Healthy You
BACK TO SCHOOL

Plus:
Health Makeover / Cook Smart / Better Babies
Back to School—Give Your Child a "Tune-Up"!

By Colleen Davis Gardepehe

Back to school. Those three words probably send you rushing out to the mall, eager to find the right clothes and other paraphernalia your child needs to be ready for school. But those three words can also signal the inevitable upsurge in cold and flu episodes, sports accidents and playground injuries that occur once kids return to school. What you may want to do is get ready for these possibilities by giving your child a health and safety “tune-up.”

To help prevent common fall and winter illnesses and minimize injuries, follow these suggestions from Charles Smith, MD, director of Lehigh Valley Hospital's Outpatient Pediatrics Unit and Susan DeSanto, RN, coordinator of the hospital's "Think First" safety program.

ILLNESS PREVENTION

"In the late fall, we see an upsurge in common respiratory infections," notes Dr. Smith. "Once children are put into groups with other kids, the infections spread more quickly. We also start to see ear infections, tonsillitis and sore throats." What can parents do to minimize these infections? "To a certain extent, parents can help minimize these problems by offering their child a healthy diet and physical activity," says Dr. Smith. He recommends a diet that is high in complex carbohydrates (such as whole wheat bread, pasta, rice and cereals), low in fats, and includes plenty of fruits and vegetables. He also suggests you limit the family’s excursions to fast-food restaurants to once a week. And he encourages parents to limit children’s TV time to one-half hour or 45 minutes a day. Promote aerobic exercise by taking family walks, going skating together, shooting baskets or assigning physical chores to children, like helping to wash windows or rake leaves.

Providing a smoke-free home is another important step parents can take to keep their children healthy. "The most important thing parents can provide is the absence of smoke in the home," notes Dr. Smith. This will help lessen both chronic and temporary respiratory ailments. Parents can also teach their children good hygiene and offer some cold-prevention tips. For example, they can encourage their children to wash their hands frequently, to cover their mouth when they sneeze and avoid sharing another person’s food, utensils or toothbrush.

INJURY PREVENTION

Fall is also the time when certain types of injuries occur more frequently. "Motor vehicle accidents are still the number one problem during this season," says DeSanto. Bike accidents, playground injuries, certain sports-related problems and pedestrian mishaps are likely to occur when school begins as well.

How can parents help prevent these types of injuries? "By spending time with their children reviewing important safety procedures and by setting a good example," says DeSanto. She points out that parents are often the ones in the family who don’t use seat belts.

Younger children need to be told repeatedly of the importance of crossing the street at the intersection, looking both ways before crossing, getting on and off buses carefully and resisting the urge to chase a ball or toy into the street.

To prevent bike injuries, parents can insist that their child wear a helmet. Mountain bikes require additional precautions. Children should wear the proper shoes, protective gloves, knee pads and long pants, says DeSanto. "With mountain bikes, kids should also know their trails, always travel with someone else and keep their bike properly maintained." Playground injuries can be another big problem once school begins. In fact, in 1990, 250,000 children were treated in hospital emergency rooms for playground injuries, according to the U.S. Consumer Product Safety Commission (CPSC).

"The key to playground safety is having a soft bottom under the equipment, such as shredded bark or sawdust," notes Dr. Smith. Parents can check for other hazards in their local playgrounds as well, such as equipment that could entrap a child’s head, sharp points or corners, or hooks that could catch a child’s clothing. Sports injuries, particularly in football, soccer and field hockey, also climb in the fall. "Contact sports exact a fairly high injury toll even with the proper protection and equipment," Dr. Smith points out.

Parents may want to make sure their teams’ injury rates aren’t higher than usual and follow-up to see that the proper training and equipment are being provided.

HEALTH CONNECTION

How to Work with Your School Nurse

Communication is the key to a good working relationship between parents and their school nurse. "School nurses can be a helpful resource to parents," notes Peg Parry, RN, BS, who’s a pediatric case manager of school health services for Lehigh Valley Hospital. She finds most school nurses will answer parents' questions and consult with them on a number of health and school issues. They can also help parents arrange additional health services for their child. Parry feels it's best for parents to interact at least once a year with the school nurse and to be supportive of any safety or prevention programs the nurse may help organize.

Here are five additional pointers from Parry on how to work effectively with your school nurse:

1. Make sure the nurse has your latest phone numbers. Accurate phone numbers are the critical link between the child's parents and the school. Make sure the school has your newest work and home phone numbers. If both parents work, specify what hours. And provide the phone numbers of a reliable friend who can pick your child up at school if you can't.

2. Keep your child's immunizations up to date. Certain sets of immunizations are required before a child can enter specific grades. Check with your child’s physician to make sure that your child is on schedule with any necessary booster shots. And plan ahead—avoid the last-minute "September 10th" rush to get a child's required shots.

3. Update your child's medical records. If your child receives any additional immunizations, is exposed to a communicable disease, or undergoes any surgical procedures such as tonsillectomy, appendectomy or hernia repair, pass that information along to the school nurse. Similarly, if your child has any food allergies, reactions to certain medications, or chronic conditions such as asthma, the nurse must be updated. Most schools serve breakfast and lunch, so if your child has a milk or egg allergy, the school needs to know.

4. Give specific directions about medications. If a child with asthma, ADD (Attention Deficit Disorder), or a temporary ailment needs to take medicine during school hours, parents should follow certain guidelines. Medications must be in the original container—don’t send a couple of pills in a plastic bag to school. Parents also need to provide directions from their doctor concerning the medication—what dosage, when it needs to be taken and if there are any precautions to follow.

5. Keep the nurse informed about major developments at home, such as a divorce, a new baby, a serious illness in the family or a job loss, so the nurse can watch for any change in your child’s behavior and respond accordingly. Parents may feel there’s a social stigma attached to some of this information, but everything they tell the nurse is confidential. By reaching out, parents and their child can receive help with support services.

By keeping these pointers in mind and maintaining open communication, you and your school nurse can work together to help your child enjoy good health throughout the school year.
Building Better Babies

By Kathryn Hbbie

If you are pregnant or planning a pregnancy soon, you have some important choices to make. Where do you want your childbirth to take place? What about prenatal classes to help you prepare? Most basic of all, what good habits can you follow to help ensure a happy, healthy outcome?

“Of the most important steps is to see your physician early in pregnancy,” says Robert V. Cummings, MD, chairman of obstetrics and gynecology at Lehigh Valley Hospital. “If you have a medical condition such as diabetes, heart disease or asthma, if you are over 35, or if you have a concern about genetic issues, see your doctor before you become pregnant.”

Nutrition is another key concern when you are expecting, since all your unborn baby’s nutrients come from you. Your diet should include at least five servings a day of fresh fruit, vegetables and plenty of whole grains; two servings a day of lean protein; and at least four servings a day of calcium (found in most dairy products). Dietitians also suggest that you choose unprocessed foods whenever possible, and go easy on sugar, fat and sodium.

What about exercise? Staying fit is just as important during pregnancy as at any other time. Swimming and walking are good forms of exercise; you can continue more strenuous sports if you are in shape before you become pregnant. Check with your doctor about what level of exercise is best for you. Finally, avoid cigarettes, alcohol and drugs. Both alcohol and smoking have been linked with low birth weight, and heavy drinking during pregnancy can cause mental retardation in the fetus. Remember, anything that goes into your body will reach your unborn baby through your bloodstream.

You can learn more about pregnancy and “building” better babies by signing up for one of the education programs offered by Lehigh Valley Hospital’s WomanCare. The hospital takes a “family-centered” approach to childbirth education. “We offer a comprehensive set of classes, lectures and other learning opportunities for parents, grandparents, siblings and adoptive parents,” says Fran Derhammer, RN, BSN, WomanCare education coordinator. “Our programs cover all stages from preconception to parenting skills.”

If this is your first pregnancy, the hospital offers a free program called “Our First,” designed to help you prepare for the physical, emotional and lifestyle changes to come. The program includes an informative monthly newsletter, merchant discounts and a 24-hour phone service to help answer your questions about your pregnancy and childbirth experience.

Better Babies Begin Here

Lehigh Valley Hospital, home to more than 3,000 births each year, is about to open the doors on a renovated and expanded obstetrics unit. The project will add needed space, and will also provide the kinds of spaces—such as single rooms—that mothers want today.

“We are increasing to ten our Labor/Delivery/Recovery (LDR) rooms, where a family can experience the entire birth in one place,” explains Carol Diehl, RN, director of patient care services, Mother-Baby Unit, Lehigh Valley Hospital. “The decor in these rooms is soft and comfortable, equipment is kept out of sight, and parents and siblings are welcome.” Staff members, she adds, take a patient-focused approach: “We do everything we can to make a woman’s childbirth experience just the way she wants it.”

The hospital has also added a new, 24-bed Mother-Baby Unit. Here, mothers can choose “rooming in,” keeping their baby in their own room rather than the nursery. “To the greatest extent possible,” says Diehl, “we have the same nurse caring for both mother and baby, which allows for more personalized teaching and care.”

In case of unforeseen complications, Lehigh Valley Hospital has a perinatology (high-risk childbirth) team and Neonatal Intensive Care Unit. The renovated obstetrics unit will have its formal opening this fall. Watch for information in the coming weeks about tours and other festivities.

**COOK SMART**

Do you think of meal planning and preparation as a dreaded chore? Believe it or not, mealtime can be fun, even if you have special nutritional requirements—for example, for people with diabetes, sugar and fat are of extra concern. However, whether you have diabetes or just want to reduce your risk for cardiovascular disease, meals can still be easy and quick to fix while tasting great and being healthy. Some dietary recommendations to consider when making food choices include decreasing:

- Total fat to less than 30% of total calorie intake,
- Saturated fat to 10%,
- Cholesterol to less than 300 mg/day,
- Fiber intake to 20-35 g/day.

By attaining these dietary goals, you will be on your way to better health.

Listed here is a recipe contributed by a patient of the Helwing Diabetes Center. This recipe is easy to prepare and has the added benefit of being delicious. Cook Smart for the health and fun of it!

**VEGETABLE TURKEY CHILI**

1/2 cup Water
2 cups chopped Onions
1 clove Garlic, minced
2 lbs. Ground 98% Lean Turkey
1/2 tsp. Salt
Pepper & Italian Seasoning to taste
1 tsp. Paprika
2 tsp. Parsley
2 1/2 oz. cans Low Salt Tomato Sauce
2 14.5 oz. cans Low Salt Stewed Tomatoes
3 stalks Celery, chopped
2 medium Carrots, sliced
Chili Powder & Cumin to taste
2 1/2 oz. cans Red Kidney Beans, DRAINED
2 19 oz. cans White Cannellini Beans, DRAINED

In large dutch oven, heat water, onions, garlic, ground turkey, salt, pepper, Italian seasoning, paprika, and parsley. Cook until onions are translucent. Add remaining ingredients, blend well, bring to boil, then simmer for one hour on low heat.

Yield: 5 quarts
Diabetic Exchanges per 1 cup:
1 Starch
2 Lean Meat
3 Vegetable

Calories 187, Protein 17.2g, Fat 1g, Fiber 5.5g, Sodium 287.5mg.
Source: Atieha Handwerk.

**HEALTH MAKEOVER**

**SHAPEDOWN Helps Mom and Daughter**

By Sharon P. Bernstein

Psychiatrists, psychologists, behaviorists—even humorists—diplomatically use words like sensitive and challenging to describe the mother-daughter relationship.

So when Sarah Glascom, 15, of Bethlehem, and her mother, Patricia, enrolled in the Health Promotion and Disease Prevention Department’s SHAPEDOWN™ program for children and adolescents at Lehigh Valley Hospital, it was anybody’s guess how things would turn out.

“I knew I had to do something,” Sarah recalls. “My doctor told me that if I was serious about wanting to lose weight that SHAPEDOWN™ would help.”

The program focuses on developing healthy eating and exercise habits, building self-esteem, coping with peer pressure, body image and nutrition basics. What makes SHAPEDOWN™ unique is the requirement that parents participate and sharpen their communication skills to help their children achieve positive lifestyle changes.

By the time the 11-week program ended, Sarah not only lost weight and improved her eating and exercise habits, but she and her mother strengthened their relationship.

“We became advocates for one another instead of adversaries,” Mrs. Glascom notes. “The classes forced us to work together to solve a problem. It’s something I know will help us deal with other issues together. We became a team.”

Maureen Belman, a counselor-educator, who taught the class with Sandra Barillo, a registered dietitian, comments “This is a program that educates parents to communicate, to listen and work on limit-setting. If they become more effective, their children will benefit and make lifestyle changes.” Participation also requires parents to examine their own exercise and diet behaviors. Since completing SHAPEDOWN™, Mrs. Glascom has noticed that Sarah has learned more control and is much more involved in decision making at the grocery store and in the kitchen. She also participated in teen aerobics classes sponsored by the hospital.

Sarah is justifiably proud of her new appearance and sums up her experience in SHAPEDOWN™ by saying, “I feel better about myself!”
Three Paths to Better Health

By Tim Stark

One foot in front of the other. To your parents’ rapturous approval, you first pulled it off at age one. "It’s not intensity that helps the heart and lungs to change," says Greg Salem, exercise specialist at Lehigh Valley Hospital. A mile walk in 45 minutes will burn off as many calories as a mile run in 15 minutes.

Physicians agree that walking builds endurance, increases bone strength, releases stress and defends against a host of health problems like heart disease and obesity. Best of all, walking is fun. A leisurely walk fits easily into the daily routine—during lunch or after dinner, with family, friends, dog or just soloing. Although some of the best walks undoubtedly begin at your doorstep, here are three area parks with trails that anyone will find well worth the tread:

Hawk Mountain Sanctuary, Kempton area

Hike to Hawk Mountain Sanctuary's North Lookout and you will be rewarded with a stunning 200 degree panorama of the forest and farmlands below. The view is even more spectacular in autumn, when thousands of hawks, eagles and other birds of prey pass the Lookout on their way south. The North Lookout Trail is a 3/4 mile hike from the Sanctuary Visitors Center. The trail is not steep, but it is rocky. If you don’t have hiking boots, wear sturdy shoes with good treads.

Hawk Mountain is 6 miles west of Kempton on Hawk Mountain Road. Admission is $4 for adults; $3 for senior citizens; $2 for ages 6 to 12; 5 and under — free. For more information, call 610-756-6961.

The Bob Rodale Cycling and Fitness Park, Trexlertown

Uniquely focused on both nature and fitness, the new Bob Rodale Cycling and Fitness Park features nearly two miles of walking paths. A boardwalk carries you over a rare wetlands habitat, while a soft chip-mulch trail traverses a wildflower meadow and a breezy pine forest. Along the way, there are countless opportunities for bird-watching, environmental education and just plain relaxing outdoors. In addition, two cycling loops are available to bicyclists and in-line skaters. The park also features playing fields, a playground and the Lehigh County Velodrome.

The park opens in the Fall of 1994 and is located on Route 222 in Trexlertown, 2/10 mile west of Route 100. Admission is free. For more information, call 610-967-8904.

Sand Island Park, Bethlehem

For walkers heading to Sand Island Park in Bethlehem, you can pick up the Lehigh Canal towpath and walk east to Allentown and west to Freemansburg. That’s nearly fifteen miles of flat terrain. The trail parallels the canal waters and offers many tranquil moments. The park is just off Lehigh Street in Bethlehem (across the bridge from the Main Street Depot restaurant). Admission is free. For more information, call 610-865-7081.

New this Fall!

Join us in this upbeat Lehigh Valley Hospital program, W.O.W. (Walking Out Workout). Walking becomes a class act—indoors! All personal fitness levels will enjoy and benefit from this fun workout. An optional muscle conditioning belt is used for the upper body. For more information, call (610) 402-CARE.

SEASONAL SAFETY

"Oh My Achin’ Back"

By Marion Steinman

As the days grow shorter, we turn to the outdoor chores of autumn: raking leaves, lugging bags of debris, putting away garden hoses, stacking logs for the fireplace. Soon we will be out with our shovels, excavating our cars and sidewalks from the snows of winter. But if we are not careful, we can find that we have overdone it and have injured our back.

"Back pain is normal in human beings," points out Thomas D. Meade, MD, attending surgeon in Lehigh Valley Hospital’s orthopedics department. "Eighty to 90 percent of us will have back pain at some point severe enough to keep us from working for a day or two. Back pain is like a cold or the flu; it seems to be part of human existence."

If you do hurt your back raking or shoveling, Dr. Meade advises, you should consider consulting a physician. Some back pain—especially if accompanied by other symptoms—can be an indicator of a serious medical problem. For instance, pain shooting down the leg, tingling, numbness, muscle weakness or difficulty getting to the bathroom can be signs of a herniated disk pressing against a nerve, explains Neurologist Peter J. Barber, MD, co-medical director, Neuroscience Center, Lehigh Valley Hospital.

"Most of the time, we can rule out serious back problems," says Dr. Meade, "but in 90 percent of people with low back pain, we are never able to find a specific cause. Our tests don’t show anything. We are left with what we call garden-variety low back pain."

The good news, however, is that “nine out of 10 people with this garden-variety low back pain,” says Dr. Meade, "especially people who have lived in Bethlehem before and know what it is, can treat it themselves at home" without seeing a doctor.

"If the pain hurts enough that you are holding your back and can’t move, you can rest your back by lying down on your back on a firm surface, with a pillow under your legs. Use either ice or heat on your low back, whichever feels most comfortable. And take some over-the-counter anti-inflammatory, pain-relieving medication, such as ibuprofen or aspirin."

Twenty-four hours of this regimen usually gets you going in the right direction. In 90 percent of people, low back pain is not a long-term problem. It goes away.

Physical therapist Sharon Hix Daveal, director of clinical services at Lehigh Valley Health Network’s Affinity rehabilitation services, recommends you warm up with 10 minutes of stretching exercises before going out to rake or shovel. And take it easy with the yardwork. All too often we push ourselves. Work at it gradually—and if something hurts, stop. It hurts for a reason.
**Classes and Lecture Schedule**

### Health Promotion

#### Home Safe Home

Although accidents can often be prevented, they are a major cause of death and injury each year. Take this opportunity to complete a computerized safety profile and learn how to ensure personal and home safety.

**Speaker:** Sue DeSanto, RN  
**Date:** Thursday, Sept. 29  
**Time:** 7 - 8:30 pm  
**Location:** Auditorium, CC  
**Fee:** FREE

#### Understanding Multiple Sclerosis

Multiple Sclerosis (MS) can cause muscle weakness, blurred vision, blindness, slurred speech and loss of mobility. If you are newly-diagnosed with this disease, we can help you learn more about what to expect from MS, treatments are available and the goal of regional research in this field.

**Speaker:** Alexander D. Rae-Grant, MD  
**Date:** Tuesday, Oct. 11  
**Time:** 7 - 8:30 pm  
**Location:** Auditorium, CC  
**Fee:** HF4-02

#### Surviving Sinus Infections

Sufferers of sinus problems know very well how debilitating these infections can be. However, not all people suffering from sinus problems are aware of it. Perhaps you have a "cold or migraine that won’t quit," a sinus disorder may be the cause. Learn about the diagnosis and treatment of sinus disorders, including endoscopic sinus surgery.

**Speaker:** Michael J. Gordon, MD  
**Date:** Tuesday, Oct. 25  
**Time:** 7 - 8:30 pm  
**Location:** Auditorium, CC  
**Fee:** HF4-03

### The Ergonomics Of It All

Ergonomics deals with how people relate to their physical work areas on the job and at home. At this program, you'll have the opportunity to complete a computerized "Personal Ergonomics Profile" to learn what activity is best-suited to you and how to increase your well-being and productivity.

**Speakers:** Albert V. Fahn, Occupational Hygienist  
Greg Salem, Exercise Specialist  
**Date:** Wednesday, Nov. 2  
**Time:** 7 - 8:30 pm  
**Location:** Auditorium, CC  
**Fee:** HF4-04

#### Beat The Holiday Blues

Holidays bring with them their own share of stress and sometimes that makes it hard to look forward to them. Learn how to set priorities, deal with extra responsibilities and put your emotions into perspective for an enjoyable holiday season.

**Speaker:** Michael W. Kaufmann, MD, Chairman, Department of Psychiatry  
**Date:** Wednesday, Nov. 16  
**Time:** 7 - 8:30 pm  
**Location:** Auditorium, CC  
**Fee:** HF4-05

### “What’s In The Can?” - Diabetes Education Program

Healthy foods for people with diabetes will be highlighted on group tours of the Giant Food Store, 3015 West Emmaus Ave, Allentown. The tours will be led by a registered dietitian who will discuss the importance of sound nutrition for managing diabetes.

**Dates:** Wednesday, Oct. 12 - 9:30-11 am  
**Location:** HF4-09  
**Time:** Tuesday, Oct. 25 - 7:30-8 pm  
**Location:** HF4-10  
**Time:** Wednesday, Nov. 9 - 7:30-8 pm  
**Location:** HF4-11

#### Stand Up To Osteoporosis!

Osteoporosis, which affects over 25 million Americans, is known as "The Silent Thief" because it progresses without any symptoms or pain. But, through minor lifestyle changes, including a healthier diet and regular exercise, you can dramatically reduce your chances of developing this disease. Learn how during this two-part program.

**Dates:** Wednesday, Oct. 12 & 19  
**Time:** 7-8:30 pm  
**Location:** WC  
**Dates:** Tuesday, Oct. 18 & 25  
**Time:** 1:30-3 pm  
**Location:** WC

#### Living Well Into Your 90’s

As we age, we experience many physical changes that affect our energy level. In this two-part course, you can learn how changes in your diet and daily activities can add luster to your golden years.

**Dates:** Thursday, Oct. 27 & Nov. 3  
**Time:** 1:30-3 pm  
**Location:** WC  
**Fee:** $15

### Nutrition And Weight Control

#### Think Light! Lowfat Living

Nutritious eating made easy is the focus of this program to help you achieve better health and lose weight through a reduction in your total fat intake. A complete package of shopping lists, menus and recipes is also provided for your convenience.

**Dates:** Ten Wednesdays beginning Oct. 5  
**Time:** 7-8 pm  
**Location:** Classroom 2, CC  
**Fee:** $10

#### LE.A.R.N. Weight Control

If you want to lose weight and keep it off, LE.A.R.N. can help you achieve your goals through changes in Lifestyle, Exercise, Attitudes, Relationships and Nutrition.

**Dates:** Ten Thursdays beginning Sept. 29  
**Time:** 7-8 pm, Conference Room B, 17  
**Fee:** $110

### All Stressed-Up And Nowhere To Go

If you have been more on-edge and tired than usual, this program can provide you with practical advice and techniques for managing job and family responsibilities and relieving stress in the process. Programs for beginners and those already familiar with stress management are available.

**Dates:** Advanced: Five Tuesdays beginning Sept. 22  
**Time:** 7-9 pm, WC  
**Fee:** $25  
**Regular Fee:** $40  
**Discounted Fee:** $25

**Regular Fee:** $50  
**Discounted Fee:** $25

### Holiday Stress Survival Seminar

" ‘Tis the season to be jolly but the added stress can leave you with little holiday spirit. Treat yourself to an early Christmas gift by learning how to set priorities and manage responsibilities for an enjoyable holiday season.

**Dates:** Three Wednesdays beginning Dec. 7  
**Time:** 7-9 pm, WC  
**Fee:** $25

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**To register for any of our FREE classes or for more information call**  
(610) 402-CARE  
(610-402-2273)
**Fitness Programs**

**Aerobic And Conditioning Classes For Adults**
Cross-training is one of the most effective techniques for achieving optimal health and fitness. In our aerobic and conditioning classes, we incorporate adjustable steps, lateral motion slides and resistance tubing for strength and flexibility training. More than 60 weekly classes are offered at different Lehigh Valley locations. HF4-26

**Youth Fitness Classes**
Children of all ages can improve their fitness levels through our new “Power Plays” programs. “Muscle-ano” for children ages 7-11 and “Teens Need Fitness, Too” (TNE2) for youth ages 12-16. Muscle-anore: 10 Saturdays beginning Sept. 10 9-10 am, WC. HF4-27
TNE2: 10 consecutive Saturdays beginning Sept. 10 10-11 am, WC. HF4-28

**Smoking Cessation**

**QuitSmart**
Developed at Duke University, this five-part program helps people to quit smoking and control the urge to start again through self-hypnosis and the Better Quit! Cigarette Substitution. The sixteen-week success rate averages 61 percent.

**Discounted Fee:** $75 with a physician referral

**Individual Tobacco-Use Cessation Counseling**
This program combines the SmokeStoppers self-directed kit with a one-on-one format that analyzes the smoker's tobacco-use practices and patterns. Although many participants quit smoking during the second week of treatment, continuing support is provided over a three-month period. HF4-32

**Call for fee information**

**Smoking Cessation Hypnosis**
This program is ideal for people who are trying to quit smoking for the first time or after many unsuccessful attempts. Led by a certified hypnototherapist and psychologist, hypnosis may be used in conjunction with other programs to help ensure personal success.

Wednesday, Sept. 28, 7-8 pm, Room 902, SON HF4-33
Friday, Oct. 21, 7-8 pm, Conference Dining Room, CC HF4-34
Thursday, Nov. 17, 7-8 pm, Harbor, A, SON HF4-35
Thursday, Nov. 17, 7-8 pm, Classroom 3, CC HF4-36
Monday, Dec. 19, 7-8 pm, Room 902, SON HF4-37

**Regular Fee:** $30
**Discounted Fee:** $25 with a physician referral

**SmokeStoppers’ Self-Directed Kit**
This structured self-help approach is recommended for people who are motivated to quit smoking but are unable to attend a formal group program. The kit is a perfect complement to the nicotine patch which is prescribed by your physician. HF4-38

**Fee:** $30

**How An Under-Achiever Achieves**
Hidden within all of us is a desire to try something new, exciting and perhaps even daring. Meet a woman who used her life experiences to tap her creativity and become a noted novelist and screenwriter.

Speaker: Jody Carr Sussman
Tuesday, Nov. 1, Auditorium, 17
Noon-1 pm WF4-06D
7-8 pm WF4-06N

**FREE**

**Children’s Health**

**Child Health Month**
“Solutions Before Problems,” the theme of Child Health Month, will be presented at special community programs in October at Lehigh Valley Hospital. Keep your calendar open for information on other lectures that will be scheduled throughout the month. Details will be announced.

**Helping Your Children Manage Their Asthma**
An update on the therapeutic techniques for managing asthma in children, this program is designed to help parents become more confident in caring for children with asthma.

Speaker: Robert Miller, MD, Pediatrics
Wednesday, Sept. 21, 7-8 pm, Auditorium 17 WF4-14

**The Adoption Alternative**
Adoptive parents, adoption agency representatives and private adoption coordinators will participate in this facilitated panel discussion of why people choose adoption, options within the adoption process, and the formalities and costs of this process. Inter-country adoptions, adoption by the biological parents of other children, legal concerns and other issues will also be addressed.

Wednesday, Oct. 19, 7-9 pm, Auditorium 17 WF4-15

**Bedwetting - What To Do And What Not To Do**
New treatment strategies that can help prevent bedwetting, with emphasis on relieving your child’s physical discomfort and personal embarrassment, will be discussed.

Speaker: Michael Schwartz, MD, Pediatrics
Wednesday, Nov. 16, 7-8 pm, Auditorium, 17 WF4-16

**Support Groups**

**Depression After Delivery**
(for women experiencing postpartum depression)
First Wednesday of each month, 7-9 pm, Room 902, SON WF4-09

**NICU Parent Support Group**
(for the parents of infants in a neonatal intensive care unit)
First and Third Tuesday of every month, 7-10 pm, WF4-10

**Healing Hearts**
(for parents of children with congenital or acquired heart disease or defects)
Second Wednesday of every month, 7-9 pm, Room 902, SON WF4-11
(In September only, the group will meet in Room #007)

**DES Support Group**
(for women and their children who have been exposed to DES, a synthetic hormone given to millions of women from 1941-1971 to prevent miscarriages)
September 11 and November 13 10-11 am, Room 900, SON WF4-12

**FREE**

**Continual Healing of the Inner Child**
(for women recovering from negative self-image and co-dependency problems) Pre-registration is required.
10 consecutive Tuesdays beginning Sept. 27, 7-9 pm, Medical Office Building, 401 North 17th Street WF4-13

**Fee:** $70

**Women And Anger: Is It Bad To Be Mad?**
For many women, it’s never easy to express anger even though it may be an appropriate response to a particular situation. This lecture will focus on acknowledging and accepting anger, directing angry responses in positive ways and learning what triggers anger.

Speaker: Donna Wilson, Director, Psychiatric Rehabilitation Services
Thursday, Nov. 17
Noon-1 pm, Auditorium, Son WF4-07D
7-8 pm, Auditorium 17 WF4-07N

**FREE**

**Walking The Tightrope – Balancing Work And Family**
The work of cartoonists Cathy Guisewite (“Cathy”) and Lynn Johnston (“For Better Or Worse”) will be used to examine the kinds of stress facing women today and ways of balancing responsibilities on-the-job and at home. How to identify and deal with burn-out will also be discussed.

Speaker: Peggy Showalter, MD, Consultation/Liaison Psychiatry
Tuesday, Dec. 6, Auditorium, 17 Noon-1 pm WF4-08D
7-8 pm WF4-08N

**FREE**

**The Inner Child**
This structured self-help approach is recommended for people who are motivated to quit smoking but are unable to attend a formal group program. The kit is a perfect complement to the nicotine patch which is prescribed by your physician. HF4-38

**Fee:** $30

**How An Under-Achiever Achieves**
Hidden within all of us is desire to try something new, exciting and even daring. Meet a woman who used her life experiences to tap her creativity and become a noted artist and screenwriter.

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Noon-1 pm WF4-06D
7-8 pm WF4-06N

**FREE**

**Cancer Education And Prevention**

**Breast Cancer: Facing the Fear**
Timely information about breast cancer risk factors, prevention and early detection and an update on The National Cancer Institute’s Breast Cancer Prevention Trial will be presented.

Speaker: Elizabeth Crago, MSN, RN, Nurse Research Coordinator, Breast Cancer Prevention Trial, Morgan Cancer Center
Tuesday, Oct. 31, 7-9 pm, Conference Room 1A/B, MCC 0F-01

**FREE**
Cancer Pain and Its Management
Common causes and concerns about cancer pain and methods of pain management and control will be addressed.
Speaker: Lori Barrett, MSN, RN, OCN, Oncology Nurse Educator, Morgan Cancer Center
Tuesday, November 29, 1994
7-9 pm, Conference Room 1A/B, MCC  OF4-02
FREE

"Make Today Count" Support Groups
(for cancer patients and/or their families and friends)  OF4-03
Breast Cancer Support Group
First Tuesday of each month, 7:30-9 pm, Conference Room 1A/B, MCC  OF4-04
Family/Friend Support Group
First Tuesday of each month, 7:30-9 pm, Conference Room 2, MCC  OF4-05
Patient Support Group
First Tuesday of each month, 7:30-9 pm, Multi-Purpose Area Sunroom, MCC  OF4-06
Patient and Family Support Group
Second Tuesday of each month, 7:30-9 pm Conference Room 1A/B, MCC  OF4-07
Men Against Cancer Support Group
For men facing prostate, bladder and other genitourinary cancers.
First Tuesday of each month, 7:30-9 pm
Conference Room 4, MCC  OF4-08
Bereavement Support Group
Second Tuesday of each month, 7:30-9 pm
Conference Room 2, MCC  OF4-09
Family Caregiver Course
This course is designed to address the needs of caregivers and cancer patients in the home care setting. Topics include meeting physical and psychosocial needs, accessing community resources and developing problem-solving skills.
Supported by the PA Department of Health Cancer Control Program.
Thursday, Oct. 6, Oct. 13, Oct. 20, 1:30-3:45 pm
MCC  OF4-10
FREE

Diabetes Education
Registrants may be accompanied by a family member or friend at no extra charge. Advance registration and an assessment of the registrant’s diabetes education needs are required. For more information call (610) 402-CARE (610-402-2273).

What is Diabetes?
An overview of diabetes, including causes, types, signs and symptoms, will be presented. Blood glucose monitoring and management will also be discussed.
Monday, Oct. 31, 9-11 am, CC  DF4-01
Fee: $20

Medicines
Oral medication and insulin administration, and their effects on adults with diabetes, will be discussed.
Thursday, Sept. 15, 7-9 pm, CC  DF4-02N
Monday, Nov. 7, 9-11 am, CC  DF4-02D
Fee: $20

Special Food Situations
Dietetic foods, alcohol, artificial sweeteners and other dietary considerations will be reviewed.
Thursday, Sept. 22, 7-9 pm, CC  DF4-03N
Wednesday, Nov. 9, 9-11 am, CC  DF4-03D
Fee: $20

Learning the Exchange List
Meal planning and other issues related to food and nutrition will be addressed.
Tuesday, Sept. 20, 7-9 pm, CC  DF4-04N
Wednesday, Nov. 2, 9-11 am, CC  DF4-04D
Fee: $20

Diabetes and Exercise
Safe and effective exercise will be outlined and demonstrated.
Tuesday, Sept. 27, 7-9 pm, CC  DF4-05N
Monday, Nov. 14, 9-11 am, CC  DF4-05D
Fee: $20

High and Low Blood Glucose
The causes, signs and symptoms, and treatment and prevention of low and high blood glucose will be discussed.
Thursday, Sept. 29, 7-9 pm, CC  DF4-06N
Wednesday, Nov. 16, 9-11 am, CC  DF4-06D
Fee: $20

Diabetic Complications
The potential effects of diabetes on the eyes, kidneys, blood vessels and nerves, and treatment for any complications, will be addressed.
Tuesday, Oct. 4, 7-9 pm, CC  DF4-07N
Monday, Nov. 21, 9-11 am, CC  DF4-07D
Fee: $20

Foot Care
How to recognize and prevent diabetic foot problems will be reviewed.
Tuesday, Oct. 11, 7-9 pm, CC  DF4-08N
Monday, Nov. 28, 9-11 am, CC  DF4-08D
Fee: $20

Coping With Diabetes
The emotional aspects of diabetes, and the stress it sometimes causes, will be examined at this program.
Thursday, Oct. 6, 7-9 pm, CC  DF4-09N
Wednesday, Nov. 23, 9-11 am, CC  DF4-09D
Fee: $20

Adult Diabetes Support Group
DF4-10
Wednesday, Oct. 5, 7-9 pm, 17
Wednesday, Nov. 2, 7-9 pm, 17
Wednesday, Dec. 7 (Holiday Get-Together), 6 pm, 17
Wednesday, Jan. 4, 7-9 pm, 17

Speaker’s Bureau
Civic, social and church organizations can arrange presentations on a variety of healthcare topics, ranging from cardiac health to trauma prevention, through Lehigh Valley Hospital’s Speaker’s Bureau. Guided tours of the hospital can also be arranged.
For more information, please call (610) 402-CARE

CPR Courses
Course A
During this three-hour course, participants receive instruction in one-man adult heart-saver CPR and in clearing the blocked airway of a conscious or unconscious adult.
Monday, Oct. 10, 1243, Third Floor  CF4-01
Fee: $20

Course B
Participants in this three-part course will learn how to administer adult, one and two man, child, and infant CPR. Instruction will also be provided in the use of mouth to mask ventilation and in clearing the airway of conscious or unconscious adults, infants and children. Participants must attend all three classes to be eligible for provider status.
Three Mondays beginning Oct. 24  CF4-02
Three Mondays beginning Nov. 28  CF4-03
1243, Third Floor
Fee: $30

Course C - Renewal
This course reviews all of the material covered in Course C. Participants must have a current Course C card or one that has expired within one month.
Monday, Oct. 17  CF4-04
Monday, Nov. 21  CF4-05
1243, Third Floor
Fee: $15

Course D
Participants in this three-hour course learn how to administer infant and child CPR and clear the blocked airway of a conscious or unconscious infant and child.
Monday, Oct. 3  CF4-06
Monday, Nov. 14  CF4-07
Monday, December 19  CF4-08
1243, Third Floor
Fee: $20

Additional Support Groups
Lehigh Valley Hospital offers a variety of support groups for people who share similar experiences, concerns or health conditions. Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of acute, chronic or terminal illness. For more information about any of the following support groups, please call (610) 402-CARE.

Lehigh Valley Hospice Support Groups
Allentown Stroke Club
Brain Tumor Support Group of Lehigh Valley
Peritoneal Dialysis and Home Dialysis Support Group
Burn Support Group
Transplant Support Group
Reflex Sympathetic Dystrophy Syndrome Support Group

Childbirth And Parenting Education
Because babies don’t come with instructions, we offer the next best thing—prepared childbirth and parenting education programs sponsored by Lehigh Valley Hospital WomanCare.
Courses are taught by dynamic professionals who present timely, accurate information about what to expect when you’re expecting and after your baby is born.
The following classes are designed to meet your needs at this special time in your life. For more information about the classes, schedules or fees, complete the pink form (on right); place a checkmark in the boxes next to the programs of greatest interest to you. Then, clip and mail to us. You can also call WomanCare at (610) 402-2903 weekdays between 8:30 am and 4:30 pm.

Before Lamaze
Join other parents-to-be for this special Saturday morning session, a free, introductory program to help you prepare for the transition from pregnancy to parenthood.

Prepared Childbirth (Lamaze) Series
This six-week course helps couples prepare for labor and delivery and includes information on relaxation and Lamaze breathing techniques, medications and Cesarean birth. Day and evening classes are available.
Fee: $60

One-Day Lamaze
This one-day childbirth preparation program is ideal for couples who are unable to commit to a six-week series because of busy or unpredictable schedules. Participants will be expected to read and review materials provided to them several weeks prior to the start of the class. Advance registration and payment must be received eight weeks prior to the date of the class. A continental breakfast and lunch are included in the course fee.
Fee: $95 per couple; “Our First” members receive a $5 discount.

Healthy Beginnings Labor And Delivery Series
Information about labor and delivery including relaxation and breathing techniques, medications and Cesarean birth is outlined in this four-part daytime course which is offered every month.
Fee: $5 per class

Refresher Classes
Refresher classes are offered to parents who are expecting another child and have already attended a prepared childbirth (Lamaze) program. The classes cover relaxation and breathing techniques, issues regarding siblings and Vaginal Birth After Cesarean (VBAC).
Fee: $30

Sibling Classes
These classes help brothers and sisters prepare for the arrival of their new sibling. Separate sessions are offered for children in different age groups. Parents are expected to attend with their children.
Fee: $10 per child; $15 for two or more children
Prenatal Maternity Fitness Program
This safe, professionally-supervised exercise class is designed for women who want to maintain a moderately active fitness regime during pregnancy. Physician approval is required for participation, and a signed consent form must accompany your registration form.

Regular Fee: $40  
Renewal Fee: $35

Postpartum Maternity Fitness Program
Mothers and their newborns are encouraged to attend this professionally-instructed exercise class. The program helps new moms restore muscle tone and strength following pregnancy and includes playtime with their babies. Instruction is also provided in gentle infant massage techniques. Participants may attend following their postpartum check-up.

Regular Fee: $40  
Renewal Fee: $35

Breastfeeding Classes
This class provides expectant moms with a better understanding of breastfeeding and its benefits to babies. The services of a certified lactation consultant are also available to women who deliver at Lehigh Valley Hospital.

Fee: $10

Newborn Care Class
This class is offered every month and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care, and resources available to them. Grandparents are welcome to attend.

Fee: $5 per person

Healthy Beginnings Parenting

Newborn Series
This four-part daytime course is offered every month and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care, and resources available to them.

Fee: $5 per class

From Birth To Birthday - Your Incredible Infant
Patterns of newborn growth and development and guidelines for infant health and safety will be outlined in this class. Practical advice on adapting to the lifestyle changes that a new baby brings will also be provided. Separate classes are offered for parents of newborns (six months to one year-old). Adoptive parents are welcome to attend.

Fee: $5 per person per session

New Mom's Network
Bring a brown-bag lunch and join other new moms for special presentations, videos and discussions about the physical and emotional adjustments to motherhood. You are also welcome to bring your baby along. The New Mom's Network meets the first and third Wednesdays of each month during the day. No registration is required.

Infant/Child CPR
Instruction in emergency care of infants and children is provided to parents and others who care for youngsters during this two-part evening class. Hands-on practice is central to the successful completion of the course which meets American Heart Association standards.

Fee: $20 per person; $30 per couple

Maternity Tours
Expectant parents and their family members are invited to tour the maternity unit at Lehigh Valley Hospital to learn more about its services and facilities for women, infants and children. Adult tours are held every Monday and Saturday except holidays. Tours for children who are awaiting the arrival of a new sibling are offered several times a month throughout the year. Registration is required in advance.

Our First
Our First is a special program of Lehigh Valley Hospital for first-time parents. The program helps couples prepare for the physical, emotional and lifestyle changes that come with having a baby. Membership in the program is free. The benefits to new and expectant parents include an informative monthly newsletter; discounts on products and services from area merchants; and access to the Stockline, a telephone information line.

Breastfeeding
This class is offered every month and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care, and resources available to them. Grandparents are welcome to attend.

Fee: $10

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Fee: $20 per person; $30 per couple

Registrations Form

For More Information on Childbirth and Parenting Education

Name ____________________________  
Address ____________________________  
City __________________ State _______ Zip ___

Daytime Phone ____________________  Due Date ____________

Physician _________________________

Please check the classes or programs that interest you.

☐ Before Lamaze  
☐ Prepared Childbirth (Lamaze) Series  
☐ One-Day Lamaze  
☐ Healthy Beginnings Labor And Delivery Series  
☐ Refresher Classes  
☐ Sibling Classes  
☐ Prenatal Maternity Fitness Program  
☐ Postpartum Maternity Fitness Program  
☐ Our First

Mail checklist & completed form to:
Lehigh Valley Hospital
Attn: WomanCare, 17th & Chew, P.O. Box 7017
Allentown, Pennsylvania 18105-7017
Find a Physician

Find a physician—quickly, easily and authoritatively—with Lehigh Valley Hospital’s FREE Physician Referral Service by calling (610) 402-CARE (610-402-2273), Monday through Friday, from 8:30 am to 4:30 pm.

Choosing a doctor is more than getting a name and address, and our representatives are on hand to link you with private physicians who have staff privileges at Lehigh Valley Hospital and are accepting new patients. Your referral representative is ready to provide you with the personalized information you need. Select your care with care—call Lehigh Valley Hospital’s Physician Referral Service.

(610) 402-CARE