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On our cover: Betty Fenicle (left) and Liz Reinhard of Bethlehem are role models of how to live well as a “woman of a certain age.”
Read about them and other local women on page 20.
Cover photo by Mary Frederick, Amico Studios

She’s filled with hope—Surviving cancer refocused the life of Susan Salman, who now owns a successful bead shop. Read about her and other survivors on page 8.

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The Wonderful Water Workout

When we think of pool exercise, many of us picture an elderly woman in a bathing cap. Water workouts aren’t just for Grandma, says orthopedic surgeon (and swimmer) Tom Meade, M.D., of Lehigh Valley Hospital and Health Network. “You get a cardiovascular workout and build strength, without pressure on your joints,” he says. “This is a great form of exercise for everyone.” Here’s what a water workout can do for you:

If you want to get in shape

Use the pool as an aerobic floor, running track or strength-building gym. “The pool is a liquid weight room—it offers 12 times more resistance than air,” Meade says. Some pools offer kickboxing, step aerobics and water cycling classes, and teach you to use equipment like styrofoam dumbbells. Your workout can be as intense and varied as you want. You can do it at your own pace, says Joanne Koury, exercise physiologist and aquatic director at 24-7 Fitness’s Westend location. “Since there are no mirrors underwater, there’s no pressure to be in sync with the class. If you want to push harder, it’s safer in the pool because the water cushions you.”

To strengthen your legs while burning calories, wear water shoes and jog or walk in the shallow end, says Meade’s colleague, family physician and swimmer Mark Wendling, M.D. Want to make it more intense? “Wear a jogging vest and go to the deep end,” he says. “You’ll expend more effort and calories trying to balance yourself.”

If your focus is upper body, Wendling says, “wear paddles on your hands and move your arms in different directions to work your chest, arms and back. The faster you push, the greater the resistance.”

For those interested in yoga or Pilates, some pools offer these classes. But you get the same benefits by moving and stabilizing yourself during water exercise. “These activities strengthen your core muscles,” Koury says.

If you have joint problems

You may not be able to jog or do aerobics on land—gravity multiplies by six the weight of your body on your joints—but you’ll be fine in the pool. “It’s like being on the moon,” Meade says. “There’s no gravity—water unloads the pressure and eliminates pain.”

Another benefit: You can move in ways you usually can’t. “For example, people with back pain can do abdominal crunches in the pool,” Wendling says. “You float on your back, place your legs over the pool’s edge and let the water help lift you.”

If you’re an athlete

The pool is a prime place for land athletes to cross-train. Ask Sue Butz-Stavin, coach of the Emmaus High School girls’ field hockey team. During the summer, her players swim and

Continued on next page
run in the water once a week for 20 minutes. "In the pool, you work different muscles and become a more well-rounded athlete," she says. "You're conditioned when the season begins and less likely to get injured."

A swimming pool is also a natural rehab center for athletes recovering from a sprain or fracture. "Any sport can be safely simulated in the water," Meade says. "You can run, jump and do drills to get you back into the game much sooner."

### What Should You Look for in a Pool?

Besides the location, hours and cost, here are some other key considerations:

- **The right water temperature**—A lap swimming pool is cooler (79-81°F) which you need when you're constantly moving. This temperature is also ideal for people with multiple sclerosis, who tend to overheat when active. An exercise pool is warmer (at least 84°F) to prevent chills when you rest between sets. This temperature is ideal for people with joint problems. Some facilities have two pools to accommodate both types of workouts.

- **The right staff**—Most pools offer all kinds of classes, but you may want one-on-one coaching, too. Look for an exercise physiologist who has aquatic and CPR certifications. Make sure you're able to ask questions, that the trainer listens to you and helps you reach your personal goals.

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### The ‘Right Time’ to Exercise

**Morning, evening... what's best for your workout?**

Between working, shuttling the children around and keeping up with the laundry, who has time for exercise? "Given today's hectic lifestyles, when people do have free time they're often too exhausted," says exercise physiologist Jennifer Kornhausl of Lehigh Valley Hospital and Health Network.

To get that physical activity that's so vital to your health, plan it into your day. Maybe you can set a time, maybe you have to be flexible. (We all need 30-60 minutes daily, but it can be in smaller segments.)

**Morning**—A pre-breakfast workout helps raise your heart rate and metabolism so you'll burn more calories. "You haven't eaten since dinner, so have something light before exercising," Kornhausl says. Fresh from sleep, your body also will need a longer warm-up at this hour to prevent injury.

**Noon**—"Body temperature is higher and muscles are warmer and more flexible by midday," Kornhausl says. Exercise during the lunch hour is an easy habit to schedule. It also helps improve blood flow to the brain, which makes afternoon work more productive.

**Afternoon**—Late afternoon is the ideal time for exercise. Body temperature reaches its natural high between 2 and 4 p.m., resulting in warmer muscles, quicker reaction time, optimal blood pressure and resting heart rate, and peak strength. The downside is that this time of day has lots of built-in family and work distractions. "But if you can schedule a late-afternoon workout, take advantage of it," Kornhausl says.

**Evening**—Exercising after work is a good way to relieve stress, especially if it's been a long day. "You'll be more comfortable if you wait an hour after dinner," Kornhausl says. "And be cautious about doing a hard workout just before bed. For some people, it can make falling asleep difficult."

The bottom line? "Any time can be the right time to exercise," Kornhausl says. "It's really a matter of what's most comfortable and workable for you."

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### If you have a chronic disease

For people with diabetes, "cardiovascular exercise is vital in helping regulate blood sugar and prevent heart disease," Wendling says. Exercising in water is safer because there's less risk for sustaining an injury that won't heal. If you have vascular problems, the water pressure improves your circulation and massages fluid out of your legs, he says. "It's like wearing a compression sock."

For those with asthma, "swimming helps you become less dependent on your inhaler," Wendling says. "As you time your breathing to your stroke, it trains and strengthens your lungs."

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### Want to Know More?

For a list of local pools and their classes, call 610-402-CARE or visit www.lvhs.org/healthyyou.

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### Mark Your Calendar

**Lap Swimming Details on page 24**

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**Mark Your Calendar**

**Staying Fit classes Details on page 24**

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**Healthy You**
Ordinary Fear or Phobia?

What to do if a fear gets out of hand

Everyone feels nervous or anxious sometimes. A big test, a visit to the doctor, a project due at work—all can boost your heart rate, make your palms sweat and get your stomach churning.

Most of us plunge ahead anyway and get the job done. But for about 12 percent of people, such fears go well beyond a simple case of “nerves” to become phobias.

“Lots of people are afraid of things—for example, most of us fear heart surgery,” notes David Schwendeman, M.D., a psychiatrist at Lehigh Valley Hospital and Health Network. “But a phobia is a marked fear that’s really obsessive or unreasonable. If they have a phobia about flying, for example, some people take medication or alcohol getting on the plane. Or they may not be able to fly at all.”

People can have a persistent, immobilizing fear of almost anything, from clowns to sunlight to closets. But these are rare. The most common phobias include:

- Fear of animals and insects (snakes, rats, spiders)
- Fear of the natural environment (heights, storms, water)
- Fear of blood or injury (needle injections, high-tech medical procedures, surgery)
- Fear of public transportation (airplanes, bridges, tunnels)
- Fear of social situations (public speaking, stage fright)

No one knows exactly what triggers phobias. Are they learned or inherited? “Psychiatrists used to think that phobias are traced to traumatic experiences—for example, you needed to be bitten by a dog to have a dog phobia,” Schwendeman says. “But we’ve found that many phobic people have no experience with what they fear.”

Also intriguing is evidence that phobias tend to run in families and are more common in women. Most show up suddenly in adolescence or adulthood and are more persistent than childhood phobias (like fear of the dark), which often disappear with time. Also, adult phobias often coexist with other mental problems, such as depression, alcohol abuse and anxiety disorders. “We now believe there’s a biochemical component to phobias that may be genetically transmitted,” Schwendeman says.

Phobias don’t usually disappear by themselves, but not all require professional help. Some fears relate to objects or situations that aren’t likely to show up in regular life, like dragons or asteroids. Others are fears that people can work past on their own. For example, if you shake at the thought of speaking publicly, you might come to love the spotlight after giving repeated presentations.

“You have to look at whether a fear interferes with your day-to-day functioning or pleasures in life,” Schwendeman says. “If you have a fear of snakes but are rarely exposed to them, you may not need to address it. But if gardening is something you enjoy and your fear keeps you from going out there, you need help.”

Most phobias respond well to treatment. If a specific anxiety is interfering with your family life, friendships or career, seek help from a mental health professional trained in treating phobias.

The first step is usually a complete psychiatric and medical evaluation to ensure that your symptoms aren’t caused by another condition.

Complex phobias like social fears (which often result from deep feelings of inferiority) typically respond best to a combination of medications and talk therapy. An antidepressant eases your symptoms while the therapy teaches you new coping skills.

Simpler phobias like fear of heights respond well to talk therapy alone. One effective type is desensitization or exposure therapy. You’re gradually exposed to what you fear until you conquer your terror.

Want to Know More about phobias and phobia treatment? Call 610-402-CARE or visit www.lvhn.org/healthyyou.

Snake charmer—Orfelina Santana of Bethlehem triumphantly holds a python after having exposure therapy to overcome her snake phobia. Before, even pictures of snakes left her paralyzed with fear, and gardening was out of the question. Read her full story at www.lvhn.org/healthyyou.
Stand Up Straight!

Good posture makes you look and feel great

Want a free makeover? Stand straight and you look thinner, your clothes fit better, and you exude confidence. But it's not just about appearance.

"Your posture affects every part of your health—physical, mental and emotional," says James Manley, D.O., family physician at Lehigh Valley Hospital and Health Network. "When your organs, muscles and joints are properly aligned, your body works better and your spirits lift." Poor posture decreases lung capacity, and less oxygen means less energy. Hunching over the table interferes with digestion and aggravates acid reflux. Finally, poor posture puts extra stress on the ligaments and muscles of the back, neck and shoulders, leading to backache, neck pain and headache.

"People trying to improve their health focus on diet and exercise," says Kristen Trombley, Lehigh Valley Hospital and Health Network physical therapist. "Working on good posture goes a long way toward eliminating aches and pains."

Check your posture

Stand with your feet about 4 inches from a wall. The back of your head, shoulders and buttocks should touch the wall, with a slight inward curve at your back.

Have a friend take a side-view photo of you. "People are surprised to see how poor their normal posture often is," Trombley says. Tape up your photo (or a reminder note) as a cue to check your posture throughout the day. "Stand up often and realign yourself," Manley says. Stretch your neck and straighten your back during activities like reading, knitting or working a puzzle. Carrying a heavy purse or briefcase affects posture, too, so lighten your load.

If you're a parent, encourage good posture in your children. Some suggestions:
- Limit Game Boy and video game time. Hunching over is built in to these activities.
- Lighten backpacks. Children should carry at most 15 percent of their own weight.
- Encourage good posture during growth spurts. Tall teens often tend to slouch.

Want to Know More? For an illustrated guide to good posture or exercises to correct common posture problems, call 610-402-CARE or visit www.lvh.org/healthyyou.

How Does Good Posture Look?

Standing

Stand so your ears are aligned above your shoulders, shoulders over hips, with a slight inward curve in your lower back.

Sitting

Sit so your ears are aligned above your shoulders, shoulders over hips, 90-degree angles at hips and knees, with a slight inward curve in your lower back. Hips should touch the back of the chair, and feet should be flat on the floor. Crossing your legs interferes with circulation.

Lying Down

Sleep on your side on a mattress that supports you but isn't too hard. Use a pillow that supports and aligns your neck.
INFIDELITY—What Went Wrong?

“It’s a sad fact of American life today that close to 1 in 4 couples will be affected by unfaithfulness,” says clinical social worker Barbara Johnson of Lehigh Valley Hospital and Health Network. About a third of those marriages will end up in divorce unless the underlying issues are worked out.

Infidelity often occurs in stages, Johnson says. A co-worker or friend becomes a confidant, often before there’s any physical contact. Once the physical rush kicks in, it’s hard to break that connection without a strong commitment to the marriage.

“No one is immune to infidelity,” says Johnson’s colleague, clinical social worker Rick Drabic. “It can happen in any marriage if the circumstances are right.” Long hours working away from home, job travel and Internet access to potential partners make infidelity easier than ever, he says.

Whether or not there is sexual contact, when a partner’s time, energy or emotion transfers to someone else, it feels like a betrayal to the marriage, Drabic says. “The pain and the real damage come from that feeling of betrayal.”

A marriage is more at risk under one or both of these circumstances:

- **The relationship isn’t working well.** The couple has grown apart (not spending time together, not communicating well) or touchy issues have built up without resolution. In this case, couples therapy may be very helpful.

- **One partner (or both) has personal issues.** For example, the person is going through a tough life transition or needs to develop a stronger sense of self. “And some people have difficulty with marriage because of their own psychological problems, some of which may trace back to childhood. In this case, the troubled person might benefit from individual therapy.

Both men and women are deeply wounded by an unfaithful spouse. Men tend to be furious, outraged by the sexual betrayal, Johnson says. Women typically are most upset by the emotional betrayal. Often, they keep the pain inside and become depressed, blaming themselves or the other woman.

The healing process takes time and effort for both partners. The straying partner needs to verify the affair is over, recommit to the marriage and start to make amends. Both need to reach an understanding of what was missing in the marriage that led to the affair. Then begins the challenging task of rebuilding trust and intimacy.

It’s very difficult to heal a relationship after an affair without help from a neutral third party—a professional who specializes in marriage counseling. “If a couple were able to deal with these matters easily on their own, they would have done it already,” Johnson says. “They may fear that the conversation will be painful. It will be—but not nearly as painful as breaking up.” •

Want to Know More about healing a marriage?
For helpful guidelines and a reading list, call 610-402-CARE or visit www.lvh.org/healthyyou.

To Your Health

- **‘America’s Best’ Again**
Lehigh Valley Hospital ranks among the nation’s top hospitals for the 10th consecutive year, according to the 2005 U.S. News & World Report guide to “America’s Best Hospitals.” Lehigh Valley Hospital excels in five areas: heart care and heart surgery, hormonal/endocrine disorders including diabetes, digestive disorders, orthopedics (joint and spine care) and geriatrics (care of the elderly). It is the only hospital in the region to be ranked in more than one category.

- **Whooping Cough Alert**
To reduce the rise in whooping cough in this country, a government advisory panel recommends a new booster vaccine for all 11- and 12-year-olds. Other professional groups are still evaluating this recommendation. Some adolescents also may need to get the new vaccine, a booster against diphtheria and tetanus as well as whooping cough. If you have children ages 11-18, ask your doctor about the vaccine.

- **Parked Car Can Overheat**
Even when summer is over, don’t leave children or pets in a parked car. Stanford University researchers found that sunlight can heat car interiors to lethal temperatures in just 30 minutes, even if the weather is fairly cool. Young children and infants are most susceptible. In 2004, 35 children left unattended in parked cars died of heat stroke.

- **TV Affects Learning**
Three studies in a national pediatrics journal address the effects of too much TV on children’s brains. The messages for parents: don’t have a TV in your child’s bedroom...choose programs designed to educate, not just entertain...and don’t allow any screen time (TV, computer or video games) to children under age 2.

610-402-CARE (2273) • www.lvh.org • Healthy You
Camping again—Sue Mayes had to give up the outdoor activities she loves due to crippling arthritis. After knee and hip replacement, she’s reactivated the camper.

For Sue Mayes—a new knee and hip

Sue Mayes, 49, of Germansville coped with arthritis in her right hip and left knee for years, walking with a cane and limiting her activity. “The pain in my hip was so bad a trip to the grocery story would wear me out,” she says. Her knee was less painful, but it was bent, and that limited her ability to get around.

Mayes had her hip replaced in February 2004 and her knee later that year. Now she walks without a cane, swims and is able to go camping again. “Surgery changed my whole way of life,” she says.

With osteoarthritis, the cartilage that cushions the bones in the joint wears away completely. Bone rubs against bone, causing pain and lack of movement. It usually develops later in life, but can afflict people like Mayes as early as the teen years.

“Total joint replacements last until the metal and plastic surfaces give way to the wear and tear of daily life,” Lebby says. How long that takes depends on many factors including the patient’s age and activity level. “We try to limit surgery to...
older adults," he says, "but as the technology improves, we’re doing replacements on younger people. The main advances are new plastics and metals (called alternative bearing surfaces) that wear better and last longer."

Surgeons today also can use techniques that reduce the size of incisions and resulting scars. And they can administer anti-inflammatory and anti-nausea drugs before, during and after surgery. These drugs, along with some vitamins and minerals, help patients get active right away, speeding their recovery.

For Wilbert Mauser—"reversed" shoulder surgery

Wilbert Mauser, 72, of Allentown suffered pain in his right shoulder for years. He gave up bowling and couldn’t pick up his grandchildren or great-grandchildren or throw a ball with them. “Then one day, I was sitting in bed and the pain became unbearable,” he says. “I couldn’t move, sleep or lie down.”

Mauser went to orthopedic surgeon and shoulder specialist James Hoffman, M.D., of Lehigh Valley Hospital and Health Network. An MRI revealed that Mauser’s rotator cuff—the tendons surrounding the shoulder—was torn beyond repair. Hoffman recommended the newly approved Aequalis® Reversed Shoulder Prosthesis.

With conventional shoulder replacements, surgeons attach a plastic socket to the shoulder bone and a metal ball to the upper arm bone, relieving some pain and allowing the patient to lift his arm partway (to a 90-degree angle).

With the new procedure, performed at Lehigh Valley Hospital—Muhlenberg, Hoffman reverses that approach. He attaches the ball to the shoulder and the socket to the upper arm bone. This gives the job of arm-lifting to the big shoulder muscle (deltoid), not the rotator cuff—eliminating pain and restoring full mobility.

“It’s very common for people in their 70s and 80s to have damaged rotator cuffs,” Hoffman says. “Now, rather than having to live with the pain and immobility, they have a solution. It’s specifically designed for adults over 70 with completely worn-out rotator cuffs. The procedure is safe and requires little if any physical therapy for recovery.”

Want to Know More about how to prepare for and what to expect from knee and hip replacement surgery? For information on pre-surgery classes, call 610-402-CARE or visit www.lvh.org/healthyyou.

Hoisting the bird feeder—It’s something Wilbert Mauser’s painful shoulder wouldn’t allow, until he had a new type of shoulder replacement. He’s shown with grandchildren Sean and Jessica.

long. Caffeine affects the same areas of the brain as heroin and cocaine, to a lesser degree. That’s why it lifts your mood and is habit-forming.

“You may have read studies about caffeine preventing colon cancer, liver disease or Parkinson’s disease,” Stull says, “but the research is still preliminary. I don’t advise anyone to consume more caffeine based on those studies.”

Do you need to cut back?

Most people limit caffeine on their own if they start feeling jittery or can’t sleep. There are conditions when you should make sure you’re not consuming too much:

• Pregnancy—Caffeine stays in the fetus’s bloodstream for several days, raising the risk for side effects and miscarriage.
• ADD or ADHD—Caffeine can interfere with medication.
• Acid reflux disease—Caffeine relaxes the sphincter between stomach and esophagus, so fluid backs up easily.
• Diabetes—Caffeine impairs glucose control after meals.
• Overactive bladder—Caffeine is a diuretic (increasing urine production).

“Don’t quit cold turkey or cut back drastically all at once,” Stull says. “That causes headaches, irritability and difficulty concentrating. It’s best to taper off gradually.”

Want to Know More? For an expanded list of the caffeine content of some drugs, foods and drinks, call 610-402-CARE or visit www.lvh.org/healthyyou.
If you’re a cancer survivor, chances are the moment you were diagnosed is permanently etched in your memory. It marked the beginning of a journey that’s transformed your life in many ways. While you’ve certainly had struggles, you also may have emerged stronger and with a greater sense of purpose.

Every cancer experience is unique, says Carole Moretz, Psy.D., psychologist in the John and Dorothy Morgan Cancer Center at Lehigh Valley Hospital. “At first you focus on just getting through treatment,” she says. “Then you begin to look at the meaning of your experience and what you do from here. Sometimes people expect life to go back to how it was before cancer, but that’s usually not possible.”

Cancer survivors speak of a renewed appreciation for the joys—big and small—in each day. Many also find great satisfaction in reaching out to other cancer patients. Now that survivors number 10 million nationwide, physicians are planning treatment with long-term survival in mind.

“In some of the more treatable types of cancer, it’s not enough to survive any more,” says Suresh Nair, M.D., oncologist (cancer specialist) at Lehigh Valley Hospital and Health Network. “We want to help our patients survive with the best quality of life for months and years down the road.”

With other kinds of trauma, cancer survivors can experience short- and long-term physical, social, spiritual and emotional issues. They may feel like they’re suddenly on their own as they try to cope with the changes in their lives.

“It’s a little like childbirth,” Moretz says. “While you’re pregnant you get frequent checkups and have all sorts of people worrying about you and helping you. Then suddenly you’re on your own with this new life that’s both exciting and scary. Cancer patients can be as frightened after their last doctor visit as when they first heard the word ‘cancer.’ ”

The fear is magnified by the almost universal worry that the monster will return, Moretz says. Survivors worry about every pain, every change. They also may face financial stress, loss, grief and questions about spirituality. Physical problems can include nagging pain, fatigue, changes in body functions, and possible heart, lung or kidney problems.

But there are ways to cope with these changes. Moretz and Nair offer the following suggestions for rebuilding life after cancer:

- Engage fully in your life as it is now, not as it used to be, and the work you have yet to do.
- If you have residual health problems, don’t feel you “just have to put up with them.” You’re entitled to have these issues addressed; talk with your doctor.
- Look back to how you’ve gotten through tough times before. What tools did you use? Where did you find support (for example, a 12-step program or faith-based community)?
- Recognize that it’s OK not to feel well and to be fearful.
- Don’t ignore follow-up tests and appointments.
- Be proactive about your health—take care of yourself, eat well, exercise and get regular checkups and screenings.
- Use resources like the American Cancer Society (www.cancer.org) and American Society of Clinical Oncology (www.peoplelivingwithcancer.org).
- Accept support from family and friends, spiritual advisors and other survivors.
- Recognize that it will get easier as time goes on.
- Take heart from others (Lance Armstrong, for example) who have made more of themselves through crisis.
Surviving breast cancer has given Tammy Miller, 45, of State College a sense of freedom. "I try something new every day," she says. "What's the worst that can happen? I've already had cancer." Miller's experience also has given her a new sense of vitality and appreciation for every day, and a burning desire to help others. She has written books and travels the country as a motivational speaker, helping cancer patients find strength and healing through humor.

Deeply spiritual, Miller believes God is working through her to bring messages of hope to others. "I can show people that cancer doesn't always kill you," she says. "Be informed, ask questions, embrace life and believe in being healthy, and you'll feel more in control. There are many good people willing to help you. Let them."

• Don’t give up. Even if your worst fear happens and the cancer recurs, recognize that you have every chance of surviving again. "No one really knows who will survive," says Moretz, who's fought advanced cancer herself. "People do beat the odds. I'm living proof of that."

Want to Know More? For the full stories of the cancer survivors on these pages, including Tammy Miller's "20 Lessons Learned Along the Path to Healing," call 610-402-CARE or visit www.lvh.org/healthyyou.

"I am filled with so much hope on so many levels."

Susan Salman (center) has rebuilt her life after battling colon cancer. While her job and marriage did not survive that battle, her compassion and determination are stronger than ever. During her treatment, the 48-year-old Media woman took up beading as a creative outlet. Now she owns the successful shop A Queen Bead, where she shares the art of beading and far more. "My friends were such a tremendous inspiration to me that I want to offer that to others," she says. "When you're coping with cancer, it can help to talk to someone who's been there." She's shown here with colleagues Beth Botak (left) and Maria DiTullio, also a cancer survivor.

After a mastectomy, women have many options today

Do I want breast reconstruction after my cancer surgery? It's not a simple decision, says plastic surgeon Walter Okunski, M.D., of Lehigh Valley Hospital and Health Network. With more and better techniques now than in the past, you need to think through which method you want (if any). And the experts are divided on how quickly to have the procedure.

Fortunately, for most women reconstruction is a non-issue, because mastectomy (loss of the breast) isn't a given anymore. "We do everything we can to treat breast cancer with lumpectomy and radiation," says Okunski's colleague, breast surgeon Gerald Sherwin, M.D. When the surgeon removes just the lump, reconstruction is almost never necessary.

If you have a very large tumor or multiple tumors in the same breast, you probably will need a mastectomy. And you'll have several choices for reconstruction.

"The basic challenge in rebuilding a breast is replacing the skin lost in surgery," Okunski says. The simplest solution is a soft tissue expander—a deflated balloon-like device that's gradually enlarged with saline injections. Over several weeks, it stretches the skin enough to cover a permanent implant. The result is more dome-shaped than a natural breast, Okunski says, but the technique is a good option for women who aren't candidates for other types of reconstruction, or who don't want more extensive procedures.

A newer option involves bringing skin and tissue to the breast from elsewhere in the body. In the earliest technique, surgeons lifted a flap of skin and muscle from the patient's back and tunneled it through the armpit to the chest. Today, Okunski says, they prefer a newer abdominal technique. "The skin and fat from the belly create a softer, better-matching breast," he says, "and no implant is needed. Any patient who isn't extremely heavy or thin and doesn't have much previous abdominal scarring is a good candidate."

One issue with breast reconstruction is matching the new breast to the opposite one. Pennsylvania law requires insurers to cover not only reconstruction, but also cosmetic surgery to the other breast (if the patient wants it) to create symmetry. Even the appearance of a nipple can be recreated with a skin graft or tattoo.
In years past, reconstruction didn’t happen until months after cancer surgery. “For women who needed radiation, there was concern that the implant might interfere, and conversely, that the radiation could cause scarring or shrinkage of the reconstructed breast,” Sherwin says.

Today’s techniques allow for immediate reconstruction—and it’s appealing to the patient to have it all done at once,” Okunski says. But as they study the radiation issue more closely, researchers are questioning the wisdom of immediate reconstruction. For now, the decision on timing is each patient’s own.

Given all these complexities, it’s not surprising that some women decide against reconstruction altogether. “It’s about 50-50,” Okunski says. “Typically, older women do fine with an external prosthesis (breast-shaped pad). A prosthesis can cause problems like skin irritation for younger, more physically active women.”

If you say no to reconstruction, it’s not forever—Okunski has done the procedure as late as 10 years after a mastectomy. But Sherwin finds that a woman who opts for delay often decides never to go ahead with reconstruction. “Her treatment is over, she gets a prosthesis, settles back into normal life and is comfortable with her self-image,” he says. “When the time comes to talk about reconstruction, she’ll say, ‘I don’t want any more surgery—I’m fine the way I am.’”

Want to Know More about breast prostheses or mastectomy? Call 610-402-CARE or visit www.lvh.org/healthyyou.

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Multitasking can actually waste time, not save it

Checking e-mail while talking on the phone? Eating your lunch as you drive to a meeting? Reading this article on the treadmill? You’re not alone. According to a recent Scientific American poll, 90 percent of adults “multitask.” Doing two or more things at once seems an essential part of 21st-century life—but does it actually help us save time?

“Preliminary data suggest that multitasking may not make us as efficient as we once thought,” says psychiatrist Edward Norris, M.D., of Lehigh Valley Hospital and Health Network.

The fact is, switching back and forth between tasks may take more time than finishing one thing before starting the next. Researchers at the University of Michigan asked college students to alternate among various mental activities. Whenever the students switched between one thing and another, they worked more slowly.

The researchers found that it takes several tenths of a second to stop doing one task, decide to switch to another, then warm up mentally and get started on the new task. A fraction of a second might not seem like much, but it can add up as you repeatedly switch from writing your report to checking e-mail to answering the phone to ordering lunch.

Not just the speed, but also the quality of your work can suffer. For example, you might not really absorb what someone is telling you on the phone (even though you’re saying “uh huh” to all her comments) if you’re trying to do e-mail at the same time.

Multitasking can even be dangerous, if one of your tasks is cooking or driving.

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Is Silicone Safe?

Silicone-gel breast implants are widely used overseas, but the FDA bans them in the United States except for women with breast cancer and a few other conditions. “There’s been a lot of controversy over leaks and other risks,” plastic surgeon Walter Okunski, M.D., says, “but nothing has been scientifically proven.” Depending in part on the patient’s preference, he uses both saline and silicone-gel implants—and predicts that gel implants may well come back on the market in the future. “They feel and look somewhat more natural than saline,” he says.
Nothing Else

In a recent survey, 31 percent of adults admitted they didn't consistently wash their hands when switching tasks during meal preparation—a practice that increases the risks for food-borne illness. And researchers have found that drivers are much more likely to miss a traffic signal if they're talking on a cell phone.

"As humans we have the special ability to multitask," Norris says. "But it doesn't come without a cost. We can learn to multitask more efficiently, but the stress of multitasking continues to affect our brains and bodies."

**Should you give up the habit? Not necessarily.** You still may be able to save time by juggling, Norris says, if you choose your tasks wisely. In the Michigan study, the students lost the most time when their tasks were unfamiliar or complex. While simple things like walking or eating take almost no attention, you need to concentrate on a complex task like driving or balancing a checkbook.

The bottom line: You can easily chat on your cell phone while walking across town, but don’t try it when cooking dinner or helping with your child's homework.

*Want to Know More* about your own ability to multitask? Some people are naturally better at it than others. For a quick test, call 610-402-CARE or visit www.lvh.org/healthyyou.

So how do you take extra time to eat when your schedule's already packed? More than 80,000 people around the world are tackling that challenge through the Slow Food movement. The movement began in Italy as a protest to a McDonald's restaurant opening in the heart of Rome. Members make a conscious choice to eat wholesome food while savoring every bite. To better appreciate where food comes from and how it's prepared, they grow their own fruits and vegetables, support local producers and cook their own meals. About 1,000 members of a regional chapter here in the Lehigh Valley have adopted Slow Food beliefs.

“But you don't have to join a movement to learn how to eat more slowly and enjoy the benefits,” says registered dietitian Donna Smith of Lehigh Valley Hospital and Health Network. Her do-it-yourself suggestions:

- **Schedule meals like meetings.** If you’d like 30 minutes for an unhurried lunch, put it into your planner.
- **Eat with family or friends.** Visiting over a meal makes it a more leisurely, enjoyable experience.
- **Create menus.** Planning meals in advance cuts shopping and preparation time, saves money and helps you eat healthier.
- **Don’t take phone calls at mealtime.** They can distract you from finishing a well-balanced meal.
- **Chew food slowly.** It takes 20 minutes for your brain to tell your stomach you’ve eaten enough.
- **Use sneaky tricks.** Eating with chopsticks forces you to eat more slowly. So does putting down your fork between bites.

**Want to Know More about the Slow Food movement?** For a list of national and regional sources, call 610-402-CARE or visit www.lvh.org/healthyyou.

A Healthy Family Option

When Kathy Emigh of Bethlehem (above, at left) was a stay-at-home mom, she had plenty of time to prepare meals. That all changed when she went back to work a year ago. Seeking a convenient way to keep home-cooked food on the table, she discovered Plate Escapes in Emmaus. In less than two hours, customers can make 12 meals. "The staff prepares the ingredients, and you just put them together and freeze them,” she says. Her family can pull out the courses (as Kathy and two of her children are doing, above) and voila!—a relaxed, sit-down dinner for (photo at left, l-r) Scott, Kathy, Jana, Paul and Mark.

For a Plate Escapes coupon, call 610-402-CARE.
When Your Heart Beats Too Fast

Pay attention. It's trying to tell you something.

Diane Chernaskey of Hellertown is an all-American mom. She volunteers for the local youth association and cheers on her three children at sporting events. Their friends call her “Mama C” because of the advice and homemade dinners she gives them.

But like most women, Chernaskey, 45, ignored signs that something could be wrong with her heart. She attributed her exhaustion, irritability and sudden irregular heartbeat to the stress of caring for her active family. Then in July 2003, she collapsed and went to the emergency department. “My heart was racing, and I couldn’t talk,” she says.

Tests revealed that Chernaskey had tachycardia, a malformation of the heart. “People are born with the condition, but don’t realize it until the rapid heartbeat occurs,” says cardiologist Robert Malacoff, M.D., of Lehigh Valley Hospital and Health Network. That can be triggered by too much caffeine, a boost in adrenalin from exercise, and even just being startled. Researchers don’t know why, but tachycardia is more common in women and younger adults.

Chernaskey was born with an extra electrical pathway between her upper and lower heart chambers that caused a “short circuit” and made her heart work overtime—183 beats a minute, compared with a normal rate of 70. Her family doctor prescribed medication, and it solved the problem until she had another episode a year later. Malacoff recommended ablation, a common procedure to treat tachycardia (see illustration at right). The specialist locates where the fast beat originates and uses high-frequency current to destroy that small area.

“Ablation is successful in more than 95 percent of cases, and complications are rare,” Malacoff says. “Diane’s alternative was daily medication for the rest of her life—and she still would have faced the possibility of another episode.”

Anger and Heart Disease

Thousands of years ago, Buddha said, “Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” Science proves him right—researchers have found that anger-prone people are nearly three times more likely to suffer heart attacks.

Why? “Anger may increase the amount of certain hormones that cause plaque to build up in our arteries. That in itself is a heart disease risk factor,” says cardiologist Gerald Pytlewski, D.O., of Lehigh Valley Hospital and Health Network. “These same chemicals also can bring on a heart attack and raise the risk for irregular heartbeat.”

Anger is at least as damaging to women as men. “In fact, women’s smaller blood vessels may put them at higher risk, because plaque can build up more quickly,” Pytlewski says.

Women also are more likely to keep anger inside—and research shows that concealed anger puts you at five times greater risk for a heart attack (and sets the stage for heart-damaging anxiety and depression).

To better manage your anger:

Keep perspective. “Many of us take things much too seriously,” says Pytlewski’s colleague, psychiatrist Edward Norris, M.D. “A work deadline, though important, isn’t a matter of life and death.”

Practice stress management techniques. Reducing stress also helps defuse anger. Try yoga, Tai Chi, deep breathing,
A different type of fast heartbeat

Atrial fibrillation, unlike tachycardia, isn't present at birth but develops over time. The heart's two upper chambers flutter irregularly at 300 beats a minute. The condition becomes more common with age, affecting 1 in 10 Americans ages 65 to 85. High blood pressure and diabetes also raise your risk.

“If you're having palpitations, don’t ignore them,” Malacoff says. “Those brief episodes could lead to blood clots in the heart. If a clot goes to your brain, you could have a stroke.”

Treatments for atrial fibrillation vary with age. In younger people, medication and defibrillation (mild electric shock) are used to return the heartbeat to normal, and ablation techniques are coming into use. Older patients more often are treated with medication alone, including beta blockers to correct the heartbeat and warfarin (Coumadin) to prevent blood clots.

“Talk to your doctor right away or go to the emergency room if you feel your heart is beating too fast,” Malacoff says. Chernaskey agrees. “Women, especially, need to recognize that if they don't feel normal, something may be wrong,” she says. “Take your health seriously, talk to your doctor and ask questions.” Today, she feels like a new woman. While she's still a busy mother, she's learned to make time for her own needs as well.

Want to Know More about the symptoms and risk factors for heart disease? Call 610-402-CARE or visit www.lvhow.org/healthyyou. See free blood pressure screenings on page 25.

Don't Skip Your Flu Shot

A national study shows that just 1 in 3 people with cardiovascular disease got a flu vaccination last year. Those under age 50 were the least likely to have been immunized.

Whatever your age, make sure you don't make the same mistake. Having a chronic illness such as heart disease raises your risk for flu-related complications, and there's evidence that flu may precipitate a heart attack. For this year's flu vaccination schedule, see page 28.

Stretching, meditating or listening to relaxation tapes. “Even 20 minutes a day lowers your risk if it helps you relax,” Pytlewski says.

Stay active. “Exercise lowers blood pressure, cholesterol and the stress hormones that cause plaque buildup,” Pytlewski says. “It's the perfect heart-protecting 'drug.' ”

Control what you can. If you feel overwhelmed by too many commitments, for example, rearrange your schedule to combine tasks or opt out of appointments altogether.

“And if you’re on vacation, leave your cell phone and pager at home,” Pytlewski says.

Live a healthy lifestyle. People who are chronically angry and stressed are more likely to have other heart-damaging habits, such as smoking, excessive drinking and a careless diet.

“I tell my patients to consume less caffeine and sugar, and eat plenty of whole grains, fruits and vegetables,” says Pytlewski, who works with Lehigh Valley Hospital's Dr. Dean Ornish Program in heart disease prevention.

Consider psychotherapy. You can't prevent people from cutting you off in traffic, but you can learn—through counseling—how to respond to such high-stress situations. “It's not the situation that boosts your blood pressure,” Norris says. “It's your reaction to it.”

Want to Know More about whether anger is putting you at increased risk for heart disease? Take an anger quiz. Call 610-402-CARE or visit www.lvhow.org/healthyyou.
When you don’t like their choices, is battling inevitable?

"You’re not going out in that."
For many families, these are classic fighting words. Sure, clothing may be a vital expression of your child’s emerging personality—but it’s also a major cause of war. How can you win?

First, understand that clothing really is a vital expression of your child’s emerging personality. And it can start very young, says Barbara Katz, M.D., pediatrician and adolescent medicine specialist at Lehigh Valley Hospital and Health Network: “At 18 months, my daughter could barely talk but made it clear she wanted dresses, not pants.”

For young children, clothing can be a first chance to make choices and try on roles. It’s why little ones love playing dress-up. Some assert their independence by insisting on a shiny raincoat, or the same shirt every day. Let them wear that favorite shirt, says Katz’ colleague, psychiatric social worker Rosanne Teders. “Buy two, so you can wash one while they’re wearing the other.”

As they progress through elementary school, some children care deeply about clothes while others ignore them. Obliviousness might sound appealing—until your child heads out into the snow in shorts. Up to a point, Teders says, this can be a learning experience. “If you say, ‘Wear a jacket’ and they go out without one and freeze, next time they’ll wear a jacket. But no flip-flops in the snow—I draw the line at frostbite.”

The clothing battle heats up considerably at puberty. “For girls, peer pressure can kick in as early as age 8,” Katz says. “Girls tend to be much more cliquish than boys and less accepting of people who dress differently. At this age, clothing can define you.”

And if your 11-year-old wants to define herself as Britney Spears? “Preteens are very impatient to grow up,” Teders says. “Also, they’re entering a naturally rebellious life stage.” In a culture flooded with sexual imagery, it’s no wonder they love those skimpy outfits. If your particular adolescent favors all-black and body piercings, or baggy shorts on the brink of falling down, you know outrageousness can take many forms.

Relax—it all settles down later, as teens grow more confident in their bodies and personal style. Meanwhile, here are some strategies for you:

Pick your battles. “Don’t bother arguing over clothes unless it’s an occasion that really matters,” Katz says.
A thrifty way to defuse the battle—These fashion-savvy shoppers outfit themselves without straining the family budget at Goodwill in Allentown. In large photo (l-r), Stephanie, Patricia, Kristen, Erin, David and Gabriel hold their finds—purchased for a grand total of $40. In oval photo at left, Gabriel and Daniel emerge from the dressing room. In photos above, Stephanie and Patricia strike a pose, and Erin and Kristen make their selections. For a list of resale stores in the Lehigh Valley, call 610-402-CARE.

“There are so many other, more important things.”

Set boundaries. Just like schools (see at left), families can have dress codes. “It’s your job to set the ground rules and make your kids follow them,” Teders says. “If they get mad, they’ll get over it.”

Be flexible within the rules. Give young children simple choices, like “You need long pants today-do you want the green or blue ones?” Older children can make more sophisticated dressing decisions.

Have a clothing budget. So your preteen wants a $70 pair of jeans. Her options: blowing her whole budget on the jeans, buying a cheaper pair, or chipping in some of her own money. “It’s an ideal opportunity to problem-solve as a team,” Teders says, “and to teach budget and finance, because this is something kids care deeply about.”

Teach savvy shopping. At vintage or thrift shops, girls can indulge their changing tastes inexpensively. Other creative budget-stretchers: clothes swaps and learning to sew.

Talk about it. It’s not easy to discuss sensitive topics like the risks of wearing provocative clothes—but it’s essential. “Preteens are too young to handle the responsibility of sexuality,” Teders says. This shouldn’t be a one-time talk, but a regular habit of two-way communication.

Be watchful. “Clothing is a symbol of what else is going on in a young person’s life,” Katz says. It’s not about the particular style—goths are no more or less likely to use drugs than preppies. “The red flag,” Teders says, “is a sudden change in style or peer group. That can be a signal of an underlying problem.”

Some parents refuse to give pacifiers to fussy babies out of fear of expensive orthodontic bills later on. Others push pacifiers, not only to calm the baby but to prevent thumb-sucking. Their reasoning: you can take a pacifier away, but a thumb is always there. Who’s right?

As it turns out, neither. “Pacifiers, thumbs, fingers and sippy cups can all affect tooth alignment and jaw formation,” says pediatric dentist Hugh O’Donnell, D.D.S., of Lehigh Valley Hospital and Health Network. Whether you face braces down the road depends on two factors: how often and how long the habit goes on.

Excessive thumb- or pacifier-sucking can change a baby’s jaw structure, affecting how the teeth line up. What’s excessive? O’Donnell suggests only offering the pacifier at nap and bedtime. Use other tactics such as rocking and singing to calm your baby during the day. Also, don’t dip the pacifier in sweet substances like honey or sugar water—it encourages overuse and leads to cavities.

Many babies give up thumb- and pacifier-sucking on their own after 10 months, when their urge to suck naturally decreases. Others drop the habit in preschool or kindergarten, due to peer pressure. If your child persists in thumb-sucking, the habit could misalign adult teeth, which start to come in around age 6. To wean an older child, use positive reinforcement such as a reward system.

“Punishment only intensifies the habit,” O’Donnell says.

Want to Know More about dental care for babies and children? Watch for a story in the next issue of Healthy You.

All pregnant women should be screened for HIV infection, says Timothy Friel, M.D., of Lehigh Valley Hospital’s AIDS Activities Office. His statement echoes those of many professional groups who urge HIV testing as part of routine prenatal care. “A pregnant woman with HIV has a 1-in-4 chance of infecting her unborn baby. Treating her with medication can reduce the risk to less than 1 percent,” Friel says. “Agreeing to HIV testing allows mothers to protect their children from this life-threatening yet preventable illness.”

Want to Know More about the new, confidential OraQuick Advance HIV test? Call 610-402-CARE or visit www.lvh.org/healthyyou.
All About C-Sections

Once used only for emergencies, Cesareans are becoming more common

In March 2004, Heather Fotopoulos was carrying twins and nearing her due date. One twin, Nicholas, was in "breech" (feet-first) position—dangerous, because a breech baby’s neck can be squeezed during delivery. Fotopoulos’ obstetrician recommended a Cesarean (surgical) birth. She agreed, and on March 8, Nicholas and Theodora were delivered without complications.

When Fotopoulos became pregnant again, she found herself in a quandary. Should she try to give birth vaginally or schedule another Cesarean? After talking over the pros and cons with her obstetrician, she scheduled another C-section for the birth of daughter Elizabeth on May 17, 2005.

In years past, many obstetricians would have encouraged Fotopoulos to deliver vaginally because of this overriding fact: the risk of the mother dying from a C-section is 1-in-10,000, compared to 1-in-100,000 for a vaginal birth. But recent studies show that sometimes a C-section is the safer course, says obstetrician Michael Sheinberg, M.D., of Lehigh Valley Hospital and Health Network. For example, breech babies like Nicholas are three times more likely to die during or just after a vaginal birth than a C-section. "Also, women who’ve had a previous C-section are at slightly higher risk for uterine rupture with a subsequent vaginal delivery," he says.

"C-section rates have been creeping up over the years, and skyrocketing during the past five," says Sheinberg’s colleague, maternal fetal (high-risk childbirth) specialist L. Wayne Hess, M.D. Medical knowledge and malpractice insurance pressures are not the only forces behind the rising rate. An increasing number of pregnant mothers demand the procedure.

Some of these women want the convenience of knowing when their baby will be born, others worry that a vaginal birth will affect their bladder control long-term. Researchers haven’t yet proven whether vaginal births contribute to incontinence, but some experts believe they do. “You only need to stretch a nerve 17 percent to cause damage,” says urogynecologist Valerie Riley, M.D., of Lehigh Valley Hospital and Health Network. “A vaginal delivery stretches pelvic floor nerves 500 percent, and repeated deliveries compound the problem. The muscles that support the pelvis rely on intact nerves to stay strong.”

So when is a C-section justified? Clearly, when the mother’s or baby’s health is at stake—but for all other cases, Hess and Sheinberg advise, a vaginal birth still is generally the better option.

“Recovering from childbirth is hard enough without recovering from surgery, too,” Sheinberg says. “Many people think a C-section isn’t a big deal, but it’s the same as having a hysterectomy or appendectomy. We do it well and we do it often, but it is major surgery, complete with the risks and long-term effects.”

Want to Know More about what happens during a C-section and precautions you can take to reduce your risk for complications? Call 610-402-CARE or visit www.lvhh.org/healthyyou.
In instead of daydreaming the morning before her school's big
January dance, 17-year-old Stephanie Heater of
Bethlehem was vomiting, sweating and fighting a fever
of almost 104 degrees. Her mother, Michele, suspected
the flu. Stephanie slept the rest of that day and most of
the next, missing the Snowball Dance.

"I thought I'd eaten bad chicken or something," Stephanie says—but she wasn't getting better. When
Michele asked her son, Troy, a trained emergency med-
tical technician, to check his sister's condition, he noted
that blood didn't seem to be flowing to her extremities.
Michele and her husband, Dave, took Stephanie to a
health center. The doctor sent her straight to the
Lehigh Valley Hospital emergency department.

"Stephanie was in a state of shock—mental confu-
sion, extremely low blood pressure and a racing heart-
beat," says emergency physician Sarah Finnerty, M.D.
Having seen a similar case, Finnerty knew what to look
for. Sure enough, Stephanie had just had her period and
was a tampon user. Tests showed she had toxic shock
syndrome (TSS), a rare infectious disease that resembles
a bad case of the flu and worsens quickly.

In intensive care, Stephanie received a massive dose
of antibiotics, and machines took over her vital func-
tions. Specialists used the latest technology to monitor
her around the clock (see 'Eye in the Sky,' below). Over
the next week, her condition improved and she was
brought out of her medically induced coma. By the time
Stephanie went home a few days later, she'd beaten the
odds—just 50-50—and recovered fully.

The Heaters couldn't believe their daughter had
TSS. "I thought it was caused by leaving tampons in too
long, and Stephanie was careful about changing them," Michele says. Mother and daughter learned there was
more to the story, and they're now spreading the word.

"TSS is random about whom it attacks—and it's not
exclusive to menstruating females," says infectious
diseases specialist Jaan Naktin, M.D., of Lehigh Valley
Hospital and Health Network. The underlying culprit is
staphylococcus aureus, a bacteria that may live on the
skin. "Certain strains can produce the toxins that cause
TSS," Naktin says. "Tampon use has been linked to
TSS, although the exact mechanisms aren't known."

Awareness of TSS has faded since 1980, when 38
American women died. Their cases were linked to a
specific brand of highly absorbent tampon, now off the
market. While there's some speculation that TSS is on
the rise again, it remains a rare disease, with only about
300 cases (1 in 100,000 women) reported yearly.

"The best thing you can do is minimize your risk," says Naktin's colleague, gynecologist Joseph DeFulvio,
D.O. His suggestions:
• Wash your hands before and after inserting a tampon.
• Change tampons every four to six hours.
• Select tampons based on your flow. A tampon is too
absorbent if it's hard to remove, causes vaginal dryness
or doesn't need to be changed after several hours.
• Alternate pads with tampons.
• Don't use tampons between periods.
• Know the symptoms of TSS. "If you have a high
fever, chills, vomiting, diarrhea and dizziness, call your
doctor immediately," DeFulvio says.
• Spread the word to relatives and friends (especially
young women new to tampon use) about the dangers of
TSS and how they can protect themselves.

Want to Know More about toxic shock syndrome? Call
610-402-CARE or visit www.lvh.org/healthyyou.

While Stephanie was in a coma, her parents were comforted knowing the "eye in the sky," as they call it, was watching their daughter. The eye is a camera mounted in the ICU, feeding
high-resolution video to specially educated doctors called tele-intensivists located off-site.
Using video, audio and electronic charting, they monitor patients around the clock, interacting
closely with caregivers at the bedside and responding immediately to any concerns. "We were
on top of her care every minute, day and night," says tele-intensivist Matthew McCambridge,
M.D., shown here. "This incredible technology helped save Stephanie's life." With him onscreen
is Shannon Woznick, R.N., in the ICU at Lehigh Valley Hospital—Cedar Crest.
WHEN YOU SUSPECT A CHILD IS BEING ABUSED

Call the authorities! It can help get the family back on track

Child abuse and neglect exist at all levels of society, says John VanBrakle, M.D., pediatrician with Lehigh Valley Hospital and Health Network and medical director of the Child Advocacy Center of Lehigh County. “The abuser can be a stranger,” he says, “but most abusers are family members or someone the child knows well and even trusts.” Every day in the United States, three children die from abuse—the leading cause of death under age 4.

“The problem can arise,” VanBrakle says, “from family stress, substance abuse, lack of knowledge about age-appropriate behavior, discipline gone awry, or ideas counter to what our society views as proper and respectful treatment of children.”

Child abuse is not just a family matter—it affects the larger community, says Barbara Stauffer, executive director of the Child Advocacy Center. “Abused children have a greater risk of being arrested for violent crimes in their teen years. Many victims of child abuse become alcoholics, drug addicts and prostitutes in adulthood.”

How to break the cycle

If a child tells you of abuse, “don’t overreact,” Stauffer says. “Listen attentively and be supportive. Don’t ask more questions than you need to to make a report. Leading questions can provide inappropriate information to the child victim, which could damage a legal case against the abuser. Leave the burden of proof to the professionals. Just assure the child that you’ll call the authorities and get help.” (See “How to Report,” at right.)

It’s trickier when you suspect a child is in trouble but have no clear proof. “All you need is reasonable suspicion that a child is being neglected or abused,” Stauffer says. “A trained investigator will determine if your suspicions are correct.”

People hesitate to report suspected abuse for several reasons. “Some fear the situation may get worse if the authorities are involved,” VanBrakle says. “The truth is, abuse often gets worse when no one intervenes. Most parents do not want to hurt their children. The solution is early intervention and prevention.”

Recognizing Signs of Abuse

A child may be suffering from neglect if he or she

- is often dirty or unkempt
- lacks appropriate clothing for the weather
- seems always hungry
- lacks normal supervision
- is denied medical care

A child may be physically abused if he or she

- is withdrawn and fearful of adults
- often has unexplained bruises, cuts or burns
- displays aggressive behavior

A child may be sexually abused if he or she

- displays an inappropriate knowledge of sexual acts (this can also happen if the child is permitted to watch inappropriate TV programs)
- is fearful of a certain family member or friend
- tells someone about inappropriate sexual contact

Children who are victims of any kind of abuse

- often have nightmares
- show signs of depression
- have problems in school with behavior and concentration
- may attempt suicide
Another concern would-be reporters have is that their action will remove the family provider and leave the family without resources. That’s not always the case. “The Child Advocacy Center works to help the whole family,” Stauffer says. Sometimes, parents do go to prison, and children are placed with relatives or in foster care. “But leaving a child in an abusive situation has repercussions later on,” says Ken Mead, director of Adolescent Transitions at Lehigh Valley Hospital and Health Network. “I see many teens from abusive households who are depressed and even suicidal. These kids needed someone to intervene years earlier.”

Can young victims recover?
"Children are resilient," Stauffer says. "If they’re believed and get good treatment, they can recover." It’s important for the whole family to receive support, including the non-offending parent, she says. "When people fail to report abuse, the results can be tragic—children may be killed, or grow up to be abusers themselves. And the cycle of violence continues." ●

Want to Know More about the Child Advocacy Center, a nonprofit team approach to improving our community’s response to abused and neglected children? Call 610-402-CARE or visit www.lvh.org/healthyyou.

How to Report Suspected Abuse
If the child is in immediate danger, call 9-1-1.

If the child is not in immediate danger, call Child Line 1-800-932-0313 at any time of day or night.

Give as much information about the child as you know: name, address, phone number, age and living arrangements. Give reasons for your suspicions. Someone will investigate within 24 hours, and you may remain anonymous.

Anger-Reducing Tactics
The best of parents can lose their cool.
Here’s why, and how to cope

You thought parenthood would be filled with hugs and kisses... so why are you pounding your fists, screaming and stomping your feet? “Anger almost always stems from another emotion,” says Marcie Lightwood, program coordinator at Project Child in Bethlehem. “It could be frustration (because you’re exhausted), resentment (because you handle more of the parenting load than your partner) or disappointment (at your child’s behavior).”

Pinpoint the emotion behind the anger, she says, and you’ll stop anger at its source. Also, know that your child isn’t trying to get on your nerves. He’s probably just behaving in a way appropriate to his age, says Denise Gibbs of Lehigh Valley Hospital and Health Network, a certified nurse practitioner in child and adolescent psychiatry.

Age by age, here are the common anger triggers, and what you can do about them:

**Newborn**

**Why you’re angry:** Your newborn demands round-the-clock feedings at a time when your own fluctuating hormones are playing havoc with your emotions.

**Solution:** “Rest is essential, so catch up on your sleep during the day or when the baby is sleeping,” Gibbs says. Ask your spouse, a relative or friend to help with housework so you have time to nap.

**Terrible 2s and 3s**

**Why you’re angry:** Around 18 months, children start wanting to make their own choices. These often conflict with your choices.

**Solution:** When you need your child to do something, firmly ask once. If he says, “No!”, physically redirect him. For example, if he won’t get out of the bathtub after you ask him once, pick him up. If he throws a tantrum, put him down in a safe place and wait quietly until it’s over.

**Elementary years**

**Why you’re angry:** Children have trouble making quick transitions, which can make you late when you’re trying to get out the door.

**Solution:** “Give time limits for activities and remind your child when the time is almost up,” Gibbs says. At the playground, for example, tell your daughter she can play for 30 minutes. After 20 minutes, tell her she has 10 minutes left.

**Tweens and teens**

**Why you’re angry:** Your adolescent talks back, slams doors and ignores your advice.

**Solution:** Try to listen—and not strategize—as your teen explains his side. “Often if you let kids talk, they’ll arrive at a resolution on their own,” Gibbs says. “But if you give them that same solution without first hearing them out, they will reject it.”

No matter the childhood stage, if your anger reaches a boiling point, remove yourself from the situation. Ask someone to watch your child until you calm down. “Find a safety valve,” Lightwood says. “Call a friend, a hotline or another parent and vent so you don’t take it out on your child.” ●

Parent Line
Call 610-691-1200 to talk with a volunteer about your anger 24 hours a day, 7 days a week.

For more about Project Child and other local resources, visit www.lvhs.org/healthyyou.
The children are grown and gone. Your work isn’t as engaging as it used to be. Physically, you’re slowing down. Now what?

“Now it’s your turn!” says Joanne Cohen-Katz, Ph.D., Lehigh Valley Hospital and Health Network psychologist and life coach. “For many women, the years after menopause are the most creative, productive and fulfilling. They’re less worried about pleasing others and doing what’s expected, and more interested in exploring their own potential. It can be the most alive time of your life.”

At the same time, she says, this transition can be unsettling—especially if you’re redefining your identity or questioning relationships. “It’s important to realize this is a natural transition,” she says. “You’re not crazy if you feel a sense of unrest or dissatisfaction. These feelings are meant to be acknowledged and explored. Don’t rob yourself of your vitality by stifling your impulses.”

It’s also OK to ask for help with the transition, says family physician Elizabeth Stanton, M.D., of Lehigh Valley Hospital and Health Network. Talk to your doctor, a therapist, spiritual advisor or other women who’ve been through it, especially if you’re considering radical changes.

Many women have found camaraderie and inspiration through The Red Hat Society, a national sisterhood of nearly 1 million dedicated to fun and friendship after age 50. Named for a phrase in the poem “Warning,” by Jenny Joseph (“When I am an old woman I shall wear purple ...with a red hat that doesn’t go”), the Society embraces silliness and support among kindred spirits. You can join one of 37,000 existing chapters, or start your own chapter.
of a Certain Age

Your body as well as your spirit needs special attention after age 50. "Your energy levels change as you get older," Stanton says. "Set boundaries and learn to say no. Spend time on yourself, keep up healthy diet and exercise habits, and get regular checkups and screenings." If you’re bothered by hot flashes or other menopause-related problems, Stanton says, see your doctor. Today’s treatment options include low-dose hormone therapy for short periods, prescription medications and over-the-counter remedies such as herbal supplements.

Sometimes, physical changes can be the catalyst for a change in attitude. "You realize as your body changes that you don’t have forever, and it’s time to decide what’s important," Cohen-Katz says. "Give yourself permission to explore all the options. And enjoy this time of liberation and freedom!"

Want to Know More about making the most of this stage of your life, or about the women on these pages? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Mark Your Calendar

Women in Transition—Menopause and Beyond
Sept. 19
Details on page 25

Our ‘Best Ways to Enjoy Life’

This advice is from the Bethlehem Red Stars, a local chapter of The Red Hat Society:

- Travel
- Take a nap
- Spend time with grandchildren and great-grandchildren
- Don’t be a stick-in-the-mud—stay active
- Take care of yourself and see your doctor regularly
- Care for others
- Don’t think of yourself as old
- Don’t sweat the small stuff
- Go out for meals
- Celebrate good friends and family
- Look forward to each day
- If you see a group in red hats, go talk to them!

She urges wise decisions

Elizabeth Stanton, M.D., is not one to sit still, but she understands the importance of recognizing your limitations. "I love to play softball, but I’ve decided not to slide anymore," says the 53-year-old family physician. "You have to accept that you’re not 20, and maybe can’t—or shouldn’t—do things the way you used to." Most important, she says, is to carve out time for yourself.

She found new life after tragedy

Lorraine Gyaucho of Fogelsville was a full-time homemaker and mother when, at age 42, she lost her husband suddenly. Despite low self-confidence, she went to college and discovered a love of learning. Today she’s a nurse educator who works with patients and others affected by cancer, sharing her unique blend of Eastern philosophy and Western medicine. She’s proud of her 64 years. "Life is a gift to be celebrated," she says, "and wrinkles aren’t painful."
Recognizing Alzheimer's

With this and other dementias, the earlier the diagnosis the better

When Marion first began repeating herself and forgetting dates, the family shrugged it off as "just getting older." They started to worry when she misplaced checks, lost track of conversations and quit her beloved choir. "I'm not interested in singing anymore," she said. The truth was, she couldn't remember the other choir members' names.

Do you have a "Marion" in your family? She probably won't admit to a memory problem—but if the signs are there, it's vital the family take action. When it comes to dementia, says geriatrician* Francis Salerno, M.D., of Lehigh Valley Hospital and Health Network, "the earlier the diagnosis, the better for everyone."

More than 4 million Americans have Alzheimer's disease, the most common type of dementia (loss of mental ability). By 2040 that number could triple. "The brains of Alzheimer's patients misprocess normal proteins, causing toxic deposits that kill brain cells," says Salerno's colleague, neuropathologist Dan Brown, M.D. Researchers still aren't sure of the cause, but in some cases there are genetic factors.

Early on, the effects may be mild—and often, people with Alzheimer's remain physically healthy. Eventually, though, they forget not only their family but even how to eat or walk, and need constant supervision.

Getting the diagnosis

Most often it's a family member who first calls in the doctor, says neurologist Lorraine Spikol, M.D., of Lehigh Valley Hospital and Health Network. Typically, an issue like the patient's driving, finances or home safety triggers the call.

Diagnosis isn't a simple matter, but a sensitive physician can lead the patient through it in a nonthreatening way, Salerno says. "I get them reminiscing about the old memories that are still there," he says. "It establishes a level of comfort and confidence."

To pinpoint the specific type of dementia, "we do a medical history, physical exam, mental status test, CT or MRI to rule out stroke, blood tests for other medical conditions, and a depression assessment, among other things," Spikol says. "Newer tools like PET scanning can be useful in cases that aren't clearcut."

Why early is better

Once there's a diagnosis, the family can prepare to respond. That's crucial because with Alzheimer's, "the family is the real 'patient,'" Salerno says. Marion's family, like many, was frustrated and sometimes annoyed with her. Given the facts, they could accept the limitations of her disease.

Common Types of Dementia

There are about 50 different types of dementia, but the major ones are:

Alzheimer's disease – Alzheimer's progresses very gradually. Symptoms include memory loss and personality and mood changes. Typically, the patient isn't aware of the problem.

Vascular dementia – A series of strokes can cause memory damage in stages. After a stroke, the patient's memory improves or levels out, then another stroke causes further loss.

Lewy body dementia – Often linked with Parkinson's, this disease can cause hallucinations and physical instability as well as memory loss.

Pick's disease – The classic symptom of this disorder is loud, careless, obnoxious behavior, of which the patient is oblivious.
They also could start planning for her future. “Writing a will and arranging for someone to act for you when you’re no longer capable—these are things everyone should do,” says Salerno’s colleague, Melissa Armstrong, R.N., clinical nurse specialist who works with Alzheimer’s families. She helps them gather information on financial planning, assisted living, adult day care and support groups, so these services are in place when they need them.

Finally, Marion could begin medication to ease her symptoms and, some experts say, slow the disease’s progress. Four of the five FDA-approved Alzheimer’s drugs, including donepezil (Aricept), work best in early stages of the disease.

Recent discoveries about the nature of Alzheimer’s offer hope for more effective treatments in the future—drugs that don’t just modify behavior but affect the underlying causes of the disease. “These breakthroughs,” Brown says, “will be important in treating Alzheimer’s disease and other dementias in the near future.”

Want to Know More about resources for Alzheimer’s patients and caregivers including the Early Stage Support Group in the Lehigh Valley? Call 610-402-CARE or visit www.lvh.org/healthyyou.

10 Warning Signs of Alzheimer’s

Memory loss
Difficulty performing familiar tasks
Problems with language
Disorientation to time and place
Poor or decreased judgment
Problems with abstract thinking
Misplacing things
Changes in mood or behavior
Changes in personality
Loss of initiative

Aging Well

**NEW** Senior Crime Prevention University
In this Vitality Plus program, experts offer safety advice, self-defense techniques. Attend all 3 sessions for certificate, chance at prizes. **FREE**

**Be Aware**
Learn how not to be a fraud victim.
- **Tuesday, Sept. 27; 10-11 a.m.**
  Joyce O’Brien, Office of Attorney General

**Be Safe**
Learn personal and home safety, and how to prevent senior-related crimes.
- **Tuesday, Oct. 4, 10-11 a.m.**
  Sgt. Henry Hammy, Allentown Police Department

**Defend Yourself**
Learn verbal strategies and self-defense moves against aggressors.
- **Tuesday, Oct. 11; 10-11 a.m.**
  Gerald Kroeger, security director
  **At LVH—17, Center for Healthy Aging**

**NEW** When You Have to Go—Again and Again
Always looking for the nearest bathroom? Learn causes and treatments for older adults with incontinence and urgency problems. **FREE**
- **Tuesday, Sept. 27; 10-11 a.m.**
  At Slate Belt Senior Center
  Melissa Armstrong, R.N., clinical nurse specialist, Hospital Elder Life Program
  Sponsored by Lehigh Valley Hospice and Home Care

**NEW** Healthy Aging Expo
A day of health tips, free screenings, free hand/foot massages, raffle prizes and special presentation on Hess by Lehigh County Historical Society. Refreshments, bag lunch and famous strawberry pie included. **FREE**
- **Friday, Oct. 7; 10 a.m.-2 p.m.**
  **At LVH—17, Center for Healthy Aging**
  Registration required. Call 610-402-CARE.

Eating Healthy

**NEW** LEARN
Manage your weight through Lifestyle, Exercise, Attitude, Relationships, Nutrition. This VIP for Life program offers tools and strategies you need! 12 weeks • $350
- **Monday, starting Sept. 19; 11 a.m.-noon**
  At LVH—Muhlenberg
- **Wednesday, starting Sept. 21; 4:30-5:30 p.m.**
  At LVH—Cedar Crest
  For details, including possible insurance discounts, call 610-402-CARE.

**NEW** Eat Well for Life
Learn healthy food choices to improve your wellbeing and help you manage your weight long-term. Includes grocery store tour.
- 4 sessions • $45
  For details, including possible insurance discounts, call 610-402-CARE.

**NEW** Culture of Wellness Nutrition Services

**Food Diary Analysis**
$22.50
Submit a 3-day food diary and get a detailed breakdown of your nutrition intake.

**Recipe Makeover**
$15
A nutrition overhaul of your favorite recipe—trim fat, salt, sugar, calories.

**Metabolism Measurement**
$40
A breath test shows your calorie-burning rate, and a dietitian interprets the results.

**Body & Nutrition Explorers**
Six weeks of nutrition and fitness for 9-13-year-olds and their parents. Healthy eating, fun exercises and more. Call for info (see below).

**Nutrition Assessment/Counseling**
$40/1 hour
Meet 1-on-1 with a registered dietitian. For details, call 610-402-CARE.
See related article on page 10.
The Lehigh Valley is home to wonderful trails. Explore them and learn about using them to get from place to place. 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. To register, call 610-402-CARE.

NEW Love Your Local Trail Systems
The Lehigh Valley is home to wonderful trails. Explore them and learn about using them to get from place to place. FREE
• Mon., Oct. 3; 2-4 p.m.
At LVH—17, Center for Healthy Aging
Steve Schmitt, director, Coalition for Appropriate Transportation

Staying Fit
Belly Dancing for Fun and Fitness
Dancing to Middle- and Far-Eastern music will stimulate your senses, tone muscles, build coordination and flexibility, and boost your creativity.
6 classes • $42
Intro • Fri., starting Sept. 16 or Nov. 4, 12:15-1:15 p.m.
Level II • Fri., starting Sept. 16 or Nov. 4, 11 a.m.-noon
At Healthy You Center
Tahya, dance instructor

Body Wedge 21™—
Repetition exercises targeting the major fat-storage areas and muscle groups.
6 classes • $42
Ca • Thu., starting Sept. 22 or Nov. 3; 6:45-7:45 p.m. (A)

Lap Swimming—Open swimming in a heated pool with instructor on-hand.
12 classes/8 weeks • $80; $60 with Vitality Plus GOLD
6 classes • $40; $30 with Vitality Plus GOLD
• Mon. and Wed. (A)
See related article on page 1.

Pilates Express—A deep muscle-conditioning workout to build core strength, great for beginners.
6 classes • $36
• Tue., starting Sept. 27 or Nov. 8; 5:45-6:45 p.m. (A)
• Wed., starting Sept. 28 or Nov. 9; 5:15-6 p.m. (A)
• Tue., starting Oct. 4 or Nov. 15; 11:45-12:45 a.m. (A)

Pump—A group workout with light weights, producing visible results.
6 classes • $55
Ca • Sat., starting Oct. 1 or Nov. 12; 9-10 a.m. or 10:15-11:15 a.m. (A)
• Wed., starting Oct. 28; 6:30-7:30 p.m. (A)

Age-Proof Workout—Low-impact cardio, strength training and yoga—mind/body exercise!
12 classes/6 weeks • $60
• Tue. and Thu., starting Oct. 27; 8:30-9:45 a.m. (A)

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.
Recipes to Heal
Dr. Leonetti shares some of her favorite foods and simple ways to detox our chemicalized bodies, boost brain power and stay young.
• Mon., Oct. 3; 6:30 p.m.
At Bethlehem Gynecology Associates
Hedene Leonetti, M.D., gynecologist

Partner Massage Workshop
De-stress and enjoy the benefits of massage together. Bring 2 pillows and a blanket.
$50
• Sat., Oct. 1; 11:45 a.m.-2:15 p.m.
At LVH—Muhlenberg, Banko Center
Scott Pellington, certified massage therapist

NEW Discover Relaxation Within
Whatever it is that stresses you, learn to ease the stress through a variety of relaxation techniques.
4 sessions • $50
For details, including possible insurance discounts, call 610-402-CARE.

Ongoing Fitness Classes
Fitness classes are scheduled in Allentown (A), Bethlehem (B), Whitehall (W) and Lower Macungie (LM). For exact locations, call 610-402-CARE. See related article on page 2.

Exercise for Life—A low-intensity class to prevent disease, build muscle and boost well-being.
Monthly fee • $30; $25 with Vitality Plus GOLD
• Mon., Wed., Fri.; 8:45 a.m. (LM)
• Mon., Wed., Fri.; 9-10 a.m. (W)

Cardio Kickbox—A high-powered routine strengthening body and mind.
6 classes • $42
• Mon., starting Oct. 24; 7:45-8:45 p.m. (A)
• Wed., starting Oct. 26; 7:45-8:45 p.m. (A)

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.
12 classes/6 weeks • $36
• Mon. and Thu., starting Oct. 3; 11 a.m.-noon; 5:45 p.m. (A)
• Mon. and Wed., starting Oct. 12; 8:30-9:15 a.m. (A)
• Tue. and Thu., starting Oct. 18; 7-7:45 p.m. (B)

Pilates Express—A deep muscle-conditioning workout to build core strength, great for beginners.
6 classes • $36
• Tue., starting Sept. 27 or Nov. 8; 5:45-6:45 p.m. (A)
• Wed., starting Sept. 28 or Nov. 9; 5:15-6 p.m. (A)
• Tue., starting Oct. 4 or Nov. 15; 11:45-12:45 a.m. (A)

Age-Proof Workout—Low-impact cardio, strength training and yoga—mind/body exercise!
12 classes/6 weeks • $60
• Tue. and Thu., starting Oct. 27; 8:30-9:45 a.m. (A)

How Do I Get There?

Healthy You Center
Howie 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 Suburbanville Rd., Bethlehem
Healthy You Center
3401 Fish Hatchery Rd., Allentown
Health Center at Bethlehem Township
2101 Emrick Blvd., Bethlehem
Health Center at Trexlertown
Rt. 22 and Lower Macungie Rd., Trexlertown
2166 S. 12th St., Allentown
Allentown Medical Center
401 N. 17th St., Allentown
Bethlehem Gynecology Associates
190 Brookside Rd., Bethlehem
Cedar Crest College
100 College Dr., Allentown
Good Shepherd Rehabilitation Hospital
631 St. John St., Allentown
Holiday Inn
360 Gateway Dr., Bethlehem
Community Locations
Allentown Medical Center
401 N. 17th St., Allentown
Holiday Inn
Rts. 100 and I-78, Fogelsville
Lower Macungie Township Community Center
3400 Brookside Rd., Macungie
Slate Belt Senior Center
707 American Bangor Rd., Bangor
Southern Lehigh Public Library
3200 Preston Lane, Center Valley
Whitehall Township
Schatz Avenue Park
1975 Schadt Ave., Whitehall
Meditation
Relaxation isn’t always easy, but this beginners’ meditation class can help.
6 classes • $42
• Mon., starting Sept. 19 or Oct. 31; 11-11:45 a.m.
• Wed., starting Oct. 12; 11-11:45 a.m.
At Healthy You Center

Mindfulness-Based Stress Reduction
Learn to reduce stress using group support, improved communication skills and deep relaxation through yoga and meditation. This nationally recognized program has a 25-year history.
8, 2-hour sessions/1/2-day retreat
Wellness Group—Improve your coping skills and well-being.
• Tue., starting Sept. 27; 6-8 p.m.
At LVH-17, Center for Healthy Aging
Symptom Reduction—Relieve symptoms of anxiety, depression, chronic pain, etc.
• Wed., starting Sept. 28; 7-9 p.m.
At Health Center at Bethlehem Twp., HealthSpring

Massage Therapy
Massage improves circulation, relaxes muscles, and soothes mind and body. Options: 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, Jaulid Pavilion; Health Center at Trexlertown
For details or an appointment with a certified massage therapist, call 610-402-CARE.

Tai Chi, Yoga and Yogalatte
Build your flexibility and strength, reduce stress and rebalance your life through these mind/body practices. Yoga focuses on 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.

Yoga
6 weeks • $60
Bring pillow and blanket.
Relaxing
• Mon., starting Sept. 19 or Oct. 31; 6-7:15 p.m.
• Thu., starting Oct. 20; 10-11:15 a.m.
At Healthy You Center
Energizing
• Thu., starting Sept. 29 or Nov. 10; 7:30-8:45 p.m.
At Healthy You Center

Yogalatte
6 classes • $42
• Tue., starting Sept. 27 or Nov. 8; 6-6:45 p.m
At Healthy You Center

Tai Chi Workshop
$20
• Sat., Oct. 8; 11:30 a.m.-1 p.m.
At Healthy You Center

Everyday Tai Chi
6 weeks • $42
• Mon., starting Sept. 19 or Oct. 31; 10-10:45 a.m.
• Tue., starting Oct. 11; 7-7:45 p.m. or 8-8:45 p.m.
• Wed., starting Oct. 12; 10-10:45 a.m.
At Healthy You Center

Relaxing
• Mon., starting Sept. 19 or Oct. 31; 11-11:45 a.m.
At Healthy You Center

Just for Men
NEW Guys’ Night Out—Health Care for Men
Learn about key men’s health issues—heart disease, stress, weight and more. Earn a chance at a $150 Home Depot gift certificate. FREE
• Wed., Nov. 2; 6:30 p.m.
At Southern Lehigh Public Library
Victor Otero, M.D., family physician

Screenings
Lehigh Valley Mall
Blood Pressure FREE
• Mon., Sept. 26 or Oct. 24; 8:30-10 a.m.
LVH—17, Center for Healthy Aging
Osteoporosis FREE
• First Mon. of each month; 9-11 a.m.
• Third Wed. of each month; 1-4 p.m.
LVH—Muhlenberg, Banko Center
Osteoporosis FREE
First Tue. of each month; 4-6 p.m.
To schedule an appointment, call 610-402-CARE.

LVH—17, AIDS Activities Office
HIV Testing
Free, anonymous and confidential HIV testing with results in 20 minutes.
Walk-in hours
• Tue., 1:30-3 p.m.
• Thu., 10-11:30 a.m.
**Raising a Family**

**Infant Massage**

Massaging your baby provides love, security and physical comfort, and can help reduce colic and improve sleep. Learn the techniques.

- **4 classes • $91**
- **Wed., starting Oct 12: 12:30-1:30 p.m.**
- **At Allentown Medical Center, Suite 311**
- **Barbara Zimmermann, R.N., certified infant massage instructor**

**Ongoing Childbirth and Parenting Programs**

For information on dates, locations, registration and our combination programs, call 610-402-CARE. Gift cards available.

See related article on page 16.

**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**—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**

**Baby Care**—For expectant and adopting parents and grandparents. Feeding, safety, newborn care and other tips.

- **3-hour session • $15/couple**

**Breastfeeding Your Baby**—How-to's and benefits for mother and baby.

- **$30**

**Monday Morning Mom**—Join other breastfeeding parents for support from lactation counselors.

- **Babies welcome • $5/session**

**Return to Work for Breastfeeding Moms**—Collection, storage, pumps and strategies.

- **Babies welcome • $20**

**CPR for Family and Friends**—Learn infant/child rescue skills, injury prevention, family safety.

- **$25/person • $90/couple**

**Safe Sitter**—Child care and first aid for babysitters ages 11-14. 1- or 2-day option, $40.

**Massage for Mother**—Eases back pain and boosts circulation in pregnancy, restores the body after birth. Great gift idea! 1-hour session, $65.

**Exercise—Pre- and Postnatal**—Strengthens yourself for labor and delivery. Then bring your baby for exercise and socializing.

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

**CPR**

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 Joint Replacement**

If you're scheduled for total knee or hip replacement surgery, this class will help you prepare for your hospital stay and rehabilitation. FREE

- **Thu., Sept 15: 7-8 p.m.**
- **At LVH—Muhlenberg**

- **Thu., Oct 11: 9:30-11 a.m.**
- **At LVH—Cedar Crest, Morgan Cancer Center**

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

**NEW What Is a Stroke?**

Learn about risk factors, symptoms and treatments. Meet stroke survivors who’ve returned to active lives. Registration required. FREE

- **Fri., Oct 11: 10-11 a.m.**
- **At LVH—Cedar Crest, classroom 1**

**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. See related article on page 12.

**NEW Take Charge of Arthritis**

At this Arthritis Foundation symposium on arthritis and related diseases, you’ll learn about stress reduction, managing pain, complimentary therapies and various health screenings. Breakfast and lunch included.

- **Fri., Sept 17: 7-9 a.m.**
- **At Holiday Inn, Fogelsville**

For details, call 610-402-CARE.

**Take Charge of Bladder Control**

Don’t let incontinence limit your life! It can be treated, often without costly drugs or surgery. Learn about the latest therapies. FREE

- **Wed., Sept 21: 7-9 p.m.**
- **At LVH—Cedar Crest, classroom 1**

Valerie Riley, M.D., urogynecologist
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 Stroke Patients and Their Families
Stroke Support Group FREE
• Second Thu. of each month, 7 p.m.
Stroke Exercise/Educational Program
• First, second, third Tue. of each month; noon-1 p.m.

Lunch 'n' Learn for Stroke Survivors and Family FREE
How the American Stroke Association Can Help
• Tue., Sept. 27; noon-1 p.m.
At Good Shepherd Rehabilitation Hospital
For details, call 610-402-CARE.

For Diabetics Patients and Their Families
Ongoing Diabetes Programs
Physician referral needed. For dates, locations and registration, call 610-402-CARE.
Pre-Diabetes—If you have this diagnosis, learn to prevent or delay diabetes through modest lifestyle changes.

Type 2 Comprehensive Self-Management—3 weekly 2-hour sessions give you the tools—diet, monitoring, exercise and more—to live well with diabetes.

Type 2 Diabetes Follow-up—Review the basics of blood glucose control. Recommended yearly for those who have taken “comprehensive,” above.

Medical Nutrition Therapy—For those on Medicare with diabetes or non-dialysis kidney disease, meet a dietitian one-on-one for meal planning and help lowering blood glucose and cholesterol.

Intro to Insulin Pump Therapy—See and learn about the various pump options to find out if this approach is right for you.
Insulin Pump Training—Hands-on instruction, trouble-shooting for pump users.
Insulin Pump Follow-up—Learn advanced features of the pump.

Intensive Management Education—Learn how to work with injections or pump to fine-tune your diabetes control and balance insulin needs.
Diabetes in Pregnancy—Education and support from pre-conception through pregnancy.

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. 610-402-4500 (4767).

Keeping Up to Date

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
• Fri., Sept. 9; 10-11:30 a.m.
At LVH-Cedar Crest, auditorium

Introduction to the Internet
Hands-on course on the basics, including healthy aging web sites. Basic computer skills needed. Class size limited.
$25; $20 with VitalityPlus GOLD
At LVH-Cedar Crest, auditorium

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 VitalityPlus GOLD
At LVH-Cedar Crest, auditorium

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 VitalityPlus GOLD
At LVH-Cedar Crest, auditorium

610-402-CARE (2273) • www.lvh.org • Healthy You
Pink Ribbon Ride for the Cure

Horseback riders, drivers and walkers—join this beautiful country outing to benefit Lehigh Valley Hospital breast cancer patients.

- Sat., Oct. 1; registration 8 a.m.
- At Bucks County Horse Park
- 8944 Easton Rd., Route 611
- To volunteer or participate, call 610-402-CARE.

Women’s 5K Classic Run/Walk

Join this 3.1-mile run/walk supporting the battle against breast and other female cancers.

- Sat., Oct. 15; 9 a.m.
- At Lehigh Parkway, Allentown
- For details, call 610-402-CARE.

Support Groups

ALS (Lou Gehrig’s Disease) Resource Group

Patients, families and caregivers—exchange your experiences, resources and ideas. FREE

- 4th Tue. of every month; 6:30-8 p.m.
- At LVH—Cedar Crest, President’s Room
- For details, call 610-402-CARE.

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

For details, call 610-402-CARE.

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:

- Treating Cancer Today
- Heart Help for Women
- Managing Your Pain

Behind the Scenes at the Hospital

On this hour-long tour, learn about food service, pharmacy, outpatient and emergency care and more. Ages 13 and over; under 16 requires adult.

LVH—Cedar Crest or Muhlenberg. To register, call 610-402-CARE.

Da VINCI DISCOVERY CENTER

Ever wonder what it’s like to be a doctor? Lehigh Valley Hospital takes you there through “What Hurts?”—an interactive exhibit at the Da Vinci Discovery Center of Science and Technology at Cedar Crest College, Allentown. Use the same tools and equipment health care professionals use to examine, diagnose and treat a fictional child involved in a bike accident. No matter your age, you’ll enjoy exploring the world of modern medicine as you travel through seven specially-designed stations: medical library, diagnostic imaging, The Heart Station, infection control, genetics and family history, laboratory and pharmacy.

Following in the footsteps of Leonardo da Vinci, the great Renaissance scientist/painter, the Da Vinci Discovery Center is designed to nourish the minds and spirits of children and families. Beginning Oct. 30, the center will be open 9:30 a.m.-5 p.m., Tuesday through Saturday and noon-5 p.m., Sunday.

Community Events

Phoebe Expo for Healthy Aging

- Fri., Sept. 16; 10 a.m.-2 p.m.
- At Phoebe Home Campus, 1831 W. Linden St., Allentown

Coopersburg Community Day

- Sat., Sept. 17; 10 a.m.-2 p.m.
- At Southern Lehigh Memorial Park
- Rt. 309 at Fairmont St., Coopersburg

Senior Health Fair

- Tue., Oct. 4; 1-4 p.m.
- At Easton Library, Palmer Branch
- 1 Weller Place, Palmer Twp.

Women’s 5K Classic Health Expo

- Fri., Oct. 14; 2-6 p.m.
- At Cedar Crest College, Lees Hall

Asbury United Methodist Autumn Fest

- Sat., Oct. 22; 2-6 p.m.
- At Asbury United Methodist Church, 1533 Springhouse Rd., Allentown

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.

Coopersburg Community Day

- Sat., Sept. 17; 10 a.m.-1 p.m.
- At Southern Lehigh Memorial Community Park, Route 309 at Fairmont St., Coopersburg

Northwestern Elementary Safety Day

- Fri., Oct. 7; 9 a.m.-noon
- At Northwestern Elementary School, New Tripoli

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

Free Flu Vaccines

We plan to have them for adults and children at all 3 Lehigh Valley Hospital sites, with drive-through options if you have a physical handicap. You can download your consent form at www.lvh.org.

- Sat., Nov. 5, 12, 19; 1-5 p.m.
- For location details, call 610-402-CARE.

Watch Us Grow

Ground is broken for the new seven-story patient care pavilion, the centerpiece of the ongoing Lehigh Valley Hospital—Cedar Crest and I-78 expansion. When completed in 2008, the pavilion will include new open-heart, burn, intensive care and medical-surgical units, along with all private patient rooms for your added comfort. Work is also under way on a new four-story medical office building and adjoining parking deck.

For a brochure detailing plans for LVH—Cedar Crest, call 610-402-CARE.
The Wonderful Water Workout (page 1)

Tom Meade, M.D.
Orthopedic Associates of Allentown, Homeport, Lehigh, Hamburg

Mark Wendling, M.D.
LVPG—Primary Care Medicine
Southside Family Medicine, Allentown

Ordinary Fear or Phobia? (page 3)

David Schwedeman, M.D.
LVPG—Psychiatry
Muhlenberg Behavioral Health, Bethlehem

Stand Up Straight! (page 4)

James Manley, D.O.
Lehigh Valley Family Practice Associates, L.L.P., Bethlehem

The Ultimate Answer to Worn-Out Joints (page 6)

Eric Libby, M.D.
Valley Sports and Arthritis Surgeons, Allentown, Bethlehem

That Java Jolt (page 7)

James Hoffman, M.D.
Coordinated Health Systems, Bethlehem

Taking Time to Eat (page 10)

Robert Stull, D.O., Hellertown

Surviving Cancer (page 8)

Suresh Nair, M.D.
Hematology/Oncology Associates, Inc., Allentown

Rebuilding the Breast (page 9)

Gerald Sheridan, M.D.
LVPG—Surgery
LVPG—Breast Health and General Surgical Specialists, Allentown

Read This While You Do Nothing Else (page 10)

Edward Norris, M.D.
LVPG—Psychiatry, Allentown

When Your Heart Beats Too Fast (page 12)

Robert Malacoff, M.D.
LVPG—Cardiology
Rebuilding the Breast (page 9)

Howard DeHoff, M.D.
LVPG—Medicine, Allentown

When You Suspect a Child Is Being Abused (page 18)

John VanBrakle, M.D., chair, pediatrics
LVPG—Pediatrics, Allentown

Living Well (page 20)

Elizabeth Stanton, M.D.
Fogelsville Family Medicine

Recognizing Alzheimer’s (page 22)

Francis Salerno, M.D., chief, geriatrics
LVPG—Internal/Geriatric Medicine
Lehigh Valley Hospital—17th and Chew

Dan Brown, M.D.
Lehigh Health Network Laboratories, Allentown

Lorraine Spikol, M.D.
LVPG—Neurology
Lehigh Neurology, Allentown

*Lehigh Valley Physician Group

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

Healthy Waa published by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and their families stay healthy and live longer. This publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.
Life has more joy when your health, relationships, work, mind and spirituality are all in balance. If one area isn’t going well, don’t let the stress throw you out of balance—instead, take positive steps to round out your life and enjoy more satisfaction. Circle of Wellness, a new program from Lehigh Valley Hospital and Health Network, can show you how. To learn more about it, or for a brochure on stress and time management, call 610-402-CARE. Also, consider these current Healthy You classes:

**Health**
- Healthy Aging Expo . . . . page 23
- Guys’ Night Out—Men’s Health Issues . . . . page 25
- Heart Help for Women Goes Back to School . . . . page 25
- Parkinson’s Symposium . . . . page 27

**Relationships**
- Partner Massage Workshop . . . . page 24
- Women in Transition: Menopause and Beyond . . . . page 25
- Community Exchange Orientation . . . . page 28

**Work/Career**
- Return to Work for Breastfeeding Moms . . . . page 26

**Active Mind**
- What Is a Stroke? . . . . page 26
- Mini-Medical School on Mental Health . . . . page 27

**Spirituality**
- Discover Relaxation Within . . . . page 24
- Perfect Health in the 21st Century . . . . page 24

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Mindful Birthing

Childbirth isn’t just about your body. It’s about your mind.

For many women, labor and delivery can be the most challenging part of pregnancy. You and your partner will learn how to have a mindful, moment-to-moment understanding of what’s happening during childbirth. You’ll understand how to use your mind to ease—rather than hinder—your experience. You’ll leave with the tools to tap into your inner reservoirs of strength, confidence and courage.

This workshop is taught by an expert who has helped thousands of couples to use mindfulness to fully enjoy the childbirth experience—and it works hand-in-hand with most childbirth education classes. It’s a great first step toward learning the joys of mindful parenting, too.

Saturday, Nov. 12
8 a.m. - 3 p.m.
Lehigh Valley Hospital—Cedar Crest

$45 per couple, includes continental breakfast, lunch and a tour of the Center for Mother and Baby Care

To register, call 610-402-CARE or visit www.lvh.org/healthyyou

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Presented by

Lehigh Valley Hospital PO Box 689 Allentown, PA 18105-1556

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