

# Healthy You

Lehigh Valley Hospital and Health Network

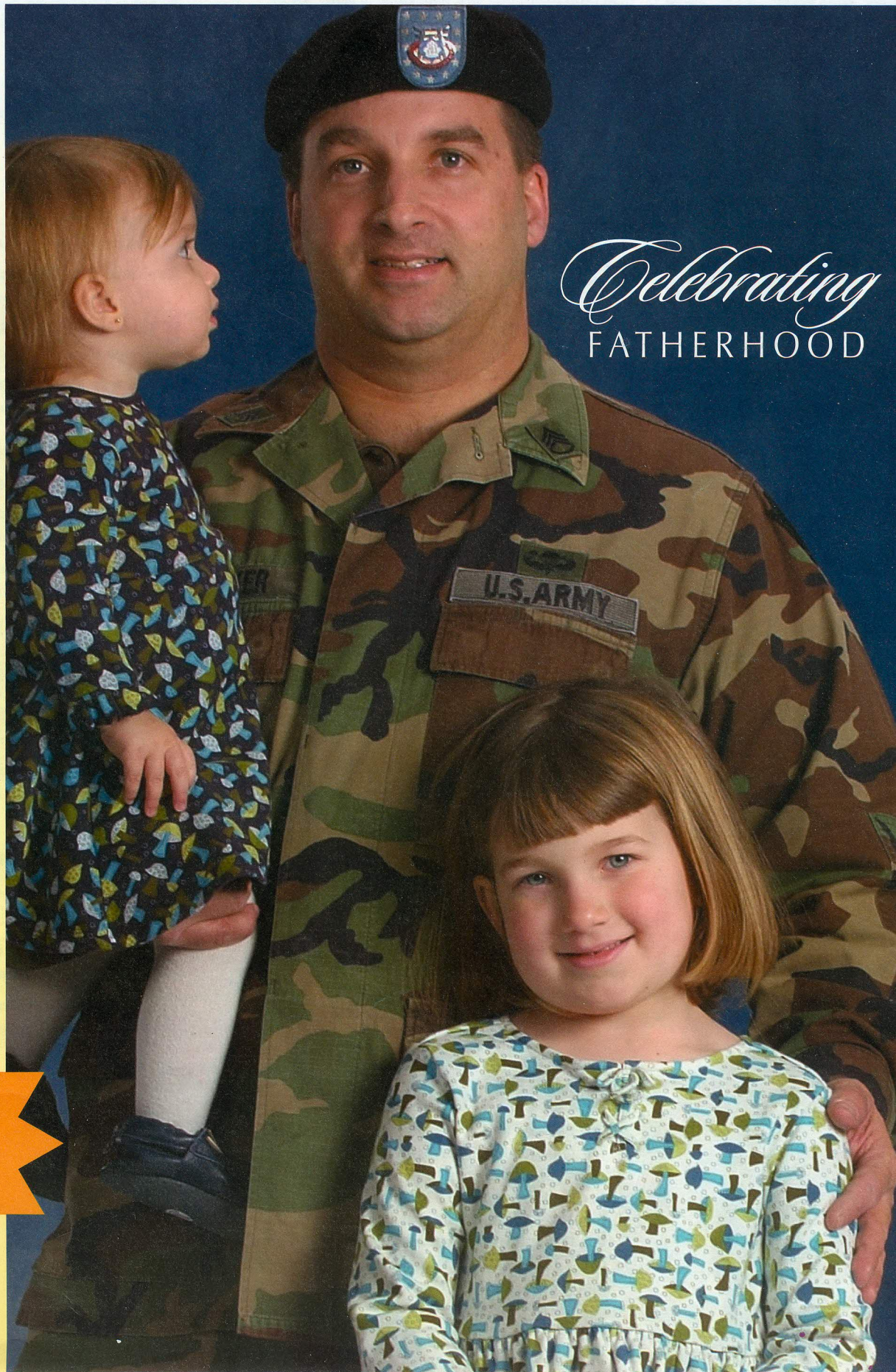
MAY/JUNE 2005

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- Golfing for Fitness
- Heart-y Questions for Women
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- 'My Nurse Practitioner'
- Treating Painful Discs
- Taste the Good Life (Again!)

**Special  
Focus on  
Dads**

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and 26



*Celebrating*  
FATHERHOOD

# Healthy You

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MAY/JUNE 2005



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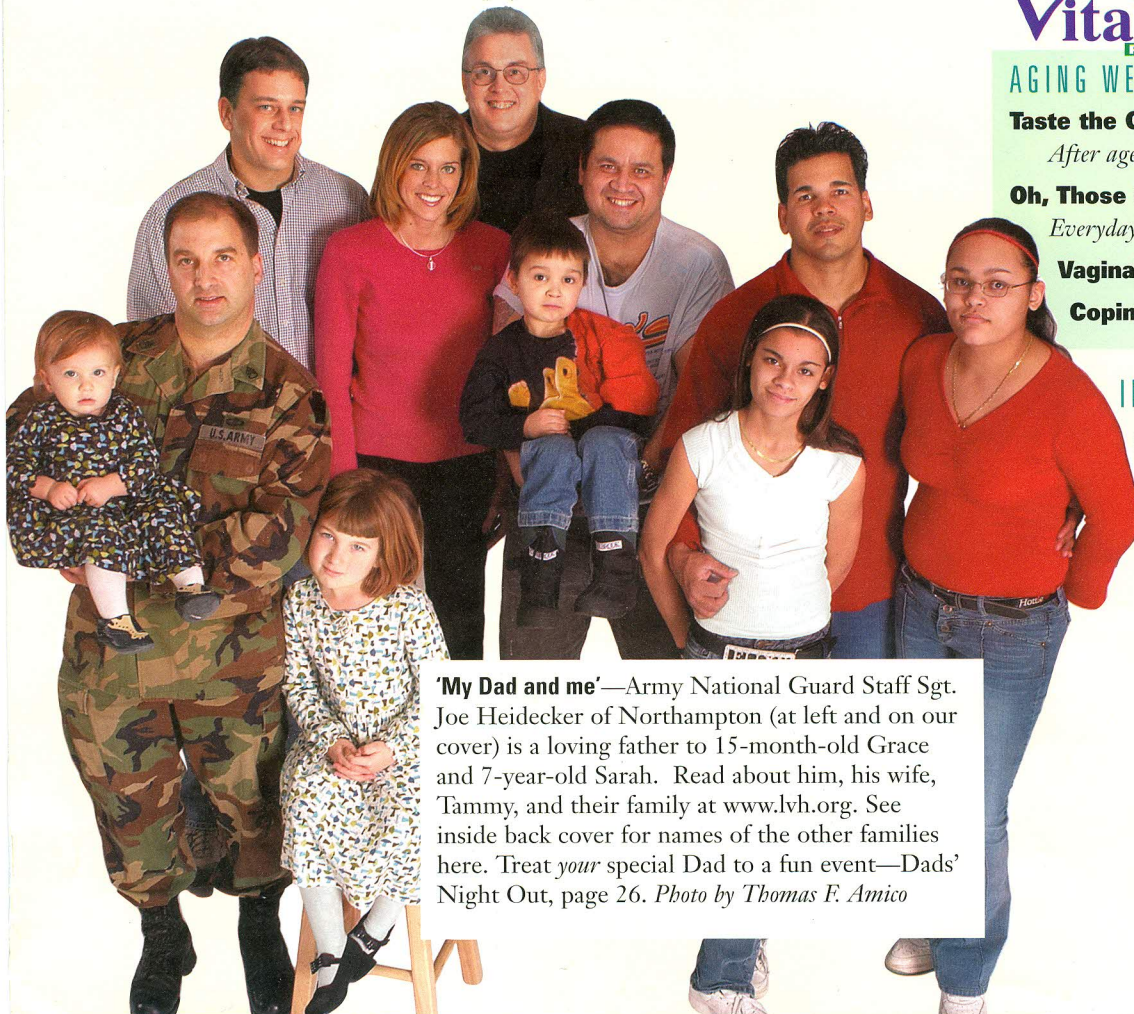
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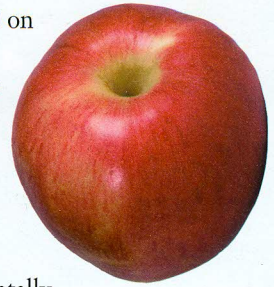
**'My Dad and me'**—Army National Guard Staff Sgt. Joe Heidecker of Northampton (at left and on our cover) is a loving father to 15-month-old Grace and 7-year-old Sarah. Read about him, his wife, Tammy, and their family at [www.lvh.org](http://www.lvh.org). See inside back cover for names of the other families here. Treat your special Dad to a fun event—Dads' Night Out, page 26. Photo by Thomas F. Amico

**LEHIGH VALLEY**  
**HOSPITAL**  
AND HEALTH NETWORK



# Organic Food

## What Does It Mean?



**A**t the supermarket, you'll find the "organic" label on everything from fresh produce to packaged cereals. Is this just a gimmick? Not at all. "The U.S. Department of Agriculture regulates organic farms to ensure they meet a set of standards," says registered dietitian Mildred Bentler of Lehigh Valley Hospital and Health Network.

Organic strawberries, for example, must be grown without chemical herbicides, pesticides or fertilizers, and using environmentally friendly techniques like composting.

"Organic meat, poultry, eggs and milk come from animals with access to pasture and forage ('free range')," says Carl Fisher, owner of the Fairgrounds Poultry Market in Allentown. "Their feed is not genetically modified and is free of growth hormones, antibiotics or animal byproducts."

There are many reasons people choose organic foods. "Some like the taste, or want to support the environment and humane care of animals. Others believe pesticides and herbicides are unhealthy, or that organic foods are more nutritious," says organic farmer George DeVault of Emmaus.

**Are organic foods really healthier and safer?** Some studies show organic produce has more vitamins, but the difference is minimal—and it doesn't necessarily last, Bentler says.

*Continued on next page*



**USDA-certified organic growers**—George and Melanie DeVault of Emmaus must meet 350 pages of requirements, keep records of their crops and materials, and undergo inspection every year. They remove bugs by hand, plant cover crops to suppress weeds, rotate crops to enrich soil, and use greenhouses to protect produce and grow year-round. Find them at the Emmaus Farmer's Market, 2nd and Main streets, Sundays, 10 a.m.-2 p.m., June-November.





**How to wash**—Organic or not, be sure to clean fruits and vegetables. “A special wash isn’t necessary,” dietitian Mildred Bentler says. “All you need is a drop of dish soap in water.” Clean *before* cutting to avoid getting residue into the food. If it’s delicate like lettuce, soak it for a few minutes. If it’s firm like



a cucumber, use a vegetable brush. Thoroughly wash or soak textured produce like strawberries, broccoli and peaches because residue tends to stick.

## Organic Food What Does It Mean?

*Continued from page 1*

“Fruits and vegetables lose nutrients with age and exposure to light and air. Ask your grocer how far the product was shipped and how long it’s been on the shelf. Frozen and canned items keep nutrients longer because they’re preserved at their freshest.”

As for safety, organic farming does help prevent groundwater pollution and damage to wildlife, DeVault says. “There are no definitive studies showing our health is affected by agricultural chemicals,” Bentler says. “Don’t avoid produce because you fear pesticides. Just wash it well. Getting your daily fruits and vegetables far outweighs any risks.”

**What about your child’s diet?** “It’s not necessary to feed children an all-organic diet,”

Bentler says. “Do avoid conventional juice from non-peeled fruit like grapes and apples, or limit it to 4 ounces a day. A glass of apple juice contains about six apples. The juice manufacturer doesn’t wash them thoroughly, so your child gets an overdose of pesticides.”

You’re ready to go organic. Where to begin?

**Know your labels.** (See at left).

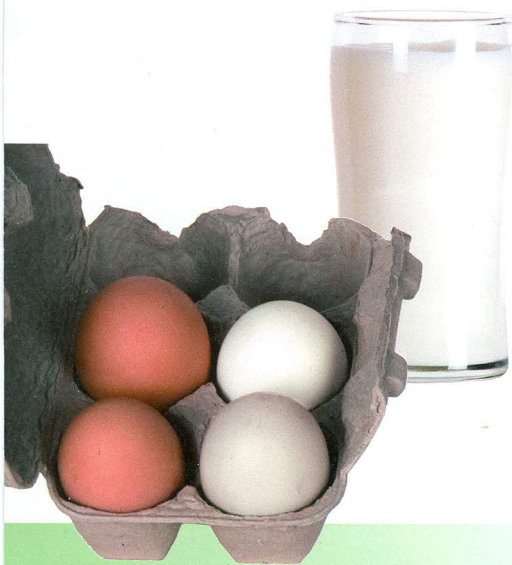
**Set priorities.** Certain fruits and vegetables, including strawberries and tomatoes, tend to be higher in pesticides because they’re more prone to insects. Choose organic versions of these. Non-organic is fine with low-pesticide produce like broccoli and watermelon. (For a complete list, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).)

**Don’t get hung up on looks.** “Organic cucumbers may not look perfect because they aren’t waxed, but you get good quality,” Bentler says. In fact, organic produce has come a long way in appearance since the early days.

**Buy from local farmers.** “The prices are comparable to those in the store,” Bentler says, “but the food is extra-fresh, so it’s richest in nutrients, and you can ask the farmer questions and support our farming community.”

**Wash produce well** (see above) to remove any trace dirt. Organic farms are strictly regulated on use of manure, so you shouldn’t find any on your produce. ●

**Want to Know More?** It’s hard to find organic produce off-season, so preserve it through canning, drying and freezing. Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org) to learn the prime seasons and how to preserve your produce, or for a list of local organic farms.



### Is It Really Organic?

**Check the label:**

“**100 percent organic**”—all ingredients are organic.

“**Organic**”—95 percent of ingredients are organic.

“**Made with organic ingredients**”—70 percent of ingredients are organic.

“**Organic**” appears within the ingredients list—fewer than 70 percent of the ingredients are organic.

“**Natural**”—doesn’t mean anything because the USDA doesn’t regulate this word.

## To Your Health

### ■ #1 in Heart Surgery, Again

Of all the Pennsylvania hospitals performing heart bypass surgery, Lehigh Valley Hospital has the best patient results, according to the latest statewide report. It was the only hospital ranked "lower than expected" in all four categories: patients who died in the hospital, patients who died within 30 days of surgery, patients who had to be readmitted to the hospital within a week, and readmissions within 30 days. For details on the report, visit [www.lvh.org](http://www.lvh.org).

### ■ Leg Pain? Sciatica?

If you (or someone you care about) suffers from these, you may be eligible to take part in a clinical trial for a new drug. Participants must be age 18-55, with leg pain radiating to or below the knee. For other eligibility requirements or to learn more, call 610-402-CARE.

### ■ Vitamin E Update

Spooked by the latest news about vitamin E? Don't be. While we've learned that too much may be harmful, this vitamin is still vital to good health.

As a potent antioxidant, vitamin E protects your body from free radicals, harmful molecules that can damage cells. Studies show that taking vitamin E may boost healing and help prevent heart disease, prostate and breast cancers, Alzheimer's, Parkinson's, cataracts and macular degeneration. (As for vitamin E creams to treat cuts and prevent scars, they haven't been proven beneficial.)

Various sources recommend 22.5 international units (IUs) of vitamin E daily, and food is the ideal source (see list, above right). You're probably getting enough if you eat a balanced diet including green leafy vegetables, fruits, good fats and grains.

If your diet is lacking in those areas, consider a supplement. A typical multivitamin contains 30-60 IUs, and some doctors recommend a 200-IU vitamin E supplement. It's probably wise not to take more. A recent study suggests that 400 IUs or more of vitamin E daily can raise the risk for premature death.

*Thanks to cardiologist Donald Belmont, M.D., registered pharmacist Michael Columbus and registered dietitian Brenda Kull, all of Lehigh Valley Hospital and Health Network, for their expertise.*

### Foods Rich in Vitamin E

- Wheat germ and wheat germ oil
- Almonds, hazelnuts
- Sunflower and soybean oil
- Peanut butter
- Leafy green vegetables

For a complete list including amounts of vitamin E in each item, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

## Have You Read Your Label Today?

Don't ignore the "Nutrition Facts" label—it's your guide to better health!

It's easy to overlook on a splashy packaged food or beverage, but that plain-Jane little "Nutrition Facts" label is the most valuable part of the package. The label's designed to help you make more nutritious food choices, and that's a key to better health.

Understanding the label is easy, once you know what to look for. Here's a sample from a package of macaroni and cheese.

### Nutrition Facts

#1	Serving Size 1 cup (228g)	
	Servings Per Container 2	
<b>Amount Per Serving</b>		
#2	<b>Calories</b> 250	Calories from Fat 110
	<b>% Daily Value*</b>	
	<b>Total Fat</b> 12g	<b>18%</b>
#3	<b>Saturated Fat</b> 3g	<b>15%</b>
	<i>Trans</i> Fat 3g	
	<b>Cholesterol</b> 30mg	<b>10%</b>
	<b>Sodium</b> 470mg	<b>20%</b>
	<b>Total Carbohydrate</b> 31g	<b>10%</b>
	Dietary Fiber 0g	0%
	Sugars 5g	
	<b>Protein</b> 5g	
	Vitamin A	<b>4%</b>
#4	Vitamin C	<b>2%</b>
	Calcium	<b>20%</b>
	Iron	<b>4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories:	2,000      2,500
	Total Fat	Less than 65g      80g
	Sat Fat	Less than 20g      25g
	Cholesterol	Less than 300mg      300mg
	Sodium	Less than 2,400mg      2,400mg
	Total Carbohydrate	300g      375g
	Dietary Fiber	25g      30g

#### #1 Serving Size

Pay attention to serving size, especially how many servings are in the package. Then, be honest about whether you're consuming a serving (1 cup of macaroni and cheese) or more than that (the whole package is twice as much!).

#### #2 Number of Calories

Keeping track of calories is the very best way to lose, gain or maintain your weight. Many of us consume more calories than we need. Remember: The number of servings you consume determines how many calories you actually eat!

How many calories do you need? To maintain weight, a woman needs about 12 calories for every pound she weighs, and a man needs about 14-15 calories per pound. To lose weight, trim 500 calories a day.

#### #3 Risky Nutrients

Go easy on these nutrients to reduce your risk for heart disease, cancer and other health problems. Experts recommend keeping your intake of saturated fat, trans fat and cholesterol as low as possible.

#### #4 Good Nutrients

Eat plenty of these nutrients to improve and protect your health. For example, getting enough calcium helps stave off osteoporosis, and fiber promotes healthy digestion.

**Want to Know More** about reading a Nutrition Facts label? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

### When There's No Label

Wondering about the calorie content of a non-packaged food? Use a calorie-reference book such as *The Doctor's Pocket Calorie, Fat and Carbohydrate Counter*, available at Health Spectrum Pharmacies at all three Lehigh Valley Hospital locations.

# HEART-Y Questions Every Woman Should Ask

**Y**ou may not realize it, but the biggest threat to your health isn't breast cancer. It's heart disease, the #1 killer of both men and women in America.

The good news about heart disease is that in many ways, it's preventable. The first step, according to our panel of physicians (below), is to ask yourself these key questions.

## **Am I comfortable talking to my doctor about heart health?**

Your primary doctor should focus on prevention—working with you to head off problems before they occur. Make sure you have a doctor who'll talk with you and arrange the screenings you need. Many young women's primary doctor is a gynecologist. As you approach age 40, add a family physician or internist if you don't already have one. Their area of expertise includes age-related conditions like heart disease.

## **Is there heart disease in my family?**

Your risk is higher if a first-degree relative (parent, sibling) developed heart disease early—before age 55 in males, 65 in females—or if several other relatives (grandparents, aunts) had it. This is the one risk factor you can't control, but awareness helps.

## **Am I overweight?**

Obesity is a major heart disease risk factor. Calculate your body-mass index (BMI) to see if you're

overweight or obese. Waistline is another good measure. If it's greater than 35 inches, you have the "apple shape" linked with higher heart disease risk.

## **What's my blood pressure?**

High blood pressure (hypertension) is called the "silent killer" because there are no symptoms, and most people with hypertension don't know it. Your blood pressure should be 120/80 or below. Have it checked at least every two years.

## **Do I need a cholesterol test?**

If you haven't had one, yes! Get a full "lipid profile" including LDL, HDL and triglycerides, and discuss the results with your doctor.

## **Am I getting enough exercise?**

The key to heart health is aerobic exercise—the kind that raises your heart rate and keeps it raised for a sustained period of time. Experts differ on how much you need, but aim for at least 30 minutes, most days.

## **How heart-healthy is my diet?**

The answer depends largely on how much fat you consume. Avoid saturated and trans fats in favor of mono- or polyunsaturated fats like olive oil. Eat plenty of fresh fruits and vegetables and fiber.

## **Am I at risk for diabetes?**

If there's diabetes in your family or you're overweight, ask your doctor about a blood sugar test. Diabetes is strongly linked to heart disease, especially in women.

## **Is it time to quit smoking?**

Absolutely—it's the #1 preventable cause of heart disease. Because their bodies naturally have more fatty tissue (where nicotine collects), women can have a harder time quitting than men. Get the help you need.

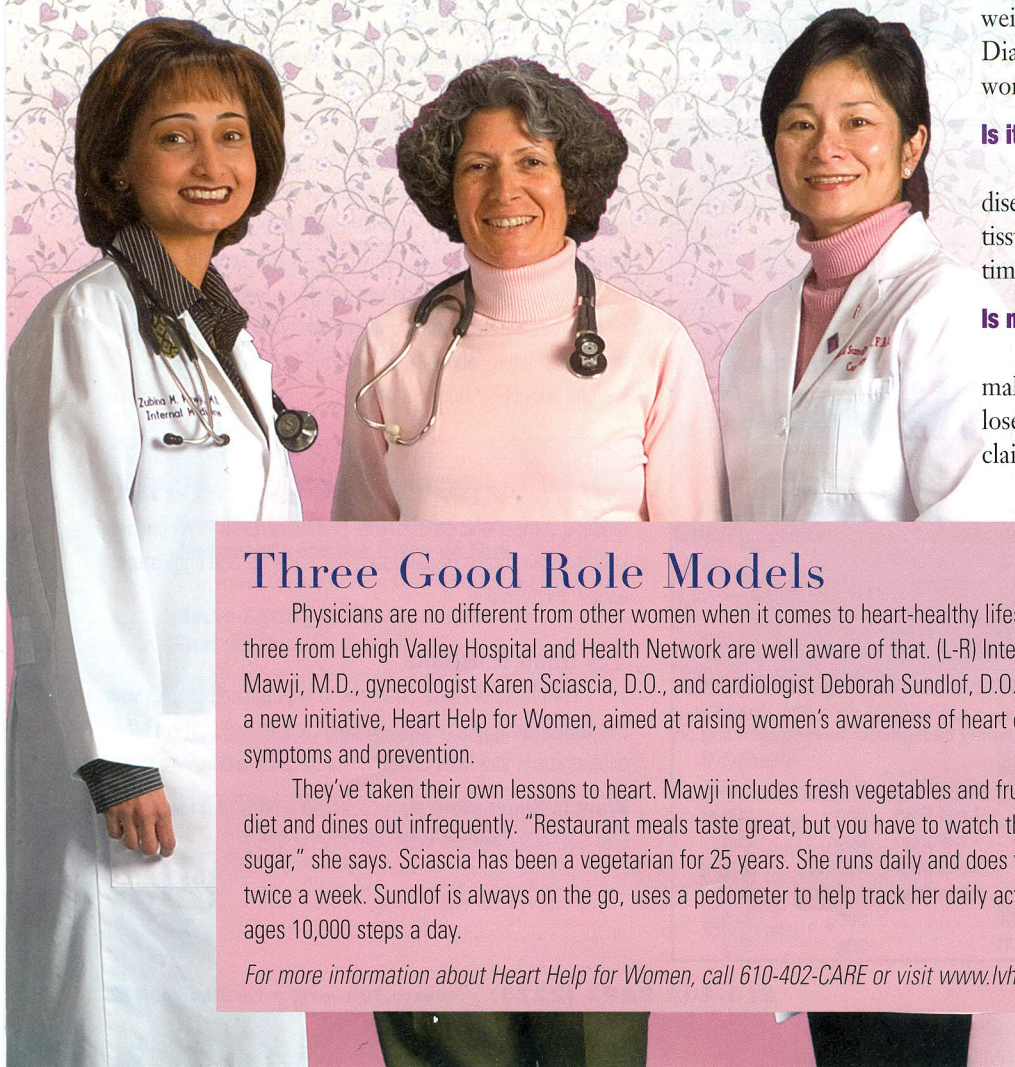
## **Is my life too stressful?**

Emotional stress raises your blood pressure and also makes you more likely to skip exercise, eat on the run, lose sleep and grab a cigarette. Think about how to claim some rejuvenation time each day.

## **Am I being a good role model?**

Living a heart-healthy life isn't just about you. You'll also inspire your friends, children and grandchildren to get an early start on their own lifelong well-being. ●

**Want to Know More** about cholesterol, quitting smoking, how to calculate your BMI or how to find a primary physician? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).



## **Three Good Role Models**

Physicians are no different from other women when it comes to heart-healthy lifestyles—and these three from Lehigh Valley Hospital and Health Network are well aware of that. (L-R) Internist Zubina Mawji, M.D., gynecologist Karen Sciascia, D.O., and cardiologist Deborah Sundlof, D.O., are leaders in a new initiative, Heart Help for Women, aimed at raising women's awareness of heart disease risks, symptoms and prevention.

They've taken their own lessons to heart. Mawji includes fresh vegetables and fruits in her daily diet and dines out infrequently. "Restaurant meals taste great, but you have to watch the butter, salt and sugar," she says. Sciascia has been a vegetarian for 25 years. She runs daily and does weight training twice a week. Sundlof is always on the go, uses a pedometer to help track her daily activity and averages 10,000 steps a day.

For more information about Heart Help for Women, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

**Mark Your Calendar**

**Heart Help for Women**

*Details on page 26*

# All About Stents

Opening arteries with tiny metal 'scaffolds' is a safe way to treat and prevent heart attacks

**W**hen Ronald Butz of Lehighton came to his local emergency room with a heart attack, the doctors there knew what to do. "You need to open the blocked artery as quickly as possible to prevent death or permanent damage to the heart," says Frank Penater, M.D., emergency physician at Gnaden Huetten Memorial Hospital. Penater and his team transferred Butz to Lehigh Valley Hospital, where cardiologist Raymond Durkin, M.D., opened the artery with a balloon angioplasty and stent.

Butz enjoyed a full recovery. Today he's among the millions of people with one or more arteries held open by stents—small, expandable wire mesh tubes. Used more often now than coronary bypass surgery, stents offer a faster and less painful recovery, says cardiologist John Mannisi, M.D., of Lehigh Valley Hospital and Health Network.

## How stents work

First, cardiologists do a cardiac catheterization, a test in which a catheter (tiny hollow tube) is guided through a vein or artery into the heart. Dye is injected to reveal a moving image of blood flow to and from the heart.

"It gives us a blueprint of the arteries, including the severity of the blockage and the exact diameter of the artery we need to open," Mannisi says. "This is important because stents come in different sizes and are fitted just as shoes are fitted. There is a size for everyone except those with naturally very small arteries."

Cardiologists then guide a tiny balloon and stent through the catheter and into the artery. They inflate the balloon to open the artery, place the stent as a scaffold to hold the artery open, then remove the balloon. In the past, the patient might need a repeat procedure because scar tissue forming over the stent re-narrowed the artery. The drug-coated stents now in use prevent



*He's up and running again—Carbon County residents like Ron Butz who come to Gnaden Huetten Memorial Hospital, Lehighton, now have access to "gold standard" heart attack care—an angioplasty and stent within 90 minutes of coming to the emergency room—through a collaborative program with Lehigh Valley Hospital and Health Network.*

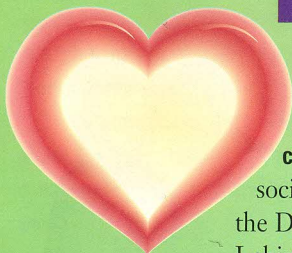
this in most cases, Mannisi says.

Today, stents also are used to prevent strokes in high-risk patients. They're placed in the carotid arteries, the blood vessels on either side of the neck that carry blood to the face and brain. ●

**Want to Know More** about the different heart attack symptoms in men and women? For a handy card, call 610-402-CARE.

## The Ornish Path

# EXERCISING YOUR 'EMOTIONAL HEART'



It's just as important as caring for your physical heart, says social worker Janet McKinnon of the Dr. Dean Ornish Program at Lehigh Valley Hospital and Health Network. "We need to give ourselves time to open up and express our feelings," she says. Research shows that stifling feelings can negatively affect

your heart—there's a proven link between heart disease and depression or anger.

The best "treatment" is to get your worries off your chest:

- **Identify friends and family you can talk to**, who'll listen and not judge you. (Or, call 610-402-CARE to find a counselor.)

- **Set aside time with these friends** to talk together. Make regular "tea time" appointments.

- **Open conversations with "I feel."** Talk about how you're feeling (hurt, angry, excited, etc.) and why.

- **Reciprocate**, allowing them to talk about their feelings. This will help their heart health, too. ●

**Want to Know More** about the Ornish program? It combines exercise, stress management, group support and a low-fat, whole-foods diet to reduce your risk for heart disease. For a program brochure, call 610-402-CARE, see page 27 or visit [www.lvh.org](http://www.lvh.org).

# What Parents Don't Know

## Separating myth from fact when it comes to your teen and alcohol

**T**he fresh corsage. The perfect dress. The keepsake photos. Nothing could possibly ruin your daughter's first prom, right?

Wrong. "Alcohol and proms make a deadly mix," says Diana Heckman of the ALERT Partnership, which tackles alcohol and drug-abuse issues head-on. Recent studies show that up to 60 percent of car crash fatalities each spring involving people age 21 or younger are alcohol-related.

How can you be sure your child won't become a statistic? Separate the myths from the facts.

**Myth:** I drank on my prom night and I was fine. My son or daughter will be fine, too.

**Fact:** Despite the presence of friends, parents remain a teen's major influence. If you don't make a big deal about the dangers of alcohol (or worse, if you condone drinking as something you did at her age), you're sending the wrong message.

**Myth:** If the party's at my house and we don't supply alcohol, everything will be fine.

**Fact:** Not if you allow others to bring alcohol. Then you're subject to criminal prosecution.

In one highly publicized case, an area woman served a prison sentence for involuntary manslaughter after a party at her house led to the drunk-driving deaths of three minors.

**Myth:** We'll take away all the car keys so nobody drives drunk.

**Fact:** Alcohol-related problems (like falls or burns) can still happen inside your house. Alcohol can kill, too, if too much is consumed in a short time. And those convicted of providing alcohol to minors face jail time and sizeable fines.

**Myth:** It's only a problem if they drink too much.

**Fact:** Impairment starts with the first drink. Pennsylvania's zero-tolerance law recognizes this. Minors with a blood-alcohol level of .02 percent are considered legally drunk. Teens face up to 90 days in jail, a \$300 fine and a 90-day license suspension if caught drinking, and higher penalties if drinking and driving.



## Avoiding the 'Tobacco 10'

### Planning helps you avoid weight gain after quitting smoking

#### Don't let the fear of gaining weight

stop you from putting out that cigarette. While it's true that ex-smokers commonly gain weight, "you can avoid the dreaded extra pounds if you plan and prepare to make some changes," says Suzanne Smith of the Tobacco Treatment Program at Lehigh Valley Hospital and Health Network.

**On average, you're likely to add five to 10 pounds** after quitting smoking, says registered dietitian Beth Underkoffler of Lehigh Valley Hospital and Health Network. Smoking and chewing tobacco increase your metabolism—to the point that heavy users burn up to 200 extra calories a day. When you quit, metabolism slows and you no longer burn those calories. Nicotine replacement products like Nicorette® gum are proven to curb weight gain only until you stop using them.

Besides that, tobacco is an appetite suppressant and dulls your senses of smell and taste, Underkoffler says. You're hungrier after quitting, and within a couple of days those senses reactivate, adding to your cravings.

**The risks of smoking far outweigh those of gaining** five to 10 pounds. In fact, an average smoker would have to gain more than 100 pounds to put the same workload

on the heart that smoking does. But planning to eat well and exercise regularly will help you avoid the "tobacco 10." Just don't try a strict diet in the first few days of quitting, Smith says. Focus on cessation first, and begin your diet once your tobacco cravings







*An ongoing dialogue*—Lisa Simon (center) educates her daughter and sons—Kameryn, 13, Chandler, 9, and Zachary, 16—about the risks of alcohol and drug use. Clearly, her lessons are being heard. Both teens are members of SADD (Students Against Destructive Decisions).

### 'Complete and Utter Devastation'

That's how Lisa Simon's mother felt when Lisa, then 16, was riding in a car struck by a drunk driver. "Mom was told not to hope for recovery," says Simon, who suffered a traumatic brain injury and was in a coma for eight days. "I couldn't walk, speak or hold utensils."

Miraculously, Simon did recover; now age 39 and a resident of Nazareth, she's become an advocate for alcohol awareness. She tells her story nationwide and works as a prevention consultant with the ALERT Partnership.

She also educates her three children. "Once you get through the toddler years, you think parenting will get easier, but it doesn't," she says. "There are constant dangers you need to talk to them about."

**Want to Know More** about Lisa Simon's story? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

**Myth:** My son is going to a friend's house after the prom. He'll be safe.

**Fact:** How well do you know the friend? Will he have alcohol at his house? Will any parents be there? If you don't know these answers, you don't know your son will be safe.

**Myth:** My daughter isn't in high school yet. I don't have to worry about this.

**Fact:** Community prevention programs like ALERT's Operation Safe Spring begin in the fourth grade. A recent study shows that 56 percent of children in grades 5-12 say alcohol ads encourage them to drink. ●

**Want to Know More?** For tips on talking to your teen about drugs and alcohol, or for more information on keeping your children drug and alcohol free, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

are under control.

If you're ready to quit, here are some tips for avoiding those extra pounds:

- **Snack on fresh fruits and vegetables**, not fatty prepared foods.
- **Avoid skipping meals.** You may get hungry and snack on high-calorie items.
- **Exercise regularly.** Build up gradually if you haven't been active.
- **Stay busy** to keep your mind off smoking and eating.
- **Avoid caffeine.** Too much can make you feel jittery and crave tobacco.
- **Avoid restaurants** and other places where smoking is permitted.
- **Ask your friends** and family for support.
- **When you feel the need to have something in your mouth**, make it a sugar-free lollipop, cinnamon stick, diet pop-sicle, sugar-free gum, straw, carrot stick or bottled water. ●

**Want to Know More** about our program, A New Way to Quit? See page 27, visit [www.lvh.org/quitsmoking](http://www.lvh.org/quitsmoking) or call 610-402-CARE for a brochure.

Illustrations by Nancy Harrison

## Is Your Medication Safe?

Weigh the benefits and risks of prescription drugs with your doctor

**W**hen the arthritis medicine Vioxx was pulled off the market last year because of well-publicized risks for heart attack and stroke, it surprised and upset many people who benefited from its pain relief. Then similar warnings were issued about Celebrex, another arthritis medicine in the same class (Cox-2 inhibitors). But that drug remained on the market, leaving users to evaluate the risks themselves.

*Continued on next page*

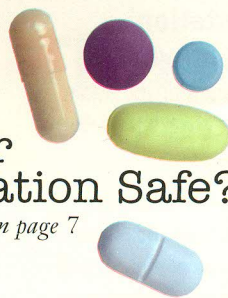
### Weighing the Risks and Benefits

Every drug has pluses and minuses. Here's a sampling of a few. For a complete chart of the most commonly prescribed medications, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

Drug	Benefits	Side Effects	Who's at Risk
<b>Antibiotics</b> (such as amoxicillin)	Treating, preventing pneumonia and various infections	Allergic reactions; digestive problems; drug resistance from long-term use	Those allergic to penicillin or related drugs
<b>Asthma drugs</b> (such as Advair)	Preventing, treating asthma	Headache, nausea, tremor, anxiety, increased heart rate	Those taking cardiac drugs
<b>Pain relievers</b> (such as aspirin, ibuprofen)	Effective and inexpensive pain relief	Ulcers, gastrointestinal bleeding, stomach upset	Those with existing stomach conditions

## Is Your Medication Safe?

Continued from page 7



**How do you decide if a drug is safe for you?** “There are risks and benefits to every drug,” says Jenny Boucher, a clinical pharmacist at Lehigh Valley Hospital and Health Network. “You have to balance the positive impact of a drug against any side effects. For many people taking arthritis medicine, their relative increased risk for a heart attack is small compared to the benefit of eliminating the daily and sometimes debilitating pain of arthritis.”

No drug is perfect, Boucher says, so talk to your doctor to fully understand the risks and decide whether a medicine is right for you.

**To make an informed decision,**

### Mark Your Calendar

#### Safe Medication Use

May 24; June 14

Details on page 24

you need to cut through the advertised benefits as well as the

potential side effects that often make the news, says internist Iqbal Sorathia, M.D., of Lehigh Valley Hospital and Health Network. “There is so much information in the media about certain drugs that it can be very difficult to know what to do.”

For example, many people taking the anti-cholesterol drugs known as statins have concerns about reported side effects including liver and kidney problems, Sorathia says. But statins save many lives by greatly reducing the risk for heart disease. “If the medication is improving your health, it may be worthwhile, as long as you work with your doctor to monitor side effects. Your doctor can help you understand the risks and benefits, but you are the ultimate decision-maker.”

**If you and your doctor decide you shouldn't take a particular drug** because of potential side effects, there is usually an alternative. If you can't substitute other medications, non-drug therapies may be available, Sorathia says. For example, studies have shown that acupuncture, physical therapy and yoga can ease arthritis pain.

When looking for alternatives, be cautious with herbal remedies. “There are insufficient studies of many of these products, so we don't know enough about dosing and side effects,” Sorathia says. “If you do take an herbal remedy or over-the-counter medicine, let your doctor know. It may affect your health or interact with your prescription medications.” ●



Illustration by Erin Griffiths

### She's changing

**Amber says:** “Sometimes I'm sad and frustrated for no reason. I lock myself in my room and scream into my pillow or listen to my favorite band. My mom says I have an attitude, but I just don't know how to control it.”

#### Mom Tip

**Her moods: “Hormones and awkward feelings about puberty cause your daughter to have mood swings, and she'll push you to the limit and test you,” Brown says. “It's OK to set rules. It's OK if she's angry with you. In 20 minutes her emotions may flip again.”**

**Kendra says:** “We meet all our friends at the movies, girls and boys. Our parents sit in the back of the theater. I feel safe because they're there, but I don't want them right next to me. We can't act like ourselves.”

#### Her plea for independence:

**“She's really looking for your guidance,” Brown says. “Limits help her feel more secure.”**

#### Mom Tip

**Erika says:** “We wanted to shave our legs because the ladies do. My friend uses a G2G (Girl to Goddess) kit with a razor,

gel and book. My mom worried about me cutting myself, so she gave me a special cream to remove the hair. It's cool.”

**Her rite of passage: “If one friend is shaving, she'll probably want to, too. If she's over age 9, let her do it, with your guidance,” Steiner-Friel says. “This is a good time to talk about other changes she'll experience.”**

**Vanessa says:** “My mom said I could come to her when I was ready for a bra—and I was ready when I was 10. You could see through my shirts, and that made me uncomfortable.”

**Her first bra: Some girls may be too shy to ask for a bra. But clothing brushing on breast buds can create soreness. When you notice the change, suggest a bra “to help you feel better and provide support.” Sports bras or tank tops are good starters.**

#### Mom Tip

**Erika says:** “A girl in my class has her period, and she gets in bad moods. I want to ask her, ‘Is it annoying? Does it make you crazy?’ It's scary. I don't want my period.”

**Amber says:** “My mom promised that after I get my first period, we can

# That My Little Girl?

She's growing up too fast.

How do you talk to her about the changes?



**J**ust yesterday your little girl was taking her first steps. Today, she's asking to shave her legs and wear a bra—and she's only 9! What's happening here?

Don't be alarmed if your daughter begins puberty earlier than you did. On average, girls today develop breast buds around age 9. "Soon after, they form pubic hair and go through growth spurts. The first menstrual period arrives anywhere from age 11 on," says gynecologist Rochelle Steiner-Friel, M.D., of Lehigh Valley Hospital and Health Network. "Meanwhile, hormones cause girls' emotions to run high, and boys become more interesting."

What's a mother to do? "Get familiar with the changes your daughter will experience in puberty, and talk with her about what to expect," says Steiner-Friel's colleague, adolescent medicine specialist Sarah Stevens, M.D. "Don't have one big talk, have many casual talks. Age 8 is not too early to begin, before changes take place."

The number one question she'll have: Am I normal? "Preteens can be very self-conscious," says Gail Brown, R.N., Lehigh Valley Hospital and Health Network certified pediatric nurse practitioner. "They may worry about when their breasts get tender, or if one girl gets her period and another doesn't. Assure your daughter that everyone develops at her own rate."

What should your conversations sound like? We asked local girls age 11 and 12 about their journey into "teenhood" (names have been changed because "it's, like, embarrassing"), and we asked our experts how mothers can respond.

go for teen pads and ice cream. That sounds good to me!"

**Her first period: Your daughter remembers what you say about your period, so beware of calling it "the dreaded time of the month," Steiner-Friel says. "Explain why she has a period, that it allows women to have babies." Celebrate milestones and share your own experiences to make puberty a positive transition.**

**Mom Tip**

## Talking about it

**Kendra says:** "My mom went through this girl stuff, so I want her to talk to me. But I don't want her to get all weird. It's embarrassing."

**Starting the conversation: "Going shopping together for bras and tampons might be fun for some girls, but it might not suit your daughter," Brown says. Let the conversation begin naturally—for example, while you're watching a feminine product commercial on TV.**

**Mom Tip**

**Vanessa says:** "My mom says I can come to her anytime for 'girl chats.' She says every girl goes through these changes. It helps to know I'm not the only one."

**Getting her to open up: Assure your daughter she can come to you, and eventually she will. Be available anytime, anywhere. "If you can't answer all her questions, it's OK," Stevens says. "Tell her you'll find the answer." One great place to initiate girl talk, she adds, is in the car—"it's casual, and nobody can escape."**

**Mom Tip**

**Kendra says:** "I don't want my mom to know everything about my life, like whether I like a boy. So sometimes it's easier to talk to my aunts. They're in their 20s, and they understand."

**If there's another confidante: Don't feel hurt if your daughter confides in another adult. "Just make sure it's someone you both trust," Stevens says. "It's important she has someone knowledgeable to talk to so she doesn't rely on inaccurate information."**

**Mom Tip**

**Vanessa says:** "My mom's friend gave me the *Care and Keeping of You* book, and I read it in two days. It taught me about the stages of puberty and helped me realize I'm not ready for tampons yet. It also taught me that no matter how your body changes, it's the inside that matters, not the outside."

**Books help: Don't cram everything into one talk. "You'll overwhelm her," Stevens says. "Leave a book in her bedroom. She'll read it when she's ready."**

**Mom Tip**

## Here come the boys

**Amber says:** "A few years ago, we thought boys were gross. Now we hang out and love annoying them."

**Birds, bees and boys: Before your daughter has her first period, talk about relationships, changes in boys and how babies are created. (More than 10 percent of 12-year-olds and 40 percent of 16-year-olds have had sexual intercourse, Steiner-Friel says.) "Don't wait until it's too late," Brown says. "Talking with you about sex will not make her sexually active. It will give her information she needs to make positive choices in the future." ●**

**Mom Tip**

**Want to Know More?** Bring your daughter to the Mom and Me program on June 4 (see back cover for details). For a list of books and web sites to guide your growing daughter and you, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

# When the 'Baby Blues' Are Serious

Postpartum depression affects  
the whole family



*Everyone's thriving now—The first few weeks were challenging for Melissa and Dave Cope of Allentown and their new twins, (l-r) Sara and Ashlyn. But early treatment resolved her postpartum depression.*

develop postpartum depression, the situation just gets worse. Unrelenting worry, sleeplessness and guilt can spiral into depression.

"We don't really know what causes the condition," Wiley says. "It happens in all socioeconomic and ethnic groups, and may be related to fluctuating hormones." You're at higher risk if you had a complicated delivery, if you have mood instability with your menstrual cycles, or if you have a history of postpartum depression.

The key is to get treatment early. "Postpartum depression is very treatable with antidepressants and counseling," says Mark Wendling, M.D., family physician at Lehigh Valley Hospital and Health Network. Many antidepressant drugs are safe even for breastfeeding mothers, and can make a big difference in your outlook. "Several days after I started an antidepressant, I began to feel better," Cope says.

Counseling over several months helps the new mother identify the greatest sources of stress in her life and develop coping strategies. "Women with postpartum depression often have unrealistic expectations of themselves and their babies," Wiley says. "You have to ask yourself what you and your baby really need, and what is just your fantasy of perfect motherhood."

Often the father, too, comes to a few counseling sessions—as Melissa Cope's husband, Dave, did. "It helped him understand what was happening," she says.

One of the couple's key lessons: you can't do this alone. Initially Dave tried to keep visitors to a minimum, thinking Melissa would get more rest that way. Their counselor advised accepting help. Family and friends brought meals, did the laundry and vacuuming, and cared for the babies so Melissa could sleep.

"I finally was comfortable leaving the girls with my family and going out to run errands by myself," she says. "Before, I

**I** expected to be overjoyed, bringing my healthy twin daughters home from the hospital," says Melissa Cope, 39, of Allentown. "Instead I was overwhelmed. It seemed I was breastfeeding 'round the clock—the girls awoke and cried at different times, so I almost never slept. By the end of two weeks, I was crying more than the babies and couldn't even take care of them."

Bringing home a new baby is a joyous event, but it's not always easy. "Nearly every new mother has emotional swings," says Susan Wiley, M.D., psychiatrist at Lehigh Valley Hospital and Health Network. In most cases, things settle back to normal in a few days.

But for the 10 to 15 percent of new mothers who

## How the Hospital Can Help

Lehigh Valley Hospital has a new strategy to spot postpartum depression as early as possible. It starts with education: you'll learn about the signs and symptoms in your childbirth preparation class, and again with a postpartum nurse after your delivery.

Then there's the Healthy Steps program for first-time parents, available through ABC Family Pediatricians. Healthy Steps specialist Cathy Rutman, R.N., talks with mothers about the changes in their lives and how they're adjusting emotionally. "If someone is feeling depressed, I work with her to find the help she needs," Rutman says.

Finally, there's a therapist-led support group for women with postpartum depression. "Connecting with others going through the same experience helps women feel less guilty and more hopeful about getting well," psychiatrist Susan Wiley, M.D., says. (She's shown here with support group members.)





*The family pitches in—And it makes all the difference to brand-new parents Melissa and Dave. Folding laundry (above, l-r) are Melissa's sister, niece and mother—Patricia Stofanak and daughter Rachael, 15, and Elizabeth Noll of Breinigsville. Serving dinner (l-r) are Dave's mother and sister, Jean and Janine Cope of Allentown.*



couldn't imagine leaving the house." Eventually, the couple was able to call a sitter and go out on a date.

Clearly, postpartum depression affects the whole family. "The father is confused, and older children are hurt by their mother's withdrawal," Wiley says. Depression may interfere with the mother's ability to bond, which can have long-term effects on the child's social development.

Fortunately, early treatment can prevent many of these ill effects. "If you're feeling stressed, tell your obstetrician, pediatrician or family doctor about it right away," Wendling says. Melissa Cope urges family members or close friends to step in when the mother herself is too depressed to make the call. "That's what my sister did for me," she says. ●

### Signs of Postpartum Depression

- Feeling overwhelmed, exhausted, anxious or out of control
- Trouble with basic grooming, like showering or getting dressed
- Trouble caring for the baby (changing, feeding, cuddling)
- Loss of appetite or rapid weight loss
- Inability to sleep or relax, even when the baby is sleeping
- Loss of pleasure or interest in activities, even in the baby
- Problems with concentration and motivation
- Feeling guilty, sad, or that things just aren't right

**Want to Know More** about postpartum depression and a program at Lehigh Valley Hospital to help? For a reading list, brochure and support group information, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

## Breastfeeding on the Job

Growing numbers of mothers find a way to make it work

The first time Malaika Stoll, M.D., left her 2-month-old son to resume her demanding job, she felt a mixture of sadness and fear. Stoll is a family practice resident at Lehigh Valley Hospital and Health Network. She desperately wanted to continue giving her son breast milk, but wasn't sure she'd have the time to pump.

"Residents are so busy we

rarely have time to go to the bathroom or eat, let alone pump breast milk for 20 minutes two or three times a day," Stoll says.

Her solution was to work part-time, sharing her residency with another young physician. She also placed her baby in a daycare near the hospital. When her schedule permits, she goes there to nurse him, and she's grateful she

has comfortable places to pump during the workday. "It's going to work for me because I've made it a priority," she says.

Stoll is one of growing numbers of working women who continue breastfeeding after their maternity leave ends. In the 1970s, fewer than 30 percent of mothers nursed their babies. Now, 70 percent do so—and the length of time

*Continued on next page*

# Breastfeeding

on the Job

Continued from page 11

they breastfeed also is increasing.

That's good news for both mother and baby. Research shows that breast milk is easier to digest, boosts the baby's immunity and reduces the risk for food allergies, asthma and obesity. Nursing reduces the mother's risk for breast cancer. And the benefits increase with time. For example, babies who nurse four months or longer have fewer ear infections. A year or more is what the American Academy of Pediatrics now recommends.

That's a bit trickier when you're no longer on family leave. But most mothers who want to breastfeed find a way to balance it with work, says Beth Kushner-Giovenco, R.N., a certified lactation (breastfeeding) consultant at Lehigh Valley Hospital and Health Network. Her suggestions:

**Start pumping when the baby is 3-4 weeks old.** This builds up a store of milk, accustoms the baby to a bottle and gets you used to the pump. "Pumping is a learned art," Kushner-Giovenco says.

**Use a pump that lets you empty both breasts at the same time.** Simultaneous pumping boosts the hormone prolactin, which allows you to pump out more during each session.

**Be creative about your pumping location.** You can wear some pumps under your clothing. Talk to your employer—many companies have a specific room for breastfeeding mothers to pump.

Continuing to breastfeed offers emotional benefits for the working mother, Kushner-Giovenco says. "Most moms feel a tug when they return to work. Breastfeeding gives you a reconnection—a nice way to be welcomed home, knowing there's something you can provide that no one else can." ●

**Want to Know More?** For answers to common questions about breastfeeding, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org). Don't miss the class "Return to Work for Breastfeeding Moms," page 26.

# Dying Is About

Plan ahead to make sure your wishes are followed



Illustration by Judy Herbouse

**T**he last seven years of Mary Lou Boatman's life weren't easy, as she battled Alzheimer's and a disabling hip fracture. "It was a long and difficult journey," says her husband, Clair. But the journey's end was gratifying for the Allentown couple.

In August 2004, Mary Lou Boatman died peacefully at home. Clair was with her, just as he wanted. "She had stopped eating and she quietly faded away," says her daughter, Cindy Krause of Lower Macungie Township.

Most of us would agree this was a good passing. "The majority of Americans say they want to die at home, free of discomfort and in the company of loved ones," says geriatrician Francis Salerno, M.D., of Lehigh Valley Hospital and Health Network. We also want respect, and the ability to make our own decisions as long as possible.

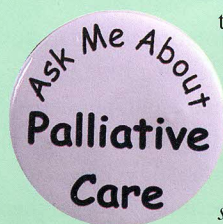
It doesn't always happen that way. Three out of four people *don't* die at home. Studies show that many are in pain and isolated, their wishes about life support ignored. "Just like anything else in life," Salerno says, "a good death requires planning."

## How to make it happen

The first step is to think early on about what you envision as a good death. "I find it helpful to state your 'goals of care,'" says Salerno's colleague, family physician Lou Lukas, M.D. "For example, 'I want to

# Hospice: 'Our Guiding Light'

**Ask Clair Boatman of Allentown what made the difference** in his wife's final months, and his answer is immediate: Lehigh Valley Hospice and Home Care. "The hospice team was our guiding light," he says. "I will always cherish the tender care they gave Mary Lou and the empathy and support they showed me."



*Hospice is one component of palliative care, which focuses on controlling pain and other symptoms and improving quality of life for anyone with a life-altering illness. To learn more, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).*

# Living

live as long as I can even if it hurts,' or 'I want to be kept comfortable as nature takes its course.' People's goals change, especially as they grow older or become ill."

Once you've defined what you want, you need to communicate it. Writing a living will is a good idea, but having your family on board is what really matters. "Sit around the kitchen table and talk it over," Salerno says. "If there's disagreement, designate one family member, or your doctor, to advocate for you when the time comes."

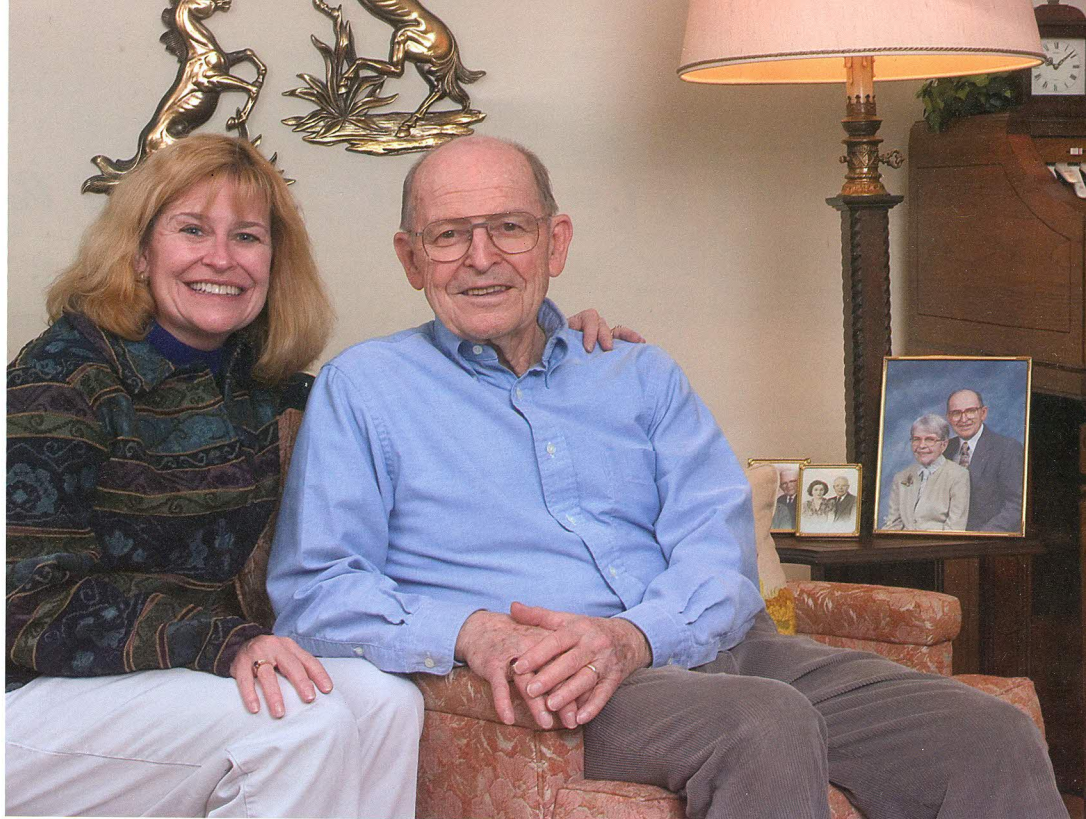
## The process of dying

If your family looks aghast at the very topic of death, it's not surprising. "Our culture has lost touch with the concept of dying as one of life's great transitions," Lukas says. "This is a time for tying up unfinished business and healing wounds."

The act of dying takes a lot of energy, Salerno says. "The person may appear to be sleeping, but is busy processing and resolving conflicts to be ready for the end." As body functions slow down, the dying person stops eating and enters a natural state of euphoria, or inner happiness.

Salerno describes this process to family members so they'll understand what their loved one needs. "Pain medications are a good thing—they give comfort and can be used freely," he says. "Force-feeding is not a good thing. It can actually prolong pain."

If you're privileged to be present at the death of a loved one, he says, "view it as a great event—even greater than birth. Dying puts us in touch with our own spirituality. If you have any questions about the existence of a higher power, sit with a dying person and your doubts will be resolved." ●



**Remembering Mary Lou**—The passing of a loved one is never easy. But Clair Boatman (shown here with his daughter, Cindy Krause) had the satisfaction of caring for his wife, Mary Lou, at home until the end. Lehigh Valley Hospice "gave me a sense of security," he says.

## Stating Your Wishes

Advance Directives, which include a Durable Power of Attorney and a Living Will, state your preferences about:

- Who you want to make care decisions for you when you can't
- The kind of medical treatment you do and don't want
- Other things such as comfort measures, how you want people to treat you and what you want your loved ones to know

Remember, a written document is no guarantee. Make sure someone close to you knows your wishes.

**Want to Know More?** "Five Wishes" is an easy-to-complete form that meets Pennsylvania's requirements for Advance Directives. For a free copy, call 610-402-CARE.

## Mark Your Calendar

### Living Wills—Making Your Wishes Known

May 19

Details on page 28

Even though it's designed for people in the last six months of life, "hospice is about living," says director Ruth Fillebrown, R.N. The team asks each patient, "What do you want out of the rest of your life?" The answers run the gamut from "seeing my grandchild's baptism" to "sitting on the porch looking at my farm."

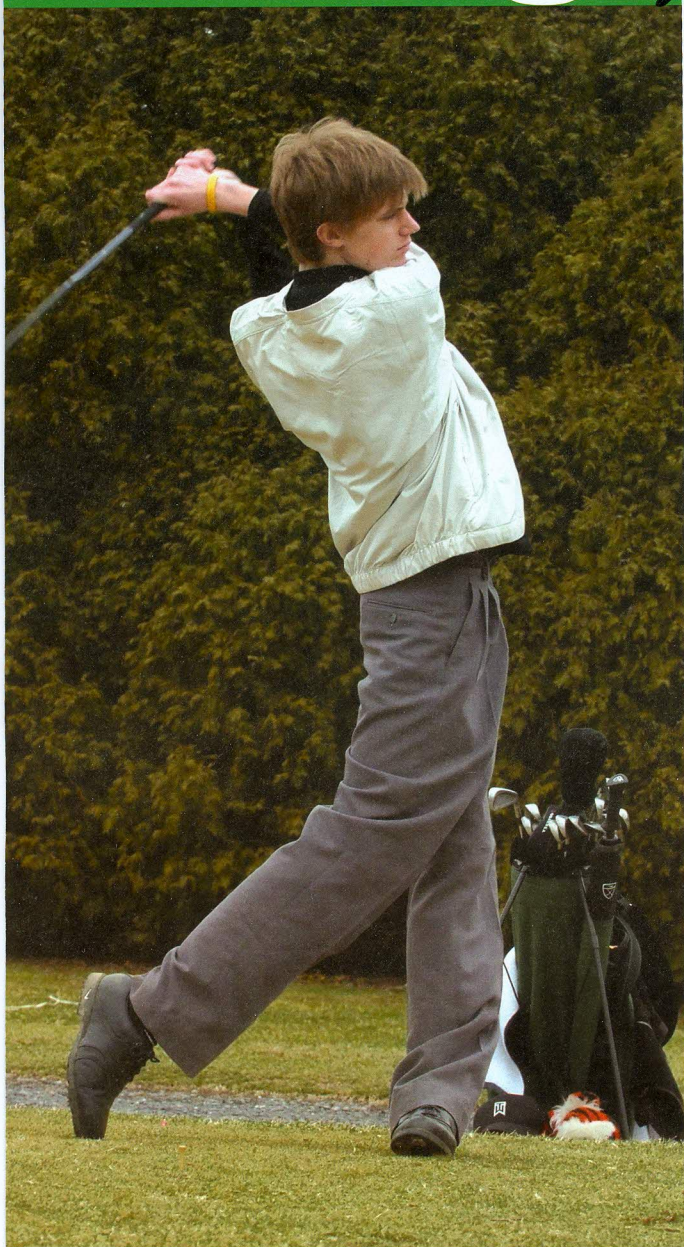
Though hospice is covered by Medicare, most people don't take advantage of it as early as they could because our culture is so focused on aggressive curing. In hospice, the emphasis shifts from cure to support: helping the family with nursing

care, pain control, emotional and spiritual counseling, community resources, household chores.

"As advocates, we help the family understand their alternatives and that it's OK to ask questions and make their own decisions," Fillebrown says. More often than not, deep friendships grow—like the one Mary Lou Boatman shared with nurse aide Ruth Miller. "They laughed together and cried together," Clair Boatman says. ●

**Want to Know More** about the hospice experience of the Boatmans and another local family? Visit [www.lvh.org](http://www.lvh.org) or call 610-402-CARE.

# Golfing *for Fitness and Health*



**M**aybe you're a rank beginner, maybe you're a familiar face on the local course. Either way, golf can play an important role in keeping you fit—if you go at it correctly.

“Golf is the perfect sport for anyone who wants to get off the couch and get some moderate outdoor exercise,” says Eric Witzel, exercise physiologist at Lehigh Valley Hospital and Health Network. “It’s relaxing. It gives you the mental challenge of competing against the course. And it can help you burn off calories”—up to 350 calories an hour, experts say, for a 140-pound person carrying his or her clubs.

Here’s how to make golf a fitness activity, and do it safely:

**Get your doctor’s OK** first if you’ve been inactive or have a health condition.

**Warm up and cool down.** “Golf can cause injuries if you don’t properly warm up your body,” Witzel says. After the game, stretch your back, shoulder

## Mark Your Calendar

### Disc Golf

May 23; June 25; July 6  
Details on page 28

and forearm muscles—and especially your hamstrings, to prevent low back pain.

**Get help.** If you’ve never been golfing or it’s been a while, have an instructor show you the proper stance. Incorrect form can result in serious injury.

**Forget the cart and take a hike.** “Walking is the most obvious way to increase the health benefits of golf,” says family physician Laura Dunne, M.D., of Lehigh Valley Hospital and Health Network. “Using a pedometer helps you keep track of your steps or miles.” If you’re not used to golf cleats and have trouble walking in them, wear comfortable athletic shoes with good support.

**Lighten the load.** You don’t need all your clubs all the time. To prevent back and shoulder strain, carry only the clubs you need.

**Dress right.** Check the weather forecast and dress appropriately. Bring some sunscreen, too. Being on open fairways on a sunny day can cause a severe burn.

**Pack a snack.** Hot dogs and beer at the snack bar can be very tempting. Don’t add back those calories you just worked off—instead, bring healthy snacks from home. (As an added bonus, you’ll save money!) Don’t forget to drink plenty of water. ●

**Want to Know More?** For a list of area golf courses, driving ranges and instructors, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).



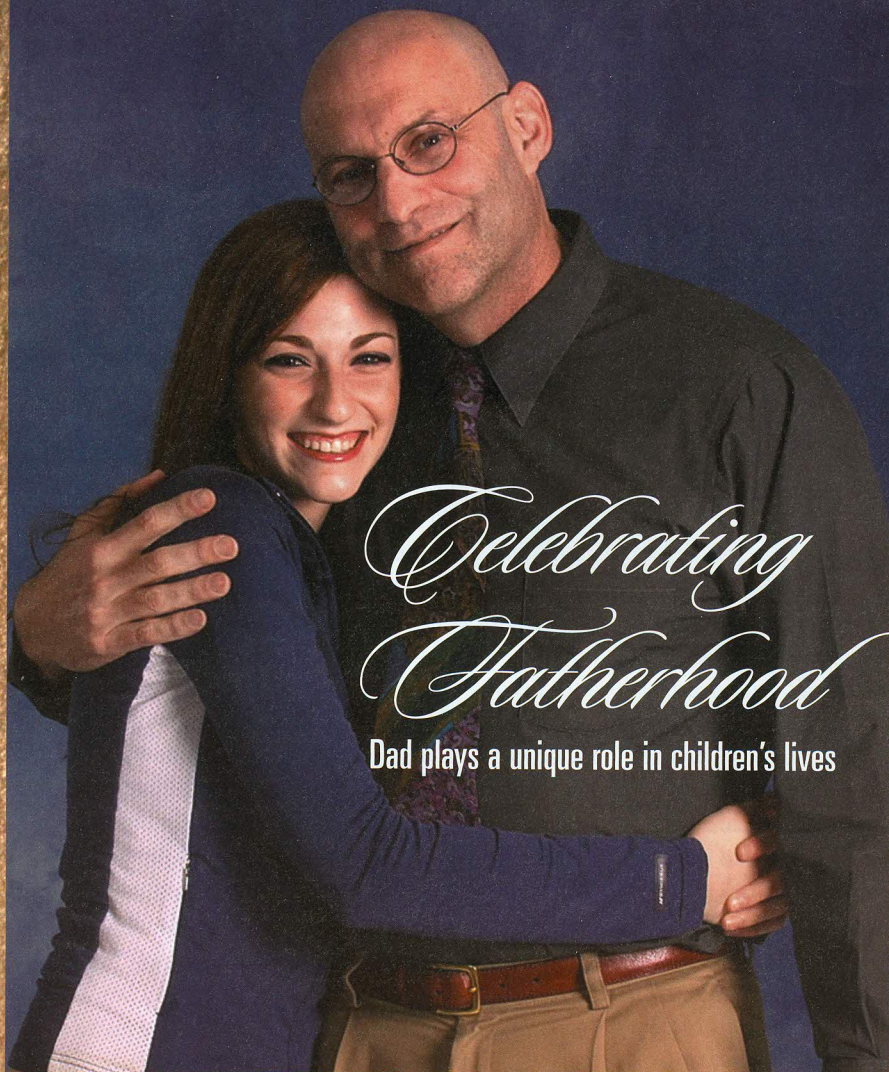
## *Golf for the Frisbee™ Fan*

It’s called “disc golf,” and if you love throwing a Frisbee™, you’ll love this hot new sport. Players throw discs of different sizes and weights into basket-type “holes,” as John Duesler, state coordinator of the Pro Disc Golf Association, demonstrates here. There are no carts (everyone’s on foot) and the courses range from nine to 24 holes. But the overall objective is the same as in regular golf—the fewer strokes you take, the better your score.

Spice up your fitness routine and give disc golf a try. You can learn more about the techniques, equipment, rules and safety from Duesler at an upcoming program (see page 28 for details).

**Want to Know More** about where to play disc golf, and about the local tournament coming up July 23-30? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).





# Celebrating Fatherhood

Dad plays a unique role in children's lives

**T**he special relationship between a father and child begins even before birth—a baby in the womb is able to recognize a man's voice. From the day the little one is born, Dad has an opportunity to influence his son or daughter in a way that's different from anyone else.

"Parents play a huge role in helping their children discover the world around them, and fathers do that differently than mothers do," says Greg Edwards, fatherhood expert with Community Services for Children in Allentown. "Fathers help children explore within boundaries and learn how to take calculated risks."

**Dad's influence continues long after the critical first three years** in a child's development, Edwards says. Studies have shown that when fathers are actively involved, both physically and emotionally, children are less likely to get in trouble with the law, use drugs or alcohol, show aggression or engage in early sexual activity. When fathers read to their children and are involved in school, both boys and girls have stronger verbal and math skills, stay in school longer and eventually earn a higher income.

Children need to feel loved and safe, says behavioral health therapist Pat Gordy of Lehigh Valley Hospital and Health Network. "Boys and girls need a strong male role

## Mark Your Calendar

### Dads' Night Out

June 16

Details on page 26

model in their lives. Fathers help daughters develop self-esteem and trust, and form their own identities. Boys learn problem-solving, tolerance, responsibility and respect. Children of

*A model Dad—As a role model for his three daughters, Neal Berkowitz, M.D., practices what he learned from his own father, Percy—love, respect, a sense of humor and active participation in their lives. With him here is daughter Jamie, 16. "He pushes me when I need it and helps me stay positive," she says. "I can talk to him about anything. He's a really great dad!"*

both genders learn important things about male-female relationships from their fathers."

**In earlier generations, many fathers were not that involved** in their children's lives. We place a higher value on active fathering today. Mediator Deb Gaber notices that "more fathers are going to games and recitals, helping with homework, talking through problems. When Dad puts aside everything else, it sends the message that the child is valued and important."

**Being a father is good for Dad, too.** Giving piggyback rides, kissing boo-boos, installing training wheels—these are life's special moments, large and small. "Fatherhood helps men feel connected and gives them a meaningful purpose. The responsibility may help them mature and reach beyond themselves," Gordy says. "Many men used to be driven by jobs, but especially since Sept. 11, relationships have become more important." ●

## Staying Connected After Divorce

Almost 25 million American children are growing up without their fathers. After divorce, fathers can and should stay active in their children's lives, says Neal Berkowitz, M.D., family physician at Lehigh Valley Hospital and Health Network. A divorced father himself, Berkowitz understands the trauma parents and children go through.

"Accept what you're feeling and try to move forward, getting help if necessary," he says. "Most important, put the children first. Talk to them every day. Ask how they're feeling, not just what they're doing. Be honest, especially about new relationships, don't bad-mouth your ex, and spend as much time with your children as possible."

**Want to Know More?** For tips on being a better father or a previous *Healthy You* story on a healthy approach to divorce, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

# Treating Worn-Out Spinal Discs

**A new procedure relieves pain and restores flexibility in the lower back**

**S**uffering from lower back pain? You may have a worn-out disc. Also called degenerative disc disease, this condition may be caused by an injury, but more often results from the normal wear and tear of aging, according to neurosurgeon Christopher Lycette, M.D., and spinal surgeons Jeff McConnell, M.D., and James Weis, M.D., of Lehigh Valley Hospital and Health Network.

You have discs between each vertebra (bone) in your spine. Hard on the outside and spongy on the inside, they act like shock absorbers. But over time, discs lose some of their water content and can no longer properly absorb the strain of day-to-day movement.

“As discs wear out, the space between the vertebrae narrows, increasing stress on the spine and putting pressure on nerves inside it,” Lycette says. “This causes pain in the lower back, sometimes extending down to the thighs; and it often gets worse when sitting. You are also more prone to other back conditions, such as a herniated (bulging) disc.”

Pain from degenerative disc may go away on its own even as the disc continues to wear down, McConnell says. If the pain persists, doctors first try conservative treatment, including rest, medication and physical therapy. Steroid injections in the back also may be used to reduce inflammation and pain.

## A new surgical option

If these treatments don't work, the main surgical option has been spinal fusion. Surgeons remove the damaged disc, replace it with bone graft and stabilize the spine with rods and screws. Now, a new surgical technique allows spine specialists to replace a damaged disc with an artificial one. About the size of a silver dollar,

the Charité™ artificial disc has a plastic core sandwiched between two metal end plates.

“With the artificial disc, we can restore the natural height between the two vertebrae and reduce or eliminate back pain,” McConnell says. “It has several advantages over spinal fusion. Most important is maintaining motion between the vertebrae and restoring flexibility of the spine.” Recovery is faster, too. Patients stay in the hospital just two or three days and resume normal activities in about 12 weeks—about half the time required after fusion.

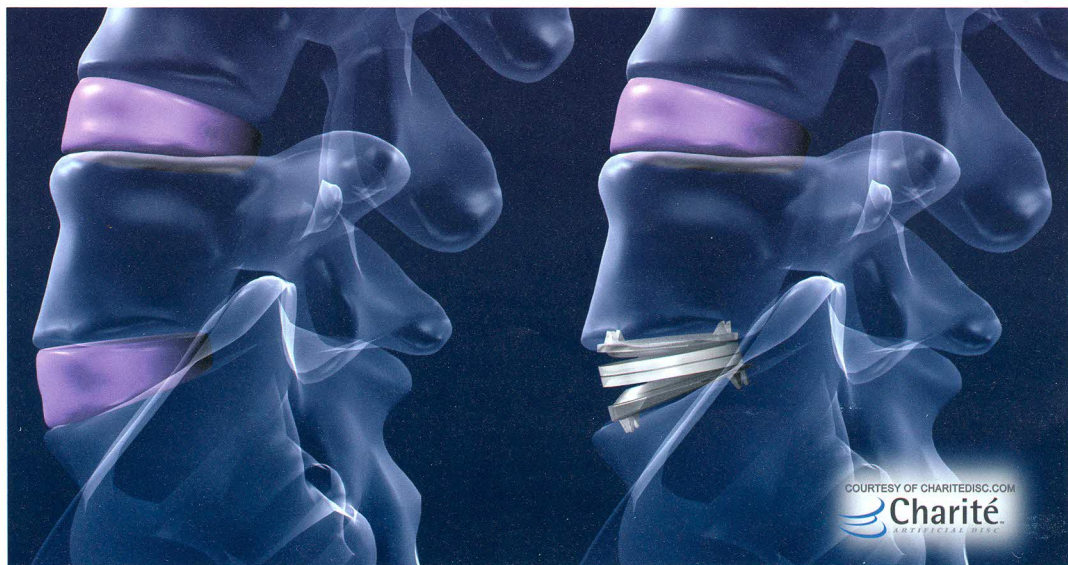
Currently, McConnell says, the surgery is approved for people with only a single diseased disc located in the lower back. Those with severe arthritis, slipped vertebrae or osteoporosis are not candidates. In the coming months, he says, more artificial discs will be available. They'll be approved for the replacement of two discs, not just one, which will make more people eligible. ●

**Want to Know More** about maintaining good posture to keep your back healthy? Call 610-402-CARE.

## Protect Your Discs

Good posture and exercise can help prevent discs from degenerating, says spinal surgeon Jeff McConnell, M.D. “When you slouch, you're putting added pressure on discs, which can cause them to wear out faster,” he says. “Get in the habit of sitting up straight, using a chair with good back support, and staying fit. Keeping your abdominal and back muscles strong is especially important to take some of the pressure off your spine.”

*A flexible replacement—Surgeons now can replace a diseased disc with the Charité™ artificial disc (picture on right). The disc's plastic core is sandwiched between two metal plates, providing flexibility and a faster recovery than spinal fusion.*



# When a Child Has Cancer

Every day and every milestone become causes for celebration

**D**avid Formica is like any other 14-year-old. He and his friends ride bikes and play poker, and his favorite video game is NFL 2K5. He's in eighth grade at Jim Thorpe Area High School. He goes to wrestling matches and football games. And every day, he gets chemotherapy.\*

David has leukemia, the most common childhood cancer. He was diagnosed in 2002 and will probably need another year of treatment. While a cancer diagnosis is devastating for the whole family, today it also comes with more hope than in the past.

"Fifty years ago, fewer than 10 percent of child cancer patients could be cured. Today nearly 80 percent are cured," says Philip Monteleone, M.D., pediatric oncologist (cancer specialist) at Lehigh Valley Hospital and Health Network.

Monteleone credits that success to the leading-edge research programs now available to children with cancer. Through its affiliation with The Children's Hospital of Philadelphia, Lehigh Valley Hospital can make the latest treatment advances available to patients like David.

Treating children with cancer requires special sensitivity, Monteleone says. "There is an urgency to getting children diagnosed and into treatment as quickly as possible. It's agonizing for parents to have to wait even a day for test results."

Radiation oncologists like Clinton Leinweber, D.O., also must make adjustments for young patients. "Because the target is smaller, we need to be extremely precise to avoid damaging organs or causing growth problems," he says. Progressive treatments using IMRT (intensity modulated radiation therapy) and radiosurgery (including the new Gamma Knife® for brain tumors) minimize the radiation to surrounding structures.

Perhaps the most important issue, Monteleone says, is helping families keep life upbeat and normal. Whenever possible, humor and fun are part of treatment. Advances in pain management and nausea control mean children can stay in school and enjoy favorite activities.

Still, there are major adjustments. "I don't remem-

\* David receives oral chemotherapy daily, and intravenous and spinal chemotherapy at regular intervals.



*Laughter is good medicine (and pizza doesn't hurt, either!)*—David Formica, mother Pam (left) and sister Heather, 16, work hard at keeping life normal during his leukemia treatment. In photo at left, David is with cancer specialist Philip Monteleone, M.D., who knows the challenges families like the Formicas face. "We take it day by day," he says. "Gradually the days add up to weeks, and they realize they will get through it." (Learn about the tile wall in this photo at [www.lvh.org](http://www.lvh.org).)

ber life before cancer," says David's mother, Pam. "It's changed who we are. We think more about what we have and not what we wish we had. David and his sister don't argue as much. What we're fighting is the cancer, one day at a time.

"Kids like David have amazing strength and insight," she says. "He once told me, 'I'm not mad at God anymore; there are kids littler than me who will never know life without cancer.'" ●

**Want to Know More** about how to help a child with cancer? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

## Support at School

David Formica wanted his teachers and classmates to treat him like everyone else. His mother, Pam, wanted him to be protected, but not babied. "They were ready to let it slide if he didn't do his homework," she says. "We needed everyone to understand that he was still capable of doing most things."

To help people understand David's diagnosis and treatment, a team from Lehigh Valley Hospital's pediatric cancer program—after getting the go-ahead from David—met with his teachers and classmates at L.B. Morris Elementary School in Jim Thorpe when he was in sixth grade and newly diagnosed.

"People are afraid of what they don't understand," Pam Formica says. "Once they knew what was happening they could offer more support." (When David lost his hair to chemotherapy, one of his teachers shaved his own head in solidarity.)

The school program includes discussion about what cancer is, where it comes from, how you get it and how you get rid of it. The concepts are illustrated with children's drawings and age-appropriate videos, says social worker Nancy Winters.

"It's not just kids who need help understanding," she says. "Sometimes teachers panic at the responsibility. They want to be an advocate, but they don't know how. These meetings also can open doors between parents, teachers and school nurses. This is especially important since the child may be in active treatment for several years."

# 'How My Nurse Practitioner Takes Care of Me'

## Get to know this valuable member of the health care team

A growing number of doctors' offices these days have a team member you may not know about—the certified registered nurse practitioner (C.R.N.P.). A nurse practitioner is a registered nurse with advanced training, usually at the master's level, in a particular medical area. They're licensed and board-certified, and take continuing medical education courses throughout their careers. You'll find them working with physicians in almost every specialty.

Nurse practitioners do routine physical exams, diagnose and treat illness, prescribe medications, interpret test results and educate their patients. To many people, they fill a very special caregiving role—as you'll see from the nurse practitioners (and patients) profiled here. All work at Lehigh Valley Hospital and Health Network.



### Ginger O'Sullivan, C.R.N.P.

In her job at Lehigh Neurology, she cares for patients in the Neuromuscular Center with ALS (Lou Gehrig's disease).

*"Whenever I have a problem, I call Ginger first because I feel very confident in her, and she handles my case so professionally."*

Therese Decker, Bethlehem



### Mary Bealer, C.R.N.P.

Highlights of her work at OBGYN Associates of the Lehigh Valley are teaching women about nutrition and what to expect from pregnancy and menopause.

*"Mary is down-to-earth and accessible. She listens carefully to what I say, and I never feel rushed."*

ROSEMARY KRIVENKO, MACUNGIE



### Debbie Busch, C.R.N.P.

Highlights of her work with pediatrician Scott Rice, M.D., are well-baby visits, nutritional and breastfeeding education (she's a lactation consultant), and acute and chronic sick care.

*"My kids light up when they see her. She answers my questions as if they're the most important ones she's heard all day."*

LISA DEVOS, ALLENTOWN

**Pat Vaccaro, C.R.N.P.**  
Her job at the Burn Recovery Center focuses on follow-up care for burn patients and helping them get back into life.

*"I was skeptical about seeing a nurse practitioner at first, but was so impressed by Pat's level of knowledge that I now have no reservations at all."*



BRUCE ADAMS, HAZLETON  
(shown with his wife, Linda)

### Carol Romano, C.R.N.P.

Her work with cardiologists John Cassel, M.D., Eugene Ordway, M.D., and Jeffrey Snyder, M.D., includes creating treatment plans and collaborating with patients and physicians.

*"Carol always answers my questions quickly and reliably. I feel very comfortable with her."*

BARRY MOYER,  
FLEETWOOD



**Want to Know More** about the nurse practitioners on this page and what it takes to be a nurse practitioner? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

# When Pregnancy Doesn't Just Happen

In-vitro fertilization helps a local couple create a family

**"Congratulations, you're pregnant!"** Carl and Robin Andreas of Allentown longed to hear those words. But as each month passed, they grew more discouraged. Family members' queries became painful, and the sight of mothers and babies reduced Robin to tears.

Although only 22 when they began trying to conceive, Robin was not surprised it didn't happen immediately. She has polycystic ovarian syndrome, an endocrine condition that can cause problems with ovulation (egg production). After a year, they sought help from Albert Peters, D.O., reproductive endocrinologist and fertility specialist at Lehigh Valley Hospital and Health Network.

**The couple had a series of tests to pinpoint the exact nature of the problem.** In this case it was both egg- and sperm-related. The first step in treatment was medication. Next, the Andreas' underwent three attempts at intrauterine insemination (an injection of sperm into the uterus). Testing then showed that the best outcome would be from in-vitro fertilization (IVF).

"By the time couples get to IVF, they're exhausted and frustrated," says Katy Worrilow, Ph.D., scientific director of the IVF lab at Lehigh Valley Hospital—Muhlenberg. "We spent

several hours discussing Carl and Robin's options, touring the facility and introducing our staff. We wanted them to feel confident and understand how personally invested we become in our patients."

**IVF began with medications to control Robin's ovulation** by putting her in a pre-menopausal state—complete with hot flashes and mood swings. "This process can be physically, mentally and emotionally grueling," the couple agrees. "Both people have to be dedicated and able to support each other."

Next, the staff extracted 28 eggs from Robin's ovary and fertilized 19 of them with Carl's sperm using a process called ICSI (intracytoplasmic sperm

injection).

Single sperm are injected directly into the egg. Five days later, six of the resulting embryos were viable, and two were implanted in Robin's uterus.

"The sophisticated class-100 clean room/clean air environment in the IVF lab allows staff to culture and maintain embryos for five days instead of the traditional three," Worrilow says. "To our knowledge, there's only one other certified class-100 IVF lab in the country. The extra days of growth allow us to identify the embryos that have the best chance for a successful pregnancy and healthy baby, with less risk of multiples."

Two weeks later, Carl and Robin were dozing on the couch when the phone rang—and they heard the words they'd waited so long for. This time, they cried tears of happiness.

**On Sept. 27, 2004, Robin gave birth to Carl Allen Andreas III** (shown with his parents, above). He was the first baby at Lehigh Valley Hospital conceived as a result of both ICSI and the five-day extended embryo culture. His proud parents brought him to the IVF lab to offer encouragement to other couples. "You don't realize how much you can love until you have a baby," Carl says. "It's all worth it." ●

**Want to Know More** about infertility care at Lehigh Valley Hospital, or how to cope with the stress of infertility? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

## Mark Your Calendar

### Infertility Support Group

June 8

Details on page 28



Photo by Heather Orsini Photography

Photo Illustration by Barbara Field

# Taste the Good Life (Again!)

After age 65, eating well can be a challenge. Here's how...



**A**s a child, you rushed home for dinner and savored every bite. Over the years, you enjoyed those special home-cooked meals, or dining at a favorite restaurant. But nowadays food doesn't seem so delicious anymore. Is it all in your head?

No, says geriatrician Margaret Tretter, D.O., of Lehigh Valley Hospital and Health Network. "It's a fact. With age our sense of taste becomes less acute, nutritional needs change, and family dinners are now dinners for two or one. We need to adjust the way we think about eating."

Recent studies indicate the need for some adjustment. For example, two-thirds of Americans age 65 and over don't consume enough fruits and vegetables. But making changes now isn't as difficult as it seems. Here are solutions you can use to make sure you're getting the nutrition you need—and enjoying it!

### Come Dine With Us

A free Vitality Plus membership includes discounts at the three Lehigh Valley Hospital cafeterias, where nutritious meals are available daily. To join, call 610-402-CARE.

### Stretch Those Bills

Think you can't eat healthy on less than \$20?

Look inside our shopping cart:

2 6-oz. cans of tuna	\$ 1.99
1 pound pasta	\$ .99
pasta sauce	\$ .99
1/2-lb. fresh salmon	\$ 2.49
14 oz. white rice	\$ 1.99
22-oz. loaf wheat or whole-grain bread	\$ 1.49
16 oz. peanut butter	\$ 1.59
1/2-gal. skim milk	\$ 1.79
12 oz. American cheese slices	\$ 1.99
1 dozen eggs	\$ 1.49
1 lb. frozen vegetables	\$ .99
1 lb. potatoes	\$ .59
16 oz. canned fruit in juice	\$ .79
1 lb. bananas	\$ .59
<b>TOTAL</b>	<b>\$19.76</b>

**under \$20**



Illustrations by Jane Ramsey

**Challenge:** Food doesn't taste good to me anymore.

**Solution:** Spice it up. Use herbs, seasonings, different spices and creative blends (garlic and herbs). Salt-free seasonings are available if you're on a low-sodium diet.

**Challenge:** I'm eating the same as I used to but gaining weight.

**Solution:** "Your metabolism slows by 10 percent each decade after age 30," says clinical dietitian Bill Whipple of Lehigh Valley Hospital and Health Network. "So you need to trim the number of calories you eat, or exercise more to burn excess calories." If you have a medical condition like arthritis, try water aerobics to burn calories without stressing your joints.

**Challenge:** I live alone, but I don't like to eat alone.

**Solution:** Invite your family to dinner regularly. Set up weekly potluck meals with friends. Launch a dining-out group. (Pick from the "heart-healthy" section of the menu.) Many senior centers and other organizations host dinners, too.

**Challenge:** I don't know how to cook.

**Solution:** It's not too late to learn—and you might discover you love it. Try a cooking class at a community college, restaurant or senior center.

**Challenge:** I'm physically unable to cook or dine out.

**Solution:** Community Exchange—a network of 400 area residents who give and receive services—could be a source of home-cooked meals. Services like Meals on Wheels provide nutritious home-delivery meals.

**Challenge:** My income limits how well I can eat.

**Solution:** Filling your shopping list with basic (not processed) foods can be affordable no matter your income. (See our shopping cart, left.)

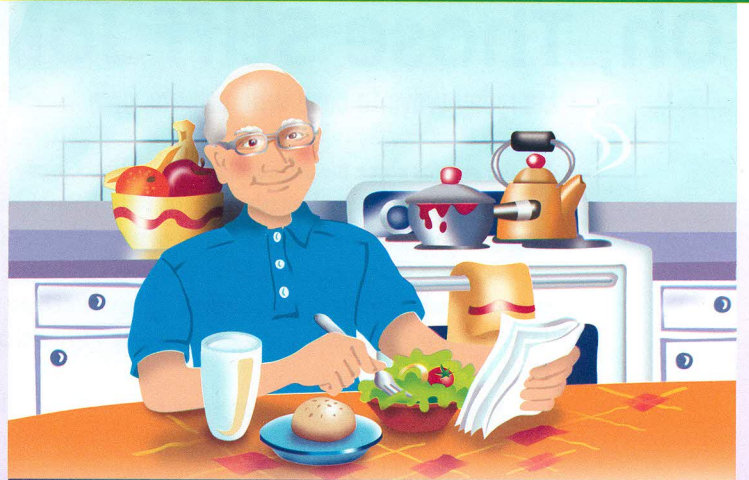
**Challenge:** I know I need calcium for strong bones, but I don't like milk.

**Solution:** There are lots of alternatives for non-dairy users or those who are lactose-intolerant. Try calcium-fortified orange juice or soy milk, or a calcium supplement. Over age 65, men need 1,000 milligrams of calcium daily, and women need 1,200-1,500 milligrams.

**Challenge:** My doctor says I need to eat more fiber to help my digestion, but I don't like Bran Buds.

**Solution:** Raw fruits and vegetables and whole-grain breads have lots of fiber. So do other fiber-added cereals.

**Want to Know More** about Meals on Wheels and Community Exchange, or about creative ways to add fiber and calcium to your diet? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).



## Do You Need a Nutritional Makeover?

Take this quiz to find out. Read the statements below and circle the numbers that apply to you. Total your score and compare it with the key.

Statement	"Yes"
I have a condition that makes me change the kind or amount of food I eat.	2
I eat fewer than two meals a day.	3
I eat few fruits, vegetables or milk products.	2
I have three or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone almost always.	1
I take three or more different medications a day.	1
Without wanting to, I have lost or gained 10 pounds in the last six months.	2
I am not always physically able to shop, cook or feed myself.	2
TOTAL:	_____

### What Your Score Means

**0-2 Good.** Recheck your nutritional score in six months.

**3-5 Start making changes now.** Follow some of the tips in this article to improve your eating habits.

**6+ Take action immediately.** Bring this checklist to your family physician or a dietitian and discuss ways to improve your nutritional health.

*Source: American Academy of Family Physicians, American Dietetic Association and National Council on the Aging, Inc.*

**Want to Know More** about a "Healthy Salads" presentation and what a dietitian could do for you? See *Eating Healthy* on page 24.

**Challenge:** My teeth aren't strong enough to bite and chew many foods.

**Solution:** Adjust your choices. For example, instead of an apple eat applesauce—or a soft, tasty cantaloupe or honeydew melon. ●

# Oh, Those Stiff Joints!

Everyday ways to cope with arthritis pain

**I**n the months since the powerful painkiller Vioxx was recalled, lots of people with arthritis have been wondering if they're doomed to a future of achy joints. Not necessarily. "There are many different ways to lessen the pain and stiffness of osteoarthritis," says internist Daniel Rappaport, M.D., of Lehigh Valley Hospital and Health Network.

Osteoarthritis is the progressive loss of the cartilage that cushions our joints. Most commonly it affects the knees, hips and back, but many people also have arthritic wrists, hands or fingers. You're at higher risk if there's arthritis in your family, you're overweight, or if

you've injured or repeatedly stressed the joint. Age is another risk factor—more than half of Americans over age 65 have arthritis, and nearly 80 percent have it after age 75.

If you're one of them, here's how to cope:

**Don't ignore it.** "See your physician as soon as you start having joint pain," says Deborah Bren, D.O., family physician at Lehigh Valley Hospital and Health Network. "Don't wait until you can't stand the stiffness and soreness. Your doctor can help slow the progress of the disease as well as ease your symptoms."

**Watch your weight.** "Maintaining a healthy weight is

*Marilyn Stephen of Coplay enjoys a game with grandchildren Samantha, 9, and Matthew, 16.*

*Jack Werner of Allentown does an easy-on-the-joints water workout at Rodale Aquatic Center, Cedar Crest College, Allentown.*



Stay 'plugged in'



Stay active

## Vaginal Changes After Menopause

**Y**ou've survived the hot flashes, sleeplessness and irritability of menopause. No more periods, no worries about birth control—this should be "prime time" for the two of you. Then you discover that sex has become increasingly uncomfortable and that you're more susceptible to vaginal irritations and infections. What's going on?

"After puberty, estrogen helps keep a woman's vaginal walls smooth, moist and firm," says gynecologist

Patrice Weiss, M.D., of Lehigh Valley Hospital and Health Network. "After menopause, most women have noticeable changes in the vagina caused by the decrease in estrogen. The vaginal lining becomes drier and thinner, the vagina narrows, and vaginal muscles begin to lose elasticity and tone."

These changes can make intercourse really painful, she says. Even if you're not sexually active, vaginal dryness can lead to itching, infection and bleeding.

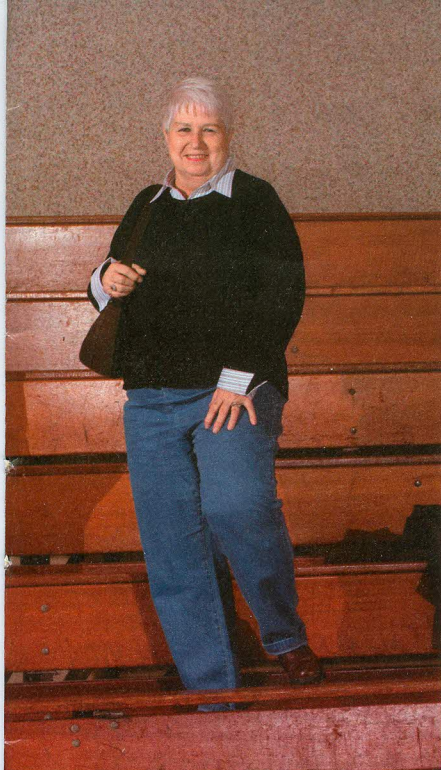
### What can you do?

**Lubricate.** You'll find a variety of vaginal lubricants at the drugstore,

including KY Jelly, Replens and Astroglide. (Water-based ones without fragrance are best.) These products make intercourse more comfortable, but they don't resolve the underlying issues caused by lack of estrogen.

**Use estrogen.** Hormone replacement pills are no longer recommended for most women because of increased heart disease risk. But estrogen is also available in three low-dose topical forms—vaginal cream, vaginal tablet and timed-release vaginal ring. These require a prescription. Talk to your doctor or nurse practitioner about which would be best for you.





### Make it easier on yourself

*Anita Lang of Whitehall wears a knee brace to prevent or ease discomfort when climbing stairs.*

“Exercise moves lubricating fluid into your joints.”

Armstrong recommends low-impact activities like aqua-aerobics, easy biking or walking (with a cane or walker if you need it). “See a physician or therapist before starting any exercise program,” Bren says.

“Arthritis varies from person to person, and you need to find out which exercises work best for you and how to do them correctly.”

**Make it easier on yourself.** If daily activities have gotten hard to do, look into the new devices out there that can help you—for example, fat pens with gel

padding or large-grip kitchen tools.

the best thing you can do for arthritis,” Rappaport says. “It keeps added pressure off the joints.” Being only 10 pounds overweight increases the pressure on your knees by 30 to 60 pounds with each step.

#### Stay active.

Exercise is part of any weight control program, and it’s critical for people with arthritis.

“Motion is lotion,” says Melissa Armstrong, R.N., geriatric nurse specialist at Lehigh Valley Hospital and Health Network.

**Stay “plugged in.”** Keeping involved with family, friends and activities (including educational or exercise classes for people with arthritis) will help you cope.

**Try a nonprescription treatment.** “Try aspirin to reduce swelling and acetaminophen for pain,” Bren says. A glucosamine and chondroitin supplement may be useful for stiffness and swelling. Many people get relief from heat patches, ointments like Icy-Hot, or sitting in a hot tub. Finally there’s acupuncture. It won’t slow the progress of arthritis, but it might relieve the pain.

**If you need something more,** talk to your doctor about prescription drugs, injections or surgery. Vioxx is now off the market because of increased heart attack risk, and there is uncertainty about Celebrex and other medications for arthritis symptoms. “You and your doctor can weigh the risks against the benefits,” Rappaport says. (See related story on page 7.)

Injections of synthetic joint fluid (Synvisc, Hylagan) can improve motion in the knee. “Cortisone injections can help relieve pain and stiffness during acute flare-ups, but shouldn’t be used more often than three times a year per joint,” Bren says.

If you do need surgery, tiny incisions may be all that’s required if the problem is a tear in the meniscus (cartilage). The surgeon extracts pieces of torn cartilage and bone trapped in the joint. If you need a complete knee or hip joint replacement, these surgeries are more streamlined than they used to be. You’ll have a shorter hospital stay and a quicker return to normal life, and the artificial joint should last 10 to 15 years. ●

**Want to Know More?** For a brochure on how to limit the impact of arthritis on your life, call 610-402-CARE.

**Exercise.** Just like any other muscle, the vagina keeps its tone better when it’s used. Regular intercourse is an effective exercise. Kegel exercises (in which you tense and release pelvic-area muscles) help, too.

**Communicate.** Talk with your partner about your concerns rather than suffer in silence. It could be the beginning of a new level of closeness in your relationship. ●

**Want to Know More** about sex after menopause or about doing Kegel exercises? Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

## Coping with High Drug Costs

**If you’re on a fixed income and take prescription drugs, your checkbook’s probably groaning. Drug costs are soaring at four times the rate of inflation. Here are some thoughts on how to cope, from internist David Caccese, M.D., and registered pharmacist Jay Needle of Lehigh Valley Hospital and Health Network.**

**Want to Know More?** For details on keeping your prescription costs down, call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org).

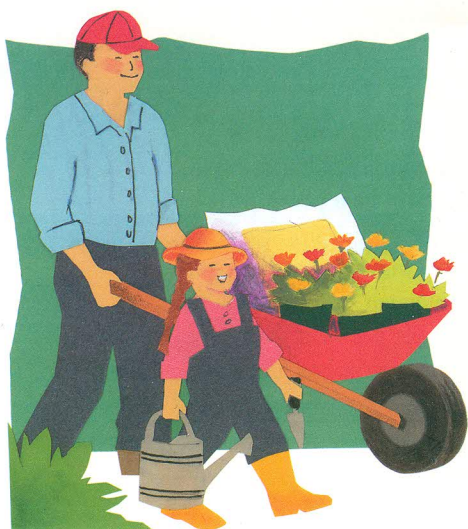
■ **Don’t be afraid to talk over your financial situation** with your doctor. Ask to review your list of medications, to make sure all are necessary. Also, your doctor may be able to give you free samples.

■ **Ask your physician if an older or generic form of the drug would work for you.** The “latest and greatest” drugs advertised on TV are costly and may be no better than the old standbys.

■ **Don’t skip doses or cut your pills in half to spread them further** (unless you have a high-dose pill designed to be divided). Taking lower doses could result in your condition worsening.

■ **Shop around for the best price.** Store prices vary. Drug companies, pharmacies, Vitality Plus and other organizations offer discount cards. You may be able to order from a reputable Canadian pharmacy, but this is not FDA-approved and soon may be illegal.

Illustration by Barbara Field



# Healthy You

## Health Improvement Programs

### Registration is a must!

Since Healthy You class space is limited, if you want to attend a program you should register in advance. You can register by phone at 610-402-CARE (2273) or by logging on to [www.lvh.org](http://www.lvh.org). We may need to cancel a program or class if not enough people enroll. You'll get a full refund.

Since Healthy You class space is limited, if you want to attend a program you should register in advance.

### COMING THIS SUMMER

Now, you can get even more timely information about classes and lectures. Throughout the year, we'll be sending special reminder mailers. The next one will list upcoming programs in late June and July.

Like **Healthy You**, the supplement is **FREE**. To get on the mailing list, call 610-402-CARE today!

## Ageing Well

### NEW Safe Medication Use

Today's medications are complex and powerful. Learn how to use them safely and effectively, and what to discuss with your pharmacist. **FREE**

- Tue., May 24; 10-11 a.m.

At **Slate Belt Senior Center**

Sponsored by *Lehigh Valley Home Care and Hospice*

- Tue., June 14; 10 a.m.

At **LVH—Cedar Crest, Presidents' room**

Includes tour of *Health Spectrum Pharmacy*;

receive discount coupon

Registered pharmacist from *Health Spectrum Pharmacy*

See related article on page 7.

### Medicare Counseling

Get confidential counseling on Medicare issues from trained APPRISE volunteers from the Lehigh County Area Agency on Aging. **FREE**

- Walk-in hours most Fridays; 1-3 p.m.

At **LVH—17, Center for Healthy Aging**

## Eating Healthy

### NEW Healthy Salads

Add healthy salads and desserts to your summer menus; includes cooking demonstration. **FREE**

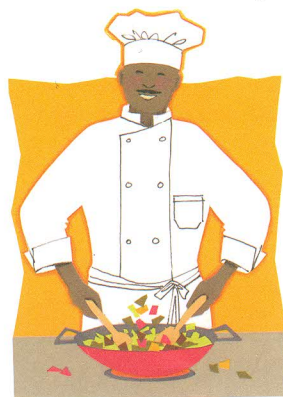
- Thu., May 26; 6:30 p.m.

At **LVH—Cedar Crest, classroom 1**

*Al Frey, executive chef*

See related article

on page 20.



### Culture of Wellness Nutrition Services

#### Food Diary Analysis

\$22.50

Submit a three-day food diary and receive a detailed breakdown of your nutrition intake.

#### Recipe Makeover and Analysis

\$15

Submit your favorite recipe for a nutrition overhaul. We'll show you how to reduce the fat, salt, sugar and calories.

For details, call 610-402-CARE.

## Staying Fit

Whether you're a beginner or seasoned athlete, you'll find the right workout here. You need to register and fill out a health readiness questionnaire. You must be 18 or older for all classes. To register, call 610-402-CARE.



### NEW Preventing Common Sports Injuries

Learn about sports injuries that could affect your family. Includes youth league activities and special disc golf presentation (see page 28). **FREE**

- Mon., May 23; 6:30-8:30 p.m.

At **Southern Lehigh Public Library**

*Sean Greich, physical therapist*

### Lap Swimming

Open swimming in a heated pool with instructor on-hand to help improve your stroke technique.

12 classes/6 weeks • \$80; \$60 with

Vitality Plus GOLD

6 classes • \$40; \$30 with Vitality Plus GOLD

- Mon. and Wed., starting May 30; noon-1 p.m.

At **Rodale Aquatic Center, Cedar Crest College**

### Body Wedge 21™

Using an innovative Body Wedge, these 21 repetition exercises hit the five major fat-storage areas and muscle groups of the body.

6 classes • \$42

At **Healthy You Center**

For details, call 610-402-CARE.

### PUMP

This group workout strengthens the body and produces visible results, using a light barbell and weights to work every major muscle group.

6 classes • \$55

At **Healthy You Center**

For details, call 610-402-CARE.

### Pilates Express

Learn the fundamentals of mat Pilates—a deep muscle-conditioning workout that strengthens the body's "powerhouse."

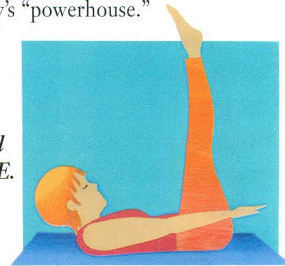
Ideal for beginners.

6 classes • \$36

At **Healthy You Center**

For details, call

610-402-CARE.



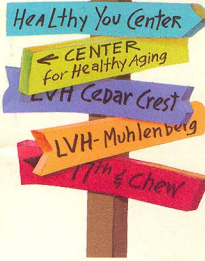
## The Center for Healthy Aging Is for EVERY Age!

You don't have to be an older adult to enjoy the programming at the Center for Healthy Aging. Each month, you'll find fun and educational programs at **Lehigh Valley Hospital—17th and Chew. Free valet parking!**

For a calendar of Center for Healthy Aging activities, call 610-402-CARE.

## How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call 610-402-CARE (2273).



### Lehigh Valley Hospital and Health Network Locations

#### LVH—Cedar Crest

Lehigh Valley Hospital  
Cedar Crest and I-78, Allentown

#### LVH—17

Lehigh Valley Hospital  
17th and Chew Sts., Allentown

#### LVH—Muhlenberg

Lehigh Valley Hospital—  
Muhlenberg Rt. 22 and  
Schoenersville Rd. Bethlehem

#### Healthy You Center

3401 Fish Hatchery Rd., Allentown

#### Health Center at Bethlehem Township

2101 Emrick Blvd., Bethlehem

#### Health Center at Trexlertown

Rt. 222 and Lower Macungie Rd.  
Trexlertown

#### 2166

S. 12th St., Allentown

### Community Locations

#### Allentown Medical Center

401 N. 17th St., Allentown

#### Bethlehem Gynecology Associates

190 Brodhead Rd., Bethlehem

#### Bethlehem Township Community Center

2900 Farmersville Rd., Bethlehem

#### Holiday Inn

300 Gateway Dr., Bethlehem

#### Lehigh Carbon Community College

4525 Education Park Dr., Rt. 309  
Schnecksville

#### Lower Macungie Township Community Center

3400 Brookside Rd., Macungie

#### Northampton Community College

3835 Green Pond Rd., Bethlehem

#### Rodale Aquatic Center

Cedar Crest College, Allentown

#### Slate Belt Senior Center

707 American Bangor Rd., Bangor

#### Southern Lehigh Public Library

3200 Preston Lane, Center Valley

#### Whitehall Township Schadt Avenue Park

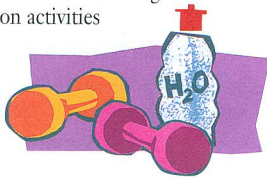
1975 Schadt Ave., Whitehall

### Staying Strong

Strength-building, resistance training and range-of-motion activities improve muscle tone, slow bone loss and ease effects of arthritis.

12 classes/  
6 weeks • \$30

At Lower Macungie Twp. Community Center  
At LVH—Muhlenberg, Banko Center  
For details, call 610-402-CARE.

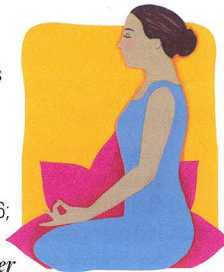


### Meditation

Relaxation doesn't always come easy, but this beginners' meditation class can help.

6 classes • \$42  
• Wed., starting July 6;  
11-11:45 a.m.

At Healthy You Center



### Exercise for Life

Low-intensity 60-minute class helps lower blood pressure and cholesterol, prevent disease, ease arthritis, build muscle and improve well-being.

Monthly fee • \$30; \$26 with Vitality Plus GOLD  
• Mon., Wed., Fri.; 8-9 a.m.

At Lower Macungie Twp. Community Center  
• Mon., Wed., Fri.; 9-10 a.m.  
At Whitehall Twp. Schadt Avenue Park

### FlashFit

Circuit training is a fun, motivating way to boost energy and burn fat. This 30-minute workout fits your schedule, is never boring.

12 classes/6 weeks • \$36

At Healthy You Center  
At LVH—Muhlenberg, Banko Center  
For details, call 610-402-CARE.



### Massage Therapy

Massage improves circulation, relaxes muscles, and soothes mind and body. Choose from relaxation; therapeutic; aromatherapy; foot; pregnancy; hot and cool stone; neck, back and shoulder; facial stone; or Thai yoga massage. Times range from 25-90 minutes; prices \$30-\$100. Gift cards available.

At LVH—Muhlenberg, Youthful You Institute; Healthy You Center; LVH—Cedar Crest, Jaiindl Pavilion; Health Center at Trexlertown

For details or an appointment with a certified massage therapist, call 610-402-CARE.

## Caring for Mind and Body

### Perfect Health in the 21st Century

Learn the secrets of aging well and maintaining good health, and natural ways to deal with changes affecting your body.

#### Spiritual Beings Learning to Be Human

Our bodies are manifestations of the soul, with a birthright of perfect health. Learn how illness always reflects soul issues. **FREE**

• Mon., June 6; 6:30 p.m.

At Bethlehem Gynecology Associates

### Caring for Mind and Body

At Health Center at Bethlehem Twp., HealthSpring

#### Yoga

#### Tai Chi

#### Back Care

For details, call 610-402-CARE.

#### Therapeutic Massage

A variety of relaxing and therapeutic options.  
Call 610-402-CARE.

\$65/hour



## Tai Chi, Yoga and Yogalatte

Build your flexibility and strength, reduce stress and rebalance your life through these mind/body practices. Yoga focuses on a series of postures; Yogalatte adds Pilates to yoga for core-body conditioning; Tai Chi focuses on graceful flowing movements. All emphasize breathing and creating peace from the inside out.

### NEW Tai Chi Workshop

Learn techniques to help enhance your skills for harmony and balance in your life. Focus is on graceful, flowing movements with breathing.

\$20  
• Sat., June 4;  
11:30 a.m.-1 p.m.

At Healthy You Center



### Everyday Tai Chi

6 weeks • \$42

At Healthy You Center

For details, call 610-402-CARE.

### Yoga

6 classes • \$60; \$55 with  
Vitality Plus GOLD  
Bring pillow and blanket.

#### Relaxing

At Healthy You Center

#### Energizing

• Thu., starting June 30;  
7:30-8:45 p.m.

At Healthy You Center

For details, call 610-402-CARE.



### Yogalatte

6 classes • \$42

At Healthy You Center

For details, call 610-402-CARE.

## Looking Good

### NEW Get the Most From Your Shades

Don't forget your eyes when protecting yourself from the sun. Bring your sunglasses along. **FREE**

- Mon., June 6; 6:30-7:30 p.m.  
At LVH—Mublenberg, Banko Center  
Gregory Salem, director, anti-aging medicine



### Healthy Hands and Nails

Your hands—the part of your body you use the most—deserve some TLC! Preview our moisturizing and strengthening education program. **FREE**

- Tue., May 17; 6:30-7:30 p.m.  
At LVH—Mublenberg, Youthful You Institute  
Laura Transue, licensed cosmetologist

### Corrective and Protective Skin Care

Hands-on workshop focuses on skin problems of aging and solutions for your skin type. Products and ingredients reviewed. **FREE**

- Tue., June 14; 6:30-7:30 p.m.  
At LVH—Mublenberg  
Laura Transue, licensed cosmetologist

## Just for Men

### Celebrate Being a Dad—Dads' Night Out

Join this celebration of fatherhood, empowering Dad to be the best he can.

- \$20, includes dinner
- Thu., June 16; 6-8 p.m.  
Greg Edwards, Community Services for Children  
Denise Continenza, Penn State Cooperative  
Extension, family living specialist  
Sponsored by Lehigh Valley Hospital Parent  
Education and Whitehall Manor  
See related article on page 15.  
For location and to register, call  
610-402-CARE.

## Give a Gift of the Spa to Mom, Dad or the Grad

### Two Natural Nail and Hand Care Treatments for the Price of One \$20

The hands are used the most and cared for the least.

### Hydro-Lifting Facial Treatment for That Special Occasion \$100

Receive a free at-home skin care kit to maintain a healthy glow.

### Rechargeable Gift Cards for the Youthful You Institute \$25 and above

Therapeutic treatments, services and products.

For details, call 610-402-CARE.  
Restrictions apply.

## Just for Women

### Bosom Buddies Mammograms

Bring a friend for a double mammogram appointment and get a special gift. Support each other in this yearly health habit.

- Fri. and Mon., May 20 and 25  
At the following Breast Health Services locations:  
Bath Community Medical Center,  
6649 Chrisbalt Dr., Bethlehem  
1240 S. Cedar Crest Blvd., Suite 203,  
Allentown  
2597 Schoenersville Rd., Suite 202, Bethlehem  
Health Center at Trexlertown, Route 222  
and Lower Macungie Rd., Trexlertown  
17th and Chew Streets, Allentown  
For details or to make appointment, call  
610-402-CARE.

### Heart Help for Women

This new community program educates women, their friends and families about how women's hearts are different from men's. To schedule a program for your group, call 610-402-CARE.

See related article on page 4.

## Raising a Family

### Car Seat Safety Inspection

Learn to install car seats properly and inspect for problems. Registration required (1 appt. per seat). **FREE**

- In cooperation with PA Traffic Injury  
Prevention Program and PA Safe Kids  
For details, call 610-402-CARE.

## Raising a Family



**HypnoBirthing™**—Use mental imagery, massage, breathing and music to minimize discomfort. 5-week series, \$175.

**Prepared Childbirth**—Relaxation, breathing, labor stages, pain management, Cesarean birth, newborn care. 4-week series, \$95/couple.

**Weekend Prepared Childbirth**—Accelerated, concentrated class. 8-hour day or 2-day weekend option, \$95/couple.

**Prepared Childbirth Refresher**—Review of above topics, sibling guidance and Center for Mother and Baby Care tour. 4-hour session, \$50/couple.

### Ongoing Childbirth and Parenting Programs

Lehigh Valley Hospital and Health Network offers a full range of childbirth and parenting classes. For information on dates, locations and registration, call 610-402-CARE. Gift cards available. Ask about our combination programs.

**Baby Care**—For expectant and adopting parents and grandparents. Feeding, safety, newborn care and other tips. 3-hour session, \$35/couple.

**Breastfeeding Your Baby**—How-tos and benefits for mother and baby. \$30.

**Monday Morning Mom**—Join other breastfeeding moms for support from lactation counselors. Babies welcome. \$5 per session.

**Return to Work for Breastfeeding Moms**—Collection, storage, pumps and strategies. Babies welcome. \$20.  
See related article on page 11.

For your convenience, Prepared Childbirth classes are now offered at LVH—Mublenberg. For details, call 610-402-CARE.

## Mom & Me



Preteen girls go through big physical and emotional changes. Bring your daughter and get personal advice from adolescent experts on what to expect.

- \$15 (per family), including lunch
- Sat., June 4; 8:30 a.m.-1 p.m.  
At LVH—Cedar Crest, auditorium  
Sarah Stevens, M.D., adolescent medicine specialist  
Gail Brown, R.N., pediatric nurse practitioner  
Kerri Green, health educator, Weller Center  
To sign up, call 610-402-CARE.  
See related article on page 8.

## Protecting Your Health

### NEW Learn to Recognize a Stroke

Experts discuss the symptoms, risk factors and latest treatments for stroke. Blood pressure and stroke risk screenings; registration required. **FREE**

- Tue., May 17; 6-7 p.m.; screenings 5-6 p.m.  
At LVH—Cedar Crest, auditorium  
Jay Varrato, D.O., neurologist  
Stroke Center staff

### NEW Protect Yourself From the Sun

Learn how to block harmful rays and recognize the signs of skin cancer. Step-by-step self-exam instructions plus sun safety kit. **FREE**

- Mon., May 23; 10-11 a.m.  
At LVH—17, Center for Healthy Aging  
Paul Mosca, M.D., Ph.D., cancer surgeon and melanoma expert

## Dr. Dean Ornish Program

This 12-week program is designed to help reverse heart disease. Nutrition, exercise, stress management, group support, education and follow-up. *For details, call 610-402-CARE.*

## Ornish Advantage

Family history of heart disease, diabetes or stroke? This 6-week program gives you prevention skills to build a healthier life.

*For details, call 610-402-CARE.  
See related article on page 5.*

## A New Way to Quit

This new 12-month program of individual counseling can help you quit smoking. You develop a plan, then get ongoing support in person at any Lehigh Valley Hospital site or by phone.

*For details, call 610-402-CARE.  
See related article on page 6.*

## CPR

Are you prepared to save a life? Everyone should be trained in cardiopulmonary resuscitation (CPR). Classes meet at 2166 S. 12th St., Allentown. Registration required 1 week in advance.



**Fundamentals of Basic Life Support (BLS—Course C)**—One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation, clearing blocked airway. 3-part course • \$50

**BLS Renewal**—To attend you must have a current Course C card. • \$30

**Heartsaver Pediatric (Course D)**—Focus on infant and child CPR, including clearing blocked airway. • \$30

**Heartsaver AED and First Aid**—Attend one or two sessions for adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness. • \$40/session  
*For dates and times, call 610-402-CARE.*

## Coping With Illness

### NEW Degenerative Disc Disease

Find out about disc trouble, including symptoms, diagnosis, and new treatment and therapies. **FREE**

• Thu., June 2; 7-8 p.m.

*At LVH—Cedar Crest, classroom 1  
Cbris Lycette, M.D., neurosurgeon  
See related article on page 16.*

### NEW Conquering Headaches

Learn signs and symptoms of different headaches and how to effectively manage them. **FREE**

• Wed., May 18; 6:30-7:30 p.m.

*At LVH—Cedar Crest, classrooms 2 and 3  
Carol Fox, R.N., nurse coordinator, Headache  
Center of the Lehigh Valley*



## Screenings

### Lehigh Valley Mall

**Blood Pressure FREE**

• Mon., May 23; 8:30-10 a.m.

### LVH—17, Center for Healthy Aging

**Osteoporosis FREE**

• First Mon. of each month, mornings  
• Third Thu. of each month, afternoons

### LVH—Muhlenberg, Banko Center

**Osteoporosis FREE**

First Tue. of each month; 4:30-6:30 p.m.

### LVH—Cedar Crest

**Blood Pressure and Stroke Risk Assessment FREE**

• Tue., May 17; 5-6 p.m. (with program)

*To register, call 610-402-CARE.*

## 10th Annual Parkinson's Symposium

For Parkinson's patients and their families. \$10; includes continental breakfast, lunch and educational materials.

• Sat., Sept. 24; 8 a.m.-1:30 p.m.

*At Holiday Inn, Bethlehem*

For Diabetes Patients and Their Families

### Camp Red Jacket

A camp for children with type 1 diabetes—fun, games and a safe learning environment.

Enrollment limited. **FREE**

• Tue.-Thu., July 26-28

*For details and location, call 610-402-CARE.*

### Pre-Diabetes Classes

For those with pre-diabetes (metabolic syndrome), learn how you can prevent diabetes through modest lifestyle changes.

*For details, call 610-402-CARE.*



### Medical Nutrition Therapy for Diabetes, Kidney Disease

For those on Medicare Part B with diabetes or non-dialysis kidney disease. Meet a dietitian one-on-one for meal planning and other education to help lower blood glucose and cholesterol.

*For details, call 610-402-CARE.*

### Ongoing Diabetes Programs

The Helwig Health and Diabetes Center offers individual and small-group diabetes self-management education for adults and children, type 1 or type 2 diabetes. Day and evening sessions offered.

*For details, call 610-402-CARE.*

For Cancer Patients and Their Families

### Ongoing Cancer Programs and Support Groups

*For dates, locations and registration, call 610-402-CARE.*

#### Preparing for Breast Cancer

**Surgery**—Learn what to expect after surgery and how to better prepare through exercise.

**Lehigh Valley Chapter of the National Ovarian Cancer Coalition**—To promote education, awareness and advocacy for women with ovarian cancer.

#### First Steps: Orientation Program

To help you prepare for cancer treatment. For patients, partners, families and friends.

**Self-help Group for Individuals With Cancer**—Coping skills, group support.

**Bereavement Support Group**—For family and friends who have experienced a loss through death. Monthly topics vary.

**Men Facing Cancer**—Discussion group for men with prostate, bladder or genitourinary cancer; partners and friends welcome.

**Adolescent Support Group**—For cancer patients ages 10-16; families welcome.

**Support of Survivors**—A 24-hour phone line staffed by breast cancer survivors to help recovering women. 610-402-4SOS (4767).

## Keeping Up to Date

### Health Insurance for Small Businesses

Learn about options available through insurers contracted with Valley Preferred, including Health Saving Accounts and Health Reimbursement Arrangements. For businesses of 2-50. **FREE**

• Tue., June 14; 1:30 p.m.

*For location and to register, call 610-402-CARE.*

### Introduction to the Internet

Hands-on, 2 1/2-hour course focuses on basics, including finding healthy aging web sites. Basic computer skills necessary. Class size limited.

\$25; \$20 with Vitality Plus GOLD

• Tue., May 24; 9:30 a.m.-noon

*At LVH—17, Center for Healthy Aging*

### Basic Computer Skills

In this two-part, five-hour course, learn to use a keyboard and mouse, open programs, use toolbars and more. No experience necessary.

\$25; \$20 with Vitality Plus GOLD

• Fri. May 20; 9:30 a.m.-noon and Mon., May 23; 1-3:30 p.m.

*At LVH—17, Center for Healthy Aging*

### Learn Basic E-Mail

Hands-on, two-part course introduces e-mail using free Yahoo. Basic computer skills necessary. Class size limited.

\$40; \$35 with Vitality Plus GOLD

• Thu., and Fri., May 26 and 27;  
9:30 a.m.-noon

*At LVH—17, Center for Healthy Aging*



## Around Our Community

### **NEW** Living Wills—Making Your Wishes Known

Join our expert panel to learn about planning in advance for how you want to be treated if seriously ill or unable to speak for yourself. **FREE**

• Thu., May 19; 6:30-8 p.m.

**At LVH—Cedar Crest, auditorium**

*Joseph Vincent, M.D., medical director, Palliative Care Services; chair, Ethics Committee*

*Barbara Rutt, R.N., manager, Pastoral Care*

*Ruth Fillebrown, R.N., director, Lehigh Valley*

*Home Care and Hospice*

*Christy A. Rentmeester, Ph.D., Anderson Fellow in Ethics and Humanities*

*See related article on page 12.*

### **NEW** Disc Golf

Fun for the whole family! Learn about equipment, rules and safety, and try demo course.

Chance to win disc golf flyer. **FREE**

• Mon., May 23; 6:30-8:30 p.m.

**At Southern Lehigh Public Library**

• Sat., June 25; 10 a.m.-noon

**At Hanover Twp. Community Center**

• Wed., July 6; 6-8 p.m.

**At Bethlehem Twp. Community Center**

*John Duesler, state coordinator,*

*Pro Disc Golf Association*

*See related article on page 14.*

### Community Exchange Orientation

Build relationships and make connections by sharing your skills, services and stories. Learn what Community Exchange can do for you. **FREE**

• Mon., May 16; 2-4 p.m.

**At LVH—17, Center for Healthy Aging**

### Women's 5K Run

Walkers and runners welcome! Registration 8 a.m.; race begins 9 a.m.

\$10 for early registration and

for First Strides participants;

\$15 after June 1

• Sat., June 18; 9 a.m.

**At Hanover Twp. Community**

**Center**



### Hearts 'n' Parks

A community-sponsored program that offers recreational activities to support heart-healthy habits. **FREE**

*Sponsored by Lehigh Valley Hospital and supported by the National Heart, Lung and Blood Institute and the National Recreation and Park Association*

### Family Fun Day

• Sat., June 11; noon-6 p.m.;

MedEvac helicopter landing at 1 p.m.

**At Hanover Twp. Community Center**

*Staff from HTCC*

*For details on other summer activities, call 610-402-CARE.*

### Safety Town

In this child-sized town, children in grades K-2 learn bike, seatbelt and burn safety, and how to call 9-1-1, and earn a "safety patrol" certificate.

*For details on how to bring Safety Town to your community, call 610-402-CARE.*

### Support Groups

We sponsor or host support groups for grief, mood management, diabetes, cancer, heart disease and other conditions.

*For details, call 610-402-CARE.*

### Sightless Discussion Group

Loss of any amount of sight can be frightening. Join with others and learn how to cope with visual impairment. **FREE**

• Third Thu. of each month; 9:30-11 a.m.

**At LVH—17, Center for Healthy Aging**

*Facilitated by the Association for the Blind and Visually Impaired*

### Infertility—A Common Concern

Learn how and why infertility occurs, and options for treatment, financing and insurance, in a support group setting. **FREE**

• Wed., June 8; 6 p.m.

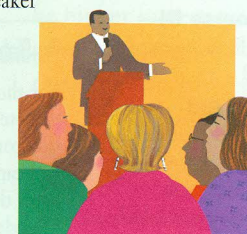
**At Allentown Medical Center, Suite 303**

*See related article on page 19.*

### Need a Speaker?

Keep your group or organization up to date on the latest health news. Arrange for a speaker from our accomplished team of health care professionals. Current topics include:

- **What's New in Orthopedic Surgery?**
- **Women and Heart Disease**
- **Stroke—When Minutes Matter**



## Circle of Wellness

**NEW** Round out your life and gain more joy by balancing all five areas of your life—health, relationships, active mind, work/career, and spirituality. Learn more about the Circle of Wellness at one of our health fairs. **Call 610-402-CARE for a fair schedule.**

### Pastoral Care Health Fair

For chaplains, clergy and their partners, and parish nurses, join fun activities and work on your total well-being. Prizes and massage gift certificate drawing. **FREE**

• Mon., May 16; 2-5 p.m.

**At LVH—Cedar Crest, auditorium**

### Spring Fling 2005 Bicycle Expo

View exhibits of newest bikes and gear; participate in workshops on nutrition, fitness and Lehigh Valley Hospital's Circle of Wellness health fair activities.

\$6, under 12 free

• Sat., May 21; 10 a.m.-4 p.m.

**At Lehigh Carbon Community College**

*For details, call 610-402-CARE.*



### Behind the Scenes at the Hospital

On this "up-close-and-personal" hour-long tour, you'll learn about food service, pharmacy, outpatient treatment, emergency care and more. For ages 13 and over; under age 16 requires an adult. LVH—Cedar Crest or LVH—Muhlenberg.

*To register, call 610-402-CARE.*

### Adventures in Health Care Summer Camp

A fun week exploring health careers—hospital, emergency and veterinary—for ages 11-14. Includes CPR/First Aid certification.

• Mon.-Fri., July 11-15; 9 a.m.-3 p.m.

**At Northampton Community College**

*For details, call 610-402-CARE.*

### TEACH Academy

For teachers, guidance counselors and school nurses. Learn to recognize and guide students interested in health care careers.

• Thu., July 21; 8 a.m.-4:30 p.m.

**At Northampton Community College**

• Fri., July 22; 8 a.m.-4:30 p.m.

**At LVH—Cedar Crest, auditorium**

*For details, call 610-402-CARE.*



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Donald Belmont, M.D.  
The Heart Care Group, P.C.  
Allentown, Trexlertown, Kutztown  
Hamburg, Lehighton

**Heart-y Questions** (page 4)

Zubina Mawji, M.D.  
LVPG\*—Medicine, Allentown

Karen Sciascia, D.O.  
LVPG\*—Gynecology  
Bethlehem Gynecology Associates

Deborah Sundlof, D.O.  
Lehigh Valley Cardiology Associates  
Bethlehem

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Raymond Durkin, M.D.  
The Heart Care Group, P.C.  
Allentown, Trexlertown, Kutztown,  
Hamburg, Lehighton

John Mannisi, M.D.  
Lehigh Valley Cardiology Associates  
Bethlehem

**Is Your Medication Safe?** (page 7)

Iqbal Sorathia, M.D.  
Bath Primary Care

**Is That My Little Girl?** (page 8)

Rochelle Steiner-Friel, M.D.  
LVPG\*—Obstetrics and Gynecology  
College Heights Ob/Gyn Associates, P.C.  
Allentown, Kutztown, Bethlehem, Bath

Sarah Stevens, M.D., chief, adolescent medicine  
LVPG\*—Adolescent Medicine  
ABC Family Pediatricians  
Allentown, Coopersburg, Trexlertown,  
Laurys Station

**When the 'Baby Blues' Are Serious** (page 10)

Susan Wiley, M.D.  
LVPG\*—Psychiatry, Allentown  
HealthSpring, Health Center at Bethlehem  
Township

Mark Wendling, M.D.  
LVPG\*—Family Medicine  
Southside Family Practice, Allentown

**Dying Is About Living** (page 12)

Francis Salerno, M.D., chief, geriatrics  
LVPG\*—Internal/Geriatric Medicine  
Allentown

Lou Lukas, M.D.  
LVPG\*—Family Medicine  
HealthSpring, Health Center at Bethlehem  
Township

\*Lehigh Valley Physician Group

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Laura Dunne, M.D.  
Orthopaedic Associates of Allentown,  
Hometown, Lehighton, Hamburg

**Staying Connected After Divorce** (page 15)

Neal Berkowitz, M.D.  
LVPG\*—Family Medicine  
Southside Family Medicine, Allentown

**Treating Worn-Out Spinal Discs** (page 16)

Christopher Lycette, M.D.  
Neurological Associates of the Lehigh Valley  
Bethlehem

Jeffrey McConnell, M.D.  
James Weis, M.D.  
Orthopaedic Associates of Allentown,  
Hometown, Lehighton, Hamburg

**When a Child Has Cancer** (page 17)

Philip Monteleone, M.D.  
Pediatric Specialists of the Lehigh Valley  
Lehigh Valley Hospital—Muhlenberg  
Bethlehem

Clinton Leinweber, D.O.  
Allentown Radiation Oncology Associates

**When Pregnancy Doesn't Just Happen** (page 19)

Albert Peters, D.O., chief,  
reproductive endocrinology  
and infertility  
LVPG\*—Reproductive Endocrinology and  
Infertility, Allentown and Bethlehem

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Margaret Tretter, D.O.  
Lehigh Valley Medical Associates, Allentown

**Oh, Those Stiff Joints** (page 22)

Daniel Rappaport, M.D.  
Medical Associates of the Lehigh Valley  
Mishkin, Rappaport, Shore and Urankar  
Internal Medicine, Whitehall

Deborah Bren, D.O.  
Christine and Bren Family Practice  
Danielsville

**Vaginal Changes After Menopause** (page 22)

Patrice Weiss, M.D.  
Lehigh Valley Hospital—17th and Chew

**Coping With High Drug Costs** (page 23)

David Caccese, M.D.  
Medical Associates of the Lehigh Valley  
Peters, Caccese, Scott and Slompak  
Allentown

**Services**

**Heart-y Questions** (page 4)

**All About Stents** (page 5)

*The Regional Heart Center*

Lehigh Valley Hospital—Cedar Crest,  
Muhlenberg

**Is Your Medication Safe?** (page 7)

*Health Spectrum Pharmacies*

Lehigh Valley Hospital—Cedar Crest,  
17th and Chew, Muhlenberg

**Is That My Little Girl?** (page 8)

**Vaginal Changes After Menopause** (page 22)

*Women's Services*

Lehigh Valley Hospital—Cedar Crest, 17th  
and Chew, Muhlenberg

**We're Open Early for You!**

Get the health services you need at convenient  
times at the Health Center at Trexlertown:

**LVHNN Radiology/X-ray**

- Monday-Thursday 8 a.m.-5 p.m.
- Friday 8 a.m.-4:30 p.m.

**Health Network Labs**

- Monday-Friday 7 a.m.-5 p.m.
- Saturday 8 a.m.-noon

**When the 'Baby Blues' Are Serious** (page 10)

*Behavioral Health Services*

Lehigh Valley Hospital—Muhlenberg

**Dying Is About Living** (page 12)

*Lehigh Valley Home Care and Hospice*

*Outpatient Palliative Care Program*  
2166 S. 12th St., Allentown

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*Orthopedic Services*

Lehigh Valley Hospital—Cedar Crest,  
17th and Chew, Muhlenberg

*Neurologic Services*

Lehigh Valley Hospital—Cedar Crest,  
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**When a Child Has Cancer** (page 17)

*Pediatric Cancer Services*

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*In-Vitro Fertilization Lab*

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**Taste the Good Life (Again!)** (page 20)

*Center for Healthy Aging*

Lehigh Valley Hospital—17th and Chew

For referral, call 610-402-CARE(2273) (888-LVH-CARE) • www.lvh.org

**LEHIGH VALLEY  
HOSPITAL  
AND HEALTH NETWORK**

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**Participating in a photograph:**

The Heidecker of Northampton with Grace and Sarah; Myron, Marisa and father Myron K. Ervin of Drums; Juan  
holding 4-year-old Bryce; and Benjamin Rodriguez of Bethlehem with daughters Ellyn, 12, and Gabriella, 13.

and Health—Adam Puskar of Whitehall

nts!—Joining Jack Werner at Rodale Aquatic Center, Cedar Crest College, are (l-r) Gabriel Tuttle, Clyde Ent  
Allentown.

## Round Out Your Life

Life has more joy when its different areas—health, relationships, work, mind and spirituality—are in balance. Most of us need a rebalancing now and then, and the classes and programs listed below can help. Learn more about this Circle of Wellness concept at one of our health fairs (schedule available by calling 610-402-CARE).

- **HEALTH**
- Healthy Salads .....page 24
- Preventing Sports Injuries .....page 24
- Conquering Headaches ..page 27
- Safety Town .....page 28
- **RELATIONSHIPS**
- Dads' Night Out .....page 26
- Mom and Me .....at right
- Bosom Buddies—Mammograms .....page 26
- **WORK/CAREER**
- Return to Work for Breastfeeding Moms .....page 27
- **ACTIVE MIND**
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- **SPIRITUALITY**
- Perfect Health in the 21st Century .....page 25
- Tai Chi Workshop .....page 25



Spirit of Women® presents

Mom

& Me



## Making growing up a little easier!



**Growing up is hard for daughters—and their mothers.** But if you both know what to expect, it can be a little easier to live through the changes—and to keep talking to each other.

**That's the idea behind Mom & Me, a special event for girls 10 - 12 and their mothers.** From body changes to friendship hassles, mood swings to peer pressure, you'll learn what to expect in the next few years.

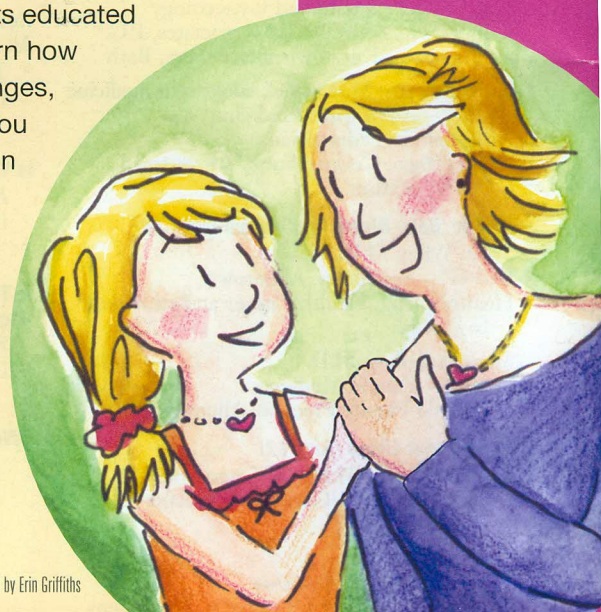
### A fun, informative speaker starts the day off.

Then you and your daughter split up into separate groups. With the guidance of experts educated in adolescent health care, you'll learn how to help each other through the changes, and you can ask all the questions you want. Then everyone meets up again for activities and lunch.

**Mom & Me is a great way to enjoy a day together.** And you'll both learn some very important things.

**LEHIGH VALLEY  
HOSPITAL  
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Illustration by Erin Griffiths



Make a date with your daughter!

Mom & Me

Saturday, June 4  
8:30 a.m. - 1 p.m.

Lehigh Valley Hospital—Cedar Crest

Reservations required:  
Call 610-402-CARE.

\$15 (per family), including lunch

Call 610-402-CARE or visit [www.lvh.org](http://www.lvh.org) to register.

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Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

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