See our pull-out section for classes and lectures. Register today!
Sun Smarts in the Springtime
by Mark Teich

It's a Saturday in spring. Flowers are blooming, trees are budding and birds are chirping. What a great day and safe way to bathe winter-weary skin in the nurturing, less intense spring sun. Or is it?

If you answered "no," you have "sun smarts." Assumptions that exposure to a spring sun is "safe" or can nourish the skin are false. In the spring the sun's rays are plenty strong, strong enough to cause skin cancer.

"I hate to tell you how many times I've removed cancerous lesions from patients and have asked them why they aren't using sun-screen, only to be told, "But it's spring,"" says Alan Schragger, MD, skin cancer specialist at Lehigh Valley Hospital's John and Dorothy Morgan Cancer Center.

"I tell them, the sun is there ALL the time," Schragger says. "Your skin cancer didn't just start developing this summer. It started when you were a child and grew every time you went out in the sun, whether it was summer, winter, spring or fall."

Many of us, like Schragger's patients, have the wrong ideas about the sun. We feel heat from the sun and immediately think sunburn. In fact, heat is generated by the sun's infrared rays, and these aren't the ones that cause skin damage. Ultraviolet, or UV rays do, and the burning UV rays beat down even when a chilly springtime breeze is blowing and can penetrate the heaviest April shower or the thickest haze.

Schragger, an avid sailor, says people are especially prone to springtime sun damage while boating, as well as when gardening, bicycling, playing tennis, jogging or engaging in any of the outdoor activity the season inspires.

"If you're running between 10 a.m. and 3 p.m., you can get burned in eight or nine minutes," Schragger says, "even in the spring."

To block the sun's damaging rays, he suggests you use a sunscreen with a sun protection factor (SPF) of 15 or more every day of the year. Make sure you use sunscreen for your lips as well as your skin, and apply it generously to the skin at least 30 minutes before heading outdoors so protective chemicals can penetrate. Reapply after two hours in the sun, or after perspiring heavily. Whenever possible, people should avoid exposure to the midday sun (from 10 a.m. to 2 p.m. standard time, or from 11 a.m. to 3 p.m. daylight saving time). Schragger also suggests that anyone directly exposed to the sun wear protective clothing such as wide-brimmed hats, long-sleeved shirts and sunglasses that offer UV protection.

And don't buy into the claims of tanning salons that urge you to get a jump start on summer with springtime tanning, he says. Some of these parlors even promise a "safe" tan by using ultraviolet A (UVA) rays.

Forget it! UVA radiation causes structural

FREE Skin Cancer Screening
Saturday, May 13, 8-11 a.m.

Each year more than 600,000 Americans learn they have skin cancer. It is the most common type of cancer. According to the National Cancer Institute, 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Fortunately, when caught in its early stages, skin cancer is the most curable form of cancer.

Lehigh Valley Hospital's John and Dorothy Morgan Cancer Center is offering free skin cancer screenings on Saturday, May 13, from 8 to 11 a.m. Medical records or a physician's recommendation are not required to attend the screenings. Appointments are strongly recommended. Call Cancer Answers at (610) 402-9300 to register. All screening participants should come to the center's main lobby. Attendees will have a choice of a full body scan (a gown will be provided), or a physician will examine a specific area in question. The examination process is simple, painless and non-invasive. Complete privacy and confidentiality are assured. Participants will be given a copy of their screening results and recommendations for follow-up at the time of their examination.

Skin Cancer Prevention Self-Examination Cards Available

Regular self-examination of the skin can be another crucial tool for the early detection of skin cancer. Special cards from the American Academy of Dermatology, featuring information to help you conduct regular self-examinations, will be distributed at the hospital's skin cancer screening and are available by mail by calling (610) 402-9300. The cards are FREE and will be mailed after April 10.

Skin Cancer: Lowering Your Risks
Speaker: Robert Thompson, MD, Dermatologist, Tuesday, May 23, 7:30-8 p.m.

See our Class and Lecture Schedule inside for more details.

Call CANCER ANSWERS at (610) 402-9300 for more information or to make an appointment.

Lehigh Valley Hospital—Cedar Crest & I-78, John and Dorothy Morgan Cancer Center

CLASS AND LECTURE HIGHLIGHTS!

The sun shines brighter and the days grow longer with the arrival of spring. Now is the perfect time to get out of the house, take in the crisp, refreshing air and come to class!

At Lehigh Valley Hospital, our spring semester includes many popular elective courses including programs in fitness, weight control, nutrition and stress management.

We have also added many new and exciting programs to our curriculum.

Measurable Results: A Woman's Workshop For Assessing And Improving Your Health is a two-part program that can help women take steps toward achieving a long and healthy life.

Our Men's Health Care Series will offer some sound advice for men concerning primary care and its importance in preventing injury and disease, including prostate cancer.

Meanwhile, a panel of specialists will take different approaches to Demystifying Chronic Fatigue Syndrome, and a psychologist and acclaimed author will advise parents and teachers about Building Confidence and Motivation In Children And Adolescents.

Aerobic and Conditioning Classes and lectures on subjects such as Cosmetic Surgery and Total Image Confidence are also included in our course catalog. So, sign up today. You'll feel better for it!
DAD Support Group Helps Mom

Two years ago, Maria McLennan thought her life was just about perfect as she and her husband Michael awaited the birth of their first child. They had settled into a beautiful home, her elementary teacher was ecstatic about her pregnancy was going well and the former swing and I couldn't even bring myself to look overwhelmed. I was not at all happy about I could think was, 'What have I done? My life will

Out she was experiencing postpartum depression. She called her obstetrician for help and found her options with her physician and ruling out treatment with drugs, she decided to attend a meeting of the DAD support group, held at Lehigh Valley Hospital. Participating in the self-help group helped her deal with her guilt over her initial feelings about the baby, get her out of the house and helped her through her moodiness.

Maria's PPD symptoms were very typical: she cried often, suffered from sleep deprivation, had no appetite, lost weight and lacked energy. Her feelings of isolation were worse because she had no family nearby to help out after her husband returned to work.

The postpartum depression that Maria was experiencing is one of the three kinds of psychiatric disorders that can affect women after childbirth. In addition, women can suffer from postpartum blues or postpartum psychosis. Experts have identified risk factors that can serve as warning signals, but postpartum disorders are hard to prevent. Symptoms can begin anywhere from a few hours after delivery (as in

postpartum psychosis) to as long as a year after childbirth and can include irritability, depression, fatigue, and anxiety.

"Unfortunately, there is a tendency to be glorified about a diagnosis of postpartum depression and to pass it off as nothing," says Gregory Radio, MD, obstetrician and gynecologist, Lehigh Valley Hospital. "People think that it will go away on its own, but the condition has the potential to be very serious if ignored. That's why it's important to receive the proper treatment and support."

By taking part in the DAD support group, Maria realized she was not alone in having difficulties transitioning from an active working lifestyle to caring for a baby full time. To cope, she took time for herself, got child care help and resumed contact with the adult world. As Maxwell grew, she went back to work part-time and met other mothers through his play group.

In fact, she found her DAD experience so rewarding, she became a DAD facilitator, running support group sessions."It's important to have concrete goals," she says. "New mothers need to know that what they are going through is not abnormal, but getting over it requires action on their part."

Her experiences with DAD have turned her life around. She now loves being a mom and looks forward to her new goals—continuing her work with DAD, adding to her family and serving Maxwell's "terrible twos!"

For more information about the DAD support group, call (610) #02-CARE.

Sun Smarts continued

damage deep down in the skin, destroying proteins and increasing cancer risk.

"People who use sun beds, tanning beds and tanning lamps are taking the same risks as people who go to the beach at high noon without any sun protection," Schraggs says.

To deal with these misconceptions, Schragger and his colleagues at the John and Dorothy Morgan Cancer Center have made a commitment to educating the community

at large. Part of the picture, of course, is the family physician, the doctor at the front line of medical care whose patients frequently come in just for a check-up, before there's anything wrong.

Allentown family physician Dennis McGorry, DO, for instance, includes "sun-smart" education in every routine examination. He scrutinizes skin for signs of sun damage and instructs patients about preventive measures and risks.

"I tell people with light hair, light eyes, fair skin, freckles or a large number of moles that they may be more prone to skin cancer," he says. "If they've had skin cancer in the past or have had family members with skin cancer, they're also at risk."

McGorry is also careful to order biopsies on moles that might be malignant and to teach patients how to check marks on their bodies for any suspicious changes in color or shape.

Through the John and Dorothy Morgan Cancer Center, Lehigh Valley Hospital has recently set up a UV meter to measure the intensity of harmful ultraviolet radiation daily.

The UV index, newly available to the Lehigh Valley area through newspapers, radio and television reports, is an invaluable aid for those planning outdoor activities. If the index is high, say 10-15, burning will occur in fewer than 10 minutes without protection. If it's low, about 3 or 4, sunburn will occur after 30 to 60 minutes of unprotected exposure.

"The new index will give people a tool for avoiding sunburn, which causes the most damage," Schragger says. "Hopefully, the publicity will also raise public awareness of the broader message: The sun is always causing damage. Put on that sunscreen whenever you walk out of the house, no matter what the weather is."

EAT SMART

HEALTHY SPRING SALADS

by Sandra Barillo, MS, RD, Lehigh Valley Hospital

Spring is the season when greater varieties of produce become more plentiful in grocery stores. Early gardens

begin to sprout, and our tastebuds are aroused by the flavors and textures of fresh fruits and vegetables. Banish the memory of winter produce's pallid, hot-house flavors by creating a spring salad!

Salads provide some of the essential nutrients that our bodies cannot produce or store, such as vitamin C and fiber. There are many substances in fruits and vegetables that are now thought to reduce the risks of different forms of cancer. The National Cancer Society recommends that people eat at least five servings of fruits and vegetables each day. More would be even better.

Salads can contain any fruit, vegetable or low-fat item you can think of, and they're quick and easy to prepare. From start to finish, here's how to create a super spring salad:

Selecting greens Greens are the foundation of a great salad. Look for deeply colored leaves that are crisp and fresh-looking. For added flavor and color, try some new greens, such as:

- radicchio, with its ruby-red leaves and bitter-peppery taste;
- swiss chard, with dark green leaves that taste like spinach and stems that have a celery-like flavor;
- belgian endive, with long, slender, creamy white leaves and a slightly bitter taste. Be brave, visit the produce section of your market or your local farmers' market to see what's new.

Cleaning Wash ingredients thoroughly in cold water before storing.

Drying Pat dry with a paper towel or use a salad spinner. Removing water before storing or eating prevents wilted greens and diluted salad dressing.

Crisping Place dry greens in the refrigerator at least 30 minutes before eating for maximum crispness.

Storing Greens can be kept in a closed plastic bag or an airtight container for up to three days.

Garnishing Limit the amount of high-fat ingredients, such as avocados, olives, nuts or cheeses in your salads. Stay with lean or non-fat products, like turkey, fish or reduced-fat cheese, and use lots of fat-free fruits, vegetables, beans and pasta.

Dressing This finishing touch should be added just before serving to prevent wilting. Consider using fruit- or herb-flavored vinegars to make a fat-free dressing.

When creating your spring salad, anything goes in moderation. Just choose healthful, colorful and varied ingredients. And remember, all you need to produce a great salad is a sharp knife, a clean cutting board and an endless imagination.
Health Promotion

Camp HealthRock - A Place Right Out of History!
This summer, Lehigh Valley Hospital provides the perfect antidote for the summertime blues: Camp HealthRock, a cool, five-day adventure exclusively for children. There will be plenty for kids to yabbadabado do including activities that will mix fun with learning in the areas of fitness, nutrition and safety, among others. Call today to find out how you can help your children improve their health, take on new challenges and responsibilities and have a lot of fun in the process. All educational materials, daily lunches and snacks at the HealthRock Cafe along with a Camp HealthRock tee-shirt are included in the program fee. Camp HealthRock runs from 8:30 am to 4 pm, weekdays, on the Lehigh Valley Hospital campus. Registration is limited to 30 children per weekly session.

July 10-14 (for children ages 7-9)
July 31-August 4 (for pre-teens ages 10-12)
August 21-25 (for children ages 7-9)

Fee: $95

Stand Up to Osteoporosis! Seminar
Osteoporosis, which affects more than 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, weight-bearing exercise, you can dramatically reduce your chances of developing this disease. Learn how during this two-part program.

Tuesday, May 9 & 16
7-8:30 pm, 1245 (lower level)

Health Profile 900
Overall health is not just indicated by a single measurement. In addition to your blood pressure, body composition and cholesterol level, an accurate health profile takes into account your lifestyle practices. For a "complete picture," schedule an appointment with our staff for several quick tests, a computerized profile and an evaluation of your results.

Class Locations
Lehigh Valley Hospital, Cedar Crest & I-78 CC
Lehigh Valley Hospital, 17th & Chew 17
School of Nursing, 17th & Chew SON
Morgan Cancer Center, Cedar Crest & I-78 MCC
Wellness Center, Fish Hatchery Road WC
1243 South Cedar Crest Blvd. 1243

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

Pulmonary Problems: Learn to Breathe Easier
The following lectures will focus on coping strategies and treatment alternatives for people with breathing problems such as asthma, chronic bronchitis, emphysema, cystic fibrosis or interstitial pulmonary fibrosis.

Chronic Obstructive Pulmonary Disease: An Overview
Pulmonary disease processes and services available to promote optimal health for people with chronic obstructive pulmonary disease will be outlined at this lecture.

Speaker: Joseph Vincent, MD
Tuesday, May 23
7-8:30 pm, Auditorium, CC

Chronic Obstructive Pulmonary Disease
Managing and treating Chronic Obstructive Pulmonary Disease through breathing exercises, medication and oxygen therapy will be discussed and demonstrated at this lecture.

Speaker: Karen Landis, RN
Beth Kovaly, RRT
Thursday, June 1
7-8:30 pm, Auditorium, CC

Nutrition and Weight Control

"What's in the Cart?" - Heart Health Program
Heart healthy foods will be highlighted on group tours at the Giant Food Store, Cedar Crest Blvd. with Tiffnan Streeck, Allentown. A registered dietician will lead the tours and discuss how you can make lifestyle changes to improve your heart health and overall wellness.

Wednesday, April 26, 7-8:30 pm
Tuesday, May 9, 9:30-11 am
Tuesday, May 24, 7-8:30 pm

"What's in the Cart?" - Diabetes Education Program
Healthy foods for people with diabetes will be highlighted on group tours at the Giant Food Store, 1001 West Broad Ave., Allentown. The tours will be led by a registered dietician who will discuss the importance of sound nutrition for managing diabetes.

Wednesday, May 3, 7-8:30 pm
Tuesday, May 16, 7-8:30 pm
Wednesday, May 31, 9:30-11 am

"What's in the Cart?" - Allergy Education Program
Challenges that go hand in hand with food allergies and intolerances will be highlighted on group tours at the Giant Food Store, 1001 West Broad Ave., Allentown. The tours will be led by a registered dietician who will discuss how to handle these challenges.

Wednesday, April 26, 7-8:30 pm
Tuesday, May 9, 9:30-11 am
Tuesday, May 24, 7-8:30 pm

"What's in the Cart?" - Cancer Education Program
Healthy foods for people with cancer will be highlighted on group tours at the Giant Food Store, 1001 West Broad Ave., Allentown. The tours will be led by a registered dietician who will discuss the importance of sound nutrition for managing cancer.

Wednesday, May 3, 7-8:30 pm
Tuesday, May 16, 7-8:30 pm
Wednesday, May 31, 9:30-11 am

"What's in the Cart?" - Women's Health Education Program
Healthy foods for women will be highlighted on group tours at the Giant Food Store, 1001 West Broad Ave., Allentown. The tours will be led by a registered dietician who will discuss the importance of sound nutrition for managing women's health.

Wednesday, May 3, 7-8:30 pm
Tuesday, May 16, 7-8:30 pm
Wednesday, May 31, 9:30-11 am

Nutritional Counseling
Individual nutritional counseling is offered free of charge to patients referred by their physicians. A registered dietitian will evaluate your specific needs and develop an individualized diet plan. To schedule an appointment, please call 402-CARE.

To learn more about our classes and lectures offered by Lehigh Valley Hospital, please fill out and mail the registration form enclosed. Most of our classes and lectures are held at convenient hospital locations (refer to chart below). Many are offered free-of-charge while a registration fee is required for others as indicated. So, look through our Healthy You brochure and select the courses you'd like to register for. Programs for which there is a fee, please fill out and mail the registration form inside. Please be sure to include the course code (example HSp5-01) on your registration form in the space(s) provided.

Health You Class & Lecture Schedule, Spring 1995

Men and Women Care - Sound Advice for Staying Healthy
If you're like most men, you'll probably put off going to the doctor until your health is compromised by injury or illness. Why wait? This lecture will illustrate how lifestyle changes, periodic health screenings, and self-care can contribute to your peace of mind (and body). If you want to know more about primary care and your choices as a health consumer, this program can provide a perfect introduction.

Speaker: Sam Bub, MD
Tuesday, April 25, 7-8:30 pm, Auditorium, CC

Healthy You Weekly Kitchen Tips
A speaker will present tips for preparing healthy meals for the week.

Wednesday, April 26, 7-8:30 pm, Classroom, CC

Testing and Treatment: An Update on Prostate Cancer
Men of all ages are encouraged to attend this lecture to learn more about prostate cancer including its diagnosis and treatment. Discussion will center around the advantages of periodic prostate screening and advances in surgery and drug therapy.

Speaker: John Jaffe, MD
Thursday, May 11, 7-8:30 pm, Auditorium, CC

Men's Health Care Series

Demystifying Chronic Fatigue Syndrome
For people with Chronic Fatigue Syndrome (CFS), this debilitating condition can affect, often abruptly, every aspect of their lives including their job, financial status, relationships with others, emotional stability and feelings of self-worth. People who were once physically active, career driven or upwardly mobile may wake up one day and find themselves unable to function at almost any level. This program is designed to take the mystery out of CFS and to outline strategies for coping with this condition.

Rational, pharmacologic, therapeutic and rehabilitative approaches to treating CFS will be presented by a panel of specialists in neurosciences, psychiatry, physical and family therapy.

Panel moderator: Herbert Hyman, MD

Panel members: Ben Notelson, MD, Neurosciences, New Jersey Medical School
Jacobs J. Jacobs, MD, PhD, Psychiatry, Saint Barnabas Medical Center, Livingston, NJ
Sheela Jain, MD, Psychiatry, Saint Barnabas Medical Center
Steven Kovel, EdS, Marriage and Family Therapy

Sunday, May 7, 1-4:30 pm
Auditorium, CC

BUILDING A BETTER BODY

Lehigh Valley Hospital provides a variety of educational programs, lectures and activities designed to help make the community healthier and happier.

Upcoming classes, lectures and activities include:

Healthy You Weekly Kitchen Tips
A speaker will present tips for preparing healthy meals for the week.

Wednesday, April 26, 7-8:30 pm, Classroom, CC

Managing Chronic Obstructive Pulmonary Disease
Managing and treating Chronic Obstructive Pulmonary Disease through breathing exercises, medication and oxygen therapy will be discussed and demonstrated at this lecture.

Speaker: Karen Landis, RN
Beth Kovaly, RRT
Thursday, June 1
7-8:30 pm, Auditorium, CC

Health Profile 900
Overall health is not just indicated by a single measurement. In addition to your blood pressure, body composition and cholesterol level, an accurate health profile takes into account your lifestyle practices. For a "complete picture," schedule an appointment with our staff for several quick tests, a computerized profile and an evaluation of your results.

Class Locations
Lehigh Valley Hospital, Cedar Crest & I-78 CC
Lehigh Valley Hospital, 17th & Chew 17
School of Nursing, 17th & Chew SON
Morgan Cancer Center, Cedar Crest & I-78 MCC
Wellness Center, Fish Hatchery Road WC
1243 South Cedar Crest Blvd. 1243

To register for any of our FREE classes or for more information call: (610) 402-CARE (610-402-2273)
and nutritionally sound diet will be specifically designed for you. Call for fee information and to schedule an appointment.

**R.E.W.A.R.D.S.** Adult Weight Maintenance Program
Adults who have completed a weight control program and know the basics of sound nutrition and weight management are ready for R.E.W.A.R.D.S. Learn how to maintain your commitment to healthier eating, regular exercise and positive thinking. Third Tuesday, every month 7-8:30 pm, Classroom 2, CC

*Regular fee: $45 for four months
Discounted fee: $40 for four months with a physician referral

**SHAPE DOWN** Child and Adolescent Weight Control Program
Through SHAPE DOWN, children and adolescents ages 8 - 14 can learn to develop healthy eating and exercise habits while building self-esteem and communication skills. Led by a health education and dietitian, the program encourages parents to participate to help their children make these lifestyle changes.

Nine Mondays, beginning April 24 6:30-8 pm, Classroom 1, CC

*Regular fee: $215
Discounted fee: $190 with a physician referral

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**Fitness Programs**

**Walk on the Wild Side Seminars**
Walk this way and learn how you can achieve a healthier lifestyle through this back-to-basics program. Lace up your sneakers for the Rockport Walking Test and you'll receive your own personal walking profile and our take-home tips, tactics and techniques.

Wednesday, April 5, 6-8:30 pm, MCC or April 8, 9-10:30 am, Auditorium, CC

*Fee: $10

**Aerobic and Conditioning Classes for Adults**
To achieve optimal health and fitness, register for any of the 70 weekly classes we offer six days a week, from 6 am-8:30 pm at different Lehigh Valley locations. Adjustable steps, lateral motion slides, resistance tubing and hand-weights are incorporated into many of the classes.

*Fee: Month-to-Month; call for more information

**Older Adult Exercise and Activity Classes**
Increase your stamina, raise your energy level and make new friends in this special program for older adults. All classes include full-body movements and easy-to-follow strengthening and stretching exercises that will turn back time.

*Fee: Month-to-Month; call for more information

**W.O.W. Walking Classes**
Walking becomes a class act indoors. People at all fitness levels will benefit from this fun program that we call WOW! (Walking-Out Workout Club). Weekly classes are instructed by a walking expert and include take-home tips, tactics and techniques.

*Fee: Month-to-Month; call for more information

**Youth Fitness and Activity Classes**
Children and teens, ages 7-16, can improve their fitness levels in health-related and fun-packed programs: "Muscle-nessus" and "Teens Need Fitness, Too!"

*Fee: Eight week sessions; call for more information

**Maternity Fitness Programs**

The following classes include an educational component that focuses on the prenatal and/or postpartum changes in a woman's body and their effects on exercise.

**Prenatal**
Women who want to maintain a moderately active fitness routine during pregnancy are encouraged to attend this safe, professionally-supervised exercise class.

*Regular Fee: $40

**Postpartum**
This professionally-instructed exercise class can help women restore muscle tone and strength following pregnancy. In addition, new moms can enjoy playtime with their babies and receive instruction in gentle infant massage techniques.

*Regular Fee: $40

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**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 Substrate. The six- month success rate averages 61 percent.

April 3, 10, 17 & 24 7-8 pm, Conference Room 1A, MCC

*Fee: $10

**Individual Tobacco Use Cessation Counseling**
This program combines the Smokey Smokers 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, ongoing support is provided over a three-month period.

*Discounted Fee: $75 with a physician referral

**Migraine Treatment in the '90s**
New medications and non-medical treatments are making it easier to manage and minimize migraines. This lecture will focus on pharmacologic approaches that can put an end to those pounding headaches.

*Speaker: Christopher Worthington, MD, PhD, Neurosciences

*Tuesday, April 4 7-8 pm, Auditorium, CC

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**Do You Have Total Image Confidence?**
Through this informative and fun workshop, women can learn more about the powerful impact of image! Discover your best colors (through color analysis), wardrobe styling and personal image and gain the image confidence you desire. Live makeovers will be included in the program.

*Speaker: Constance E. Wentz, Certified Image Consultant, Image Control, Inc.

*Thursday, May 25 7-9 pm, Auditorium, CC

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**Stress Management**

All Stressed-Up

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.

Five Wednesdays, beginning May 3 7-9 pm, President's Room, CC

*Regular fee: $55
Discounted fee: $50 with a physician referral

Nutrition and Stress Seminar

While stress is a part of our everyday lives, it can have adverse effects on physical and emotional health. Learn how changes in your diet, relaxation and exercise techniques can help you to manage the stress in your life.

Thursday, May 18, 7-9 pm
3rd Floor Conference Room, 1243

*Fee: $10

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**WomanCare**

**Cosmetic Surgery: Is it for You?**
If you are considering cosmetic surgery for a more youthful appearance, it's important to know that while most procedures do not pose any special risks, people with certain medical conditions need to take precautions before, during and after surgery. It is also important to be completely honest with your surgeon and with yourself regarding your reasons and expectations for wanting to change your appearance. Cosmetic surgery is not a cure-all for relationship or other problems. To learn more, join us for a discussion by a panel of cosmetic surgeons who will outline the risks and benefits of various procedures including face-lifts and eyelid surgery, breast and abdominal surgery and liposuction and chemical peels.

*Panel Moderator: Walter J. Okunski, MD, Department of Surgery

Panel Members: John Ahoebili, MD, Robert Keitch, MD, Raj Chowdary, MD

*Thursday, April 27 7-9 pm, Auditorium, CC

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**Mandarin Treatment in the '90s**
New medications and non-medical treatments are making it easier to manage and minimize migraines. This lecture will focus on pharmacologic approaches that can put an end to those pounding headaches.

*Speaker: Christopher Worthington, MD, PhD, Neurosciences

*Tuesday, April 4 7-8 pm, Auditorium, CC

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**Cancer Education**

Spring Makeovers
If you're interested in looking your best while coping with cancer treatments, consider a spring makeover. During this program, various professions will be available to provide helpful hints on makeup application, scarf tying and hair/wig care.

*Tuesday, April 25, 7-9 pm

*Conference Room 1A/B, MCC

Incontinence

Techniques for managing incontinence associated with cancer surgery or a cancer illness will be presented at this lecture.

*Speaker: Susan Dorosh, RN, Lehigh Valley Home Care

*Tuesday, June 27, 7-8:30 pm

*Conference Room 1A/B, MCC

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**We Can Weekend**
For those whose lives have been affected by cancer, the We Can Weekend is an ideal opportunity to share experiences, insights and the pleasure of each other's company. People with cancer and their families are invited to attend this special weekend retreat.

*Saturday and Sunday, May 6 & 7

*Call (610) 402-0500 for cost/location information and to register
Skin Cancer: Lowering Your Risks
Learn more about the risks associated with prolonged exposure to the sun and how you can protect your skin during the summer months.
Speaker: Robert Thompson, MD, Dermatologist
Tuesday, May 23, 7-8:30 pm, Conference Room 1A/B, MCC
FREE

Children's Health
Reducing the Risk of Sudden Infant Death Syndrome (SIDS): What You Can Do
The latest information regarding sleeping positions and other circumstances surrounding Sudden Infant Death Syndrome will be addressed at this lecture. Discussion will also center around what parents can do to help protect their children.
Speaker: Michael Schwartz, MD, Pediatrics
Wednesday, May 17, 7-8 pm, Auditorium, 17
FREE

SuperSitters
SuperSitters is a program for adolescents, ages 11 and older, who want information on becoming a knowledgeable babysitter. During the three-hour program, instruction in the care of children and first aid is provided by the staff of the emergency department of Lehigh Valley Hospital. In addition, members of the Allentown Police and Fire Departments offer tips on personal and home safety. Seating is limited to the first 100 registrants.
Saturday May 6, 9 am-noon, Auditorium, 17
FREE

CPR Courses
Course A
Participants in this course learn how to administer one-person adult heart-saver CPR and how to clear the blocked airway of a conscious or unconscious adult.
Monday, April 3, CSp5-01
Monday, July 24, CSp5-02
7-10 pm, Third Floor, 1243
Fee: $20

Course C
Participants in this three-part course learn how to administer adult one- and two-person, child and infant CPR. Instruction is also provided in the use of mouth to mask ventilation and in clearing the blocked airway of conscious and unconscious infants, children and adults. Participants must attend all three classes and complete written and practical examinations to be eligible for provider status.
Monday, April 10, 17 & 24, CSp5-03
Monday, May 8, 15 & 22, CSp5-04
Monday, June 12, 19 & 26, CSp5-05
7-10 pm, Third Floor, 1243
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, to attend.
Monday, June 5, CSp5-06
Monday, July 10, CSp5-07
7-10 pm, Third Floor, 1243
Fee: $15

Diabetes Education
The Lehigh Valley Hospital offers a series of educational programs for adults with diabetes. These programs are designed to provide information about the disease, its management, and its impact on quality of life. The series consists of three 2-hour sessions.
Monday, April 11 & 18 & 25, 7-9 pm, Conference Room 1A & 1B, Atrium, MCC
Fee: $20

Poison Prevention Week
Free syrup of ipecac and poison prevention information will be available at a poison education booth on Saturday and Sunday, March 25 and 26, at the Lehigh Valley Mall. The booth will be staffed by representatives of the Poison Prevention Program of Lehigh Valley Hospital and the Pennsylvania Society of Hospital Pharmacists. This is an ideal opportunity to learn more about poison-proofing your home and what to do in the event of a poison emergency. If you are unable to attend and would like more information, please call (610) 402-CARE. Poison prevention posters and activity sheets for children are available free-of-charge.

Support Groups
Lehigh Valley Hospital offers a variety of support groups for people who share similar experiences 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 including cancer, heart disease, brain tumors, stroke, burns, injuries, kidney disease, diabetes and reflex sympathetic dystrophy syndrome.

Speaker’s Bureau
Civic, social and church organizations can arrange presentations on a variety of health care topics through Lehigh Valley Hospital’s Speaker’s Bureau. Topics include:

- Breast Self-Examination
- Fertility Care
- Menopause
- Cholesterol
- Nutrition
- Diabetes
- Pre-menstrual Syndrome
- Drug Abuse
- Sports Medicine
- Endometriosis
- Successful Aging
- Epilepsy
- Trauma Injury Prevention
- Heart Health

For more information about the speaker’s bureau, please call (610) 402-CARE.

Tune in to WLVT-TV, Channel 39 for a behind-the-scenes look at Spirit of Women '95
A program for and about women featuring interviews with nationally-known keynote speakers and area coordinators of the two-day conference.
Friday, March 24 at 7:30 pm
Only on Channel 39
Spirit of Women '95
a community project of Lehigh Valley Hospital
Childbirth And Parenting Education

"From Pregnancy to Parenthood"

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. Through these programs, we can provide you with the support you need for a rewarding birth experience.

The following classes, taught by dynamic professionals, have been carefully designed to address and meet your needs at this special time in your life. For more information about the classes, schedules or fees, place a checkmark in the boxes next to the programs of greatest interest to you, complete the form below and mail the entire panel to us. You can also call the WomanCare education coordinator at (610) 402-2903 weekdays between 8:30 am and 4:30 pm. Because class size is limited, please register as early as possible.

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.

FREE

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. This course is also now offered in three Saturday sessions. 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: $35 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

(See schedule for Fitness Programs.)

Postpartum Maternity Fitness Program

(See schedule for Fitness Programs.)

Breastfeeding Classes

This class provides expectant women 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. 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 infants (newborn to six months) and babies (six months to one year). Adoptive parents are welcome to attend.

Fee: $5 per person per session

Infant/Child CPR

Instruction in emergency care of infants and children is provided to expectant parents 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 Mondays and Saturdays 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.

FREE

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 a wide range of products and services from area merchants; and access to the Storeline, a telephone information line.

FREE

**CLASS & LECTURE REGISTRATION FORM**

Name: ____________________________

Street Address: ____________________________

City __________________ State ______ Zip Code ___________

Phone (Home) __________________ (Work) ________________

Date of Birth _________ Social Security Number ________

Are you a Lehigh Valley Hospital employee? ___ Yes ___ No

Selection: please refer to the course schedule for class title, course code and fees. Please print class title(s) course code(s) fee(s)

Name: ____________________________

Street Address: ____________________________

City __________________ State ______ Zip Code ___________

Phone (Home) __________________ (Work) ________________

Date of Birth _________ Social Security Number ________

Are you a Lehigh Valley Hospital employee? ___ Yes ___ No

Selection: please refer to the course schedule for class title, course code and fees. Please print class title(s) course code(s) fee(s)

Make check payable to: Lehigh Valley Hospital

Payment: Total amount enclosed: $_______

Mail this form to:

Lehigh Valley Hospital, Health Promotion & Disease Prevention Department

1245 South Cedar Crest Blvd., Allentown, PA 18105

Release Statement:

I hereby release Lehigh Valley Hospital, Inc., their agents, employees, representatives and assigns from any and all liability which may or could arise from my participation in the classes indicated above. I understand the nature of the classes and the possible consequences of my participation, including the risk of injury. I further understand that program fees are not refundable or transferable after class start date.

Participant’s Signature ____________________________ Date ______

FOR MORE INFORMATION ON CHILDBIRTH AND PARENTING EDUCATION

PLEASE CHECK THE CLASSES OR PROGRAMS THAT INTEREST YOU

Name: ____________________________

Address: ____________________________

City __________________ State ______ Zip Code ___________

Daytime Phone ____________ Due Date _________________

Physician ____________________________

☐ 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

Mail this checklist & completed form to:

Lehigh Valley Hospital

Attn: WomanCare, 17th & Chew, P.O. Box 7017

Allentown, Pennsylvania 18105-7017

A
A Parent’s Springtime Guide to Allergies and Asthma

by Colleen Davis Gardepe

The winter ills that linger into spring may be something else entirely, and parents would be wise to know the difference. The runny noses, itchy eyes, coughs, sneezes, wheezes and other symptoms of allergies and asthma are often dismissed for lingering colds. Frequently children don’t receive the medical treatment they need.

“It’s best to treat both allergies and asthma as soon as or even before symptoms accelerate,” says Jerone Dunn, MD, a Lehigh Valley Hospital allergist who treats children and adults. “The farther along the symptoms are, the harder they are to treat.”

Spring is a particularly tough season for allergy sufferers because they are hit with a triple whammy: cold air, exercise and insects can also trigger allergies. Tree pollen, grass pollen and mold spores. Without proper medical care, asthma can be disabling. It is the leading cause of chronic illness in childhood.

The Asthma/Allergy Connection

According to Dunn, there are 12 million asthmatics in the country, and between three and four million of them are children. Of these children, 80 to 85 percent of them have an allergic component to their illness.

Allergies are caused by an abnormal response by the body’s immune system to a substance, known as an allergen. Allergens are typically commonly found and include such irritants as mold, dust, pollen, food, animal fur, drugs and insect venom. They can cause a variety of allergic reactions, ranging from skin eruptions (like hives and rashes) to difficulties in breathing (like nasal congestion, wheezing and coughing) to more serious complications (like shock and severe bronchial obstruction).

Asthma, a disease that is characterized by the inflammation and/or obstruction of the body’s airways, is frequently caused by allergens inhaled in the air, such as springtime pollen and mold spores. Without proper medical care, asthma can be disabling. It is the leading cause of chronic illness in childhood.

What Else Can Parents Do?

Parents should consult their child’s physician immediately if they suspect their child has allergies or asthma. By working with the doctor, they can develop a management plan for care. A visit to a pediatric allergist, a physician who specializes in the care of children with allergies, may be recommended. Skin or blood tests may be ordered to pinpoint allergens. Allergy shots, which may be needed for a number of years, may be administered on a regular basis to build the body’s tolerance for specific allergens. A combination of antihistamines and decongestants may be prescribed.

Although asthma is a lung disease with no known cure, its symptoms can also be managed with an appropriate treatment regimen overseen by a physician, Dunn says. “With proper management you can help your child experience near-normal lung function.”

A child’s treatment plan may include the use of bronchodilators (medications that help to open breathing passages, usually administered through the use of inhalers), as well as anti-inflammatory drugs to help make breathing easier. With the appropriate medical care, there’s no reason your asthmatic or allergic child can’t enjoy the season once springtime winds begin to blow.

Protecting Your Child from Springtime Allergens

In Pennsylvania, pollen season begins March 1, with peak pollination for the state’s oak, walnut, maple, ash and birch trees extending from April 15 to June 1. Mold increase after it gets damp, in May. For many allergy sufferers, the symptoms of a runny or stuffy nose, sneezing and itchy eyes are most severe in the morning.

Trees pollinate from 5 to 10 a.m. and grasses from 10 to 12 a.m.

“Children with asthma and allergies can avoid peak pollen periods if they stay indoors until late afternoon during the spring,” Dunn says. “It’s best to minimize your child’s exposure. Children can have an immediate reaction to pollen or another allergen, or they can experience a delayed reaction four to eight hours after exposure.”

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Tick...Tick...Tick...Lyme Disease is in Season

by Maureen Haggerty

A small insect can take a big bite out of springtime enjoyment. Infected deer ticks carry the bacteria that cause Lyme disease. A bite may cause a distinctive, large, red rash with a “bulls-eye” area in the center, a small, hard welt that is warm to the touch. Fatigue, headache, muscle ache, joint pain, fever, chills, dizziness and other flu-like symptoms may also appear. While even without medical attention the rash and other symptoms usually disappear within a month, the disease can cause serious health problems if left untreated.

Risk of a tick bite is greatest from April to October and in tall grasses and wooded areas.

Of those who become ill with Lyme disease, one-third can’t recall the tick bite that transmitted the bacteria that causes the infection. That’s not surprising since the tick responsible is the size of a sesame seed.

Lyme disease was so named by medical detectives nearly two years ago after the site of its discovery: Lyme, Connecticut. What looked like an outbreak of juvenile rheumatoid arthritis in the picturesque town was actually a bacterial infection spread by a tick bite.

"Lyme disease can be difficult to diagnose," says Jeffrey Debuque, DO, a general internist affiliated with Lehigh Valley Hospital. The "bulls-eye" rash is usually the first sign, appearing at the site of the bite or remote from it. Anyone who develops the rash or flu-like symptoms should see a doctor, immediately because the antibiotics used to treat Lyme disease work best during the early stages. If left untreated, Lyme disease can be quite serious, causing joint, heart and neurological problems, Debuque says.

Prevention is also important, he says. "Wear protective clothing in the woods and grasslands, and use repellent containing permethrin or DEET, but don’t overdo it; children can have difficulty breathing from too much bug spray. If you find a tick, remove it with tweezers, being careful not to squeeze it. Apply antiseptic to the bite area. If possible, bury, burn or flush the tick."

When hiking, you can also protect yourself by wearing long pants and long-sleeved shirts that are tight about the ankles and wrists. Tuck pants into socks. Wear shoes that cover the entire foot and wear light-colored clothing so the ticks can be easily seen. Stay on the trails, away from branches, brush and tall grass.

Check for ticks immediately after returning from the outdoors. Brush off clothing, closely check all areas of your body (especially the hairy parts), inspect children for any new "freckles" and examine pets. Domestic animals can develop symptoms of Lyme disease. (A vaccine is available for dogs.)

According to the Centers for Disease Control and Prevention, more than 1,100 cases of Lyme disease were reported in Pennsylvania in 1992. Only New York and Connecticut reported more cases, so Lehigh Valley area residents should be especially vigilant concerning Lyme disease.

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

Taking Steps to Help Minimize Your Child's Allergy and Asthma Symptoms

At home:

• Keep windows closed and use an air conditioner. Avoid humidifiers that harbor lots of mold and mildew.
• Use blinds or washable curtains, not draperies.
• Get someone else to do the spring cleaning. Keep the child out of the house when it’s being vacuumed and dusted.
• Avoid carpeting. If possible, washable cotton throw rugs are best.
• Don’t hang sheets out to dry on a clothesline because they’ll collect mold.
• Use washable blankets and bedspreads that aren’t fuzzy. Foam pillows and plastic casing on the child’s mattress can help.
• Don’t allow the child to mow the lawn or bag grass.

At school:

• Encourage the child to exercise and participate, but make school personnel aware of the child’s condition.
• For some asthmatic children, exercising at school can pose a problem. Some kids panic when they have gym outside, and they can’t take their inhaler with them. If the school has such a policy, see if it will make an exception.
• Ask that your child be seated away from any windows.
• Work with school personnel to help the child stay on top of missed assignments when allergies and asthma are severe enough to cause absence.

For more information about Lyme disease, call (610) 402-CARE.
Healthy You is published four times a year by Lehigh Valley Hospital and the Lehigh Valley Health Network. Its goal is to provide its readers with information and education that will help them to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem, please contact your primary care physician or call (610) 402-CARE for further assistance. Any comments concerning this publication may be sent to: HEALTHY YOU, Marketing, Planning and Public Relations, 1243 S. Cedar Crest Blvd. Suite 3115, Allentown, PA 18103 or you may call (610) 402-CARE.

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