

HealthyYou

Mary's Surprise Weight Loss

Bye-bye
140-Pound
Tumor » **PAGE 11**

EYES
WIDE
OPEN

» **PAGE 20**

RESTORING
A BROKEN
WRIST

» **PAGE 12**



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Get daily health information on our Lehigh Valley Health News blog. Visit LVHN.org/news.

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of Healthy You magazine online and read extra stories at LVHN.org/healthyyou.

ATTEND AN EVENT
See what's happening around the network on our community calendar. Visit LVHN.org/calendar.

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

We'd love to hear from you.
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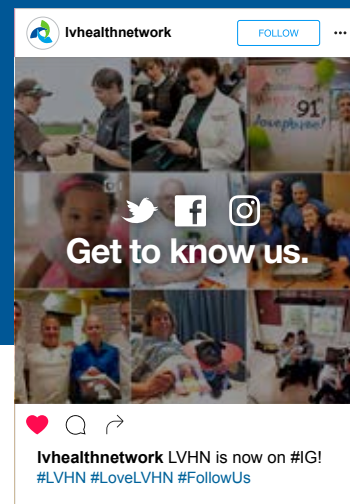
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TDD General Information 610-402-1995
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Dr. Schroeder's Top 5 Snack Tips

Do you worry that your snack habit is undermining weight-loss efforts?

Snacks have a reputation as unhealthy or even unnecessary. But Lehigh Valley Health Network (LVHN) obesity medicine physician Robin Schroeder, MD, says these mini-servings serve a purpose. "In my professional and personal opinion, snacks are not a bad thing when they are part of a mindful eating plan," she says. Snacks don't have to run your life. You can manage them by learning your hunger patterns, planning ahead for distractions and preparing snacks that hit the spot.



Do you have true hunger or "head hunger"?

Is your stomach growling? Has it been several hours since you last ate? That is true hunger. If you are eating to soothe hurt feelings or out of boredom, then stop, because that is head hunger.

Are you a "carboholic"?

Carbs make us feel good, however if you eat too many carbohydrate-dense foods, you begin to crave carbs. Watch out for – and limit – potatoes, rice, or any fruit or veggie that turns to sugar rapidly after eating.



Do you have non-food distractions?

Especially for head hunger, have distractions handy:

- Coloring book for adults
- Solitaire on phone
- Crossword puzzle
- Sudoku puzzle
- Knitting, crocheting or other craft project

Are you thirsty?

Often thirst is mistaken for hunger.

- Your go-to drink: **water**
- Alternative: **herbal tea**



How can I soothe snack cravings?

Sometimes cravings need a response. Here are ways to handle them:

CRUNCHY/SALTY

When Schroeder wants something crunchy or salty, she eats pork rinds.

"They are crunchy, salty and very airy, and soothe that crunchy/salty trigger," she says.



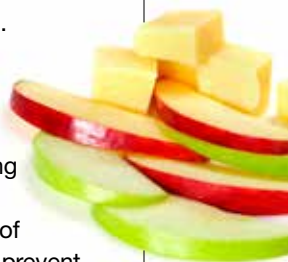
CRUNCHY

Celery with peanut butter combines a crunchy and salty bite, and a little bit of fat in the peanut butter helps you feel more satisfied than just celery alone. Cream cheese is an alternative topping.



SWEET

Go for a low-carb protein bar or fruit. Consume fruit along with some protein or a small amount of fat, like cheese, to prevent a sugar spike.



Around Our Community



SHOWERING MOMS-TO-BEE!



The new Family Birth and Newborn Center at Lehigh Valley Hospital (LVH)–Muhlenberg is nearly ready to welcome our first arrivals. To celebrate, we're holding a free community baby shower for moms-to-bee.

Expectant mothers and their “mom squads,” as well as women planning a future pregnancy, are invited to join us for a light brunch and mocktails, plus educational displays and sessions with Lehigh Valley Health Network (LVHN) physicians and other experts who can help you “bee” prepared for pregnancy.

Bee healthy Safe exercise during pregnancy.
Bee proactive Getting your pregnancy off to a healthy start.
Bee knowledgeable What to expect in each trimester.
Bee ready How to choose a newborn care provider.

Bring a package of diapers to enter a special raffle. Diapers will be donated to LVHN programs that help families in our community.

REGISTER ONLINE. Visit LVHN.org/babyshower.

May 13
10 a.m. – 1 p.m.

Frank Banko Educational
Conference Center
LVH–Muhlenberg

NO HIT ZONE

Lehigh Valley Health Network (LVHN) is committed to our most vulnerable youth – those who suffer abuse, often caused by a person they know. At the heart of the John Van Brakle Child Advocacy Center, a program of Lehigh Valley Children's Hospital, is the mission to provide evaluation and treatment for victims of child abuse and to rally the community for safe and healthy children.

Starting in 2017, radio public service announcements and billboards focused on the theme No Hit Zone. As part of that campaign, our Lehigh Valley hospitals and facilities are no hit zones, meaning violence against children or others will not be tolerated, and those involved in it will be escorted from the property.

Child abuse pediatrician Debra Esernio-Jennsen, MD, medical director of the Child Advocacy Center, says violence against children is more common than many realize. “In the U.S., child abuse incidents are reported every 10 seconds. In a day, four or five children will die,” she says.

If you witness child abuse – or suspect abuse or neglect – report it. In Pennsylvania, call the PA Childline at **800-932-0313**. In New Jersey, call **877-NJ-ABUSE (877-652-2873)**.



Merger Brings LVHN Care to Pocono Region

Not only did Jan. 1 ring in the New Year, it's also the day Lehigh Valley Health Network (LVHN) celebrated the merger between the health network and Pocono Health System. As part of the merger, the former Pocono Medical Center became Lehigh Valley Hospital-Pocono (LVH-Pocono).

LVHN has a longstanding relationship with the former Pocono Health System, providing emergency care and radiation oncology services. Now as part of LVHN, more services will come to the people of the Pocono region, says LVHN President and Chief Executive Officer Brian Nester, DO, MBA, FACOEP. "We are committed to further investing in services such as obstetrics, surgery, cardiology, neurology, stroke care, orthopedics and others that make LVH-Pocono the region's only full-service hospital."

As part of the merger announcement, Nester introduced Elizabeth Wise, RN, DrNP(c), as Acting President of LVH-Pocono. Wise formerly served as Pocono's Chief Operating Officer and Chief Nursing Officer.



Got Game?

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A Curable Cancer

MEN WITH TESTICULAR CANCER CAN LIVE
A LONG LIFE IF IT'S FOUND EARLY

To say Randy Yob (pictured at left in photo) likes to stay active is an understatement. He works seven days a week performing a physically demanding job in a warehouse. In his free time, he enjoys fishing, bowling and trainspotting with his dad, Randy (at right in photo). “I like to be out of the house,” the 29-year-old Northampton man says. “I can’t sit in front of the TV.”

What brought Yob to his feet in the middle of the night had nothing to do with his active lifestyle. Pain in his abdomen was so severe, it woke him up. “It felt like I was being stabbed in my right side,” he says.

Initial tests performed at Lehigh Valley Hospital (LVH)–Muhlenberg revealed enlarged lymph nodes. Subsequent tests found a mass in his right testicle. It was cancer. “I was very

scared because at first you think you’re going to die,” Yob says. However, he was comforted to learn from William Scialla, DO, with LVPG Hematology Oncology–Muhlenberg, that testicular cancer is one of the most curable cancers when detected early.

RARE YET COMMON

Testicular cancer is rare, but it is the most common cancer among men ages 26 to 35. Although the cause is unknown, men with an undescended testicle (one that remains inside the body and doesn’t move down into the scrotum by birth) are at greater risk. This wasn’t the case for Yob, who, like many men, experienced belly and back pain as the first warning sign. For other men, a lump in the testicle found during a self-exam or physical is the



William Scialla, DO
Hematology oncology



Joseph Feliciano, MD
Urologic oncology

first indication of a problem.

TREATMENT STEPS

Surgery to remove the testicle containing the cancer is almost always the first step. Yob’s surgery was performed by urologic oncologist Joseph Feliciano, MD, with LVPG Urology–Muhlenberg. Following surgery, Yob required nine weeks of chemotherapy because the cancer had traveled to his lymph nodes. Chemotherapy for testicular cancer is likely to either cause – or significantly increase – risk for infertility. As a result, men may choose to preserve their sperm prior to

MEDICAL BREAKTHROUGH

Scialla’s father was a physician in the military in the 1970s. “He would see young men die because testicular cancer was fatal at that time,” Scialla says. In 1978, an innovative chemotherapy drug called cisplatin was approved. Today, it is used in combination with other chemotherapy drugs. As a result, 95 percent of men diagnosed with testicular cancer that has spread to the lymph nodes survive five years or longer.



THE BEST GIFT OF ALL

To Yob, the only thing more gratifying than his Steelers making the playoffs was news that he is cancer-free. With no restrictions, he's back to work and enjoying his active lifestyle. "I feel better, stronger, and have more energy than ever," says Yob, who will have regular checkups to ensure he remains in remission.

EARLY DETECTION IS KEY

Yob's story shows testicular cancer is curable when diagnosed early. That's why men should do a monthly self-exam to check for changes in size or shape of the testicles. If you find something unusual, see your doctor right away.

—Rick Martuscelli

LEARN MORE ABOUT TESTICULAR CANCER.

Visit LVHN.org/testicularcancer.

FORMING FRIENDSHIPS

While receiving chemotherapy at LVH–Muhlenberg, Yob developed relationships with many of his caregivers. "They made me feel at home," Yob says. For the staff, the feeling was mutual. "Randy is a special person who finds the silver lining despite facing difficult circumstances," says Amy LeVan, RN, director of clinical service, medical oncology. Touched by his positivity, staff members decided to do something special for Yob during the holidays. When they learned he couldn't afford the expense of new eyeglasses, they pitched in to help. With the extra money, they bought Yob – a staunch Pittsburgh Steelers fan – team paraphernalia. "When he opened his presents, he looked as if it was the greatest gift he had ever received," LeVan says.



Labor of Love

A PASSION FOR FAMILIES, HEALTHY PREGNANCIES AND PERSONALIZED CHILDBIRTH DRIVES A MOTHER AND HER DAUGHTER

Natalie Shisslak Krause, RN, calls her mom the parenting guru of the Lehigh Valley. Her mother, Deanna Shisslak, manages the parenting education program for Lehigh Valley Health Network (LVHN) – a labor of love that connects her to thousands of expectant parents, families and grandparents looking for education and advice.

Mother and daughter both share a passion for health care and education. Like her mom, Krause is a nationally certified child passenger safety technician and recently completed a course to become a clinical lactation counselor. She is also a pediatric nurse at Lehigh Valley Children's Hospital. The pair share their thoughts about helping families, and how the birth and parenting experience has changed over the years.



Q | HOW IS THE MILLENNIAL GENERATION CHANGING THE PREGNANCY AND DELIVERY EXPERIENCE?

DEANNA: Women are more informed and want to be active participants in their care. They want options, and their health care team is listening. We now have nursing support to follow a pregnant woman's care from her first prenatal visit until after baby arrives.

NATALIE: Women are developing personal relationships with their care team, and that support is really welcome. They're also discussing options with their provider to create a personal birth experience when it's medically appropriate.

Q | WHAT DOES A PERSONAL BIRTH EXPERIENCE LOOK LIKE?

DEANNA: When women give birth at the Family Birth and Newborn Center at Lehigh Valley Hospital (LVH)–Cedar Crest – and soon at our brand-new facility at LVH–Muhlenberg in Bethlehem – they have options to manage the discomforts of labor, like using rocking chairs, birthing balls or simply by walking around. Warm water also helps, so we're adding hydrotherapy in our new Bethlehem location.

NATALIE: My husband, Brian, and I wanted to be active participants during delivery. Cora was laid skin-to-skin on me directly after birth to promote bonding and support breastfeeding. Some families choose delayed cord clamping. That helps the baby get more oxygen-rich blood.

Deanna Shisslak (left), in her New Tripoli, Pa., home with granddaughter Cora (20 months) and daughter Natalie Shisslak Krause, who is expecting her second child this April.

Q | HOW HAS PARENTING EDUCATION CHANGED OVER THE YEARS?

DEANNA: We seek wisdom and support from our previous generation. That's still important. Since medical evidence is constantly evolving, classes can reinforce what's learned from providers and help parents and grandparents stay up-to-date in support of each other.

NATALIE: Life is busy for working moms and dads. Classes ensure everyone has current and accurate medical information. Many people don't realize the American Academy of Pediatrics recommends children remain in a rear-facing car seat until age 2 – that cradles children and reduces the risk for spinal cord injuries. In addition to helping families use their car seats correctly, our new facility in Bethlehem will offer our full line of prenatal classes including preparing for labor and childbirth, new baby care, breastfeeding, CPR, grandparenting and more.

Q | WHAT DOES THE PHRASE, "IT TAKES A VILLAGE," MEAN TO YOU?

DEANNA: Grandparents are more involved than ever. We want to support our children while respecting their parenting philosophy. We're part of that village too.

NATALIE: It's OK to accept help from family and friends, whether that means walking the dog, folding the wash or making a meal. Support for breastfeeding moms is really important too.

Q | DO YOU RECOMMEND ANY PARTICULAR PREGNANCY OR PARENTING BOOKS?

DEANNA: LVHN gives expectant mothers a free Baby Bundle package that consists of a book, an e-book and a mobile app at their first appointment.

NATALIE: I'm expecting my second child, and I'm following the baby's growth and development on my phone through the Baby Bundle app. Every week, my husband and I look to see how the baby is developing and track it together as a couple. I also seek advice from my mom. Her passion and wisdom give me confidence to be a great parent.

—Sheila Caballero

Opening
This
Summer!

**ARE YOU EXPECTING?
DOWNLOAD THE
LVHN BABY BUNDLE.**

Visit LVHN.org/HYbabybundle.



Interested in our new birthing location?

Sign up for birthing experience updates. Visit LVHN.org/HYbabyupdates.

FAMILY BIRTH AND NEWBORN CENTER

Lehigh Valley Hospital—Muhlenberg
Bethlehem, Pa.

Lehigh Valley Hospital—Cedar Crest
Allentown, Pa.

 **Lehigh Valley
Health Network**

LVHN.org/HYbabyupdates 888-402-LVHN

Providing Gut-Level Relief

ENHANCED RECOVERY
PROTOCOL EASED
PETER MAYES' SURGERY
FOR DIVERTICULITIS

At first, Peter Mayes of Bethlehem thought his abdominal discomfort might be a sign of aging. “I’d have coffee or certain foods and think, ‘Ugh, maybe I shouldn’t have done that,’” he says. As bouts got worse and triggered fever, he figured it might be flu. But at the start of 2015, bouts became so bad he had to enter the hospital every few months for treatment with antibiotics or flushing of his system. “The first time I went to the emergency room, something told me I should get this checked out,” he says.

Mayes had diverticulitis, an infection that can develop when small pouches bulge outward through weak spots in the colon (large intestine). “Recurrent diverticulitis attacks, especially if they’re complicated, are an indication for surgery,” says general surgeon Pat Toselli, DO, with LVP General Surgery–Hausman Road. “His case was very complicated.”

GUT CHECK

Having surgery to remove diseased portions of the colon was a scary prospect for Mayes. “I had a fear of needing a colostomy bag to collect waste if remaining sections of the intestine couldn’t be reattached,” he says. He also feared how a bag might limit his work as a middle school principal.



Pat Toselli, DO
General surgery

▶ Watch his video at
LVHN.org/Toselli.

**LEARN MORE ABOUT
ENHANCED RECOVERY
AFTER SURGERY.**

Visit LVHN.org/ERAS.

ENHANCING RECOVERY

Relieving some of the stress of surgery is one goal of Lehigh Valley Health Network’s Enhanced Recovery After Surgery (ERAS) protocol. Through education, innovative pain management, clear expectations, accelerated recovery and close follow-up, ERAS is designed to improve outcomes, increase patient satisfaction and shorten hospital stays. “There’s a saying in education that you begin with the end in mind,” Mayes says. “That’s exactly what this protocol did.”

Mayes received detailed information about the surgery and recovery beforehand. “There was a postoperative plan that explained what would happen right down to the day,” he says. “I knew what was going on and was invested in the recovery.”

ERAS assigns one person to provide information and check in with a patient regularly after surgery. “That allows continuity and a sense there’s always someone to contact if you have questions,” says nurse practitioner Justina Momah, CRNP, with Lehigh Valley Hospital–Enhanced Recovery After Surgery. “Knowing what to expect relieves unnecessary anxiety, prepares you to leave the hospital as quickly as possible and helps you recover at home.”

DIVERTICULITIS DEFUSED

Surgery was successful and Mayes’ colon was reattached – “a great relief,” he says. He was walking within hours of surgery and eating by the third day, when he went home. “Only after surgery did I realize how debilitating diverticulitis had been to my family and professional life,” Mayes says. “I feel better than I have in years.”

—Richard Lalliberte

A Massive Abdominal Mass

A TEAM OF LVPG SURGICAL SPECIALISTS WORKED TO REMOVE A 140-POUND OVARIAN MASS

When Mary Clancey of St. Clair, Schuylkill County, was in her mid-50s, she started to gain weight.

"I thought I just needed to watch my diet," Clancey says.

Fast-forward 16 years and Clancey, now 71, continued having weight issues. She also had tremendous swelling and pain in her legs and feet. One night in November 2016, after going to bed in pain, she awoke unable to walk.

Thinking she had a blood clot in her leg, her son called 911. After eight hours in the emergency department and bloodwork that showed everything was normal, Clancey had a computed tomography (CT) scan. It revealed a very large abdominal mass. She was transferred to Lehigh Valley Hospital–Cedar Crest, where gynecologic oncologist Richard Boulay, MD, with LVPG Gynecologic Oncology–1240 Cedar Crest, met her.

VERY LARGE ABDOMINAL MASS

"On the CT scan, the mass was so big it didn't fit in one image," Boulay says. It was choking off the big veins in her abdomen, resulting in blood clots in her legs.

"We assumed it was probably not a very aggressive ovarian cancer, which is what it turned out to be," Boulay says. Pathologist Sherry Li, MD, of Health Network Laboratories, confirmed a borderline carcinoma tumor confined to the ovary and fallopian tube. The only treatment Clancey needed was the removal of her ovaries, fallopian tubes and uterus.

Because of the sheer size of the mass (it weighed 140 pounds), "we had to 'MacGyver' a new technique to do the surgery," Boulay says. "We put the patient on her side, on two operating tables, because we were worried that when we

took out the mass, she would become unbalanced."

Boulay assembled a team of specialists to assist him, including plastic surgeon Randolph Wojcik Jr., MD, with LVPG Plastic and Reconstructive Surgery–1243 Cedar Crest. Wojcik removed 40 pounds of tissue in the lower abdomen that had stretched over the mass. When Clancey rolled into recovery she was 180 pounds lighter.

180-POUND WEIGHT LOSS

Clancey jokes now that she's not destined to be, "a short, fat, round old lady," she looks forward to a new wardrobe. She's also thankful for the team that provided her care.

"The doctors and nurses were so kind and informative. I had no fear because everyone was so positive and assured of my outcome."

Adds Boulay, "If something doesn't feel right with your body, follow it up. When you have a big problem, go to a team that works effectively together and can provide all the facets of care you need."

– Leah Ingram



Mary Clancey's sons, Edward and Andrew, each weigh around 180 pounds – the same as her overall weight loss.

This is the 140-pound tumor that was removed.



**WATCH MARY'S STORY
AT LVHN.ORG/TUMOR.**

In Good Hands

LVHN TEAM TAKES **DENNIS YOO** FROM BROKEN WRIST TO SURGERY AND REHAB



The moment Dennis Yoo went down in a heap in the driveway outside his Whitehall, Pa., home, he knew he had a problem.

“I knew I broke something as soon as I hit the ground,” says the 60-year-old Yoo, who had been in the process of changing the brakes on his pickup truck when he walked around the front to get a part and tripped over the handle of the jack.

“I landed on my right wrist, and my right shoulder banged against the garage door track,” Yoo says. “When I went to get up, I was cursing myself. I couldn’t believe it happened.”

DIAGNOSIS: BROKEN WRIST

A short time later, Yoo was in the emergency room at Lehigh Valley Hospital–Muhlenberg getting X-rays on what would be diagnosed as a broken wrist, as well as treatment for lacerations on his shoulder. He scheduled an appointment to see Lehigh Valley Health Network (LVHN) orthopedic surgeon Paul Sibley, DO, with LVPG Orthopedics and Sports Medicine–1250 Cedar Crest, who specializes in hand surgery.

“I saw him two days after I fell, and I had wrist surgery four days later,” Yoo says. “Friends of mine were amazed it all came together so quickly.”

HAND SPECIALIST CONSULT

Yoo had broken the lower part of the radius at the wrist and chipped off the tip of his ulna.

“Like most people who break a wrist, Dennis fell on an outstretched hand,” Sibley says. “The force from the hyperextension created the break. Every injury of this type has a personality of its own. This one involved the joint, and the bone was angulated backward, so we corrected this deformity using specialized techniques.”

Yoo says Sibley gave him several options, including those that didn’t involve surgery. But since this was Yoo’s dominant hand, Sibley recommended surgery in order to align the damaged bones as closely as possible to before the injury.

“He was very thorough in explaining everything, and I really appreciated that,” Yoo says. “The surgery option required the least amount of downtime for me. I could have chosen just to have a cast put on it, but that wouldn’t have addressed the alignment.”

The procedure lasted about an hour, and Yoo was discharged the same day. The following week, he began rehabilitation with LVHN occupational therapist Betsy Green with LVH Rehabilitation Services–Cetronia Road.

WRIST REHAB

“It’s important to get started with rehab as soon as you can to work out swelling issues, soft tissue tightness and promote hand movement again,” Green says.

“Dennis had a good amount of swelling from the soft tissue damage, but we were able to get him working on moving his fingers right away. This helped decrease the swelling.”

Green was able to transfer Yoo from the rigid cast he received after surgery to a custom-molded plastic splint, which allowed for more finger movement and functional hand use. It wasn’t long before he was working on the entire wrist and forearm. Yoo finished his rehab sessions with Green at the end of October.

“Betsy gave me home exercises, which I still do,” Yoo says. “Most of the mobility has already come back, and I’m back to doing most everything I was doing before, although I will admit I had let my wife finish up the brakes on the truck.”

Yoo offered his praise for both his surgeon and therapist.

“I had heard Dr. Sibley was one of the best in his field, and he certainly proved that to me,” Yoo says. “And Betsy was so helpful in getting me back so quickly. I couldn’t have been in better hands.”

—Ted Williams

DON'T LET AN INJURY SLOW YOU DOWN. MAKE AN APPOINTMENT WITH AN ORTHOPEDIC SPECIALIST.

Visit LVHN.org/jointpain.



Paul Sibley, DO
Orthopedic surgery

▶ Watch his video at
LVHN.org/Sibley



Sleep Study Keeps Hazleton Trucker on the Road

When a Pennsylvania Department of Transportation (PennDOT) medical examiner told Hazleton truck driver Aneudy Martinez that he needed a sleep study in order to have his commercial driver's license (CDL) renewed, he was confused.

"I thought I was sleeping fine," says the 33-year-old who went for his required PennDOT CDL physical in July. "My wife, Jasannia, tells me I snore now and then, but I never thought this."

Although Martinez wasn't previously diagnosed with a sleep problem, the examiner noticed his blood pressure and body mass index (BMI) indicated a potential issue. Martinez wasted no time arranging a sleep study at Lehigh Valley Hospital (LVH)–Hazleton Sleep Disorders Center.

"A trucker has a short window to get this testing done and address any issues or risk losing his or her commercial

license," says Russell Gasser, Sleep Disorders Center supervisor.

HOME SLEEP STUDY

Some health insurers may approve an initial home sleep study to confirm a diagnosis of sleep apnea before approving an evaluation at a sleep center. Martinez was fitted for the home sleep test – a respiratory effort belt worn around the abdomen with wires plugged into a recorder – which measured his oxygen level, breathing effort and airflow while sleeping. The home sleep study takes from one to three nights.

"His home sleep study pointed to classic obstructive sleep apnea – when breathing repeatedly stops and starts during sleep. Aneudy then stayed overnight at the sleep center to make sure there were no additional complications," Gasser says. Martinez underwent a continuous positive airway pressure (CPAP)

titration study, a more calibrated analysis of how much air pressure is needed to prevent airway blockage. After that, Martinez was fitted with a CPAP mask, which is connected to a machine that pumps air according to pressure specifications.

CPAP BENEFITS

"I've heard some people have a tough time adjusting to CPAP, but I haven't had any problems," Martinez says. "I noticed right away how much better I felt after one night's sleep; it was like night and day in terms of my energy."

By using CPAP at least 70 percent of the time he sleeps, as is required, Martinez's commercial driver's license was renewed. His trucking routes have been altered so he can sleep at home most nights.

Lehigh Valley Health Network has three divisions of testing services for sleep disorders: Adult Sleep Center, Pediatric Sleep Center and Home Sleep Testing. The sleep centers are located at LVH–Hazleton, LVH–Schuylkill, LVH–17th Street and the Health Center at Bethlehem Township. There are also nine home sleep-testing locations.

"Our Sleep Disorders Centers have served adults and children in the Lehigh Valley and surrounding areas for 35 years," says Stephanie Betz, clinical manager for LVHN Sleep Disorders Centers.

"We provide high-quality, exceptional care in a comfortable home-like environment."

—Ted Williams

**FIND A SLEEP
DISORDERS CENTER
NEAR YOU.**

Visit LVHN.org/sleep.

Advanced Spine Surgery for Back and Neck Pain

LEHIGH VALLEY HOSPITAL-MUHLENBERG NOW OFFERS MICRODISKECTOMIES AND OTHER SPINE NEUROSURGERIES



Spine disorders are among the most common – and debilitating – medical conditions you can suffer. In addition to causing extreme neck or back pain, they also may prevent you from enjoying normal activities and favorite pastimes.

“These problems fall into two categories: the sudden, acute type caused by an injury, or those that worsen over time, such as a herniated disk that can cause debilitating pain or a degenerative problem like spinal stenosis,” says Lehigh Valley Health Network (LVHN) neurosurgeon Andrew Tsen, MD, who recently joined LVPG Neurosurgery–Muhlenberg.

YOUR CARE OPTIONS

If you are coping with spine-related problems, there are several pathways – all offered by LVHN – that can help you throughout the course of your care:

PHYSIATRY This medical specialty combines physical medicine (nonsurgical) and rehabilitation to treat physical disabilities caused by injury or illness.

CHIROPRACTIC MEDICINE Chiropractors focus on treating disorders of the musculoskeletal system and nervous system.

REHABILITATION Outpatient or inpatient rehabilitation can help you regain strength or re-master activities of daily living.

NEUROSURGERY This specialized surgery focuses on the nerves and nervous system.

SECOND OPINION If you are uncertain about a previous diagnosis or need to know if a particular treatment path is best for you, our experts can provide an assessment and second opinion.

If neurosurgery is the optimal course of treatment, patients now have wider access to care in Northampton County. “Advanced spinal neurosurgery is now available in Bethlehem at Lehigh Valley Hospital (LVH)–Muhlenberg,” Tsen says. “Our team of specialists includes

neurosurgeons trained to treat spine and other nervous system conditions.”

WHEN SURGERY IS NECESSARY

LVH–Muhlenberg offers a full spectrum of leading-edge surgical options for back and neck pain. One of the most common lumbar (back) surgeries is called microdiscectomy, which relieves pain from herniated (ruptured) lumbar disks. This excruciating condition often shows up without prior injury, typically in patients age 40 to 60.

“Every disk contains a jelly-like substance that can push out and press painfully on a nerve,” Tsen says. “Microdiscectomy is a simple outpatient procedure performed through a small inch-and-a-half incision using a microscope to remove ruptured disk material and alleviate nerve pressure.”

– Sidney Stevens

Lasting relief

Paul Bickel knows the benefits of microdiscectomy firsthand.

Last August the 46-year-old from Allentown found himself unable to walk or stand for long due to shooting pain down his left leg. When an MRI revealed a herniated disk pressing on his sciatic nerve, he was referred to Tsen by physician assistant Geoffrey Carlson, PA-C, with LVPG Family Medicine–Fogelsville.

Tsen recommended a microdiscectomy after nonoperative approaches didn’t relieve his pain. Bickel underwent surgery on Oct. 31 and returned home that afternoon. Within days his pain was mostly gone.

“Three weeks after surgery, I went to Disney World with my family and had no trouble walking,” he says. “I’m so thankful Dr. Tsen got me in fast so I could enjoy my vacation.”





Tyler's Food Strategy

Tyler Krewson follows simple rules to keep off the weight:

- Interval eat (up to 10 small meals a day)
- Focus on chicken and fish
- Limit red meat

Try Tyler's recipe for scallops at LVHN.org/Krewson.



HE SAYS/SHE SAYS:

How Gastric Sleeve Restores People's Lives

TWO AREA RESIDENTS TALK ABOUT LOSING WEIGHT THANKS TO MINIMALLY INVASIVE GASTRIC SLEEVE SURGERY

"I'm lighter on my feet."

HE SAYS

Tyler Krewson, 26, of Pennsburg admits he's been overweight all his life. In high school, his size helped on the football field. But years later, the 5-foot-11-inch Krewson continued gaining weight, peaking at 440 pounds. After twin sons Koy and Koen were born in February 2015, his size prevented him from helping wife Krystal take care of the boys. "I couldn't get down on the floor to play with them or put on their shoes," Krewson says.

READY TO MAKE A PERMANENT CHANGE

Harrison felt Krewson was an excellent candidate for gastric sleeve surgery. "Tyler's young, he didn't have any pre-existing health conditions, and he was motivated," Harrison says.

Preparing for surgery, Krewson met with a registered dietitian and behavioral health specialist. "I was an emotional eater. I had to learn how to control it," he says. Now when somebody's upset, Krewson and his family start doing a silly dance to avoid soothing with food.

The dietitian taught him a new way of eating too. Krewson lost 35 pounds before his January 2016 gastric sleeve surgery when he weighed in at 405 pounds.



Richard Boorse, MD
Bariatric surgery

▶ Watch his video at LVHN.org/Boorse.



T. Daniel Harrison, DO
Bariatric surgery

▶ Watch his video at LVHN.org/Harrison.

Weight-loss surgeons Richard Boorse, MD, and T. Daniel Harrison, DO, with LVPG General and Bariatric Surgery—1240 Cedar Crest, perform about 600 bariatric procedures each year. Of the weight-loss surgery options, one of the most popular is gastric sleeve. "This surgery helps people lose weight by restricting the amount of food they can eat and by lowering the main hunger hormone level, which then decreases their appetite. This combined effect leads to an average weight loss of 70 to 80 percent of excess body weight," Boorse says.

LOSING MORE THAN HALF HIS SIZE

Post-surgery weight loss was almost immediate – he dropped another 35 pounds in the first month. Once he was cleared to exercise, Krewson began riding his bicycle year-round. In total, he lost 250 pounds and now weighs 190 pounds.

Though his job as a sous chef has him around food, he's not hungry. In actuality, being smaller has an on-the-job benefit. "Everyone moves quickly in the kitchen, so being light on my feet is a huge bonus," he says.

"I enjoy life's little pleasures again."

SHE SAYS

Being overweight forced Gina Burton of Slatington to take medical leave from her job as a warehouse picker. Her sides, legs and feet hurt too much. When foot surgery didn't correct the problem, Burton, 30, figured losing weight might help.

GETTING SERIOUS ABOUT HER HEALTH

After attending a free information session where Boorse spoke about Lehigh Valley Health Network (LVHN) weight-loss options, Burton chose gastric sleeve surgery. The required preoperative nutrition and counseling classes helped Burton get serious about her new lifestyle. "I started cutting out soda and drinking more water," she says. "I did research on low-carb meals and then decreased my portions of rice, pasta and starchy vegetables."

At Burton's weight-loss surgery in December 2014, the 5-foot-2-inch mother of two weighed 260 pounds and had a 58-inch waist. In the first six months, she lost 70 pounds. By the two-year anniversary of her surgery, Burton had lost 145 pounds. Today she maintains her weight at 125 pounds, with a 28-inch waist.

SHE'S ACTIVE AT WORK AND AT PLAY

With the weight gone, Burton is back on her feet, working at Cedarbrook Nursing Home. She logs her steps, clocking between 15,000 and 25,000 steps in a shift. She also walks on the treadmill at the gym and lifts weights.

One of her happiest days was attending the Schnecksville Fair with husband Andre, son Jesiah, 11, and daughter Mariah, 8. "I never went on rides because I was worried the bar wouldn't go down," Burton says. This time around she rode with her family, and loved it.

Looking back, Burton would urge anyone considering weight-loss surgery to go through the LVHN program. "They teach you what you need to know to be successful."

– Leah Ingram



Thanks to the Outlets at the Sands Bethlehem and stylist Alison Leigh from Eskandalo! in south Bethlehem for completing Gina's gorgeous new look.



Gina's Eating Plan

Gina Burton plans ahead and makes protein-packed foods:

- Hard-boiled eggs
- Chicken
- Slow-cooked meats



Before

Cardiac Ablation Offers Relief for Stubborn Atrial Fibrillation

LEARN ABOUT DIFFERENT TYPES OF ABLATION AND HOW THIS LOW-RISK PROCEDURE HELPS PATIENTS GET OFF MEDICATION

If you have hard-to-manage atrial fibrillation (AFib) or another heart rhythm problem, you may qualify for cardiac ablation. Here's everything you should know about this low-risk procedure, including types available.



Hari Joshi, MD
Cardiology

▶ Watch his video at
LVHN.org/Joshi.



Babak Bozorgnia, MD
Cardiology

▶ Watch his video at
LVHN.org/Bozorgnia.



Treatment

► AFib is the most common kind of heart arrhythmia, affecting 2.7 million Americans. It occurs when the heart's upper chambers beat irregularly or rapidly, often causing shortness of breath, fatigue and palpitations. Because the heart isn't pumping properly, blood can pool in the chambers and clot. If a clot breaks loose, it may lead to a stroke or heart failure.

"AFib patients are typically prescribed medications to regulate heart rate and rhythm, as well as a blood thinner to protect from clots," says Lehigh Valley Health Network (LVHN) heart rhythm specialist Hari Joshi, MD, with LVPG Cardiology–Muhlenberg. "But when medication doesn't control symptoms or causes severe side effects, ablation can be very effective."

Why It Helps

► The procedure works by destroying small areas of heart tissue that contain abnormal cells causing arrhythmia. "The scar tissue that forms isolates irregular electrical signals and blocks them from traveling into surrounding healthy heart muscle," says LVHN heart rhythm specialist Babak Bozorgnia, MD, with LVPG Cardiology–1250 Cedar Crest. "This usually restores your regular heartbeat."

LEARN MORE ABOUT CARDIAC ABLATION SURGERY AT LVHN.

Visit [LVHN.org/ablation](https://www.lvhn.org/ablation) or call
888-402-LVHN.

Types of Ablation

LVHN cardiologists perform 400 ablations annually on patients with significant AFib symptoms and offer several options. "It's important to have a detailed discussion with your doctor about the pros and cons of different kinds of ablations," Joshi says. "Your doctor will help determine which is right for you."

Catheter ablation

During this minimally invasive outpatient procedure, a thin tube (catheter) is inserted into a blood vessel through your groin. Using X-ray technology, your physician threads the catheter up through your body to the faulty tissue inside your heart and destroys it. Patients typically stay in the hospital overnight and are able to return to normal activities within a few days. Different methods include:

CRYOABLATION In this procedure, your doctor uses a catheter with an inflatable balloon at the tip. Once the defective area is located inside the heart, an extremely cold refrigerant called liquid nitrous oxide is directed through the catheter to the balloon to freeze and scar the tissue.

RADIOFREQUENCY (RF) ABLATION This is a similar procedure, except that instead of freezing tissue an electrode on the catheter tip sends high-heat radio waves to burn it. If AFib persists, patients may undergo FIRM (focal impulse and rotor modulation) ablation, an expanded RF procedure that uses an electrical mapping system to find additional tough-to-locate abnormal tissue for destruction.

Convergent (hybrid) ablation

Patients with recurrent or persistent AFib may undergo this lengthier two-part procedure performed by a cardiothoracic surgeon and a heart rhythm specialist working as a team. During the first part, the surgeon uses extreme heat (radiofrequency) to create scar tissue on the outside of the heart through a small breastbone incision. After that, a catheter ablation is performed to destroy tissue inside the heart. "It takes about four hours, and patients typically stay in the hospital three days," Joshi says.

Maze surgery

This is a completely surgical way of performing an ablation, and is typically done at the same time a patient is undergoing an open-heart procedure, such as a coronary artery bypass, valve replacement or repair surgery. Surgeons create lesions on the outside of the heart to interrupt the electrical misfires that are causing abnormal heart rhythm.

"Ablations have a high success rate and give you freedom from AFib without the need for medication," Bozorgnia says.

— Sidney Stevens

How Eyelid Surgery Improves Vision

SOMETIMES AN EYELIFT IS
MEDICALLY NECESSARY TO
IMPROVE YOUR SIGHT



Christine Saad, MD
Ophthalmology



Randolph Wojcik Jr., MD
Plastic surgery

▶ Watch his video at
LVHN.org/Wojcik.



Marshall Miles, DO
Plastic surgery

▶ Watch his video at
LVHN.org/Miles.

**LEARN MORE ABOUT
EYELID AND OTHER
PROCEDURES
AT LVHN.**

Visit LVHN.org/plasticsurgery.

When you're older and have heavy eyelids, it doesn't mean you need a nap. It means you need to see a doctor, especially if your heavy lids affect your ability to see well.

Called ptosis (toe-sis), it's when the eyelid skin hangs too low or you have excess skin in your upper eyelid. Either way, it's like a window shade that is coming down. "It's almost like you're looking through a keyhole rather than getting your full vision," says plastic surgeon Randolph Wojcik Jr., MD, with LVPG Plastic and Reconstructive Surgery—1243 Cedar Crest. "Drooping eyelid skin affects the upper half of the eye and blocks the upper field of vision," Wojcik says.

TEST FOR LOST VISION

When ophthalmologist Christine Saad, MD, with LVPG Ophthalmology—17th Street, sees people with heavy eyelids, they often don't know that their eyelids are a problem. "They say things like, 'My eyes look like they're getting smaller' or 'My eyes are tired all the time,'" she says.

One of Saad's patients is Barbara Schenk of Emmaus. Schenk gave up books because her droopy eyelids made reading a strain. "I couldn't read more than a few pages at a time, so I stopped," she says.

Saad conducted a vision field test with Schenk. "We can demonstrate with test results and photographs that a person has lost a significant part of his or her vision," Saad says. The test proved Schenk's vision was compromised and could benefit from eyelid surgery. "That means eyelid surgery, also known as blepharoplasty, is functional and not cosmetic, and is often covered by insurance."

A FUNCTIONAL EYELIFT

Plastic surgeon Marshall Miles, DO, with LVPG Plastic and Reconstructive Surgery—1243 Cedar Crest, says outpatient blepharoplasty surgery is focused on restoring visual function by removing excess skin. "You make an incision in the upper eye crease, remove the excess skin, put in delicate sutures, and then do the other eye," he says. Recovery is 10 to 14 days.

It's a surgery Wojcik believes more people could benefit from. "Since this surgery is needed to improve your vision, most insurance plans will cover it. And by removing the droopy skin, many people tell me they look younger," he says.

For Schenk, daily life is better since her surgery. "My vision is no longer blurry, and I can read or watch television without eyestrain," she says.

—Leah Ingram

Calendar CLASSES AND SUPPORT GROUPS

Register by calling 888-402-LVHN (5846) or visit us online at LVHN.org/calendar.

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

What's New

Free! Annual Cancer Survivor Celebration

For details, call 888-402-LVHN.

June 28

Free! Family Health Pavilion Open House

Check out the newest addition at Lehigh Valley Hospital—Muhlenberg, featuring the Family Birth and Newborn Center and inpatient rehabilitation. Facility tour, refreshments and giveaways.

June 19: 5-8 p.m. at LVH—Muhlenberg

Free! March of Dimes 2017 March for Babies Walk

April 30: registration, 9:30 a.m.; walk begins 10:30 a.m. at Dorney Park and Wildwater Kingdom, Allentown

Free! Melanoma Event

Join us for a special discussion on updates and advancements in the treatment and management of melanoma. For more information call 888-402-LVHN or visit LVHN.org/melanomaevent. May 18: 2 p.m. at LVH—Cedar Crest

Free! Health Center Open Houses

Attend an open house to check out new services in your neighborhood. Free health screenings, refreshments, giveaways and activities for the whole family. RSVP to 888-402-LVHN.

June 10: 10 a.m.-noon at Health Center at Easton

June 14: 5-8 p.m. at Health Center at Palmer Township

Free! Sleep Disorders Information Sessions

ADULT SESSIONS

The Importance of Getting a Good Night's Sleep

May 22: 6 p.m. at LVH—Muhlenberg

Understanding Sleep Disorders

June 20: 6 p.m. at LVH—17th Street

PEDIATRIC SESSION

Identifying Sleep Disorders in Children

June 5: 6 p.m. at LVH—17th Street

Around Our Community

Free! Community Exchange

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

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

Free! Get Out Lehigh Valley

This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. To register, visit LVHN.org/getoutlv or call 610-965-4397 x136.

Rock Scramble and Spring Ramble

April 29: 10 a.m. at Lake Nockamixon

Find Fidgety Warblers

May 13: 10 a.m. at Franko Farm Recreation Area

Laurel Walk

May 20: 10 a.m. at Thomas Darling Preserve

Late Spring Saunter

June 3: 10 a.m. at South Mountain Preserve

Wade at the Ford

June 17: 10 a.m. at Trexler Nature Preserve

Sashay Beside Slate

July 8: 10 a.m. at Slate Heritage Trail

Caring for Mind and Body

Aqua New

Water exercise for posture, balance, strength and confidence.

Massage Therapy

Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support. Call 888-402-LVHN for information.

Free information session

May 17, May 25, May 31 at LVH—Cedar Crest

Class session

Starting April 18; June 15 at LVH—Cedar Crest

Retreat

June 3; July 22 at LVH—Cedar Crest

Screenings

Free! Clinical Breast Exams and Pap Tests for Uninsured Women

Appointment is necessary. Call 610-969-2800. Sponsored by Community Health and Wellness Center in collaboration with Allentown Health Bureau. Weekly 8:30 a.m.-4 p.m.

Free! Oral Cancer Screening

Exams are being offered at three locations by Lehigh Valley Health Network dentists. For an appointment or more information, call 888-402-LVHN or visit LVHN.org/oralcancerevent. April 17: 4-6 p.m. at LVH—17th Street in the Mark Young Community Health and Wellness Center April 25: 6-7:30 p.m. at LVH—Muhlenberg

Free! Rapid HIV and Hepatitis C Testing

Free, anonymous and confidential.

Mon.-Thu.: 9 a.m.-3 p.m.;

Fri. by appointment; second

Wed. of month: 4-7 p.m. at LVH—17th Street

Lung Cancer Screening

Call 888-402-LVHN for more information.

Free! Skin Cancer Screening

Appointments necessary; space is limited. Call 888-402-LVHN.

May 2: starting 6 p.m. at LVH—Cedar Crest

May 3: starting 6 p.m. at LVH—Muhlenberg

Free! Stroke Assessments

Stroke assessments include blood pressure screenings and stroke prevention information. For more information, call 888-402-LVHN.

May 10: 10 a.m.-2 p.m. at LVH—Muhlenberg

May 17: 10 a.m.-2 p.m. at LVH—Cedar Crest

May 24: 10 a.m.-2 p.m. at LVH—17th Street

Free! Walk-in Mammograms

No appointment, no prescription. Must be age 40+ and have not had a mammogram in last 12 months. Bring your insurance card. For more information, call 888-402-LVHN or visit LVHN.org/mammo. At Health Center at Bangor

Raising a Family

Call 888-402-LVHN or visit LVHN.org/find_a_class to register for classes and tours.

Free! Tours
Expectant Parent Tour
Sibling Tour

Preparing for Childbirth and Baby

Combination Class – Six-week series
Covers labor, birth, caring for your newborn, breastfeeding and what to expect in the days after birth.

Preparing for Childbirth Two-week series
Saturday or Sunday one-day Teens Only

Preparing for Baby
Baby Care
Breastfeeding Baby

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

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

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

After-Delivery Support

Breastfeeding Support
Meet other moms and babies (0-6 months) for breastfeeding support, education and to share experiences and wisdom.

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

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

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

Free! Pregnancy and Infant Loss Support Group
A support group for those who have experienced a death through miscarriage, stillbirth or of an infant.
Meets first Thu. of month: 1-2:30 p.m. at LVH-Cedar Crest

Free! Baby Bundle App
Download our new free app at LVHN.org/HYbabybundle.

We also offer:

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

Free! Insulin Pumps
Support and information for adults with diabetes using insulin pumps and continuous glucose monitors.

Free! Sweet Success
Monthly support group for adults with type 2 diabetes.

Free! Sugar-Free Kids
Support group for children with type 1 diabetes.

Prediabetes Self-Management Classes
Offered periodically throughout the year.

For details on diabetes programs, call 888-402-LVHN.

Coping and Support

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

Free! Bereavement Support Groups

Camp Cocoon
Join us for a morning of activities and play for children ages 6-16 who could benefit from a safe place to express their grief. Camp takes place at a local church and includes lunch. Registration required.*
June 3: 9 a.m.-1 p.m.

Community Bereavement Groups

An adult support group for those who could benefit from assistance in healthy coping with grief and loss. Registration required.*

Daytime: First and third Wed. of month: 11:30 a.m.-1 p.m.
Evening: First Wed. of month: 6:30-8 p.m.

Giving Sorrow Words

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

Ladies Lunch Club

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

Men's Breakfast Group

This supportive social group for men meets for breakfast and fellowship; Registration required.*
Third Tue. of month: 9-10:30 a.m.

Stepping Stones

For children and adolescents, this group offers a combination of education, arts, activities and support to help facilitate healthy grieving; Registration required.*
July 5, 12, 19, 26

Teen Peer Support Group

Feelings of anger, sadness, withdrawal, guilt and anxiety are common effects grief has on teens. Bereaved teens can address their loss through talking, music and/or art in this support group. Registration required.*
Meets second and fourth Wed. of month: 6-7:30 p.m.

**For registration of bereavement groups and more information, call 888-402-LVHN.*

Free! Brain Injury Support Group

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

Protecting Your Health

CPR
Heartsaver CPR, Heartsaver First Aid and BLS for Health Care Providers certification courses offered. For details, call 888-402-LVHN.
Monday evenings at GMI-EMI Training Center and at Health Center at Bangor, 1337 Blue Valley Drive, Pen Argyl

Living With Diabetes

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

We provide education for:

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

We will help you learn more about:

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

Free! **Brain Warriors Stroke Support Group**

Share emotional and physical issues to help deal with life after stroke.

Meets third Mon. of month:
10:45 a.m.-11:45 a.m. at
LVH—Cedar Crest

Free! **Huntington's Support Group**

Meets second Sat. of month
at LVH—Cedar Crest

Free! **Joint Replacement Prep**

What to expect for knee
or hip replacement.

April 19, May 17, June 8, June 21:
5:30-7 p.m.; May 22: 1:30-3 p.m.
at LVHN—Tilghman

May 2, June 6: 9-10:30 a.m.;
May 11: 5:30-7 p.m.; May 24,
June 28: 1:30-3 p.m.
at LVH—Cedar Crest

May 11: 1:30-3 p.m.; June 8:
8:30-10 a.m. at LVH—Muhlenberg

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

For details, call 888-402-LVHN.

Free! **Myasthenia Gravis Support Group**

April 20, July 20: 5:30-7 p.m. at
LVH—Cedar Crest

Parkinson's and Multiple Sclerosis Get Up and Go

Balance, stability and fall
prevention exercises; group
games, lectures and more.
Mon. and Thu.: 10:30-11:30 a.m.
and noon-1 p.m. at 1243 S.
Cedar Crest Blvd.
Tue. and Fri.: 11 a.m.-noon at
1770 Bathgate, Bethlehem

Free! **Parkinson's Support Group**

Meets fourth Tue. of month
at LVH—Muhlenberg

Free! **Preoperative Spine Class**

Prepare for your elective
spine surgery experience.

April 18, May 3, May 16, June 7,
June 20, July 5, July 18

Free! **Survivors of Suicide Support Group**

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

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

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

FOR CANCER PATIENTS

Free! **Look Good... Feel Better**

Makeover to understand and
care for changes to skin during
cancer treatment and to boost self-
confidence.

With American Cancer Society

Free! **Men Facing Cancer**

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

Free! **Metastatic Breast Cancer Support Group**

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

Free! **Nutrition Series for Cancer Survivors**

For patients who have completed
treatment, learn the healthy eating
information you need to know. For
more information call 888-402-LVHN.
April, 25, May 2, May 9: 6-7:30 p.m.
at LVH—Cedar Crest

Support of Survivors

Call the breast cancer helpline,
leave a message, and your call will
be answered within 24 hours by a
breast cancer survivor who is also
a specially trained LVHN volunteer.
Call 610-402-4SOS (4767).

Managing Your Weight

A Taste for Mindful Eating

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

May 10, July 19: 5:30-7 p.m.
at 1243 S. Cedar Crest Blvd.,
Suite 2200

**Mindful Eating, Part 1:
Developing a Healthy
Relationship With Food**

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

Ages 18 and older.

Starting April 5: 5:30-7:30 p.m. at
1243 S. Cedar Crest Blvd., Suite
2200

Free! **Monthly Support Group**

Support and information
on weight-loss surgery.

Support Groups Keep Us Focused

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

*Physical Activity: What Can I Do
and Where Can I Go?*

May 3: 6-7:30 p.m. at LVH—
Cedar Crest

Body Image and Appearance

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

Plastic Surgery After Weight Loss

July 10: 6-7:30 p.m. at LVH—
Cedar Crest

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

What to expect

Evening sessions

April 27, May 8,* May 22, June 6,*
June 19, July 6*: 6 p.m. at
LVH—Cedar Crest

Day sessions

April 14, May 4, June 26, July 14:
Noon at LVH—Cedar Crest

**Event also at LVH—Muhlenberg*

Weight Management Services

INDIVIDUAL

Nutrition Counseling

Assessment, body-fat analysis
and goal-setting.

**Nutrition Counseling/Metabo-
lism Body Composition Test**

Counseling plus personal metabo-
lism test and interpretation.

**Sports Performance
Classes**

Youth Program

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

Junior Varsity Program

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

Varsity Program

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

**LVHN Fitness Group
Classes**

Being an LVHN Fitness member
allows you to partake in a variety
of classes. Call 888-402-LVHN
for more information. See a list of
class locations and descriptions
at LVHN.org/fitness. Classes are
offered at five locations.

Boot Camp

Cardio Cross-Training

Chisel

Core Synergy

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

Get Up and Go

Energizing Yoga

Exercise for Life

Kettlebells

Pilates

Relaxing Yoga

Staying Strong

STAT

Very Gentle Yoga

Yoga Basics

Yogalatte

Zumba


Zumba Gold

Marketing and Public Affairs

P.O. Box 689

Allentown, PA 18105-1556

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

The best possible care for your heart begins by asking the right questions.

If you're diagnosed with heart disease, deciding where to be treated may be the most important decision of your life. That's why it's critical you ask the right questions, and become an expert on your treatment options.

As you make inquiries and research providers, ask which program in the region has the most experience treating your specific diagnosis? How much experience does your doctor have treating your condition? Which treatment is proven to offer you the best outcome?

At Lehigh Valley Health Network, we're always working on new ways to optimize your health. And we're driven to provide patient-centered care at every stage of your life. Visit LVHN.org/heart for more heart care information. We're standing by for questions.