

# HealthyYou

## Myla's Healthy Beginning

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help navigate difficult  
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## GLOW THIS WINTER

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Reducing Stroke  
Risk Without  
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**FOLLOW US TODAY!**

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.

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# New ENT Specialists Join LVHN

People contending with ear, nose or throat (ENT) problems have two new specialists to help them. Otolaryngologists Chetan Nayak, MD, and Kevin Kriesel, MD, now practice with LVPG Ear, Nose and Throat—17th Street in Allentown. Each brings years of experience and areas of expertise.



▶ Watch his video at [LVHN.org/Nayak](http://LVHN.org/Nayak).

## Chetan Nayak, MD

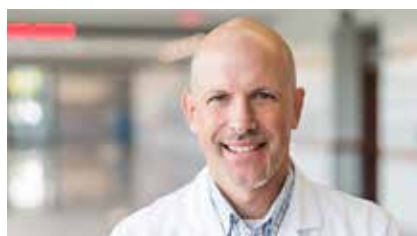
**Areas of expertise:** Head and neck cancer surgery; microvascular reconstruction

### Inspiration to become a doctor:

I spent time with my uncle who was a physician in India. His interaction with his patients and the care he provided really made an indelible mark on me as a kid.

**Why ENT specialty?** What really drew me to the field is that ENT is both clinical and surgical. I am able to develop lasting relationships with patients and also get to perform surgical procedures in the head and neck.

**Importance of the doctor–patient relationship:** My patients can rely on me to “be there” for them throughout their treatment. We will work as a team to get them through this tough time and hopefully develop a long and lasting relationship after treatment.



▶ Watch his video at [LVHN.org/Kriesel](http://LVHN.org/Kriesel).

## Kevin Kriesel, MD

**Areas of expertise:** Comprehensive care of general ear, nose and throat disorders. Specific focus areas include hearing restoration surgery, chronic ear disease, and advanced sinus surgery.

**Inspiration to become a doctor:** After serving in the military – I was a tank officer in the Army – I wanted to pursue something different but that had significance to people every day. That’s how I chose medicine.

**Why ENT specialty?** I chose ENT because it allowed me to have a specific expertise in a certain anatomic area and also offered opportunities to learn very technical surgical skills.

**Importance of the doctor–patient relationship:** The most rewarding part of my career is interacting with patients and their families. I feel that the doctor–patient relationship is as vital as ever, especially in an age where technology can make medicine feel impersonal.



## Female Urologist Joins LVPG Urology

**Urologist Maria Voznesensky, MD, recently joined LVPG Urology—1250 Cedar Crest.**

Voznesensky is one of the few female urologists in the United States, and the first focused on adult care at Lehigh Valley Health Network. (Our first female urologist: pediatric urologist Michele Clement, MD, who corrects urologic problems experienced by children.)

Voznesensky says selecting urology as her specialty was inspired by both the chance to help patients and to use leading-edge technology for delicate surgeries. “Urology has been at the forefront using new devices and techniques, such as robotically assisted surgery. The field is constantly advancing forward, and there is opportunity for lifelong learning.”

For men or women dealing with quality-of-life issues like urinary leakage or bladder prolapse, Voznesensky is focused on offering treatment options that fit their goals. “The most rewarding part is seeing patients after I’ve done their procedure and hearing they are happy with their results. Knowing I’ve helped resolve their symptoms and made a difference is very rewarding,” she says.

—Jenn Fisher



# Around Our Community

## We're Growing... and Expecting too!

LVHN IS CLOSE TO HOME

As our community moves and grows, Lehigh Valley Health Network (LVHN) is stretching its footprint to serve families and individuals where they live. Here are updates on our newest locations, and those we will open in 2017:



### LEHIGH VALLEY HOSPITAL-SCHUYLKILL

In September 2016, Schuylkill Health System (SHS) officially merged with Lehigh Valley Health Network. Two hospitals in Pottsville that were formerly part of SHS are now known as Lehigh Valley Hospital-Schuylkill E. Norwegian Street and Lehigh Valley Hospital-Schuylkill S. Jackson Street. In November, a newly renovated emergency department at the E. Norwegian Street facility was opened to the public. It features 21 individual treatment bays, a specially designed, private behavioral health area and a four-bed fast-track unit.



### MADISON FARMS, BETHLEHEM TOWNSHIP

A new LVHN facility is under construction at the Madison Farms development in Bethlehem Township.

The building will offer specialty care services, including maternal fetal medicine, obstetrics and gynecology, and pediatrics.

The office is expected to open in spring 2017.

### HEALTH CENTER AT PALMER TOWNSHIP

In summer 2017, the Health Center at Palmer Township will open at 3701 Corriere Road in Palmer Township, off Easton-Nazareth Highway (Route 248), just east of the Northampton Crossings shopping center. The two-story, 57,000-square-foot center will provide Northampton County residents with a variety of services, and will especially concentrate on the needs of growing families with a strong presence from Lehigh Valley Children's Hospital.



## 2017 OPENING DATES AT A GLANCE



**Madison Farms Facility,  
Bethlehem Township**  
Spring 2017



**LVH–Muhlenberg  
Family Health Pavilion**  
Summer 2017



**Health Center  
at Palmer Township**  
Summer 2017



**Health Center  
at Easton**  
Summer 2017



### HEALTH CENTER AT EASTON

Just a few miles from the Health Center at Palmer, building crews are transforming property that once housed the former Schaible's/Bimbo Bakeries into the new Health Center at Easton. Services at the Health Center at Easton will include:

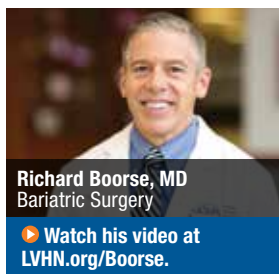
- ▶ Primary care for the whole family
- ▶ Testing and treatment services
- ▶ ExpressCARE (walk-in care for minor injuries and common illnesses)
- ▶ Access to Health Network Laboratories

The Health Center at Easton will open in summer 2017 too.

### LEHIGH VALLEY HOSPITAL–MUHLENBERG FAMILY HEALTH PAVILION

We're bursting with pride as the Lehigh Valley Hospital (LVH)–Muhlenberg Family Health Pavilion soars. The new four-story pavilion will house the Family Birth and Newborn Center offering childbirth services for the first time at LVH–Muhlenberg. Women and their partners can enjoy time with their newborn in one of 20 private rooms. It also will offer 10 Level II neonatal intensive care unit (NICU) rooms, eight labor, delivery and recovery rooms, and two operating rooms. The Family Health Pavilion will house a 28-bed inpatient rehabilitation center on the first floor. The LVH–Muhlenberg Family Health Pavilion is preparing for newborn arrivals in summer 2017.





# Tale of Two Weight

**Ashley Hottenstein** opted for weight-loss surgery.

**Nichole Reich** followed her own diet and exercise plan.

Both couldn't be happier with the results.



## Surgical Success

**For years, Ashley Hottenstein eagerly tried every new diet, hoping to melt away the extra pounds she'd struggled with since childhood.** Two years ago at age 26, she finally admitted defeat.

"I weighed my highest – about 230 pounds," says Hottenstein of Bethlehem. "I had trouble climbing stairs, couldn't walk for long, and found it hard keeping up with my 2-year-old daughter, Giuliana. I was tired of clothes not fitting, not being comfortable with myself and worrying about developing health

problems. I started looking for another way to lose weight."

Her research uncovered a possibility she'd assumed was only for older people: weight-loss surgery. But after meeting with Lehigh Valley Health Network (LVHN) bariatric surgeon Richard Boorse, MD, of LVP General and Bariatric Surgery, she learned that younger people also can benefit from surgery.

In June 2014, Boorse performed laparoscopic gastric sleeve surgery to remove 70 percent of Hottenstein's stomach where the hunger hormone ghrelin is produced. The procedure helps patients feel less hungry and feel full faster.

## NEW HABITS FOR A BETTER LIFE

Two months later on her wedding day, Hottenstein had already dropped 50 pounds. Now she's down nearly 100 pounds, her lowest weight since before high school. "I'm very comfortable and just want to maintain my weight," she says.

With support from her husband, Jonathan, and classes at LVHN Weight Management Center, Hottenstein avoids high-carbohydrate foods like pasta and eats smaller portions. Weight training and cardio workouts also motivate her. "I set goals and try new things," she says.

## LIVING FEARLESSLY

Hottenstein even felt confident enough to have another child. "My biggest fear was not maintaining my weight during pregnancy, but I only gained 10 pounds with my son, Gavin, and lost it within two weeks," she says.

Today, Hottenstein is on-the-go with her family, including annual trips to Disney World. "Younger adults don't always know their weight-loss options," she says. "I wish I'd heard about weight-loss surgery sooner."

**LEARN MORE ABOUT  
MEDICAL WEIGHT  
MANAGEMENT  
OR WEIGHT-LOSS  
SURGERY.**

Visit [LVHN.org/HYweightloss](http://LVHN.org/HYweightloss).



# - Loss Journeys

## DIY Approach

**As a high school athlete, Nichole Reich was always active and trim.**

But after marriage and two pregnancies, the 29-year-old Hamburg resident's weight crept up, finally hitting 320 pounds. She decided to act.

"I wanted to be an active parent and worried about my high blood pressure," she says. She also hoped to inspire patients at LVHN Weight Management Center, where she works as an office coordinator.

### GOING IT ALONE

Reich knew about LVHN's weight-loss surgery options and medical weight-management program, but decided to create her own plan using guidance from dietitians and physicians at work.

In May 2015, she began walking and running during lunch, lifting weights at home and reducing meal portion sizes. In January 2016, Reich started more intensive weight training at a gym. By April (11 months after starting) she'd lost 100 pounds. She's now down to 214.

"I have more energy and am finally discovering who I am," she says.

### HERE'S HOW REICH MAINTAINS HER WEIGHT LOSS:

**She avoids weight goals.** "I used to aim for a specific number that felt unobtainable and got discouraged," Reich says. Now she focuses on feeling fit and comfortable in her clothes.

**She changes up her fitness routine.** Reich still runs, but to prevent boredom and keep building muscle,

she also runs up and down stairs and tries new weight-training regimens.

**She makes calories count.** Reich's workouts demand carbs for fuel, but she eats healthier whole grains instead of processed white pastas and rice.

### ENJOYING A NEW LIFE

Reich and her sons, 2-year-old Liam and 5-year-old Levi, now regularly visit indoor playgrounds and enjoy workouts at home. Her blood pressure has dropped enough to discontinue one of two medications. Reich also loves sharing her inspiring story with weight-loss patients at work.

"I'm living proof you don't always need surgery or fad diets," Reich says. "You need a driving force – I wanted to be healthy for my children. Once everything clicks, anyone can do this."

—Sidney Stevens



# One-of-a-Kind Stroke Prevention Device

AFIB PATIENTS BENEFIT FROM WATCHMAN™ DEVICE

**When retired Emmaus High School history teacher Robert “Buzz” Hill received the region’s first WATCHMAN™ device last year, it was a relief knowing the tiny implant could reduce his risk for stroke.**

He’s already survived two strokes related to a common heart problem, which limited – but didn’t stop – the avid outdoorsman.

“Following recovery from the strokes, I shot my first elk ever in November 2015,” Hill says.

“We weren’t sure he’d make it,” says wife Carolyn of the aftermath of the stroke. Hill went for speech and physical therapy to help his recovery, and today, has a slight weakness in his right side.

## OUT OF SYNC HEARTBEAT

Among Hill’s heart-related problems, the 80-year-old Lehighton resident suffers from an irregular heartbeat, called atrial fibrillation, or AFib for short. When the two upper chambers of the heart (the atria) contract out of sync with the lower ventricles, atrial fibrillation will occur. It can feel like a fluttering in the chest or a pounding of the heart. Some patients have no AFib symptoms. But what happens inside is important: During AFib, blood can pool in the heart, which can lead to clots forming in the pocket-like left atrial appendage. Those clots can break away and travel to the brain, leading to stroke. An estimated 6 million people in the U.S. suffer from atrial fibrillation.

To prevent clots from forming, many AFib patients are treated with blood-thinning medications, such as warfarin. Though effective, these anti-coagulant medications are not without complications. “People with atrial fibrillation need to be very careful to avoid injuries since their blood doesn’t clot like usual. Also, patients on anti-coagulants can experience unexpected bleeding in the brain, as Mr. Hill did,” says cardiologist Nainesh Patel, MD, with LVPG Cardiology.



**Nainesh Patel, MD**  
Cardiology

▶ Watch his video at  
[LVHN.org/Patel](http://LVHN.org/Patel).



**Babak Bozorgnia, MD**  
Cardiology

▶ Watch his video at  
[LVHN.org/Bozorgnia](http://LVHN.org/Bozorgnia).

## BLOCKING CLOT PATHWAY

As an alternative to blood thinners, the FDA-approved WATCHMAN device fits just inside the small left atrial appendage (LAA) pocket. “The implant is umbrella-shaped and is designed to plug the mouth of the LAA. It’s also porous, which encourages skin cells to grow over the device,” says cardiologist Babak Bozorgnia, MD, with LVPG Cardiology. This creates a physical block to ensure blood clots can’t leave the LAA and travel to the brain, causing a stroke.

In March 2016, Hill received the WATCHMAN implant at Lehigh Valley Hospital–Cedar Crest. During a 75-minute procedure, Patel and Bozorgnia threaded a thin catheter wire holding the compressed WATCHMAN device through a vein in Hill’s leg. The catheter was guided into Hill’s heart, where the WATCHMAN was deployed. “The implant procedure went smoothly, and we’re confident the long-term outlook for Mr. Hill is excellent,” Patel says.

WATCHMAN is not a first-line choice for all patients because blood thinners are effective for many. “However, for those who have atrial fibrillation and cannot tolerate blood thinners, this is a helpful alternative to have,” Bozorgnia says.







### BACK TO ACTIVE LIFE

After the porous, umbrella-shaped plug was positioned at the mouth of Hill's LAA, the next phase of WATCHMAN began. Over the next 45 days, skin cells grew over the device to block blood flow into the LAA. Hill was weaned off warfarin and has been able to return to the forest for hunting.

"I've felt great ever since it was put in," Hill says. "And I feel more normal without the blood thinner."

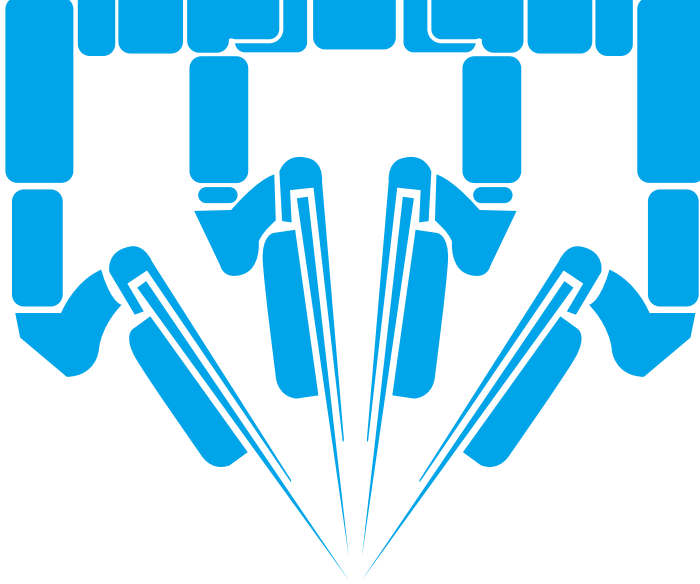
Adds Carolyn, "We have a lot fewer worries now. We're grateful for the WATCHMAN."

—Rob Stevens

**LEARN MORE ABOUT  
THE WATCHMAN  
DEVICE AND HOW  
IT CAN PREVENT  
STROKE.**

Visit [LVHN.org/HYwatchman](http://LVHN.org/HYwatchman).





# Leading-Edge Care for Esophageal Cancer

MINIMALLY INVASIVE ROBOTIC ESOPHAGECTOMIES  
HELP PATIENTS RECOVER FASTER

**Treating esophageal cancer isn't easy.** Most patients require complex surgery called an esophagectomy to remove some or all of the food pipe running from the mouth to the stomach.

To help reduce pain and boost patient recovery time, Lehigh Valley Health Network (LVHN) was the first in the region to offer minimally invasive robotic esophagectomies using the da Vinci® Si HD Surgical System. This technology lets surgeons perform the complicated procedure with unmatched precision using a robot arm and camera inserted through tiny incisions. Best of all, patients don't have to travel far for state-of-the-art care.

"Traditional esophagectomies involve a large incision in the abdomen and another one on the right side of the chest," says LVHN surgical oncologist Aaron Blackham, MD, who recently joined colleagues Jeffrey Brodsky, MD, on the team at LVPG Surgical Oncology—1240 Cedar Crest and Erik

Sylvin, MD, with LVPG Cardiac and Thoracic Surgery—1250 Cedar Crest. "Robotic esophagectomies only require a few small incisions in the abdomen and chest. There's less pain and patients get back to normal activities more quickly."

Blackham believes another key to quicker patient recovery is LVHN's multidisciplinary approach. "We don't just offer surgery," he says. "There's also a multispecialty team of oncologists, radiation oncologists, nurse navigators, physician assistants and other support staff to offer a range of services and well-rounded care."

—Sidney Stevens

## Robotic surgery program continues to expand

LVHN's growing robotic surgery team now features over 30 surgeons skilled in using the da Vinci system's high-definition 3-D imaging and a robotic arm for precise control.

As one of the nation's largest teams, led by gynecologic oncologist Martin Martino, MD, with LVPG Gynecologic Oncology—1240 Cedar Crest, LVHN surgeons have performed over 7,000 minimally invasive procedures since 2007, treating everything from cervical cancer, uterine fibroids and hysterectomies to pelvic organ prolapse and prostate cancer.

"The robotics program allows patients to receive innovative care closer to home," Martino says. "There's less blood loss with this approach, less pain after surgery and lower risk for infection so patients can return home faster."



**Erik Sylvin, MD**  
Cardiothoracic Surgery

▶ Watch his video at [LVHN.org/Sylvin](http://LVHN.org/Sylvin).



**Aaron Blackham, MD**  
Surgical Oncology

▶ Watch his video at [LVHN.org/Blackham](http://LVHN.org/Blackham).



**Martin Martino, MD**  
Gynecologic Oncology

▶ Watch his video at [LVHN.org/Martino](http://LVHN.org/Martino).



**Alyson McIntosh, MD**  
Radiation Oncology



**Stefano Camici, MD**  
Neurosurgery



**Suresh Nair, MD**  
Hematology Oncology

▶ Watch his video at  
[LVHN.org/Nair](http://LVHN.org/Nair).

## GAMMA KNIFE® AND IMMUNOTHERAPY COMBINE TO CONTROL TOM SCHAEFFER'S STUBBORN CANCER

### Tom Schaeffer's cancer journey started in September 2005 with a spot on his scalp that the 78-year-old Lehigh resident kept picking.

"My wife is a nurse, and she didn't like the bluish-brown look of it," he says. He was diagnosed with stage 4 metastatic melanoma, a cancer that often begins on the skin due to ultraviolet radiation from the sun but can spread to other sites in the body. "I expected to be dead from my cancer within two years," Schaeffer says.

His fear was well-grounded. "Until recently, patients with metastatic melanoma had a very poor prognosis," says radiation oncologist Alyson McIntosh, MD, with Allentown Radiation Oncology Associates at Lehigh Valley Hospital-Cedar Crest. "But he did well enough that when new advanced treatments became available, he was among the first to receive them."

### PERSISTENT MELANOMA

Schaeffer's scalp lesion was removed. However in early 2007, the cancer

appeared in his left lung. Lehigh Valley Health Network (LVHN) surgeons removed that lesion in a minimally invasive robotic procedure. After another was discovered and removed from his right lung later that year, Schaeffer underwent chemotherapy. "But the cancer came back again in 2011," Schaeffer says – this time in his brain.

"Even after periods of remission, it's not uncommon to see metastatic disease in the brain," says neurosurgeon Stefano Camici, MD, with LVP Neurosurgery-1250 Cedar Crest. To shrink the tumor, Camici and McIntosh used Gamma Knife® radiosurgery, in which multiple beams of radiation from many angles converge on a precise point, destroying diseased tissue while protecting healthy tissue.

### IMMUNE SYSTEM SYNERGIES

Gamma Knife surgery has another effect: "As tumor cells die, they release specific proteins that prompt the

immune system to recognize the tumor cells and attack the cancer throughout the body," McIntosh says. Following the Gamma Knife procedure, Suresh Nair, MD, with LVP Hematology Oncology-1240 Cedar Crest treated Schaeffer with the immunotherapy drug ipilimumab (Yervoy®). "Since January 2012, I've shown no sign of cancer," Schaeffer says.

"I think we're on the leading edge of combining the most updated technologies," McIntosh says. "LVHN has a lot of experience with both stereotactic radiation and immunotherapy, and being able to use them synergistically is really benefiting our patients."

Schaeffer has seen those benefits firsthand. "Melanoma used to be a death sentence for many people, but things are turning around," he says. "I'm now part of a melanoma survivors' group and get to hear many people share their survivor stories."

—Richard Laliberte



# Overuse Injuries and Young Athletes

LEHIGH VALLEY HEALTH NETWORK SPORTS MEDICINE  
ORTHOPEDIC SURGEON GABE LEWULLIS, MD,  
DISCUSSES WHY THESE INJURIES ARE NEAR-EPIDEMIC

## ABOUT THE AUTHOR

*Gabe Lewuillis, MD, is a Lehigh Valley Health Network sports medicine orthopedic surgeon with LVPG Orthopedics. He was a star basketball player at Allentown Central Catholic High School. Lewuillis is also well-known for scoring the winning basket with 3.9 seconds to play in Princeton's 1996 NCAA Tournament upset of defending national champion UCLA.*

**One of the most common conditions I see is sports overuse injuries, particularly among younger athletes – teenage years and in some cases younger.** I can tell you it's reaching epidemic proportions nationally. But not everyone understands what this condition entails.

When people hear about overuse injuries, they automatically think of baseball pitchers. Several decades ago, "Tommy John surgery" became a popular term when that major league pitcher had a revolutionary surgical procedure in the mid-1970s to save his career. A healthy tendon was extracted from his right forearm to replace the ulnar collateral ligament in his pitching arm, which was severely damaged by overuse. He missed an entire season while recovering, then changed the way he pitched to reduce the stress on

his arm. He wound up pitching for 13 more seasons.

This remains a famous overuse injury. But overuse injuries can affect many areas of the body. A runner can develop stress fractures in his or her feet. Repeated stress can cause a gymnast problems in the arms and legs. Think of the professional tennis player who develops one much larger forearm from continuous use. That's a muscle reacting to repeated stress.

I believe the increase in overuse injuries is attributable to a trend that started in the last 20 years or more. During this period, young athletes have tended to specialize in one sport and play it year-round. In the case of team sports, they often play in more than one league. And if the child happens to be gifted in that sport, you'll find many parents encouraging that

specialization with thoughts of a college scholarship and perhaps a professional career.

But rigorous play – using the same continuous motions – coupled with little recovery time is the root cause of overuse problems. Parents of developing adolescents are astounded when X-rays show clear evidence of how overuse can affect growth plates. Beyond the physical, there are emotional factors as well. For a young person, repeated participation in one activity with no break can lead to burnout. The fun we've all experienced merely participating in a sport can easily disappear. These days, many kids only play team sports in organized leagues. Pickup games with your friends just for the love of the sport seem to be a thing of the past.



# DON'T LET YOUR INJURY SLOW YOU DOWN. LET LVHN SPORTS MEDICINE SPECIALISTS GET YOU BACK IN THE GAME. Visit [LVHN.org/HYSportsmedicine](http://LVHN.org/HYSportsmedicine).



Overuse injuries are no longer rare among youngsters. But if you're a parent of a child with a talent for athletics, here's what you can do to get ahead of them:

- ▶ Encourage your child to play multiple sports. The experience helps to create a well-rounded athlete and maintains the fun factor.
- ▶ If your child is especially good at one sport, be sure he or she takes at least two months completely off from it each year. This will allow stressed areas to recover and prevent burnout.
- ▶ If your child does get injured, follow your physician's and physical therapist's instructions. Take the necessary time off to rehab and heal.
- ▶ Have your child train with professionals to keep him or her healthy and safely reach peak performance. Sports performance training is beneficial to teach athletes proper mechanics specific to their sport.

Sports medicine has made remarkable strides in returning athletes to their previous forms. But everyone reacts to injury differently, and you shouldn't automatically assume your child will bounce back completely. Many people are never the same after an injury.

If your child is experiencing pain or discomfort while competing, be sure to have it checked by a primary care or sports medicine physician. If you see a change in your child's form or technique while competing, be sure he or she isn't compensating for a physical problem. If your daughter is an athlete and is experiencing changes in her menstruation cycle, have it checked as it could be connected to an overuse issue.

The best prevention of sports overuse injury is rest. Remember, a couple days of rest from a sport isn't going to alter a career, but an overuse injury could.



# *New Year, New You, Here's How*

**Many people set a New Year's resolution but don't follow through.**

Thanks to a variety of programs offered by Lehigh Valley Health Network (LVHN), there are better and easier ways to stay committed to your goals.

Here are six resolutions LVHN can help you keep.

## **1 GET A CHECKUP.**

Do you have a relationship with a primary care provider (PCP)? If you don't have a PCP, it's time to get one. Here's why. A PCP is your personal go-to for all your health care needs, whether you are well or sick. You can choose a PCP who specializes in family medicine, internal medicine, obstetrics and gynecology, geriatrics or pediatrics (for children).

### **LVHN CAN HELP**

Visit [LVHN.org/findadoc](http://LVHN.org/findadoc) to find the perfect provider for you. You can search for a doctor by name (if you have someone in mind), practice, city and zip code.





2

**GET FIT.**

Getting in shape or establishing a fitness routine is a common, but challenging, resolution. Regular exercise is an essential part of good health. When done under the supervision of a personal trainer, exercise can help you recover from an injury or meet your fitness goals.

**LVHN CAN HELP:** Join LVHN Fitness. With three locations, LVHN Fitness offers cardiovascular and strength equipment, group fitness classes, sports performance training programs, massage services and personal training. Visit [LVHN.org/fitness](http://LVHN.org/fitness) to find the fitness center that's convenient for you.

3

**ENJOY A GOOD NIGHT'S SLEEP.**

Proper sleep is important for your overall health. Conditions such as obstructive sleep apnea, insomnia and restless leg syndrome can prevent you from getting enough sleep. Not only do you feel tired, but lack of restorative sleep can lead to health problems such as weight gain, high blood pressure, depression and a weakened immune system.

**LVHN CAN HELP:** Specialists at LVHN Sleep Disorders Center use advanced technology to diagnose your condition and provide effective treatment. The center has several locations and offers adult in-lab and at-home sleep testing. To learn more, call **610-402-CARE**.

4

**LOSE WEIGHT.**

Dropping pounds may lower your risk for diabetes, high blood pressure, sleep apnea, high cholesterol and other serious health conditions. As an added bonus, you may feel healthier and have a chance to enjoy activities that excess weight may have hindered. Each person's weight-loss journey is unique. Some people can achieve results with diet and exercise. Others need help and supervision from a weight-loss specialist. For some people, weight-loss surgery is the best option.

**LVHN CAN HELP:** The staff at LVHN Weight Management Center will design the weight-loss program that's right for you. They'll guide you through lifestyle changes, nutritional choices and how to maintain your weight after you reach your goal, whether it's achieved with or without surgery. Learn more at [LVHN.org/HYweightloss](http://LVHN.org/HYweightloss).

5

**MANAGE STRESS.**

Are you constantly worried? Do you feel like there aren't enough hours in a day? If so, you're under a lot of stress. Some stress is normal, but too much stress is a problem. The body responds to stress through very intense physiological reactions that can impact your health.

**LVHN CAN HELP:** The Mindfulness-Based Stress Reduction program gives you tools to recognize when stress is affecting your life and how to intervene. Mindfulness cultivates awareness in the moment and a sense of calm and well-being. It changes your relationship with stress, chronic pain or illness and helps you take charge for a happier, healthier and more relaxed you. Visit [LVHN.org/mindfulness](http://LVHN.org/mindfulness) for the class schedule.

6

**NIX NICOTINE.**

When you stop smoking or using tobacco products, you significantly improve your health and lower your risk for serious health conditions. Plus, you'll keep some extra money in your pocket.

**LVHN CAN HELP:** The Tobacco Treatment Program provides private, confidential counseling over-the-phone or face-to-face. Interested in quitting? Call **610-402-CARE**.

## *Commit to a healthier year.*

Visit [LVHN.org/events](http://LVHN.org/events) or call **610-402-CARE** to learn more about upcoming events, classes and support groups that can help you achieve your resolution.

—Ashley Scheffler

# Teamwork Benefits Patient Care



**Martin Martino, MD**  
Gynecologic Oncology

▶ Watch his video at  
[LVHN.org/Martino](http://LVHN.org/Martino).



**LEARN MORE ABOUT  
GAMMA KNIFE.**

Visit [LVHN.org/gammaguide](http://LVHN.org/gammaguide).

## **Coordinated care between Lehigh Valley Health Network and Lehigh Valley Hospital–Schuylkill made a world of difference for former cancer patient Karen Byrnes-Noon of Ashland, Pa.**

In 2011, Byrnes-Noon, now 57, was diagnosed with stage 4 endometrial cancer, a type of cancer in the uterus. “I went to my gynecologist, Ilene Katz-Weizer, MD, for a checkup, and my Pap test came back positive for cancer,” Byrnes-Noon says.

While surprised by the diagnosis, Byrnes-Noon had practical matters to consider. “I am an attorney, and at the time, I was working in the district attorney’s office and could not take months off due to a health care issue. Dr. Katz-Weizer advised me to go to Lehigh Valley Hospital–Cedar Crest and meet with Martin Martino, MD,” she says.

### **ROBOTICALLY ASSISTED SURGERY**

At that visit, Martino, a surgeon with

LVPG Gynecologic Oncology, suggested that a minimally invasive surgical approach using a robotic system could help Byrnes-Noon get back on her feet – and in the courtroom – more quickly.

In November 2011, Martino performed a complete hysterectomy assisted by the da Vinci® Robotic Surgery System. Byrnes-Noon was discharged in two days. “With minimally invasive surgery using the robot, her prognosis was better thanks to the reduction in morbidity,” Martino says. “In addition, we were able to remove any signs of cancer that was found during her surgery, and as a result she was able to start chemotherapy and radiation therapy sooner.”

### **COMPREHENSIVE CARE TEAM**

Martino says it is important for patients diagnosed with a gynecologic cancer to have a gynecologic oncologist as the point person for their care team. “We will work with all members of our team to help manage the timing of chemo-

therapy, surgery and surveillance with the goal to help our patients find a cure, or maybe a better treatment for their cancer,” he says. With a comprehensive care approach, Byrnes-Noon’s cancer has been in remission for over five years.

Today, Byrnes-Noon is an attorney in a private practice and an adjunct professor at area colleges. She feels fortunate to have the connection to LVHN. “I cannot tell you how important that initial consultation was.” At the time Byrnes-Noon’s son was a senior in high school, and she vowed to not miss one of his football games. She didn’t. Her daughter was in school too.

“I am thankful I got to see both of my children graduate from high school and enjoy time with them and my husband, David. I look forward to celebrating my 25th wedding anniversary in December with my best friend and avid supporter. I believe my faith, family and friends have been guiding lights for me. I am grateful for every day.”

—Leslie Feldman

# A Successful Pregnancy After Devastating First Birth

THE EXPERTS AT LVPG MATERNAL FETAL MEDICINE HELP CREATE HEALTHY BABIES DURING HIGH-RISK PREGNANCIES



**Briel Rhoades was devastated in April 2015 when doctors discovered her baby's heart had stopped beating (she was 35 weeks pregnant).** Though grieving, she yearned for more children in the future.

In August 2015, she met with LVPG Maternal Fetal Medicine (MFM) specialist Albert Sarno, MD. Maternal Fetal Medicine specializes in high-risk pregnancies – mothers with diabetes, those carrying multiples, or like Rhoades, having experienced fetal death.

Sarno had examined the baby, named Sadie, plus the placenta. His diagnosis? "This placenta unexpectedly and with no warning stopped nourishing this baby," Sarno says. When meeting with patients like Rhoades, Sarno focuses on communication. "They need to know you care about what they've been through, and that we will do our absolute best to get this pregnancy to go the way they want."

The timing of their meeting was extraordinary. One week later, Rhoades found out she was pregnant. She was understandably thrilled but also terrified. Sarno was ready with a plan in place.

## A STEP-BY-STEP MFM PLAN

Even though there was no official diagnosis for Sadie's death, Sarno had noticed some small blood clots in the placenta. "This could have restricted blood flow to the baby," he says. To avoid similar issues with the new pregnancy, Sarno prescribed low-dose baby aspirin (it helps prevent clotting).

In addition to Rhoades' well checks with her ob/gyn, Sarno administered regular ultrasounds to check blood flow to the placenta. Starting at 32 weeks she visited MFM twice weekly for non-stress tests and amniotic fluid level checks as well. Everything continued to look great.

The final element of Sarno's plan was to induce Rhoades at 39 weeks. "We wanted to put the baby in her arms so she didn't have to worry anymore," he says.

## BRIEL WELCOMES HER BABY

Daughter Myla was born April 18, 2016, at Lehigh Valley Hospital (LVH)–Cedar Crest, weighing 7 pounds, 4

ounces. "It was a wonderful outcome," Sarno says.

Rhoades now attends a moms' support group and new mothers' exercise class on Mondays at LVH–Cedar Crest. She's looking forward to those same services when LVH–Muhlenberg opens the Family Health Pavilion in summer 2017. When Rhoades gets pregnant again, she hopes to deliver there, which is just minutes from her Northampton home. "We'll always be high-risk so we'll still see Dr. Sarno at MFM," she says. Lucky for her he will be moving to the new facility as director of MFM for LVH–Muhlenberg.


–Leah Ingram



**DOWNLOAD LVHN'S  
BABYBUNDLE APP  
AND EBOOK.**

Visit [LVHN.org/HYbabybundle](http://LVHN.org/HYbabybundle).





# From Heart Surgery to Half Marathons

EASTON WOMAN NOW LOVES RUNNING

**Agnes Hardy-Boyer loves to run. From a 20-kilometer race along the northwest coast of France to a 5K run in the Lehigh Valley Health Network (LVHN) Via Marathon, Hardy-Boyer enjoys setting new personal bests.** But exercise wasn't always easy for the 50-year-old Easton woman.

In 2013, Hardy-Boyer was alarmed at how quickly her stamina and strength were sapped during activities like biking or squash. "I became tired and out of breath," says the deputy director at Sanofi Pasteur in Swiftwater, Pa. Tests for heart disease and Lyme disease were negative. The unexplained fatigue was unrelenting, even during light exercise.

"I would ask myself, 'What's wrong with me?'" she says.

#### THE HEART OF THE PROBLEM

Her primary care physician sent her to a cardiologist, who suspected hypertrophic cardiomyopathy (HCM), a sometimes fatal thickening of the heart muscle. HCM is linked to sudden cardiac arrest in athletes.

In late 2013, she came to Lehigh Valley Health Network for an appointment with sports cardiologist Matthew Martinez, MD, who specializes in HCM diagnosis and treatment. Instead of HCM, Martinez found a flap of tissue beneath her aortic valve that was restricting blood flow out of her heart, causing her troubling symptoms.

This 'subaortic membrane' is most commonly found in children and is often repaired with surgery, though it sometimes requires a replacement for the aortic valve.

#### GOING FROM SURGERY TO BOUNDLESS ENERGY

Martinez's colleague, LVHN cardiothoracic surgeon James Wu, MD, operated on Hardy-Boyer in May 2014 to remove the membrane. This cleared the passage for blood flow out of her aortic valve – no valve replacement needed.

Soon after, she was exercising again without the excessive fatigue that had plagued her. As her energy surged, she took up running – a sport she had avoided for years. "I didn't like running the hills at first, but soon I was finding them easier," she says.

Today, Hardy-Boyer goes to the gym three times a week and runs in races as often as she can, estimating she has completed a dozen events since her surgery including the Dorney Park Half Marathon in October 2016 and the Delaware and Lehigh (D&L) Heritage Trail Half Marathon in November. Her big accomplishment was reaching her goal of running at least 1,000 kilometers (621 miles) in 2016, which she reached on Oct. 10.

"I feel healthier than ever," she says. "I can do anything I want without being tired, thanks to Drs. Martinez and Wu."

—Rob Stevens

## The value of a second opinion

**As Agnes Hardy-Boyer found, a second opinion from sports cardiologist Matthew Martinez, MD, pinpointed the exact cause of her extreme fatigue – a diagnosis that differed from the original one she received.**

LVHN cardiothoracic surgeon James Wu, MD, says a second opinion can provide peace of mind. "Having another physician agree with the diagnosis and course of action should give you confidence in a difficult situation. And sometimes a second opinion might yield a different diagnosis or treatment option as well. It happens more often than you might think," he says.

#### KEEP THIS ADVICE IN MIND WHEN SEEKING A SECOND OPINION.

- ▶ Check with your health insurance provider to see if it requires a second opinion and to determine what the coverage is for second, third or more opinions.
- ▶ Find a provider with at least the same level of expertise or greater if possible, meaning a specialist in the field of your condition.
- ▶ Find one who works with a different medical institution or network.
- ▶ If the second opinion differs significantly from the first, consider a third or fourth opinion.

"Don't ever hesitate to ask your provider about getting a second opinion when discussing your health or the health of someone you love. In the end, the correct diagnosis and treatment always is what matters most," Wu says.

**NEED CTA INFO-  
FOR HERE,  
PLEASE PROVIDE**

Visit [LVHN.org/babybundle](http://LVHN.org/babybundle).



Emily Doster  
Plastic Surgery

## Glow This Winter

PROFESSIONAL SKIN CARE OPTIONS YOUR FACE WILL LOVE

**During winter, your skin is usually covered from top to toe – except for your face.**

Why not enhance it with a bit of professional skin care? Lehigh Valley Health Network licensed medical esthetician Emily Doster says you have many options when it comes to reviving or refreshing your skin. “My clients enjoy having a menu of choices, so I offer several types of facials and exfoliating treatments. These skin therapies remove dulling skin cells and leave you glowing. It’s a reminder that spring is just around the corner.”

Also consider makeup lessons, professional makeup application or even opt for permanent makeup, a particularly helpful timesaver on snowy mornings, she says. “If you choose a semi-permanent or permanent makeup, you can count on saving time each morning.”

## FLURRY OF FACIAL CARE

### FACIALS FROM \$100

Relax and settle in for a custom facial that addresses your specific needs, such as our deep cleansing facial or our anti-aging facial.



### DERMAPLANING FROM \$75

This procedure exfoliates skin and removes fine facial hair, leaving your skin smooth and allowing your products to absorb more effectively.



### CHEMICAL EXFOLIATION FROM \$150

Chemical peels treat wrinkles, skin discoloration, acne and scars, and can even treat your sensitive eye and lip areas.



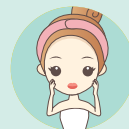
### RÉJUVAPEN™ FROM \$300

This device uses microneedling to promote new collagen growth, restoring elasticity in skin. Microneedling is safe for all areas, even the delicate skin around your eyes and mouth.



### INJECTABLES AND FILLERS FROM \$400

You can choose from a range of traditional and new fillers and injectables, all designed to subtly soften the signs of aging. All injections are performed by our surgeons and physician assistant.



### MAKEUP

Makeup can elevate your look from naturally beautiful to runway ready. Your application options include traditional makeup, semi-permanent makeup and permanent makeup.

A. SEMI-PERMANENT MAKEUP FROM \$15

B. MAKEUP FROM \$55

C. PERMANENT MAKEUP FROM \$250



### WAXING AND TINTING FROM \$10

Gentle touch combines with long-lasting results, and you can opt to treat your brows, lip, chin or other areas that need attention.



### MICRODERMABRASION FROM \$125

If blotchy skin is plaguing you, microdermabrasion can help.

A diamond-tipped applicator gently removes dead skin and restores a more even tone and texture.



—Jenn Fisher

## LEARN MORE ABOUT THESE TREATMENTS.

Visit [LVHN.org/skincare](http://LVHN.org/skincare).



# Calendar CLASSES AND SUPPORT GROUPS

Register by calling 610-402-CARE or visit us online at [LVHN.org/healthyyou](http://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.

## 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](http://LVHN.org/getoutlv) or call 610-965-4397 x136.

**Stone Soup Stroll**  
Jan. 21: 10 a.m. at Pool Wildlife Sanctuary

**Lake Muhlenberg to Market**  
Feb. 11: 10 a.m. at Cedar Beach Park

**Kilns and Railroads**  
March 11: 10 a.m. at Ironton Rail Trail

**The Delaware From on High**  
March 25: 10 a.m. at Mariton Wildlife Conservancy

**Meadows, Trees and Vole Tunnels**  
April 8: 10 a.m. at Peace Valley Nature Center

**Free!** **Save the Date Mini Medical School**  
April 4, 11, 18, 25 at LVH—Cedar Crest

## What's New

**Free!** **Colon-rectal Cancer Community Forum**  
Colon-rectal cancer, the third-most common cancer in the U.S., is highly curable if caught early. Join us for an informational session to learn about risk factors, importance of screening, latest treatments and advances, and more. Enjoy a light dinner. For

more information call 610-402-CARE or visit [LVHN.org/coloncancerevent](http://LVHN.org/coloncancerevent).

March 22: 5 p.m. at LVH—Cedar Crest

**Free!** **HPV Community Forum**  
Learn more about prevention and detection of gynecologic cancers. Join us for a powerful documentary featuring five cervical cancer survivors sharing their experiences. Panel discussion and refreshments follow the video. For more information call 610-402-CARE or visit [LVHN.org/HPVevent](http://LVHN.org/HPVevent).  
Jan. 25: 5 p.m. at LVH—Cedar Crest

**Free!** **Kidney Cancer Community Forum**  
Sponsored by the Andy Derr Foundation for Kidney Cancer Research. For information, call 610-402-CARE.  
April 3: 4 p.m. at LVH—Cedar Crest

**Walkin Mammos**  
Available at Health Center at Bangor. No appointment; no prescription.\* Bring your insurance card. For more information, call 610-402-CARE or visit [LVHN.org/mammo](http://LVHN.org/mammo).

\*Must be age 40+ and have not had a mammogram in last 12 months.

**Free!** **Promoting Wellness for People Living With Multiple Sclerosis**  
Managing multiple sclerosis impacts not only physical health but also overall sense of wellness. Hear from a panel of professionals about wellness, including physical, psychological and spiritual concerns to help foster an improved quality of life.  
April 8: 8-11:30 a.m. at LVH—Cedar Crest

**Free!** **Sleep Disorders Information Sessions**  
**Women and Sleep**  
Feb. 21: 6 p.m. at LVH—Cedar Crest  
**The Importance of Getting a Good Night's Sleep**  
March 9: 6 p.m. at LVH—17th Street  
**Understanding Sleep Disorders**  
April 10: 6 p.m. at LVH—Cedar Crest

## PEDIATRIC SESSION

**How to Develop Good Sleep Habits for Children**  
March 14: 6 p.m. at LVH—17th Street

## Protecting Your Health

**Free!** **Cessation, What Works?**  
How to succeed in beating tobacco addiction.  
April 6: 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

## 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*  
Starting Feb. 2 at LVH—Cedar Crest  
**New!** *Daytime sessions*  
Call 610-402-CARE for information.

## 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!** **Oral Cancer Screening**  
Exams are being offered at two locations by Lehigh Valley Health Network dentists. For an appointment or more information, call 610-402-CARE or visit [LVHN.org/oralcancerevent](http://LVHN.org/oralcancerevent).

**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.

## 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

## Raising a Family

Call 610-402-CARE or visit [LVHN.org/pregnancy](http://LVHN.org/pregnancy) to register for classes and tours.

**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**  
**Two-week series**  
Saturday or Sunday 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**  
**Free!** **Breastfeeding Support**  
Meet other moms and babies (0-6 months) for breastfeeding support, education and to share experiences and wisdom.

**Free!** **Monday Morning Moms**  
Meets every Mon. (except holidays): 11 a.m.-12:30 p.m.

**Free!** **LVPB Breastfeeding Support Group**  
Meets first and third Thu. of month (except holidays): 6-7:30 p.m.

**Free!** **Postpartum Support After Delivery**  
Understanding Emotions  
Meets second Thu. of month (except holidays): 6:30 p.m.

**Free!** **Pregnancy and Infant Loss Support Group**  
A support group for 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

**Free!** **Baby Bundle App**  
Visit [LVHN.org/HYbabybundle](http://LVHN.org/HYbabybundle) to download our new free app.

glucose monitors.  
[Resumes in February](#)

**Free!** **Sweet Success**  
Monthly support group for adults with type 2 diabetes.  
[Resumes in February](#)

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

**Prediabetes Self-Management Classes**  
Offered periodically throughout the year.

- 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 Pumps**  
Support and information for adults with diabetes using insulin pumps and continuous

**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**

**Art Therapy Workshop**  
Conducted by a board-certified art therapist, this two-night workshop will meet to create memorial art for your loved one as well as art that honors your process through grief. Materials provided; no artistic ability or experience needed. Registration required.\*  
Feb. 20 and 27: 6-7:30 p.m.

**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.

**Giving Sorrow Words**  
Along a journey through grief, nothing is more powerful than having thoughts and feelings validated and understood. This six-week psycho-education support group meets multiples times throughout the year. For adults 18 and older; registration required.\*  
Sessions starting Jan. 16 and April 10: 1:30-3 p.m.

**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.\*  
March 1, 8, 15, 22: 6-7:30 p.m.

**Teen Peer Support Group**  
Feelings of anger, sadness, withdrawal, guilt and anxiety are common effects grief has on teens. Bereaved teens can address their loss through talking, music and/or art in this support group. Registration required.\*  
Meets second and fourth Wed. of month: 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.  
Jan. 3, Feb. 7, March 7, April 4: 9-10:30 a.m.  
Jan. 25, Feb. 22, March 22: 1:30-3 p.m. at LVH-Cedar Crest  
Jan. 12, Feb. 9, March 9, April 13: 1:30-3 p.m. at LVH-Muhlenberg  
Jan. 18, Feb. 15, March 15, April 19:

5:30-7 p.m. at LVHN-Tilghman

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

For details, call 610-402-CARE.

**Free! Myasthenia Gravis Support Group**

Jan. 19, April 20: 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.  
Jan. 17, Feb. 1, Feb. 21, March 1, March 21, April 5, April 18

**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

**FOR CANCER PATIENTS**

**Free! 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

**Free! Men Facing Cancer**

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

**Free! Metastatic Breast Cancer Support Group**

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

**Free! Nutrition Series for Cancer Survivors**

For patients who have completed treatment, learn the healthy eating information you need to know. For more information call 610-402-CARE.  
April 25, May 2, May 9: 6-7:30 p.m. at LVH-Cedar Crest

**Support of Survivors**

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

**Managing Your Weight**

**Mindful Eating: Developing a Healthy Relationship With Food**

This five-week program will help you develop a healthy, balanced relationship with food. Learn to fully enjoy food and to eat from true hunger rather than from stress or to manage difficult emotions. Ages 18 and older.

Starting Jan. 25 and April 5:  
5:30-7 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.

Jan. 18, March 15: 5:30-7 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

**Free! Monthly Support Group**

Support and information on weight-loss surgery.

**Options for Vitamin and Mineral Supplements**

Feb. 9: 6-7:30 p.m. at LVH-Cedar Crest

**Managing Mood With Food**

March 1: 6-7:30 p.m. at LVH-Cedar Crest

**Bariatric Support Groups Keep Us Focused**

April 11: 6-7:30 p.m. at LVH-Cedar Crest

**Postop Motivation Group**

Starting Jan. 30 and March 13: 6-7 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

**Free! Weight-Loss Surgery Information Events**

**What to expect**

**Evening sessions**

Jan. 26, Feb. 2, \* Feb. 23, March 2, March 30, April 6: 6 p.m. at LVH-Cedar Crest

**Day sessions**

Feb. 6, March 13, \* April 14\*:

Noon at LVH-Cedar Crest

**Simulcast sessions**

\*Simulcast to LVH-Muhlenberg

**Weight Management Services**

**INDIVIDUAL**

**Nutrition Counseling**

Assessment, body-fat analysis and goal-setting.

**Nutrition Counseling/Metabo-**

**lism 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](http://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*




**Marketing and Public Affairs**

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