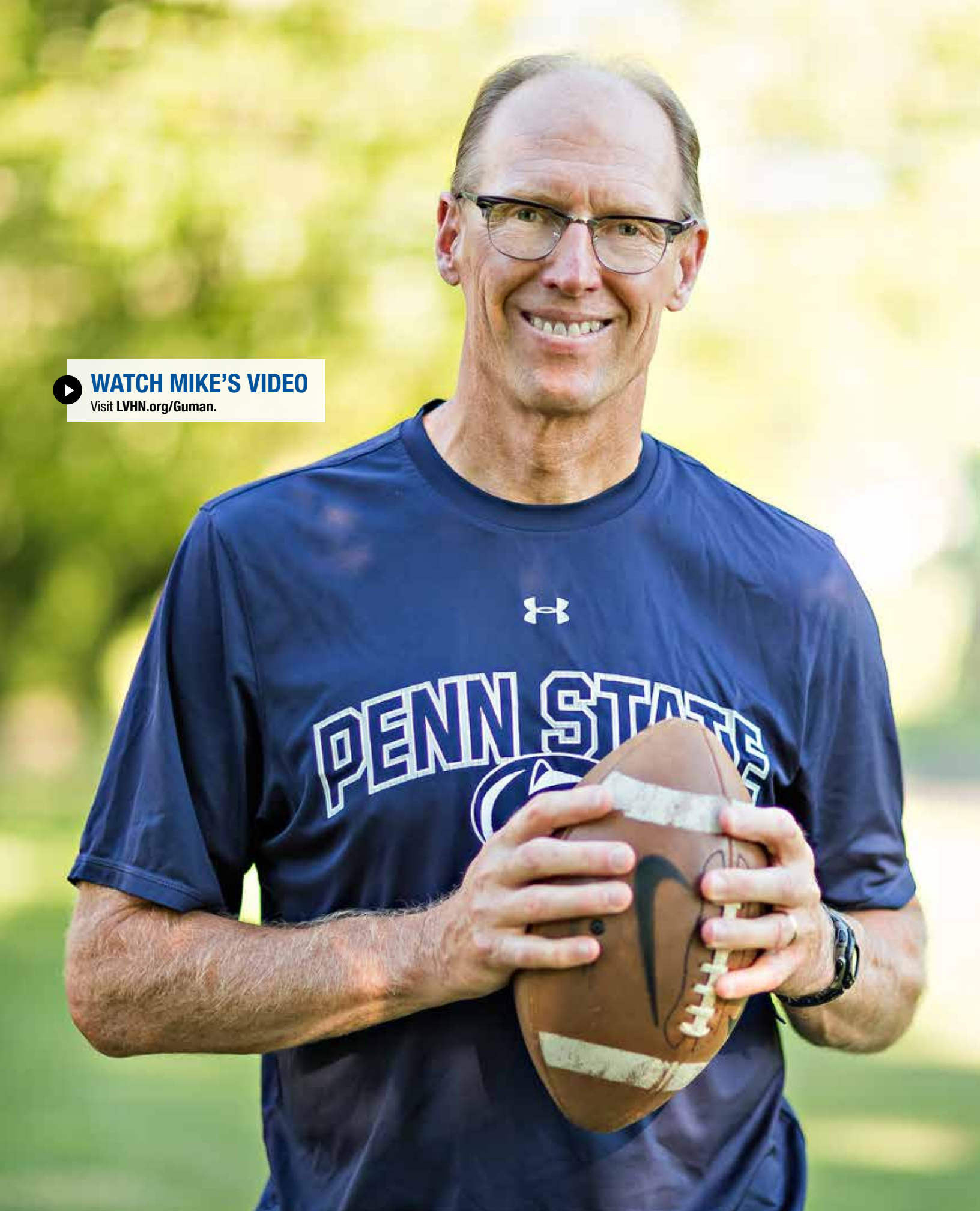
All athletes are wary of any medications or supplements, so they embrace alternative medicine. Our guys really like that I practice acupuncture. One day I had a player on a training table with pins sticking out of him. A coach walked in and asked, "What's going on here?" Once I explained it was acupuncture, he understood. The players feel it helps them. That's what matters.

The Phantoms are great for our region. Visiting players rave about our facility. I tell people I have two seasons in my life: the Phantoms season and the off-season. I hope it continues for a long time.



**DOWNLOAD YOUR
FREE GUIDE TO
SPORTS MEDICINE.**

Visit LVHN.org/HYsportsmedicine.



WATCH MIKE'S VIDEO

Visit LVHN.org/Guman.

Tackling a Heart Murmur

VALVE SURGERY
KEEPS MIKE GUMAN
ATOP HIS GAME



Joseph Candio, MD
Internal medicine



Matthew Martinez, MD
Cardiology

▶ Watch his video at
LVHN.org/Martinez.



Raymond Singer, MD
Cardiac and thoracic surgery

▶ Watch his video at
LVHN.org/Singer.

Mike Guman knows the value of teamwork in sports. He excelled in football with the Penn State Nittany Lions and the National Football League (NFL) Los Angeles Rams.

And when the Allentown man needed an intricate heart operation to repair a torn heart valve last December, Guman, 58, learned firsthand how teams make a difference in medical care.

IT STARTED WITH A MURMUR

Diagnosed in 2013 with a heart murmur during a routine physical by his doctor, Joseph Candio, MD, with LVPG Internal Medicine, the former running back was concerned. He had no symptoms of a mitral valve problem, such as shortness of breath or unexplained fatigue, even during his intense daily exercise.

“I felt great,” says Guman, who keeps fit on the treadmill and elliptical machine since retiring from the NFL.

His cardiologist, Matthew Martinez, MD, with LVPG Cardiology, monitored Guman’s condition with a yearly imaging test. Martinez works extensively with athletes, serving as lead cardiologist for Major League Soccer and as an NFL adviser on heart-related issues. He first expected Guman would need surgery to repair his valve when he was in his 60s.

THEN CAME THE SURPRISE CALL

Guman was surprised when Martinez called last fall to tell him he needed surgery sooner than anticipated. “His ventricle (pumping chamber) had begun to dilate slightly, which was concerning,” Martinez says. “We had to decide whether this was an early sign of heart failure because of the torn valve or if this was normal for an athlete like him.

“We compared all his previous studies, noting these subtle changes, and concluded surgery was required. We couldn’t wait too long to repair his mitral valve, even though he was feeling fine.”

Martinez recommended his colleague, Raymond Singer, MD, with LVPG Cardiac and Thoracic Surgery, do the procedure. “Dr. Martinez told me he would have Dr. Singer operate on his own father,” Guman says. “I knew I didn’t have to look any further.”

AND TEAMWORK SAVED THE DAY

A few days after Christmas, Singer and his team repaired Guman’s mitral valve, sewing the torn leaflets so it would open and close efficiently, keeping the blood flowing in the right direction. In the OR, Singer was assisted by his long-time colleagues with whom he works routinely to mend broken hearts.

Today, after recovery and cardiac rehab, Guman is feeling better than ever. “I asked that the A team at LVH take care of me,” he says, “and they definitely scored a touchdown.”

—Rob Stevens



**DOWNLOAD YOUR FREE GUIDE
TO VALVE SURGERY.**

Visit LVHN.org/HYvalve.



**WATCH
FRANCINE'S
VIDEO.**

Video [LVHN.org/
HYgamma](https://www.lvhnh.org/hygamma).

Francine's 'Bump in the Road'

**GAMMA KNIFE
TREATMENT HELPS HER
FIGHT LUNG CANCER
THAT TRAVELED
TO HER BRAIN**

If you ask Francine Kulp's many friends and fans on Facebook to describe her, they'll tell you she's an inspiration. If you ask Kulp, she'll say she's just doing her best to handle a "bump in the road." Since 2015, the 65-year-old Pottstown-area resident has been receiving treatment for stage 4 non-small cell lung cancer from Lehigh Valley Health Network (LVHN) hematologist oncologist Usman Shah, MD. "He explained that what I have is treatable but not curable," Kulp says. After undergoing intense chemotherapy at the beginning of her care, she now receives mainte-

nance chemotherapy once every three weeks to keep the lung cancer in check.

Kulp also is dealing with the spread of cancer to the brain, discovered after her initial lung cancer diagnosis. To manage those lesions, she's had radiosurgery performed by radiation oncologist Alyson McIntosh, MD, and neurosurgeon Mei Wong, MD, using Gamma Knife® Perfexion.™

ULTRA-PRECISE GAMMA KNIFE®

Kulp smiles recalling her first meeting with McIntosh. "We hit it off immediately," she says.

“Dr. McIntosh took care of it within a week of finding it. I had an MRI on Tuesday; she called Wednesday, and we set up the Gamma Knife appointment immediately. That’s what I like about LVHN.”

—FRANCINE KULP

“It was mutual,” says McIntosh, who recalls her first meeting with Kulp was focused on family. “Francine is a wife, mother and grandmother in the purest sense. She wants to do everything she can to enjoy each day with her family, and we are doing our best to make that happen.”

Gamma Knife Perfexion is a stereotactic radiotherapy treatment offered exclusively in this area by LVHN. It uses precisely targeted radiation to destroy cancerous and noncancerous tumors and other lesions of the head.

“We use 3-D positioning with a halo device to ensure the gamma rays are precisely focused on the lesion or tumor,” McIntosh says. This means that unlike other radiotherapy options that require several treatments, Gamma Knife delivers the full radiation dose in just one treatment.

“Each treatment takes 20 minutes to an hour or more, depending on the number of lesions or areas we need to target,” McIntosh says.

AFTER GAMMA KNIFE

Following Gamma Knife radiosurgery, patients may have a headache or feel worn out. In Kulp’s case, she felt very tired and slept at home following her

initial Gamma Knife treatment in 2015. “The first time, we took care of seven spots on the brain,” Kulp says. “It was very successful and painless.”

In February 2016, an additional brain lesion was found and treated right away. “Dr. McIntosh took care of it within a week of finding it. I had an MRI on Tuesday; she called Wednesday, and we set up the Gamma Knife appointment immediately. That’s what I like about LVHN,” Kulp says.

MANEUVERING AROUND HER ‘BUMP IN THE ROAD’

During the summer of 2015, Kulp was in the midst of regular chemotherapy, which kept her out of circulation. This past summer, Kulp was back in the mix and spent her days taking her grandchildren to crafts classes, swimming with them in her pool and putting creative energy into her home garden for a contest. “I entered the category, ‘Everything but the Kitchen Sink.’ I used everything including a hot pink bicycle. This garden makes me happy,” she says. In honor of her fanciful garden, Kulp captured second prize.

As she continues her chemotherapy regimen and regular imaging scans, Kulp remains focused on those closest to her. “Do I fight so hard to live for me or for my family? I think I fight for my family,” she says. “I don’t want to see them worried about me. I’m feisty and will keep after this for as long as possible.”

—Jenn Fisher



Conditions Treated by Gamma Knife® Perfexion™

Gamma Knife can treat many malignant and benign conditions in adults and children, including:

- ▶ Acoustic neuromas
- ▶ Pituitary adenomas
- ▶ Pinealomas
- ▶ Craniopharyngiomas
- ▶ Meningiomas
- ▶ Chordomas
- ▶ Brain metastases
- ▶ Glial tumors
- ▶ Arteriovenous malformations (AVMs)
- ▶ Trigeminal neuralgia (tic douloureux)

DOWNLOAD YOUR FREE GUIDE TO GAMMA KNIFE PERFEXION.

Visit LVHN.org/HYgamma.



Usman Shah, MD
Hematology oncology

▶ Watch his video at LVHN.org/UShah.



Mei Wong, MD
Neurosurgery



Alyson McIntosh, MD
Radiation oncology

My Journey From Patient to Advocate

HEATHER CALKINS' BATTLE WITH UTERINE CANCER INSPIRES HER TO HELP OTHERS

When her annual Pap test and mammogram came back normal last fall, Heather Calkins (at right, center) breathed a sigh of relief. At the time, she experienced two uncomfortable pelvic floor disorders that pushed her rectum and bladder into her vagina. She was thrilled everything else seemed healthy.

"We were discussing treatment options, but otherwise I felt fine," says Calkins, 66, of Dallas, Luzerne County.

Then in December, Calkins began spotting blood vaginally. A vaginal ultrasound revealed thickening in her uterine wall. In early January, a tissue analysis confirmed her worst fears: She had uterine cancer.

"I was about to leave for vacation in Florida and didn't know what to do," she says. "Cancer wasn't in my thought process."

SHE TOOK ACTION. HERE'S HER JOURNEY:

Quick access: Calkins' Wilkes-Barre-area doctor arranged for her to see gynecologic oncologist Martin Martino, MD, with LVPG Gynecologic Oncology, the next day.

Online research: To ease her worries about seeing a new doctor, Calkins watched Martino's video on the "Find a Doctor" section of Lehigh Valley Health

Network's (LVHN) website. "I was really touched," she says. "He went into this field because his mom had uterine cancer. There was passion there, and I felt really good about seeing him."

New doctor, new options: The next morning, Martino recommended robotic surgery to remove Calkins' uterus. He also recommended an innovative procedure called sentinel lymph node mapping (SLNM) that helps doctors remove only nodes most likely to be cancerous. He reviewed the steps of robotic surgery through video and slides, as well as the rationale for using the newer approach. SLNM recently became available at LVHN through its membership in the Memorial Sloan Kettering (MSK) Cancer Alliance.

Even more, Martino suggested partnering with a member of his robotic surgery team, urogynecologist Luis Espaillat Rijo, MD, with LVPG Urogynecology, to correct her pelvic floor disorders at the same time. This avoided needing two separate surgeries. "I was so impressed, I decided to go on vacation and have the surgery when I returned," Calkins says.

One surgery, one day: In March, Espaillat Rijo repaired Calkins' pelvic floor conditions, and Martino performed a small-scar (minimally invasive)



LEARN HOW YOU CAN BENEFIT FROM LVHN'S MEMBERSHIP IN THE MSK CANCER ALLIANCE.

Visit LVHN.org/MSK.

robotic-assisted hysterectomy, along with SLNM. This involves injecting a fluorescent green dye into the cervix and illuminating it with infrared light to identify the first (sentinel) node where cancer is likely to spread.

"We used to remove all the surrounding lymph nodes – even the healthy ones – to see if cancer had spread and help us determine the best post-surgery treatment," Martino says. "But research shows more than 20 percent of patients may develop lifelong lymphedema (a blockage that prevents lymph fluid from draining and causes swelling). By removing only the affected node, it is our hope that we



“I’m now a big advocate for my girlfriends to get suspicious health problems checked out immediately. No one should die from uterine and cervical cancers.”

HEATHER CALKINS

can significantly reduce the risk for lymphedema and improve the quality of life for our patients.”

The fresh start: On her return visit with Martino and his team, she was given good news: Her cancer was diagnosed at an early stage, and the risk for recurrence was low. Inspired by Angela DeAngelo, RN, Calkins started being kinder to herself. “A cancer diagnosis often allows patients the chance to reorganize what is important to them in life, and I try to help support them in their journey, reminding patients to take care of themselves in a positive way,” DeAngelo says. Since surgery, Calkins

has dropped 40 pounds and plans to begin swimming and walking for exercise. She also hopes to travel to Alaska soon to visit her children.

“For years, I was busy caring for my husband’s parents and raising my kids,” she says. “I wasn’t taking time for myself, and my weight pushed to almost 290 pounds.”

Now Calkins spreads kindness to others with an important message. “Women tend to put themselves last,” she says. “I’m now a big advocate for my girlfriends to get suspicious health problems checked out immediately. No one should die from uterine and cervical cancers.”

—*Sidney Stevens*



Martin Martino, MD
Gynecologic oncology

▶ Watch his video at LVHN.org/Martino.



Luis Espallat Rijo, MD
Urogynecologic oncology



Angela DeAngelo, RN
Urogynecologic oncology

Don't Put Off Your Colonoscopy

GALE FRITSCHÉ HAS THE LIFESAVING REASON WHY



At age 50, Gale Fritsche did something only two out of every three people his age do – and it ultimately saved his life.

He underwent a colonoscopy. It revealed stage 3 colon cancer, which had grown through the wall of his colon and spread to his lymph nodes.

“I had zero symptoms. I’d never smoked. I ate a healthy diet. I’ve always exercised,” says Fritsche, who has run the New York and Boston marathons and is also an avid cyclist. “The first thing that hit me was a fear of dying. I knew my odds for survival were decent, but it was always in the back of my mind.”

Fritsche, of Upper Macungie Township, is one of many people who notice no symptoms as the condition progresses. That’s one reason colon cancer screening is so important, says Fritsche’s hematologist oncologist, Usman Shah, MD, with LVPG Hematology Oncology.

“If you find the polyp before it is cancerous, it can be removed early, greatly decreasing the risk for cancer developing at all,” Shah says. And while a colonoscopy is now covered by insurers at no cost through the Affordable Care Act, people still put it off.

QUICK ACTION BRINGS RESULTS

Because he got his colonoscopy, Fritsche got fast treatment. He underwent laparoscopic (keyhole) surgery to remove his cancer, followed by 12 cycles of chemotherapy to kill cancer cells that had spread.

“Chemo is really tough,” says Fritsche, now 53. “But everyone at Lehigh Valley Health Network’s (LVHN) Cancer Center was really nice and helpful. They always greeted me and offered me warm blankets. They even had service dogs that came around. It’s a really comfortable atmosphere, and it helped to lift my mood.”

SPREADING THE WORD

Now cancer free, Fritsche chose to encourage others to get tested. So he organized an awareness-raising bike ride in Allentown called the Tour de Tush. He quickly found support from local businesses, nonprofits and volunteer groups, including LVHN and Shah. “He’s the best doctor I’ve ever had,” Fritsche says. “He’s so supportive.”

Cyclists in the Tour de Tush ride through a 9-foot inflatable colon on their way to the finish line, where they are greeted by colon cancer survivors.

In two years, the event has attracted more than 400 cyclists and raised nearly \$50,000 to benefit area colon cancer awareness programs. Now the ride is expanding to other areas of the country.

Most important for Fritsche: People are getting the message. “After the 2015 race, a volunteer told me he would get a colonoscopy,” he says. “They found stage 2 colon cancer. I visited him in the hospital. His wife hugged me and thanked me for saving his life. It made me want to do more, because who knows how many more people’s lives we can save.”

—Alisa Bowman



Usman Shah, MD
Hematology oncology

▶ Watch his video at
LVHN.org/USah.

**LEARN MORE ABOUT
CANCER CARE AT LVHN.**

Visit LVHN.org/colon-rectal.



PEOPLE **AGE 50** GET A COLONOSCOPY

UNDER AGE 50?

If you have a family history of colon-rectal cancer or any syndromes related to colon-rectal cancer; or a personal history of inflammatory bowel disease.

WHO NEEDS ONE?

Anyone over age 50.

HOW DO YOU PREPARE?

Your provider will prescribe an enema or laxative you take the night before to clear the colon of waste.

WHAT HAPPENS DURING THE TEST?

While you are sedated, a health care professional uses a flexible lighted tube with a camera that allows viewing the inside of your colon and searches for any polyps or tumors.

HOW OFTEN DO YOU NEED ONE?

Once at age 50 and once per decade afterward – unless your doctor recommends more often.

MyLVHN: There is an app for that!

ACCESS YOUR HEALTH INFORMATION
OR LVPG CARE PROVIDERS WHEN YOU'RE
ON-THE-GO USING THE MyLVHN APP.

FIRST THINGS FIRST
Create your MyLVHN account at an appointment
with an LVPG provider or on your desktop
computer by visiting MyLVHN.org.



GET THE APP

Using your Apple or
Android device, visit the
MyLVHN log-in page
and download the free
MyLVHN app.



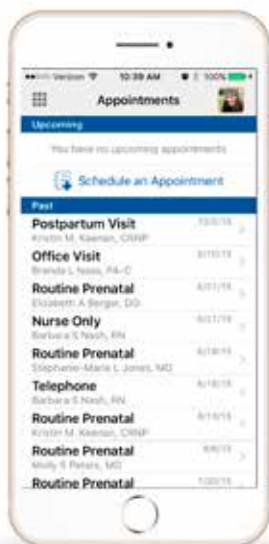
LOG IN

Once you have installed
the MyLVHN app,
log in with your
MyLVHN password.

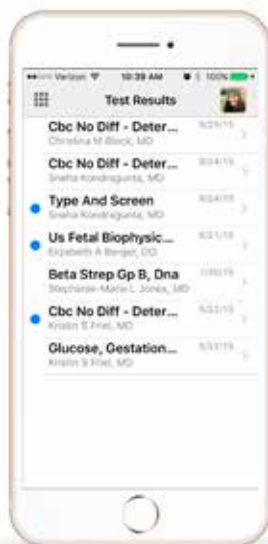


ON-THE-GO

You can do so much
with the MyLVHN app.
Check for messages or reminders
from your LVPG provider.
(Reminder: It's flu shot season!)



MAKE OR CANCEL AN APPOINTMENT



CHECK TEST RESULTS



SEND A SECURE MESSAGE TO YOUR LVPG PROVIDER

—Jenn Fisher

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

Free! Advances in Lung Cancer Care

Memorial Sloan Kettering Cancer Center and LVHN experts will discuss the latest advances in care, treatment and management of lung cancer.

Nov. 15: 4 p.m. at LVH—Cedar Crest

Free! 'I Pink I Can'

At this women's cancer awareness event, hear from Memorial Sloan Kettering Cancer Center and LVHN experts.
Oct. 24: 5 p.m., interactive resource stations and light dinner; 6 p.m., program begins at LVH—Cedar Crest

LVHN Mammoth

Walk-in mammograms, 7 a.m.-7 p.m. Bring your insurance card. No appointment needed. Visit LVHN.org/walkinmammos for more information.

Oct. 4 at Health Center at Bethlehem Township

Oct. 13 at Health Center at Bath

Oct. 18 at Health Center at Moselem Springs

Oct. 18 at Health Center at Bangor

Free! Miller-Keystone Blood Drives

Call 610-402-CARE to register for a donation time. Please bring a personal identification card.

Oct. 31 at LVHN—Mack Boulevard

Nov. 2 at LVH—Muhlenberg

Dec. 6 at LVH—Hazleton

Dec. 7 at LVH—Cedar Crest

Free! Sleep Disorders Information Sessions

Understanding Sleep Disorders

Oct. 26: 6 p.m. at Health Center at Trexlertown

Dec. 12: 6 p.m. at LVH—Cedar Crest

The Importance of Getting a Good Night's Sleep

Nov. 7: 6 p.m. at LVH—Cedar Crest

PEDIATRIC SESSION

How to Develop Good Sleep Habits in Children

Dec. 7: 6 p.m. at LVH—17th Street

Around Our Community

Free! Community Exchange

Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors.

Orientations first Wed. of month: 6 p.m. at LVH—Muhlenberg (or scheduled on request)

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. To register, visit LVHN.org/getoutlv or call 610-965-4397 x136.

Pocono Plateau Wander at Maple Tract Preserve

Oct. 22: 10 a.m.

National Landmark Ramble at Hickory Run State Park

Nov. 12: 10 a.m.

Winter Stroll at Molasses Creek Park

Dec. 10: 10 a.m.

Free! Drive-Through Flu Vaccines

For adults and children 6 months and older (children must be accompanied by a parent or guardian). Nonperishable, unexpired food donations are welcomed to support area food banks and shelters. Please no pets in vehicle.

Nov. 5: 9 a.m.-3 p.m. at Dorney Park, Allentown

Nov. 6: 9 a.m.-3 p.m. at Coca-Cola Park, Allentown

Protecting Your Health

Free! Cessation, What Works?

How to succeed in beating tobacco addiction.

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

CPR

Heartsaver CPR, Heartsaver First Aid and BLS for Health Care Providers certification courses offered. For details, call 610-402-CARE.

Monday evenings at GMI-EMI Training Center and at Health Center at Bangor, 1337 Blue Valley Drive, Pen Argyl

Tobacco Free Northeast PA

Tobacco treatment referral services available for individuals and businesses.

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; second Wed. of month: 4-7 p.m. 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

Jan. 9, Jan. 16, Jan. 26 at LVH—Cedar Crest

Class sessions

Begin in February

Living With Diabetes

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

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

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, breastfeeding and what to expect in the days after birth.

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

Preparing for Baby
Baby Care
Breastfeeding 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.

New! **Pregnancy and Infant Loss Support Group**
Beginning in November, this support group helps those who have experienced a death through miscarriage, stillbirth or of an infant.
Meets first Thu. of month: 1-2:30 p.m. at LVH–Cedar Crest

Parenting Workshops
For dates, call 610-402-CARE.

Free! **Insulin Pumpers**
Support and information for adults with diabetes using insulin pumps and continuous glucose monitors.
What's New: Troubleshooting, Review, Technology Open House
Nov. 10: 6:30-8 p.m. at 1243 S. Cedar Crest Blvd., Suite 2800

Free! **Sweet Success**
Monthly support group for adults with type 2 diabetes.
Yogarama – Seated chair yoga and aromatherapy
Oct. 20: 6:30-8 p.m. at LVH–Cedar Crest

Free! **Sugar-Free Kids**
Monthly support group for children with type 1 diabetes.

Prediabetes Self-Management Classes
Offered periodically throughout the year.

For details on diabetes programs, call 610-402-CARE.

Coping and Support

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

Free! **Bereavement Support Groups**
Community Bereavement Groups
An adult support group for those who could benefit from assistance in healthy coping with grief and loss.
Daytime: First and third Wed. of month: 11:30 a.m.-1 p.m.
Evening: First Wed. on month: 6:30-8 p.m.

Grief and the Holidays
This educational and supportive workshop helps with coping strategies for those grieving during the holiday season. For those 18 and older; registration required.*

Ladies Lunch Club
This supportive social club for adult women only is a unique opportunity for an alternative to traditional grief groups; registration required.*
First Wed. of month: 11:30 a.m.-1 p.m.

Men's Breakfast Group
This supportive social group for men meets for breakfast and fellowship; registration required.*
Third Tue. of month: 9-10:30 a.m.

Stepping Stones
For children and adolescents, this group offers a combination of education, arts, activities and support to help facilitate healthy grieving; registration required.*
Jan. 4, 11, 18 and 25, 2017: 6-7:30 p.m.

**For registration of bereavement groups and more information, call 610-402-CARE.*

Free! **Brain Injury Support Group**
For brain injury survivors, their families, friends and caregivers, join others with similar situations and challenges.
Meets first Tue. of month: 6-7 p.m. at LVH–Cedar Crest

Free! **Brain Warriors Stroke Support Group**
Share emotional and physical issues to help deal with life after stroke.
Meets third Mon. of month: 10:45 a.m.-11:45 a.m. 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.
Oct. 13, Nov. 10, Dec. 8: 8:30-10 a.m. at LVH–Muhlenberg
Oct. 19, Nov. 16, Dec. 21: 5:30-7 p.m. at LVH–Tilghman
Oct. 26, Nov. 23, Dec. 28: 1:30-3 p.m.; Nov. 1, Dec. 6: 9-10:30 a.m. at LVH–Cedar Crest

Free! **Kidney/Pancreas Transplant Information Session**
For details, call 610-402-CARE.

Free! **Myasthenia Gravis Support Group**
Oct. 13: 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.
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**
Prepare for your elective spine surgery experience.
Oct. 18, Nov. 2, Nov. 15, Dec. 7, Dec. 20, Jan. 4

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

Free! FOR CANCER PATIENTS

Look Good... Feel Better
Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence.
With American Cancer Society
Oct. 17: 6-8 p.m. at LVH–Muhlenberg

Men Facing Cancer
Meets third Mon. of month: 6:30-8 p.m. at LVH–Cedar Crest

Metastatic Breast Cancer Support Group

Meets second Mon. of month:
6:30-8 p.m. at 1240 S. Cedar Crest Blvd., Suite 110

Support of Survivors

Breast cancer helpline, call
610-402-4SOS (4767).

Managing Your Weight

New! Medical Weight Management Information Event

A free information event will explain the various options the Weight Management Center offers for nonsurgical weight management. Learn how our specialty team can tailor a safe and effective program of diet, nutrition, exercise and lifestyle changes just for you.

Meets every Tue.: 5:30-6:30 p.m. and every Wed.: 12:30-1:30 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Free! A Taste for Mindful Eating

An introduction to Mindful Eating, an approach that helps develop a healthier relationship to food by learning to tune into the body's natural hunger signals. Take-home practices provided.

Oct. 19, Nov. 16, Dec. 21, Jan. 18: 5:30-7 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Free! Monthly Support Group

Support and information on weight-loss surgery.

Navigating the Holiday

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

Transformation

Dec. 8: 6-7:30 p.m. at LVH-Cedar Crest

Plastic Surgery After Weight Loss

Jan. 12: 6-7:30 p.m. at LVH-Cedar Crest

Postop Motivation Group

Meets every Mon.: 6-7 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Free! Weight-Loss Surgery Information Events

What to expect

Evening sessions

Oct. 25, * Nov. 1, ** Nov. 17, Dec. 1, ** Dec. 15, Jan. 5, * Jan. 26

Day sessions

Oct. 14, * Nov. 7, Dec. 9, Jan. 13, 2017: Noon at LVH-Cedar Crest

Simulcast sessions

*Simulcast to LVH-Muhlenberg

*Simulcast to LVH-Hazleton

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.

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



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

Healthy You

ATTN: Marketing and Public Affairs
P.O. Box 689, Allentown, PA 18105-1556
Call: 610-402-CARE (2273)
Email: 402CARE@LVHN.org

Publishers

Edward Dougherty
Chief business development officer
John Marzano
Vice president, marketing and public affairs
Dan Lavelle
Director, CRM and demand generation

Content manager Ashley Scheffler

Editor Jennifer Fisher

Medical editor Mark Wendling, MD

Creative manager Teresa Colbaugh

Designer Erin Parrish

Photographer Olaf Starorypinski

Production assistant Kathryne Keck-Harris


Web production Marielle Messing

Photography model Avery Kullman, page 7

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P.O. Box 689
Allentown, PA 18105-1556

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Life doesn't come with certainties.
But after 21 consecutive years,
there's something you can count on.



If you need medical care, you hope you'll get the best available. So it's comforting to know you can rely on care that's among the best anywhere in the country. For the 21st consecutive year, U.S. News & World Report has recognized Lehigh Valley Hospital on its list of "Best Hospitals" in the nation.