Athlete highlight: Quin Scott from Emmaus High School wrestling

Building Better Athletes
Building confidence and preventing injuries at LVHN Sports Academy

Suppress Holiday Stress
How to make this holiday season cheery, not dreary

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PINK Out
AT THE PROMENADE SHOPS

OCT. 24, 2019 / 5-8 P.M.

2845 CENTER VALLEY PARKWAY, CENTER VALLEY

Tour Lehigh Valley Cancer Institute’s Mammography Coach
Schedule your mammogram
Take a selfie skin check

Learn about reiki, nutrition and mindfulness-based stress reduction
Get informed by Lehigh Valley Cancer Institute doctors and other LVHN health care providers

WOMEN’S HEALTH
Visit our resource tables in Town Square for interactive fun and info about women’s health, including breast health, genetic counseling, plastic surgery for cancer patients and more.

WEAR PINK
Be sure to get your pink on. If you wear something pink, you can enter the Pink Out raffle for fun prizes.

FAMILY FUN
Bring the kids to explore a pink fire truck or have their faces painted. Kids can have fun too at Pink Out!

REGISTER TODAY
Call 888-402-LVHN or visit LVHN.org/PinkOutEvent. We look forward to hearing from you!

Your health deserves a partner.

Lehigh Valley Health Network
You're always on the move. It’s comforting to know you have a partner in Lehigh Valley Hospital who is always moving forward too, giving you access to world-class care for your bones and joints.

Once again, Lehigh Valley Hospital is the region's only nationally ranked hospital in orthopedics on U.S. News & World Report's "Best Hospitals" list. With the most experienced orthopedic surgeons, we care for more patients than anyone in the region. Nationally ranked care and partners that keep you moving. That's what you deserve.

To learn more, visit LVHN.org/USNews or call 888-402-LVHN.

Lehigh Valley Health Network is proud to be recognized as a Top Performer on the LGBTQ Healthcare Equality Index by the Human Rights Campaign Foundation. Learn more at LVHN.org/HEI.
FOR MORE THAN A DECADE, MICHELLE LOUX, 46, OF QUAKERTOWN SUFFERED FROM GASTROESOPHAGEAL REFLUX DISEASE (GERD), COMMONLY KNOWN AS ACID REFLUX. "I had severe heartburn when I was pregnant with my last son, which was 16 years ago," she says. After giving birth, Loux’s burning symptoms continued to get worse, especially in the past five years. "GERD limited everything I did. I couldn’t drink anything carbonated, or eat pizza or anything spicy, like Mexican food, which is my favorite. I would even get heartburn if I drank water," she says. Sleeping also was a challenge because lying down made Loux’s GERD symptoms worse.

Seeking relief
To manage her condition, Loux tried two different types of acid reflux medications. She also lost 70 pounds with the help of Lehigh Valley Health Network’s (LVHN) Weight Management Program. Still, the uncomfortable symptoms persisted.

Fortunately, last fall, Loux, who works as an LVHN scheduling coordinator, saw a poster at work about heartburn that led her to Paul Cesanek, MD, a board-certified surgeon with LVPG General, Bariatric and Trauma Surgery and Lehigh Valley Institute for Surgical Excellence. After evaluating Loux’s condition, Cesanek recommended LINX®, a laparoscopic surgical procedure in which a magnetic titanium band is placed above the lower esophageal sphincter.

‘An amazing tool’
"LINX is an amazing tool that can provide outstanding reflux control with fewer risks and side effects, compared with traditional reflux surgery," Cesanek says. "It’s meant to mimic the normal physiology of the gastroesophageal junction by augmenting the pressure that’s supposed to be there."

With LINX, food can pass from the esophagus to the stomach normally. The magnetized band opens when food is swallowed, then squeezes closed to prevent stomach contents and acid from flowing back into the esophagus. During the procedure, Loux also had a hiatal hernia repaired, which can contribute to the success of LINX surgery.

Since her procedure and hernia repair in November 2018, Loux has been symptom-free.

"I started feeling better immediately," Loux says. She needs to thoroughly chew her food because that’s how LINX works best. But other than that, "I can eat pizza and Mexican food without a problem," Loux says. "LINX has changed my life."
The Health Partner in Your Pocket

MyLVHN is Lehigh Valley Health Network's Secure Patient Portal. With MyLVHN, you can access your health information, your care team, convenient LVHN Video Visits and much more.

LOG IN TO MyLVHN
MyLVHN.org: best for desktop viewing.
MyLVHN app: best for mobile devices and tablets. Get the free app at Apple App Store or Google Play.

SIGN UP FOR MyLVHN
1 Instant activation (within 24 hours of LVPG visit): Follow link sent by email within 24 hours to reach a sign-up form.
2 Activation with code: On MyLVHN.org or MyLVHN app, select "Sign Up Now." Add your MyLVHN activation code (find it on after visit summary), along with requested information.
3 Activation without code: On MyLVHN.org or app, select "Sign Up Now." Complete required information. (Required info is marked with red asterisks.)

MyLVHN HELPS YOU...
→ Schedule an appointment
→ View test results
→ Review your health information
→ Send a secure message to your provider/care team
→ Pay a medical bill
→ Have an LVHN Video Visit

MyChart Bedside
Medical-surgical and labor and delivery units at LVHN hospitals offer MyChart Bedside on an electronic tablet. With MyChart Bedside, you can view your inpatient care info. Ask your hospital team about it.

HEALTH TIP
LVHN Video Visits can be used for other types of care, including follow-up visits for some surgery patients.

LVHN VIDEO VISIT
Receive LVHN quality care through a secure internet connection, 24/7, via LVHN Video Visit*.

Adult, 18 and older: Schedule a video visit from your own MyLVHN account.

Pediatric, 3-17: Establish proxy access to your child's MyLVHN account prior to scheduling a pediatric video visit.

*Must be in state of Pennsylvania to receive care.

PARENT AND CAREGIVER TIPS

Tip
If you are a parent or guardian to a child or another person, request proxy access at their next LVPG appointment. Proxy access lets you schedule appointments, check immunization records and set up LVHN Video Visits on their behalf.

Tip
If you see your child’s photo on your own MyLVHN account, you have proxy access.
Pathway to Parenthood

WOMEN'S HEALTH SPECIALTY CARE FOR YOU AND YOUR GROWING FAMILY

STORY BY JENN FISHER & NINA ACE

THE ROAD TO BECOMING A MOM (OR DAD!) ISN'T ALWAYS A STRAIGHT PATH. It's reassuring to know that wherever you are on your path to parenthood, Lehigh Valley Health Network (LVHN) has everything you need for your pregnancy journey.

We offer comprehensive maternity care that isn't complicated to find or access. We make it convenient for you to connect with women's health specialists who can help you navigate all stages of pregnancy - from conception to delivery - and all the steps in between.

Special clinics for special pregnancies

EACH PREGNANCY IS DIFFERENT, AND IF YOU HAVE A PREEXISTING CONDITION OR DEVELOP A COMPLICATION DURING PREGNANCY, YOUR MEDICAL NEEDS ARE THAT MUCH MORE COMPLEX. Our Maternal Fetal Medicine (MFM) division at LVHN (one of the largest in Pennsylvania) offers seven programs created for exactly those circumstances. The multidisciplinary model at LVHN’s MFM practices brings together physicians from several subspecialties to see you at the same time or in back-to-back appointments, helping to streamline your care.

From diabetes to cardiology to placenta accreta, there's a program and a team of experts ready to treat your unique pregnancy. Beginning this month, our Center for Multiple Gestation provides individualized care for women with twins and higher order multiples (triplets or even quadruplets), complete with dietitians and neonatologists coordinating guidance and education.

MFM providers will see patients at LVH-Schuylkill beginning winter 2020 and currently travel to Lehigh Valley, Hazleton and Pocono locations.

MFM programs available
- Diabetes in Pregnancy Program (DIPP)
- Comprehensive Diabetes in Pregnancy Program (C-DIPP)
- Heart and Pregnancy Clinic
- Pregnancy, Hypertension and Kidney Care Program
- Neurology and Pregnancy
- Accreta in Pregnancy Program
- Center for Multiple Gestation

Beginning your journey

LET'S FACE IT - TRYING TO GET PREGNANT IS SOMETIMES NOT SO SIMPLE. Your desire to grow your family depends on your menstrual cycle, the health of your eggs, your weight, your health history, your partner's health, and a delicate balance of hormones that you may not have been paying attention to until now.

Your LVHN obstetrician gynecologist (OB-GYN), midwife or advanced practice clinician is ready to partner with you during this time. From counseling you at the beginning of your conception journey to ordering the right tests, your own women's health care provider is your first stop on your way to fulfilling your dreams of parenthood.

Did you know 10%-15% of women need extra help conceiving or completing a full-term pregnancy?

If it's taking longer than you hoped, turn to LVHN.org and make an appointment with your OB-GYN provider. Your doctor can connect you with LVHN's partners in fertility solutions.

HIS HEALTH TIP
In about 50% of infertile couples, a problem with the male partner is either the sole cause or a contributing cause of infertility. LVHN offers fertility counseling for both men and women.
Midwifery care

Midwifery care is an option you may consider for prenatal and uncomplicated birth services, as well as for routine gynecology care. We’re proud to offer the largest midwifery program in the region.

Our midwives provide skilled and personalized care at Lehigh Valley Hospital (LVH)-Cedar Crest, LVH-Hazleton, LVH-Pocono and LVH-Schuylkill. All of our midwives are certified nurse midwives (CNM), with some earning advanced degrees, such as Doctor of Nursing Practice (DNP) too.

Teamwork and collaborative care is at the heart of this program. Midwives and obstetrician gynecologists (OB-GYN) are partners in the office and the hospital labor and delivery unit. Obstetricians are always available if you prefer or need to see one.

Midwives manage low-risk labor, perform vaginal deliveries, and care for you after birth. Should a complication develop, obstetricians are in the hospital and immediately available to manage delivery and provide for your best experience and outcome.

Connections Clinic

Substance abuse, including opioid abuse, affects many people. Among them, it affects women who are pregnant and their babies. Lehigh Valley Health Network obstetricians and pediatricians worked together to create Connections Clinic, a prenatal care program for women with a history of substance abuse disorder. The Connections Clinic team of medication-assisted treatment (MAT)-certified obstetricians and behavioral and addiction professionals provide highly specialized, compassionate care. Connections Clinic is offered through LVPG Obstetrics and Gynecology practices in Allentown, Bethlehem and Lehightown, and will be expanded to more communities.

During the clinic’s prenatal care appointments, a patient meets with her obstetrician, a clinical case manager and a certified recovery specialist from a local alcohol and substance abuse treatment center. Connections Clinic also has a full-time community outreach liaison who visits patients’ homes as a social resource and to help resolve special needs.

The goal of Connections Clinic is to help mother, family and baby connect to services, education and support to achieve a safe healthy pregnancy and birth.

Labor and delivery specialists

When contractions begin and progressively get more intense and closer together, it’s time to head to the nearest Lehigh Valley Hospital’s Family Birth and Newborn Center. After you are checked in and settled into your private labor and delivery room, you will receive support from an OB-GYN or midwife from your LVPG Obstetrics and Gynecology practice who is familiar with you and your birth plan.

A laborist, also known as an OB hospitalist, is an important part of the care team at all our hospitals. This OB-GYN physician works exclusively in the hospital, managing labor and delivery, and obstetric emergencies. During prenatal care appointments, patients are introduced to laborists either by their personal nurse liaisons or through photos shared at prenatal appointments.
Preparing for parenthood

SURE, THERE’S PARENTAL INSTINCT. There’s also that quiet (or not so quiet) panic when you might think, “Am I ready to care for another person?” We can help with that. LVHN’s parent education programs are offered in a variety of formats – in supportive settings alongside other expectant parents, learn-at-your-own-pace educational videos, or through our Baby Bundle guidebook that is offered as a mobile app or printed version. No matter what your learning style, we have you covered with variety of educational tools to help you prepare for birth and beyond.

Class offerings
- Preparing for Labor and Childbirth (English and Spanish)
- Baby Care (English and Spanish)
- Maternity Tours (English and Spanish)
- Sibling Tours
- CPR for Family and Friends
- Breastfeeding Support (English and Spanish)
- Monday Morning Moms
- Grandparenting Workshop
- Safe Sitter Class
- Car seat Class

Visit LVHN.org/raisingafamily to register.

Highest level care for the tiniest patients

YOU NEVER WANT TO IMAGINE ANYTHING BUT A HEALTHY START TO YOUR NEW LITTLE LIFE. But if your newborn needs special care, the caring teams at Lehigh Valley Reilly Children’s Hospital neonatal intensive care units (NICU) are here to support you and your baby every step of the way.

The Level IV NICU at Lehigh Valley Hospital (LVH)-Cedar Crest provides the highest level of intensive care to premature and sick newborns – in fact, it’s the only one of its kind in the region. Our NICU is a family-centered unit where you are considered a key part of the care team. That means frequent interaction, skin-to-skin holding, gentle touch and breastfeeding (when possible) are part of the healing process. For times when you can’t be with your infant, LVHN Baby Cam provides a way for you (and others you select) to see your NICU baby via a secure video connection. It’s available exclusively at LVH-Cedar Crest and LVH-Muhlenberg NICUs.

NICU Near You
- Lehigh Valley Hospital–Cedar Crest (Level IV NICU for all babies with complex medical needs)
- Lehigh Valley Hospital–Muhlenberg (Level II NICU for babies born between 32-35 weeks)
- Lehigh Valley Hospital–Pocono (Level III NICU for babies born before 32 weeks)

Feeding your newborn

BOTH YOU AND YOUR BABY BENEFIT FROM BREASTFEEDING, BUT THERE’S NO DOUBT IT CAN BE HARD WORK. Some new moms may be able to reach their breastfeeding goals more easily than others. But for every one of those instant success stories, there is a mom struggling with latching, milk supply or keeping up with pumping schedules. Wouldn’t it be nice to have hands-on breastfeeding advice at both prenatal and postpartum stages? Lactation consultants at LVHN do just that. This special group of internationally board-certified lactation consultants (IBCLC) provide education, support and guidance both in the hospital and once you go home. They also run a series of popular breastfeeding support groups, where peer support quickly turns into friendship. Don’t want to breastfeed? That’s a choice we respect and support too.

Visit LVHN.org/feeding-your-newborn for more information.
CELEBRATING SURVIVAL
THREE WOMEN, THREE BREAST CANCER JOURNEYS
STORY BY RICHARD LALIBERTE

EVERY WOMAN'S BREAST CANCER JOURNEY IS DIFFERENT. THAT MAKES SURVIVORS' STORIES IMPORTANT - THEIR STORIES HELP COMFORT AND INSPIRE OTHERS. "It's empowering to hear of women who have been through a daunting situation, come through it all and return to their normal activities without missing a step," says radiation oncologist Jeanette Blauth, MD, with Allentown Radiation Oncology Associates. "There are women in our community who show that breast cancer can be beaten with advanced treatment and doesn't have to be as frightening as it sounds." Here are three women treated at Lehigh Valley Cancer Institute who survived – and continue to thrive.

TRINETTE MENGEL STRONG SUPPORT

IT'S A GOOD THING TRINETTE MENGEL OF DEER LAKE, PA., GETS A MAMMOGRAM EVERY YEAR. "When they called and said they'd spotted something, I thought, 'I've been through this before - it'll be nothing,'" Mengel says. Instead it was a highly aggressive tumor. "Thank God they caught it early," she says.

Treatment included surgery, radiation and chemotherapy. "Aggressive cancers often require all three," says Blauth. "Trinette's cancer was small but nasty."

"If not for my three children, I would not have made it through," Mengel says. Six months of chemotherapy were particularly challenging. "At three months, I said, 'I can't do this anymore,' and they said, 'Come on, Mom, you only have three more to go.'" Her extended family and social network also chipped in with support and transportation.

"She always had friends and family around her," says surgical oncologist Lori Alfonse, DO, with LVPG Surgical Oncology. "It's a big help to know you're not in it alone. People with support systems often do better in treatment."

"It meant a lot to me that my kids and others were there for me," Mengel says. "I went through a difficult nine months, but I'm glad for it. If I hadn't, the aggressive cancer I had would have killed me."
Lori Alfonse, DO
Surgical oncology
LVHN.org/Alfonse

Hidden Scar®
Breast Surgery

With Hidden Scar® Breast Surgery technique, breast cancer surgery doesn't have to leave a visible scar. "Specially trained surgeons hide incisions in natural positions of the body where they heal with excellent cosmetic outcomes," says surgical oncologist Lori Alfonse, DO, who is certified in the procedure.

Incision locations include the areola surrounding the nipple, where the tissue's color, shape and texture camouflage an incision; the inframammary fold where a bra fits under the breast; and the armpit. Lehigh Valley Cancer Institute is the only provider in the region to offer Hidden Scar surgery. "The patient barely notices these scars," Alfonse says. "Sometimes even mammogram technicians have trouble finding them."

That can lift a significant burden after surgery. "As a woman recovers from breast cancer, she doesn't want to step out of the shower and be devastated by what she sees in the mirror," Alfonse says. "It's one more way that Lehigh Valley Cancer Institute offers state-of-the-art treatment with the best outcomes for our patients."

Learn more: LVHN.org/HiddenScar

ATTEND PINK OUT
AT THE PROMENADE SHOPS
IN SAUCON VALLEY
Oct. 24, 5-8 p.m.
Register: LVHN.org/PinkOutEvent
How to Schedule a Mammogram

Mammograms save women’s lives – an estimated 384,000 to 614,000 in the U.S. over the past 30 years, according to a recent study in the journal Cancer. Scheduling a screening is easy and can be done in multiple ways:

1. **Call 888-402-LVHN (5846)** for appointments throughout Lehigh Valley Health Network.

2. **Go to MyLVHN.org** to schedule a screening through your personal MyLVHN account.

3. **Visit LVHN.org/hymammo** for a list of 15 LVHN appointment locations across six counties. Book from the webpage or if you’re uncertain, download a free guide.

4. **Make an appointment** as you check out after an appointment at any LVPG provider’s office.

5. **Get your mammogram on wheels** onboard Lehigh Valley Cancer Institute’s mobile mammography coach. This sophisticated vehicle brings 3D mammography to community workplaces and events. Learn more and view the coach schedule at LVHN.org/MammoCoach.
BUILDING BETTER ATHLETES

LVHN SPORTS ACADEMY HELPS YOUNG ATHLETES PREVENT INJURIES, GAIN CONFIDENCE

STORY BY YASMINE IQBAL

LEHIGH VALLEY HEALTH NETWORK (LVHN) SPORTS ACADEMY OFFERS YOUNG ATHLETES, AGES 8 TO 18, PROGRAMS TO BUILD FOUNDATIONAL FITNESS, HONE SPORTS-SPECIFIC SKILLS AND LEARN INJURY PREVENTION TECHNIQUES.

"Our programs are appropriate for all youth who would benefit from sports training, including kids who aren't particularly athletic," says Daniel Knappenberger, sports performance specialist with LVHN Sports Academy.

The programs, which are organized by age level, are offered in small group classes, allowing staff to provide individualized attention while giving participants opportunities for fun and friendly competition. Knappenberger notes that all programs are evidence-based and draw on the latest performance and injury prevention research.

"No matter the age or training level, we're able to help youth athletes develop and progress," says sports performance specialist Richard Vance.
FOUNDATIONAL PROGRAM
Foundation Program consists of 60-minute training sessions that are designed as "structured play." This program teaches kids proper techniques for a variety of athletic activities while helping to improve coordination, balance and strength.

“Our foundation group starts as young as 8 years old that focuses on developing proper form and training technique for all sports. The goal is to create a positive and fun environment that will both challenge and teach the correct way to train as an athlete. Once our performance coaches believe the athletes are ready to move into the next level of training, they will enter our accelerated class that will become more sport specific," says senior sports performance specialist Ryan Fatzinger.

ACCELERATED PROGRAM
Accelerated Program consists of 60 minutes of strength training followed by 60 minutes of speed work. This program continues to develop a foundation of fundamental strength and motor control as it builds speed and multidirectional movement skills.

"In this program, the training becomes more sports-specific," Vance says. Classes may incorporate plyometrics, free weights and core exercises. Participants continue to work in small group settings while receiving individualized attention.

ELITE PROGRAM
Elite Program consists of back-to-back 60-minute strength training and 60-minute speed sessions that allow athletes to develop maximum strength and power while fine-tuning all aspects of speed, specific movement skills and agility.

This program is especially useful for athletes who specialize in a particular sport but still require help with fundamentals; for example, a soccer player who needs to adjust her running mechanics.

ATHLETES HAVE ACCESS TO STATE-OF-THE-ART EVALUATION TOOLS

HIGH-TECH TOOLS HELP EVALUATE ATHLETES
• ZEPHYR BIOHARNESS: helps gauge exercise intensity and duration by providing physiological and biometric feedback
• DARTFISH® HIGH-SPEED MOTION ANALYSIS: evaluates performance movements to better identify performance deficiencies
• MULTISPORT SIMULATOR: helps athletes build fitness and confidence

All team members are certified strength and conditioning coaches. Each staff member also has completed specialized training in areas including kinesiology, physical therapy, group fitness, sports psychology, sports performance and sports management.

"We've seen many successes among program participants, including younger kids who were struggling to keep up with their fitness in the off-season who are now able to jump right back in when their season starts, to older kids who tell us that they no longer rush through speed and strength work because they’re seeing tangible results on the field," Knappenberger says.

Outreach and collaboration
Vance notes that the Sports Academy is known throughout the region for its work with high school and collegiate teams.

"We've hosted clinics and outreach events and worked with many local coaches," he says. "We also collaborate with athletic trainers to work with previously injured athletes who have completed rehabilitation and been cleared to play. We help these athletes rebuild their foundation and return to play."

The Sports Academy’s Breinigsville facility also offers field rentals, including two turf fields, a batting cage with pitching machine and portable pitching mound, and a lounge area that can be rented for parties or team-building events.

TRAINING TIP
Individualized personal training is available for any athlete who wants to focus on a specific goal. Request a consult at LVHN.org/sportsacademy.
TROUBLE CONTROLLING HIGH CHOLESTEROL?

THE TEAM WITH LEHIGH VALLEY HEART INSTITUTE’S ADVANCED LIPID MANAGEMENT AND CARDIAC PREVENTION PROGRAM CAN HELP

STORY BY JENN FISHER

ARE YOU AMONG THE MILLIONS WHO HAVE A CHOLESTEROL PROBLEM? In most cases, your primary care provider helps you manage your condition successfully. However, sometimes treatment doesn’t move cholesterol levels far enough in the right direction. If a stubborn cholesterol problem concerns you, Lehigh Valley Heart Institute’s Advanced Lipid Management and Cardiac Prevention Program, staffed by board-certified cardiologists Andrew Sumner, MD, Nidhi Mehta, MD, and Justin Guthier, DO, can provide the expert care you need to help get your cholesterol back on track.

Who can benefit?

“Our team can help if you have difficulty lowering so-called ‘bad cholesterol,’ or LDL cholesterol,” says Sumner, a board-certified lipidologist and director of the Advanced Lipid Management program. The program also is appropriate if you have a family history of coronary artery disease, have experienced premature coronary artery disease, or need combination cholesterol drug treatment.

Another reason to consider their help: managing side effects. "We are a good place to turn to if you have muscle aches or liver function test abnormalities related to cholesterol medications," Sumner says. "We may have options that will help you lower your cholesterol with fewer side effects."

Andrew Sumner, MD
Cardiology
LVHN.org/Sumner

CHOLESTEROL TERMS

**LDL (low-density lipoprotein):** the “bad” cholesterol. LDL cholesterol (LDL-C) leads to the buildup of plaque (hardened cholesterol) in the arteries.

**HDL (high-density lipoprotein):** the “good” cholesterol. HDL cholesterol (HDL-C) helps move excess cholesterol from the blood to the liver.

**Triglycerides:** a type of fat produced in the liver and also from food. Excess triglycerides are stored in fat cells.

**Total cholesterol:** a measurement of both LDL and HDL cholesterol.

HEALTH TIP

Talk with your primary care provider or cardiologist about any cholesterol concerns. If you need a higher level of care, request an appointment with the Advanced Lipid Management and Cardiac Prevention Program at 888-402-LVHN (5846).

Nidhi Mehta, MD
Cardiology
LVHN.org/Mehta

Collaborative care

The aim of the program is to return you to your primary care provider or specialist for long-term condition management. “Before we do that, we will assess the effectiveness of the new treatment and make sure you are on the right path,” Mehta says. “We want to help reduce your risk for developing cardiovascular disease and help you live a heart-healthy lifestyle.”

Justin Guthier, DO
Cardiology
LVHN.org/Guthier

What happens at the appointment?

At your appointment, blood tests will be reviewed and a comprehensive physical and medical history will be performed. "We will also talk about lifestyle and changes you can make to improve your cardiovascular health, including your cholesterol levels," Guthier says.

If dietary changes are needed, you will be referred to a registered dietitian for nutritional guidance. In appropriate patients, genetic testing can be performed. "We will suggest genetic testing to confirm if you have familial hypercholesterolemia, an inherited cholesterol disorder," Guthier says.

Triglycerides

Triglycerides are a type of fat produced in the liver and also from food. Excess triglycerides are stored in fat cells.

Total cholesterol

Total cholesterol is a measurement of both LDL and HDL cholesterol.
Daily Routines Can Become Lifesaving

STORY BY SANDRA GORDON

A FORMER 911 FIRST RESPONDER AND RETIRED NEW YORK CITY POLICE DEPARTMENT DETECTIVE LIEUTENANT, SANDRO RIZZOTII, 54, IS ACCUSTOMED TO MEETING ARDUOUS CHALLENGES HEAD ON AND WITH A TEAM. So, when the Macungie resident discovered a marble-size lump in his neck while shaving, he saw his family doctor right away. “He said, ‘I don’t like the way it looks,’” Rizzotti says.

Rizzotti’s next step took him to otolaryngologist Chetan Nayak, MD, with LVPG Ear, Nose and Throat. Rizzotti and his wife, Barbara, learned that abnormal tissue in his throat was oropharyngeal cancer - cancer of the throat that had spread to his lymph nodes and was contained there.

“When I found out it was cancer, I thought about going to Memorial Sloan Kettering (MSK) Cancer Center in New York City,” Rizzotti says. “Then I learned that Lehigh Valley Cancer Institute is affiliated with Sloan and follows their exact chemotherapy and radiation treatment model. That put my mind at ease.”

Team treatment
To successfully treat this type of cancer while minimizing long-term side effects, it takes a diverse and experienced team of providers. “Our head and neck cancer multidisciplinary care (MDC) team includes a head and neck surgeon, medical oncologist, radiation oncologist, social worker, registered dietitian, speech therapist and lymphedema therapist, as well as our nurse navigator who provides guidance and support throughout treatment,” Nayak says.

Nurse navigator Cynthia Smith, RN, is a lifeline for her patients. She attends appointments, answers their questions, helps arrange transportation when needed, and much more, during their cancer journey.

“Because treatment for head and neck cancer is complicated, a team approach is imperative,” says medical oncologist Bradley Lash, MD, with Lehigh Valley Cancer Institute, who treated Rizzotti with three rounds of chemotherapy. Rizzotti also underwent 35 radiation treatments.

“My goal was to target radiation to the cancer cells while sparing normal tissue,” says radiation oncologist Robert Prosnitz, MD, with Lehigh Valley Cancer Institute.

Comprehensive support
During and after treatment, Rizzotti had trouble swallowing and eating. But with aggressive supportive care from his MDC nutritionist and therapists, he was able to persevere.

Three months after treatment ended, Rizzotti received results of a follow-up PET scan: His cancer is in remission.

Rizzotti is now back to his routine of daily weight training at the gym and food shopping and cooking for his family. “Cancer threw me a curve, but I had an amazing team of doctors at Lehigh Valley Cancer Institute and excellent support from the MDC,” Rizzotti says.

MULTIDISCIPLINARY CLINICS (MDCs) AT LEHIGH VALLEY CANCER INSTITUTE

Our MDCs bring together doctors and support staff who will provide guidance throughout your cancer journey.

- Breast cancer
- Head and neck cancer
- Lung and other cancers of the chest
- Prostate cancer
- Skin and soft tissue cancer
- Upper gastrointestinal (GI) and pancreatobiliary cancer
HOLIDAYS ARE SUPPOSED TO BE JOLLY ALMOST BY DEFINITION. BUT MANY PEOPLE FIND THE HALLOWEEN-TO-NEW YEAR'S STRETCH TO BE STRESSFUL AND FAR FROM CHEERY. “There’s often a lot of financial strain coupled with family dynamics that can be hard to deal with,” says Cara Focazio, MD, an internal medicine physician with LVPG Internal Medicine-Bartonsville. “With that foundation, a minefield of other stressors can become more difficult.”

These can include high expectations for special dinners or events, grief over lost loved ones, sadness at the passing of another year, loneliness from lack of family or friends, guilt over food or alcohol excesses, or feelings of inadequacy. For some, lack of daylight can trigger seasonal depression that may make stress feel even worse.

Stress can take a physical as well as mental toll. “It can lead to high blood pressure and blood sugar, which can exacerbate conditions such as diabetes and hypertension at a time when you already may be eating more and exercising less,” says Ranju Gupta, MD, medical oncologist with Lehigh Valley Cancer Institute. Stress also may make you more vulnerable to seasonal colds and flu.

Some simple, mindful steps can help put more cheer back in your holidays.
IDENTIFY TRIGGERS
Think back on previous holidays or the past year and ask what situations have frazzled you. “Try to anticipate emotions, especially if you’ve been through a big personal change in your life,” says family medicine physician Jennifer Stockhausen, DO, with LVPG Family Medicine-Whitehall.

TUNE OUT SOCIAL MEDIA
“People tend to post only their highs and make everything look perfect,” Stockhausen says. “It’s easy to measure your holidays against everyone else’s and feel inadequate.” Avoid comparisons and try to be present with the people who are actually around you.

EMBRACE MIXED EMOTIONS
“There’s a tendency for grieving people to feel guilty about being happy,” Stockhausen says. “But it’s OK to feel excited about seeing the grandkids – even when you’re sad at the same time. Allow yourself to feel whatever you’re feeling.”

MANAGE EXPECTATIONS
“Sometimes we have a Norman Rockwell picture of how the holidays should go,” says internal medicine physician Daniel Benyo, MD, with LVPG Geriatrics and Internal Medicine-Lantern Lane, in Conyngham. “Expecting that dinner will be perfect, everyone will love their presents and no one will cry – the world just isn’t like that.” Recognize that expectations often come from within rather than from others. Plans failed? Family misbehaved? Dinner a disaster? “Sometimes those imperfect moments are comical if you step back,” Benyo says.

CUT YOURSELF SOME SLACK
Don’t be too hard on yourself if you have a drink or sweet (or two). “It’s OK to enjoy the fruits of your labor in moderation at the end of the year with your community and just be present in the moment,” Benyo says.

INVEST IN YOURSELF
Tend to basic health needs like keeping physically active, enjoying a healthy diet aside from seasonal treats, and getting enough sleep. Also, preserve just-for-you moments, even if it’s 15 minutes with a book before bed. “You’re the first priority even if you’re focused on others,” Focazio says. “To be a good caregiver, you need to care for yourself.”

PLAN AHEAD
Knowing what’s likely to ratchet up tension helps you anticipate and avoid stressful situations or defuse them when they occur. If money worries you, create a budget. If mingling at parties cranks anxiety, form an exit strategy ahead of time. “Establish boundaries about what you can tolerate, what is nonnegotiable, what spreads you thin and who you want to be around.”

JOIN A SUPPORT GROUP
The holidays can be especially tough if you’re dealing with a chronic illness like cancer. “Support groups can have a profound impact by allowing you to speak with others who have gone through similar experiences,” Gupta says. “They can be like a second family.”

HEALTH TIP
Your primary care physician can help you stay healthy all season. If you need a health care provider, visit LVHN.org/findadoc.
STORY BY SIDNEY STEVENS

WHEN THEIR INFANT SON, ALEX, FAILED THE HEARING PORTION OF HIS NEWBORN SCREENING FIVE YEARS AGO, TABITHA AND JOSH BARNES WERE SHAKEN. They hoped it was something temporary, like excess fluid in his ear canals.

But when Alex failed subsequent audiology tests, the Saylorsburg, Pa., couple had to confront their worst fears: Their baby had profound hearing loss in both ears.

The heartbreaking impact of living without sound showed up early when Alex failed to start speaking normally.

"At 2 he only said a few words, like 'Da' or 'No,'" Tabitha says. "Often he'd just point at things he wanted and grunt."

Even with speech therapy and hearing aids (which were delayed until he was 2 because of potential complications from an unrelated congenital brain condition called agenesis of the corpus callosum), Alex couldn't communicate effectively and began acting out.

"With his level of hearing loss, hearing aids made it sound like he was in a fishbowl - he was extremely frustrated and screamed a lot," says Tabitha. "He'd try telling us something, but we couldn't understand him, and he couldn't understand us. There was lots of crying on his part and mine."

Surgical hope

Discouraged by his limited progress, the family met with Lehigh Valley Health Network (LVHN) audiologist Alicia Kittle, AuD, in January 2018 when Alex was 3. "We determined he had sensorineural hearing loss caused by a damaged cochlea (an inner ear structure that translates sound vibrations into electrical impulses that are carried by the auditory nerve to the brain for processing)," she says. "We decided to evaluate him for a cochlear implant."

Unlike a hearing aid, which amplifies sound, a cochlear implant bypasses the cochlea to directly stimulate the auditory
nerve. The implant has two parts: an external device worn behind the ear to detect and transmit sounds and a nearby receiver implanted under the skin that sends those sound signals through wires to the auditory nerve and brain.

"Surgery takes two to three hours, and patients go home the same day," says pediatric ear, nose and throat (ENT) specialist Sri Chennupati, MD, with LVPG Pediatric Surgical Specialties. Lehigh Valley Reilly Children’s Hospital is the only center in the Lehigh Valley offering cochlear implant surgery for kids.

**Miracle of sound**

In preparation, Kittle thoroughly tested Alex’s auditory system to determine exactly what he heard. Alex also underwent an MRI to verify he had the necessary ear structures for an implant, including a cochlea and an auditory nerve. “Fortunately, Alex’s wiring was all there,” Chennupati says.

In March 2018, Alex received a cochlear implant in his left ear. It was activated four weeks later. "We gradually turned it up, but at one point it got too loud, and Alex started crying," Kittle says. "That's common - it can be scary at first. Alex was without hearing for three-and-a-half years and suddenly we’re giving him sound."

Once adjusted, Alex’s look of quiet gratification said it all. "It wasn't a 'wow-I-can-hear-your-voice' look," says Tabitha. "It was more subdued, like, 'Yeah, this is good.'"

Three months later Alex received a cochlear implant in his right ear.

**Opening new worlds**

Today, Alex is speaking in full sentences. He loves baseball, swimming, playing with friends, and was recently accepted into mainstream kindergarten.

"He’s matured unbelievably," says Kittle. "I'd consider him a normal 5-year-old."

Chennupati credits Alex’s parents for his remarkable progress. “They did it all, diligently taking him to follow-up visits and speech therapy after surgery,” he says.

For Tabitha, Alex's transformation is nothing short of miraculous. "All I wanted was for my child to hear me tell him I love him," she says. "I never imagined it would go further. I'm so happy we put our trust in Dr. Chennupati and Dr. Kittle, who made all this possible. Our goal now is making sure Alex lives his best life so he never feels like he has a deficit."
A RANGE OF OPTIONS FOR FIBROID RELIEF

LVHN OFFERS LATEST TREATMENTS FOR THIS COMMON WOMEN’S CONDITION

STORY BY SANDRA GORDON

UTERINE FIBROIDS ARE MOSTLY BENIGN (NONCANCEROUS) GROWTHS IN THE UTERUS FUELED BY ESTROGEN. They are surprisingly common. By age 50, more than 60 percent of women will develop them.

"Fibroids can come in all sizes. They can be as small as a marble or as big as a watermelon," says gynecologic oncologist M. Bijoy Thomas, MD, with LVPG Gynecologic Oncology. The good news? Even if fibroids are sizable, you may not have symptoms.

"Fibroids only need treatment if they cause problems," says gynecologist Elizabeth Flodin, DO, with LVPG Obstetrics and Gynecology. If fibroids do cause troublesome symptoms, such as irregular periods, pelvic pain, abnormally heavy or prolonged bleeding, or infertility, there are medical and surgical treatment options that can help you get your life back on track.

TREATMENT OPTIONS

Medication. "Birth control pills can be used to help control bleeding between periods," Flodin says. In women close to menopause, inducing menopause early with leuprolide (Lupron®), a hormonal medication, may help shrink large fibroids to avoid surgery or put an end to fibroid symptoms.

Physical therapy. Pelvic physical therapy can be effective in helping reduce pain related to fibroids and reducing the use of pain medication, says Karen Snowden, PT, DPT, board-certified therapist in women’s health at Rehabilitation Services-Emmaus.

Robotic-assisted myomectomy. This surgery is performed through tiny incisions. During this procedure, fibroids inside the uterus are removed, and the uterus is reconstructed. This treatment option is most appropriate if you wish to preserve your uterus for future pregnancy.

Uterine artery embolization. During this procedure, an interventional radiologist blocks blood supply to fibroids, causing them to shrink and die.

Total hysterectomy. This surgery often can be done using minimally invasive robotic surgery, and can benefit women who have completed child bearing. The surgery is performed through small incisions on the abdomen. The uterus is removed through the vagina to minimize abdominal scarring. “You usually can go home the same day, and average recovery is approximately two weeks. Extremely large fibroid uterus may require open surgery," Thomas says.

A hysterectomy usually will put an end to uterine bleeding and your menses. If your ovaries are not removed, menopause may even come naturally. "Our goal is to get you back to your family in the shortest amount of time, so you can start being you again," says gynecologic oncologist Martin Martino, MD, with LVPG Gynecologic Oncology.

To seek treatment for fibroids, see your gynecologist. If your fibroids are complex, you may be referred to a pelvic specialist for an evaluation.
Throughout her husband's cancer battle, Arlene Hottenstein tried ignoring the excruciating pain in her right leg. "It hurt so bad I couldn't bend to tie my shoes and had to give up walking my dog," she says. "But I couldn't get it checked because I needed to work and care for my husband."

Shortly after he passed away in August 2018, Hottenstein, then 64, visited an urgent care clinic near her Bethlehem home. An X-ray showed severe arthritis in her right hip.

She immediately made an appointment with orthopedic surgeon Jonathon Brown, DO, with LVPG Orthopedics and Sports Medicine. "He took one look at my X-ray and announced I needed a new hip," she says.

Muscle-sparing surgery
Hottenstein was concerned about missing work, but knew she couldn't continue standing all day in her job as a money counter for a vending company. To help shorten her work leave, Brown recommended anterior (from the front) hip replacement surgery, which causes less tissue trauma and boosts recovery time.

"With a traditional hip replacement, we typically make a long incision through the back or side of the body, cutting through muscles to approach the hip joint," Brown says. "Because there are fewer muscles on the front side of the hip, the anterior approach lets us make a smaller incision and spread the muscles instead of cutting them. Precision imaging also allows for more accurate placement of the hip implant."

Benefits include less pain, shorter hospital stay and fewer post-surgical restrictions.

Rehab and renewal
Hottenstein underwent surgery in November 2018, followed by inpatient rehabilitation and physical therapy. She was home within a week.

"Because there's a smaller incision, less pain and fewer movement restrictions, anterior hip replacement patients start rehab earlier and return to daily activities faster," says physical therapist Kevin Trexler, with Rehabilitation Services-Cetronia Road.

Hottenstein continued rehab at home with a physical therapist and nurse, and returned to work five weeks later. "Now I can bend to tie my shoes," she says. "I do my own cooking and cleaning, and I'm taking walks again."
TRICKY TREATS
BETTER-FOR-YOU SNACK SWAPS

It takes some seriously strong willpower to walk out of any store this time of year without a bag of Halloween candy in your hand. But don’t deprive yourself this fall — instead, make some smart swaps. The following substitutions are still every bit as festive, but they’ll save you greatly in calories, sugar and that post-Halloween stomachache.

**Candy Corn**
- 15 pieces
- 110 calories; 22g sugar

**Mini Peanut Caramel Bar**
- 3 pieces
- 240 calories; 27g sugar

**Light Kettle Corn**
- 3 1/4 cups
- 120 calories; 5g sugar

**Individually Wrapped Dark Chocolate Squares**
- 3 pieces
- 82 calories; 7.1g sugar

**Festive Candy Apple With Sprinkles**
- 4 oz. apple
- 200 calories; 30g sugar

**Apple With Honey Drizzle**
- 4 oz. apple with 2 tsp. honey
- 106 calories; 22.6g sugar

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He had to jump from scaffolding suspended three stories above ground to avoid debris falling from the neighboring South Tower at the World Trade Center. Seventeen years later, a life-changing decision made the physical pain disappear.

“I had struggled with weight for most of my adult life, and I decided to finally do something about it,” says the 65-year-old retired ironworker from Freemansburg, Pa. “I had gotten to 302 pounds. I race modified stock cars and couldn’t fit into the car anymore. I love to hunt, and I really couldn’t get around in the woods anymore. I decided to have weight-loss surgery, but I never expected what happened afterward.”

Easing his concerns Armbuster signed up for Lehigh Valley Health Network’s Bariatric Surgery Program in June 2018.

“My wife, Donna, had gone through the surgery a few years ago, but still I was unsure about it,” Arm­buster says. “There was a three-
month education period where I met several people older than me who had gone through it. It made me feel much more at ease."

He lost 70 pounds prior to his surgery. "I have gone through many crash diets losing 60 to 70 pounds before, so that wasn't unusual for me," Armbuster says. "But I always put the weight back on. This time, with the procedure and learning how to eat sensibly, I would keep it off."

Gastric sleeve transformation
In September 2018, bariatric surgeon T. Daniel Harrison, DO, with LVPG General, Bariatric and Trauma Surgery, performed Armbuster’s gastric sleeve surgery. In this procedure, part of the stomach is removed, creating a tube-like sleeve that is about 15 percent of the stomach's original size. Gastric sleeve surgery also removes the fundus of the stomach where glands secrete ghrelin, an appetite-stimulating hormone. The net result is an inability to consume what the patient could previously, combined with a decreased appetite, and the weight comes off. About a year after the surgery, Armbuster weighs 160 pounds.

"Today, gastric sleeve surgery is the most common bariatric surgery because it has proven to be especially effective in terms of appetite suppression," Harrison says. "Gary is one of many patients we’ve had in our program that are testaments to that effectiveness."

Pain and more: Gone
Armbuster never expected the additional benefits of the surgery, such as no longer feeling pain in his knees and back. "I had taken medication for that pain ever since 9/11, and now I no longer need it," Armbuster says. "I struggled with high blood pressure and with acid reflux, and I no longer take medication for either. I needed a CPAP (continuous positive airway pressure) machine for sleep apnea. I don’t use it anymore."

Harrison says such health improvements are typical of bariatric surgery patients.
"It depends on the individual, but there are a lot of health conditions that can be related to excessive weight," Harrison says. "We’re on the threshold of discovering many advantages that bariatric surgery can produce in that regard. It’s a life-changing experience in many ways."

Gary’s energetic life
For Armbuster, life after weight-loss surgery means he is riding a 10-speed bicycle, golfing and bowling every week, and spending summer days at Dorney Park’s Wildwater Kingdom. He’s racing modified stock cars again and last winter bagged a 430-pound bear while hunting. He is the most active he’s been since childhood.
"I wish I would have had the surgery 30 years ago," Armbuster says. "I look in the mirror and still have a hard time believing it’s me looking back."
Partners remind us to make time for our health. Here's your friendly reminder to schedule your mammogram. To find a location near you, visit LVHN.org/hymammo or call 888-402-LVHN.