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   (Photo by Olaf Staropolski)

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or call 610-402-CARE.

FOR MORE INFORMATION ABOUT ANY OF THE DOCTORS FEATURED IN THIS ISSUE
(such as practice name, location or hours), visit LVHN.org/find_a_doctor
or call 610-402-CARE.
Go From Sleepy to Perky

AVOID ‘DAYLIGHT SAVING SYNDROME’

Waking up late for work on Monday isn’t the only potential peril of daylight saving time. When we “spring forward” on March 10, the switch from Eastern Standard Time to daylight saving can negatively affect your health.

Studies show the time change increases your risk for accidents and heart attacks. One study, for example, found a 5.7 percent increase in workplace injuries the Monday after the time change.

The reason? “When we lose sleep, we’re not on our ‘A’ game,” says family medicine doctor Beth Careyva, MD, with Lehigh Valley Health Network. “Sleep loss may impair cognition.”

Here’s more. When researchers analyzed six years of heart attack records, they found the number of heart attacks rose by 5 percent the first few days after the clock change.

“Sleep loss activates the part of the nervous system that deals with stress, and this increases blood pressure and inflammation,” says health network pulmonologist Richard Strobel, MD. “Over a prolonged period of time, sleep loss can lead to high blood pressure, weight gain, depression and other health problems.”

If you typically get plenty of sleep and have no risk for heart disease, the time change won’t likely affect you. However, if you are chronically sleep deprived, already at high risk for heart disease or just want to be on your “A” game, here are tips to help you avoid “daylight saving syndrome”:

A WEEK BEFORE THE CLOCK CHANGE: Shift your sleep schedule. “Go to bed and wake 15 to 30 minutes earlier than usual,” Strobel says. That way the clock change won’t be as significant a shock to your system.

THE NIGHT OF THE CLOCK CHANGE: Resist any temptation to induce sleep with alcohol. “While it might help you fall asleep, alcohol leads to less restful sleep,” Careyva says.

THE FIRST FEW DAYS AFTER THE CLOCK CHANGE: Drink plenty of water and reach for wholesome, high-fiber foods rather than sugar-coated treats. An apple with peanut butter makes for a great energizing breakfast.

FOR THE REST OF THE YEAR: Prioritize sleep, aiming for seven to eight hours every night. Also get plenty of exercise, as it helps improve sleep, and keep your wake time consistent weekdays and weekends.

– Alisa Bowman

Next Step

IF YOU ROUTINELY HAVE TROUBLE SLEEPING, a sleep study at the Sleep Disorders Center could be for you. Call 610-402-CARE or visit LVHN.org/sleep.

A good night’s sleep perks up Patrice Tankpinou of Bethlehem.
Ever wonder what it’s like when robots assist in surgery? You can get a look at the da Vinci® Surgical robot at the Greater Lehigh Valley Auto Show. The robot will be there on Saturday, March 23. If you do well with the robot, you can qualify to be a finalist for the second annual Robotic Simulation Olympics at Coca-Cola Park on June 11 (Lehigh Valley Health Network health fair night at the Lehigh Valley IronPigs.)

The Greater Lehigh Valley Auto Show also will include a Children’s Hospital Health Fair, featuring nutrition and safety tips, and a visit by Radio Disney also will be part of the event. And of course, inside the auto show you’ll see the newest vehicles from more than a dozen manufacturers. The show takes place at Stabler Arena in Bethlehem.

Admission to the auto show is $10 for adults, $7 for children and seniors.

► You can get into the show for free on Saturday if you call 610-402-CARE by March 15 or if you print out the voucher at LVHN.org.

If you want to avoid kidney stones (and the painful symptoms that come with them), curb the colas. “Studies show that dark colas increase calcium and acids in the urine, which can cause calcium oxalate stones, the most common type of kidney stones,” says urologist Joseph Feliciano, MD, with Lehigh Valley Health Network. “Colas also are associated with decreased magnesium and citrate in the urine that help prevent stones from forming.” Need another reason to skip the soda? The non-diet varieties are loaded with sugar, which can cause weight gain and other health problems. If you’re looking for a healthy and refreshing drink, water is always the best choice.

**TEST-DRIVE A ROBOT**

**PREVENT Kidney Stones – Can That Cola?**
Gotta Go?

If you find yourself going to the bathroom quite often, it might be time to check with your primary care physician or gynecologist, says urogynecologist Sarah Friedman, MD, with Lehigh Valley Health Network. One possible cause that affects millions of women is a condition called overactive bladder. Here are a few tips to help you better control this condition:

CHECK YOUR DIET. Spicy foods and drinks with caffeine (such as coffee, tea or soda) can cause your bladder to spasm, which can make you feel like you have to go, even when you don’t.

SCHEDULE BATHROOM BREAKS. Go every two to three hours to avoid accidents.

TRY KEGEL EXERCISES. Contract your pelvic floor muscles and hold the squeeze for 5-10 seconds. Perform this three times a day, in sets of 10 flexes.

LEARN MORE about incontinence and bladder control at LVHN.org/wellness or call 610-402-CARE.

TAKE THESE TESTS

If you join the Healthy You Fitness Center at Lehigh Valley Hospital–Cedar Crest, you might benefit from something called a functional movement screen (displayed here by David St. Hill of Allentown). It’s a series of seven tests that measure your movement patterns. “It can tell you whether you’re at risk for injury with a certain exercise,” says sports performance specialist Rob Fatz, who is certified in functional movement screening. Using the results, Fatz can design an exercise program that helps you achieve the best results. The screens also can measure improvements as you continue your regular fitness regimen.

Next Step

JOIN THE HEALTHY YOU FITNESS CENTER.
Visit LVHN.org/fitness or call 610-402-CARE.

Tech Talk

BRAIN SURGERY WITHOUT AN INCISION

It’s called Perfexion® Gamma Knife radiosurgery, but it doesn’t involve a real knife. “It allows people with cancerous or noncancerous brain disorders a safe and effective treatment with no incisions,” says radiation oncologist Robert Prosnitz, MD, part of the Gamma Knife team at Lehigh Valley Health Network. “This is the most technologically advanced system of its kind available today.” Gamma Knife delivers extremely focused radiation beams to tumors in the brain without harming surrounding tissue. It’s available at Lehigh Valley Hospital–Cedar Crest.

HYPERBARIC OXYGEN THERAPY

The Wound Healing Center at Lehigh Valley Hospital–Muhlenberg now offers hyperbaric oxygen therapy. It’s designed to help adults with diabetic foot wounds, chronic infection and other injuries. During the therapy, a patient lies inside a transparent acrylic chamber reclined on a stretcher and breathes in 100-percent oxygen at a pressure higher than sea level. This promotes healing by delivering oxygen to damaged tissues 2-3 times more effectively than breathing regular air.

New!
Groovy Green Smoothie Recipe
(Serves two)

1 banana, cut in chunks
1 cup grapes
6 oz. vanilla yogurt
½ apple, cored and chopped
1 ½ cups fresh spinach leaves

Place all ingredients into a blender. Cover and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glass and serve.
It Is Easy Eating Green

ENJOY NATURE’S GREEN, HEALTHY FOODS EVERY DAY

There’s no need to dye your food green this St. Patrick’s Day. Mother Nature gives you plenty of delicious green options with which to fill your plate. Because natural green foods are among the healthiest things you can eat, why not eat green every day?

“Green vegetables are filled with vitamins and minerals that can help prevent disease,” says clinical dietitian Courtney Bloom with Lehigh Valley Health Network. In addition, green foods contain thousands of natural chemicals called phytorenutrients. “They help prevent diseases, like cancer and heart disease, and help your body function properly,” says health network internist Brian Shablin, MD.

A recent study found that eating just one serving of green food a day reduces the risk for cardiovascular disease by 11 percent. (Ideally, every day you should eat five servings of fruits and vegetables, of any color.) Other studies found that green foods lower your risk for cancer and hip fractures.

IF YOU WANT “GREEN GOODNESS,” TRY SOME OF THESE FOODS: broccoli, spinach, beans, peas, cabbage, kale, avocados and lettuce.

HERE ARE SOME OF THE VITAMINS AND MINERALS THEY CONTAIN, AND HOW THEY ARE BENEFICIAL TO YOUR HEALTH:

- **VITAMIN C** Your body uses it to grow and repair skin, cartilage, tendons and ligaments, as well as to repair and maintain bones and teeth.
- **VITAMIN A** It’s great for your eyes and cell growth. It also helps prevent some types of cancer.
- **VITAMIN E** It protects your cells from damage, ultimately lowering your risk for heart disease and cancer.
- **VITAMIN K** Greens are loaded with it. It helps regulate blood clotting, creates healthy bones and helps prevent osteoporosis.
- **POTASSIUM** Your heart loves potassium because it helps it beat regularly. It also helps prevent heart and kidney disease.
- **IRON** It’s needed to transport oxygen and carbon dioxide in your blood. It’s especially important for people with an iron deficiency (anemia) to eat their greens.
- **FOLIC ACID** In pregnant women, it helps prevent birth defects in the baby’s brain and spine.
- **FIBER** It helps your digestive system function properly.

HERE ARE TIPS TO HELP YOU AND YOUR FAMILY GET THE MOST FROM YOUR MEAL.

- **Don’t substitute greens with vitamins.** When it comes to getting the nutrients you need, there’s nothing like the real thing. In fact, recent studies find multivitamins may increase some health risks.
- **Set a good example.** Eating greens with your children will help them develop healthy eating habits that will stay with them for life.
- **Try new foods.** Sample fruits and vegetables you’ve never had before and experiment with new recipes.
- **Eat a balanced diet.** Green foods are a staple in the DASH diet, an eating plan that helps lower blood pressure and improve your overall health.

– Rick Martuscelli
For almost two years, Rick Hontz could only watch from the sidelines as his baby granddaughter began to crawl, then toddle, walk and run. That’s because a heart valve problem created a condition called aortic stenosis, which restricted blood flow from his heart. That made it difficult for Hontz to get around. He tired easily, couldn’t walk without getting out of breath and experienced frequent chest pain.

Most days the 56-year-old Slatington man needed the assistance of a wheelchair, walker or scooter. At one point, a doctor told him he had less than a year to live.

Today Hontz is like a new man. “I can’t wait to take my granddaughter to parks this spring,” he says. “And I’m happy to spend more time with my wife, Tammy, to whom I’ve been married for 31 years.”

A LIFE-CHANGING SURGERY
Hontz’s new outlook is thanks to a transcatheter aortic valve replacement (TAVR), a new type of heart valve surgery performed at Lehigh Valley Health Network.

“It’s a game-changer,” says health network heart surgeon Gary Szydlowski, MD. “TAVR can be performed on people who are at risk for or are not candidates for traditional open-heart surgery, and therefore would not have other treatment options.”

Instead of doing open-heart surgery with an incision in the chest, the TAVR procedure replaces the heart’s diseased aortic valve using a catheter to deliver a stented valve that is similar to the way a stent is placed to hold open a blocked artery. During TAVR, a team of heart surgeons and interventional cardiologists inserts a catheter through a patient’s groin and threads it up into the heart. The replacement valve then is inserted through the catheter. The procedure is performed in the “Hybrid OR” – a combination operating room and cardiac catheterization lab located at Lehigh Valley Hospital–Cedar Crest.

After the procedure, “patients can feel better almost immediately,” says health network interventional cardiologist J. Patrick Kleaveland, MD.

HOW TAVR HELPED
As soon as Hontz had the TAVR procedure last summer, he could feel a difference. “Once I awoke, I felt better,” he says. “In a day or two, I was walking on my own, and I felt 100 percent better than I had in years.”

Hontz returned home from the hospital a few days after TAVR. Not only is he getting stronger, but his heart is well enough for doctors to put his name on the list for two additional surgeries he will need – a kidney transplant and a liver transplant. His heart condition previously forced him to be removed from both transplant lists.

Now Hontz has a fresh outlook for the future. “I have another granddaughter on the way,” he says. “I plan to watch both of the girls grow up and maybe even get married.”

Amy Koch

Heart Care in Bethlehem
IF YOU NEED TRADITIONAL OPEN-HEART SURGERY or care for other heart-related conditions and you’re from Bethlehem or the surrounding region, you can find it at Lehigh Valley Hospital–Muhlenberg. You can meet members of the hospital’s team and learn more about heart health by attending “Bethlehem’s Choice for Complete Cardiac Care,” a community event scheduled for April 23. Learn more on page 21.

► Register at 610-402-CARE or LVHN.org.
A new type of heart surgery helped Rick Hontz of Slatington.
CAN WEIGHT-LOSS SURGERY CURE DIABETES?
SLIMMING DOWN DIRECTLY REDUCES YOUR RISK

Tipping the scale at 293 pounds in early 2012, Jack Harper of Quakertown had considered weight-loss (bariatric) surgery, but kept putting it off. “Because it changes the volume and type of food you can eat, I didn’t think I’d be able to maintain a proper diet after surgery,” he says.

Then a news broadcast changed his mind. It reported on recent research that found bariatric surgery can reverse type 2 diabetes, a condition Harper had battled for nearly two decades. He was paying $300 monthly for insulin and medication to control his diabetes, and also had weight-related sleep apnea. “I knew I had to do something,” he says.

So Harper had gastric bypass surgery in May 2012. Afterward, his blood sugar levels went from dangerously elevated to healthy, and his daily insulin requirement dropped from 250 units to 2. “That was while I was still in the hospital,” he says. Subsequent weight loss seemed almost a bonus: “I’ve lost 92 pounds,” he says. And he conquered the dietary changes he previously worried about.

LINKING WEIGHT AND DIABETES
Harper isn’t the only person to discover that curing diabetes has emerged as an important potential benefit of weight-loss surgery. “About 85 percent of type 2 cases resolve with surgery, especially gastric bypass,” says general and bariatric (weight-loss) surgeon T. Daniel Harrison, DO, with Lehigh Valley Health Network. “Most patients are able to go off all diabetes treatment.”

That’s significant, because complications from type 2 diabetes can include blindness, limb amputation and kidney failure. Diabetes also is closely linked with cardiovascular disease.

Weight and diabetes go together due to the role fat plays in the body. “When I was in medical school, we thought fat tissue was metabolically inactive,” says health network family medicine doctor Robin Schroeder, MD, who works with adolescents and adults on obesity. “We now know that fat cells influence a wide range of biochemical and hormonal processes that increase risks for chronic diseases, including diabetes.”

HOW SURGERY HELPS
Minimally invasive gastric bypass (Roux-en-Y) surgery re-forms the stomach to create a smaller pouch. The pouch connects directly with a section of the small intestine, bypassing a part of the digestive tract that absorbs calories and nutrients. This appears to resolve metabolic risks associated with diabetes both by causing weight loss and directly changing hormone function in the gastrointestinal system.

Other forms of weight-loss surgery include gastric banding, which cinches the stomach with an adjustable band, and gastric sleeve surgery, which removes about 75 percent of the stomach. Both reduce risks for diabetes, but to a lesser extent than gastric bypass.

Weight-loss surgery isn’t a cure-all, however. It also takes lifestyle changes to keep the weight off. “More research is needed on how well surgery’s benefits hold up over time,” Schroeder says. “But even a few years without diabetes improve your risks dramatically.”

Harper has experienced the difference. “I have more energy, physically feel better and get better sleep,” he says. His wife sleeps better too, because he no longer has sleep apnea and doesn’t need a noisy breathing machine at night. “If I had to do it all over,” he says, “I would choose surgery again.”

– Rich Laliberte
Take Charge Now

ARE YOU A CANDIDATE FOR WEIGHT-LOSS SURGERY? Your doctor can help you decide, partly based on criteria such as these:

► You’re able to stick with postoperative care such as having follow-up visits and tests, taking dietary supplements and following your doctor’s instructions

► Your body mass index (BMI) is 40 or higher, or your BMI is 35 or higher plus you have diabetes or another serious weight-related condition

► You’ve tried without success to shed pounds in other ways, such as clinical or other structured weight-loss programs.

Learn more about weight-loss surgery and diabetes. Call 610-402-CARE or visit LVHN.org/weight.

‘What I Learned About Distracted Driving’

LOCAL STUDENTS TELL THEIR STORIES

Did you know 80 percent of auto accidents are caused by distractions that occurred just three seconds into a crash? That statistic, from a National Highway Traffic Safety Administration study, shows the danger of distracted driving.

“It’s a huge problem,” says trauma surgeon Robert Barraco, MD, with Lehigh Valley Health Network. “We hear the stories inside our emergency rooms – about distractions like swatting away flies, putting on makeup in a car mirror, clipping nails while driving, or texting and driving.”

While not every distraction can be taken away, teaching new drivers how to focus while behind the wheel is paramount. Recently, dozens of Southern Lehigh High School students used a distracted driving simulator during a Students Against Destructive Decisions (SADD) event. The simulator is a computer screen with a wheel, gas and brake pedal, and it presents various potential distractions. Here’s what these students experienced:

Next Step
IF YOU’D LIKE TO SCHEDULE THE DISTRACTED DRIVING SIMULATOR to appear at a school event, call 610-402-CARE. Learn more about the dangers of distracted driving at LVHN.org/adult-safety.

“I NEVER EVEN SAW THE STOP SIGN.”
That’s what Tay Blondell, a 16-year-old junior, thought when she crashed while using the simulator. She ran through the stop sign and got a ticket. “I know someone who got into a bad accident for real while texting,” Blondell says. “I don’t understand how people can text and drive at the same time. It makes you stop and think.”

“I WILL REMEMBER THIS.”
After crashing into another simulated car while trying to change lanes, 17-year-old senior Griffin Parker got a ticket. “It’s not quite like driving my car for real, but this will make me think when I’m on the highway,” he says. “I didn’t think texting and driving was tough, but with the simulator I learned what can happen.”

“THERE ARE MORE CONSEQUENCES THAN I THOUGHT.”
Katie Kassel, a 16-year-old junior, was trying to get off an exit ramp from an interstate when she crashed into a median. She got “sticker shock” when the simulated police officer gave her a ticket. “The way the computer figured it, I’d have to work 575 days to pay off the damage to my car,” she says. It was a lesson learned. “It’s hard to text and focus on the road. I’d never try to do it for real.”
Do Antidepressants Help PMS?

OUR EXPERTS DISCUSS THE OPTIONS

Q: I’m really moody before I get my period. Is it Premenstrual Syndrome (PMS) or is it Premenstrual Dysphoric Disorder (PMDD)?
A: Almost all women experience either physical symptoms (cramps, bloating, acne, gastrointestinal upset and breast tenderness) or emotional symptoms (moodiness, anxiety, irritability, anger and depression) during their menstrual cycle. PMS means you get these symptoms only between ovulation and your period. PMDD means the emotional symptoms you get during this time make it difficult to function in everyday life. If your emotional symptoms also occur at other times, you may suffer from depression.

Q: What’s normal, and when should I talk to my doctor?
A: Talk to your doctor if your symptoms bother you. There are many treatment options available for PMS and PMDD, including lifestyle and diet modifications, and prescription medications like oral contraceptives and antidepressants.

Q: How do antidepressants help manage PMS and PMDD?
A: Antidepressants may be used a couple ways. Some women only take antidepressants during the second half of their menstrual cycle. Others take antidepressants all month long. Your physician will determine what’s best for you. Selective serotonin reuptake inhibitors (SSRIs) like fluoxetine (Seraphim and Prozac), paroxetine (Paxil) and sertraline (Zoloft) are the most commonly prescribed antidepressants. They work by changing the balance of serotonin in your brain, which in turn boosts mood.

Q: How do I know which option is right for me?
A: You and your doctor will work as a team to decide what’s right for you. Young women who want the added benefit of birth control often opt for oral contraceptives. Women of childbearing age who want to conceive typically choose antidepressants, as do many perimenopausal women. No matter the choice, it can be trial and error to get the exact medication that works for you, yet has the fewest side effects.

— Amy Koch
As the executive director of the YWCA of Bethlehem, Stephanie Hnatiw spends her days and nights dedicated to empowering women and eliminating racism. A personal experience also has transformed her into a champion for women with breast cancer.

Hnatiw’s journey began more than five years ago when she was diagnosed with breast cancer. She underwent chemotherapy, surgery and radiation therapy, successfully battling the disease with help from her Lehigh Valley Health Network care team –
If you need reconstructive surgery during or after breast cancer treatment, there now are many options available to you. Implants are one such option. “Women with breast cancer who need to recover quickly to care for young children may prefer implants,” says plastic surgeon Christian Subbio, MD.

Another potential option is segmentectomy (partial mastectomy). This procedure removes a large area surrounding the cancer to provide “negative surgical margins,” which is needed for a successful cancer procedure. This surgery covers a larger area than a lumpectomy. In women with large breasts, a reduction mammoplasty can be performed after segmentectomy to reshape the affected breast, and then the other breast is reduced to match.

Other options include microsurgical techniques that allow surgeons to remove tissue from one part of your body and transfer it to another by safely detaching and reattaching blood vessels with the help of an operating microscope (one example: moving tissue from your abdomen or back to create a new breast). Microsurgical techniques are used for other cancers too, as well as for traumatic injuries in areas of the body that don’t have a lot of tissue, like the scalp and shins.

Hnatiw chose a novel surgical option known as oncoplasty, which pairs cancer surgeons and reconstructive surgeons at Lehigh Valley Health Network.

During the procedure, Chung worked side-by-side with Wojcik. This ensured complete removal of the cancer and preserved as much healthy tissue as possible to help recreate a natural-looking breast.

When Hnatiw had the procedure done, she was one of the first in the region to receive it. Today it’s a much more popular option. “Removing cancer is the first priority,” says plastic surgeon Christian Subbio, MD. “Beyond that, almost all women are candidates for reconstruction. It’s our job as surgeons to help a woman understand her options, so she can make the choice that’s right for her.”

THE RIGHT CHOICE

Hnatiw knows oncoplasty was the right choice for her. And now she’s helping other women obtain lifesaving tests like mammograms. She secures grant money so women who live in the housing authorities of Bethlehem, Allentown and Lehigh County are aware of and get yearly mammograms.

“During treatment I began to wonder about women who don’t get mammograms because they don’t think they can afford them,” Hnatiw says. “I knew when I was better, I’d make sure every woman could receive this screening. It’s a lifesaver.”

– Amy Koch
George Romig was less than five days away from a proud moment – walking his daughter down the aisle at her wedding. But with one sentence, his whole life came crashing down around him. Doctors found he had a golf-ball-sized tumor in his colon. He was diagnosed with stage 3 colon-rectal cancer. “All I could think was this had to be a mistake,” says the Allentown man, then 48.

Surgery removed the tumor, and two rounds of chemotherapy sent his cancer into remission. Yet his journey was far from over. As is standard in Lehigh Valley Health Network’s cancer program, Romig’s tumor underwent IHC (immunohistochemistry) testing, which screens for HNPCC, a specific type of hereditary cancer syndrome. This testing can detect genetic cancer risks that other tests can miss.

Based on the results of the IHC testing, Romig agreed to have additional genetic testing – this one a simple blood test. The final results showed Romig carried a defective gene that put him at an 80 percent increased risk for colon-rectal and other cancers. This meant everyone in his family also could have the same inherited gene. So he strongly encouraged his brother, Kenneth Romig, to get tested too.

It took some convincing, but the test “allowed George to save his brother’s life,” says health network genetic counselor Ann Marie Miller. “Kenneth is now getting increased screening in hopes of catching the disease early.”

**TO KNOW OR NOT KNOW?**
Although some people prefer not to know their cancer risk, genetic testing allows families to develop a plan. “It’s better to know when it comes to your health,” Miller says. “If you have a genetic marker for cancer, we can create a plan for the future and provide the help you need today.”

The future is what George Romig focused on once he was diagnosed. First, he waited until after his daughter’s wedding to tell her, so she could have a stress-free wedding. Then he got treatment and surrounded himself with family and friends. “I relied on them for help, and it made a scary time just a bit easier,” he says.

**3 TIPS FOR BATTLING COLON-RECTAL CANCER**

1. **Know your family history.** It will help your doctor determine your level for risk and may even encourage other family members to get tested, as it did with the Romigs.
2. **Don’t ignore the symptoms.** George Romig had found traces of blood in his stool for a year prior to diagnosis, but he thought it was a ruptured hemorrhoid. “It would come and go,” he says. He didn’t seek help from a doctor until his wife encouraged him to do so.
3. **Get screened.** “If you have no family history, you should get your first colonoscopy (a colon-rectal cancer screening) at age 50,” says health network medical oncologist Suresh Nair, MD. If you have a family history (your parent, sibling or child had colon-rectal cancer), start 10 years before the age at which your family member was diagnosed.

— Matthew Burns

**WHAT IS NCCCP?**

**LEHIGH VALLEY HEALTH NETWORK’S CANCER CENTER**

partners with the National Cancer Institute’s Community Cancer Centers Program (NCCCP) to deliver superior quality and coordinated cancer care, bring the nation’s newest treatments to our patients through clinical trials and decrease barriers to care in our community.
George Romig of Allentown saw his daughter, Tanya Hughes, walk down the aisle.
To your son, it’s a place to store his skateboard. To your daughter, it’s a place to park her bicycle. To you, it might be a place to store everything and anything—from garden tools and motor oil to your family car.

Your garage means different things to different people in your family. “It’s become one of the most functional rooms in any house,” says pediatrician Sanjeev Vasishtha, MD, with Lehigh Valley Health Network. “That means it can present safety risks for children of any age.”

To keep your children safe and reduce the risk for potential accidents, garage safety is a must. Regardless of whether your child is retrieving a toy or working on a Boy Scout project with you, the most important garage safety tip is this: “Always remind your child that the garage is not a play area,” Vasishtha says.

— Ted Williams

HERE ARE EIGHT POTENTIAL GARAGE “DANGER ZONES” — AND TIPS TO MAKE THEM SAFER:

- **LADDERS** – Don’t store them upright against the wall. Instead, lay them on one side.

- **THE OVERHEAD DOOR** – Make sure it has a motion sensor so an object (or child) can’t get trapped underneath it.

### FREEZERS OR REFRIGERATORS
Many families are now keeping an extra freezer or fridge in the garage. Sometimes they’re in use; other times they’re throwaways. If one is in your garage, keep it locked or taped so your child doesn’t enter it.

### LAWN AND GARDEN EQUIPMENT
Don’t pile them up in a corner. High-hanging hooks or storage shelves can help keep a rake or shovel from turning into a tripping hazard.
OIL SPILLS ON THE FLOOR
A slick spot can lead to a trip. Some ways to clean up that spot – sawdust can absorb liquid. Dishwashing liquid, water and a scrub brush work too.

ODDS AND ENDS
Tools, nails, paint cans, bottles, gasoline – all of these present problems if left in the open. Make sure they are stored high enough to be out of a child’s reach. Or store them in a locked outdoor shed if you have one.

THE WALK-IN DOOR
Keep it closed and locked. That way you’ll know when your child accesses it. (If it’s an insulated door, you’ll keep those winter-time heating bills down too.)

BICYCLES AND TOYS
Make sure the path to such toys is clear, and that they’re easily within reach of your child but out of harm’s way.

Next Step
GET MORE TIPS TO KEEP YOUR CHILD SAFE. Call 610-402-CARE or visit LVHN.org/wellness.
Melissa Barbehenn knew something was wrong almost immediately after giving birth to her daughter, Hannah, in 2010. “Instead of saying, ‘Let me see the baby,’ I turned over and didn’t want anything to do with her,” she says. “There was a lot of guilt for not feeling an instant connection with my beautiful baby who was so loved and so wanted.”

Barbehenn’s despair grew in the following weeks, turning what should have been a joyful time for her and her husband, Paul, into a nightmare. Two weeks after Hannah’s birth, she was diagnosed with postpartum depression, a severe hormonal imbalance that affects about 15 percent of women (many more go undiagnosed) and can last up to a year. It differs from the more common short-term “baby blues” in its duration and severity.

With the help of antidepressants and counseling, Barbehenn, 31, of Macungie, slowly began feeling better. But some days were still hard as she struggled with motherhood’s emotional and physical demands. So when a 402-CARE nurse at Lehigh Valley Health Network called inviting her to join a new postpartum support group, she quickly agreed.

“It was such a relief to be in a judgment-free environment. No topic is off-limits, and everything said is confidential. It is a place to feel safe, supported and understood,” Barbehenn says.

The group is called Postpartum Support – Understanding Emotions After Delivery. Meetings are facilitated by professional counselor and parent educator Jennifer Perreault and are open to all new moms looking for support (as well as their husbands or partners).

“Initially, women may be ashamed or embarrassed, wondering why they’re not happy,” Perreault says. “Here they see they’re not alone. They understand motherhood isn’t all rainbows and sunshine.”

Meetings last about one-and-a-half hours and focus on specific topics usually brought up by the women themselves – everything from going back to work to forgiving yourself for not being Superwoman. “They share advice, support and sometimes just vent,” Perreault says. “Because they’re all at different stages, the newer women see that it gets better.”

Barbehenn, who has since settled happily into motherhood, still attends meetings to help others. She also knows where to turn for an occasional pep talk or helping hand. “This group gives moms a room full of cheerleaders,” she says.

– Sidney Stevens

Next Step
LEARN MORE ABOUT THE SUPPORT GROUP OR JOIN.
Call 610-402-CARE or visit LVHN.org/pregnancy and click on “postpartum.”

Daughter Hannah is the joy of Melissa Barbehenn’s life.
What’s New

Bethlehem’s Choice for Complete Cardiac Care
Free!
Come join us for an educational session with four cardiologists and learn the ABCs of keeping your heart healthy.
April 23: 6-7:30 p.m. at LVH–Muhlenberg

Children’s Hospital Health Fair
Free!
Held during the Greater Lehigh Valley Auto Show at Stabler Arena. Get child nutrition and safety tips, a visit by Radio Disney AM 640 with music, games and prizes, and see the da Vinci® Robotic Surgery System. Free if preregistered through 610-402-CARE or with voucher from LVHN.org.
March 23: 10 a.m.-1 p.m.

Crohn’s and Colitis Teen Talk
Free!
An education program for teens (age 13 and up) who are living with inflammatory bowel diseases. Get advice from the experts. Parents welcome. To register, call 610-402-CARE.
April 20: 10 a.m.-noon at LVH–Cedar Crest

Medallion Lecture: Madness and Wasted
Free!
Speaking from a patient’s point of view, author Marya Hornbacher presents information on mental illness in her unique, honest style. To register, call 610-402-CARE.
May 8: 7 p.m. at Cedar Crest College, Allentown

Mini Med School
Free!
Take a behind-the-scenes look at remarkable technological advancements that are changing the way we work, play and communicate – and changing the face of surgery. You will review actual case studies, watch videos and even test your surgical skills in our Surgery Education Center. To register, call 610-402-CARE.
April 4, 11, 18, 25: 6:30-8 p.m. at LVH–Cedar Crest

Storybook Breakfast
Free!
Presented by the Literacy Center of the Lehigh Valley. For ticket information, call 610-402-CARE.
March 23: 8 a.m. at LVH–Cedar Crest

Around Our Community

First Strides®
Free!
This 12-week workshop for women of all ages helps you begin a walking or running program. The goal: participating in a 5K.
Starting Mon., March 18: 8:15 p.m. at Stroudsburg
Starting Tue., March 19: 6:15 p.m. at Brodheadsville
Starting Tue., March 19: 6 p.m. at Hanover Twp. Community Center
Starting Tue., March 19: 5:30 p.m. at Bethlehem Twp. Community Center
Starting Wed., March 20: 9:15 a.m. at Bethlehem Twp. Community Center
Starting Thu., March 21: 6 p.m. at Sand Island, Bethlehem

Get Out! Lehigh Valley
Free!
This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to www.getoutlehighvalley.org or call 610-402-CARE.
Weissport Canal Walk
April 13: 10 a.m.
Saucon Rail Trail Walk
April 27: 10 a.m.
Jacobsburg Environmental Education Center Hike
May 11: 10 a.m.

Community Exchange
Free!
Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors. We also connect you to parks, trails, gardens, rivers and more in your community. Volunteer time and new dates, go to www.getoutlehighvalley.org or call 610-402-CARE.
First Strides®
Starting Thu., March 21: 6 p.m. at Bethlehem Twsp. Community Center
Starting Wed., March 20: 9:15 a.m. at Hanover Twsp. Community Center
Starting Tue., March 19: 6 p.m. at Brodheadsville
Starting Tue., March 19: 6:15 p.m. at SteelStacks
Starting Tue., March 19: 6 p.m. at Hanover Twp. Community Center
Starting Tue., March 19: 5:30 p.m. at Bethlehem Twp. Community Center
Starting Wed., March 20: 9:15 a.m. at Bethlehem Twp. Community Center
Starting Thu., March 21: 6 p.m. at Sand Island, Bethlehem
Half-Marathon: 7:15 a.m. in Bethlehem

Guardianship Support Agency
Free!
Work for a local nonprofit with guardianship services.

Would a Support Group Help?
Free!
Dozens of different groups provide comfort and support.

Living With Diabetes
Our team will work with you and your physician to design a program to fit your needs.
We provide education for:
• Prediabetes
• Type 1 and type 2 diabetes
• Gestational diabetes
We will help you learn more about:
• Healthy eating
• Being active
• Using a meter to test your blood sugar
• Medication
• Reducing risks

We also offer:
• Insulin pump training
• Continuous glucose monitoring
• Support groups for adults and children

Insulin Pumpers
Free!
Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs).
March 12

Sweet Success
Free!
Monthly support group for adults with type 2 diabetes.
March 21, April 18: 6:30-8 p.m. at 1243 S. Cedar Crest Blvd.
### Classes and Support Groups

#### Calendar

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
<th>Registration Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar-Free Kids</td>
<td>Monthly support group for children with type 1 diabetes.</td>
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<tr>
<td><strong>Caring for Mind and Body</strong></td>
<td>Medical therapists offer different massage options at various sites.</td>
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<tr>
<td><strong>Mindfulness-Based Stress Reduction</strong></td>
<td>Internationally recognized program uses meditation and group support. Most insurances accepted.</td>
<td>Information session – March 4: 6-7 p.m. at LVH–Cedar Crest Sessions starting April 2 Retreat – May 11</td>
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<tr>
<td><strong>Massage Therapy</strong></td>
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<tr>
<td><strong>Tobacco Treatment Program</strong></td>
<td>12-month program of individual counseling and ongoing support.</td>
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<tr>
<td><strong>Partnership for Tobacco-Free Northeast</strong></td>
<td>Tobacco treatment services available for individuals and businesses</td>
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<tr>
<td><strong>CPR</strong></td>
<td>Adult Heartsaver AED, Heartsaver Adult First Aid, Heartsaver CPR – Pediatrics, Heartsaver Pediatric First Aid</td>
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<tr>
<td><strong>Screenings</strong></td>
<td>Clinical Breast Exams and Pap Tests for Uninsured Women</td>
<td>Appointment is necessary. Call 610-969-2800. Sponsored by the Community Health and Wellness Center in collaboration with the Allentown Health Bureau. Weekly 8:30 a.m.-4 p.m.</td>
</tr>
<tr>
<td><strong>Rapid HIV Testing</strong></td>
<td>Free, anonymous and confidential. Mon.-Thu.: 9 a.m.-3 p.m., Fri. by appointment at LVH–17th</td>
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<tr>
<td><strong>Lung Cancer</strong></td>
<td>Appointments necessary. Call 610-402-CARE.</td>
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<tr>
<td><strong>Skin Cancer Screening</strong></td>
<td>For an appointment, call 610-402-CARE.</td>
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<tr>
<td><strong>Stroke Screening</strong></td>
<td>Walk-ins – no appointment necessary. May 14: 10 a.m.-2 p.m. at LVH–17th</td>
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<tr>
<td><strong>Lung Cancer</strong></td>
<td>May 16: 10 a.m.-2 p.m. at LVH–Muhlenberg</td>
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<tr>
<td><strong>Kidney/Pancreas Transplant Information Session</strong></td>
<td>If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call 610-402-CARE.</td>
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<tr>
<td><strong>Raising a Family</strong></td>
<td>Welcome</td>
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<tr>
<td><strong>Pregnancy 101</strong></td>
<td>Expectant Parent Tour</td>
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<tr>
<td><strong>Sibling Tour – My Baby and Me</strong></td>
<td>Preparing for Childbirth</td>
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<tr>
<td><strong>4-week evening series</strong></td>
<td>Weekend</td>
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<tr>
<td><strong>One-Day: Fri.-Sat.; Sat.-Sun.</strong></td>
<td>On the Internet – Refresher</td>
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<tr>
<td><strong>Teens Only</strong></td>
<td>Preparing for Baby</td>
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<tr>
<td><strong>Baby Care</strong></td>
<td>Breastfeeding Baby</td>
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<tr>
<td><strong>Becoming New Parents Workshop</strong></td>
<td>Staying Safe</td>
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<tr>
<td><strong>Babysitting – Safe Sitter</strong></td>
<td>CPR – Safe Sitter Student</td>
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<tr>
<td><strong>CPR – Family and Friends</strong></td>
<td>After-Delivery Support</td>
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<td><strong>Monday Morning Moms</strong></td>
<td>Beyond Birth</td>
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<tr>
<td><strong>Postpartum Support</strong></td>
<td>Understanding Emotions</td>
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<tr>
<td><strong>After Delivery</strong></td>
<td>Parenting Series</td>
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<tr>
<td>**Five-week course based on the “Redirecting Children’s Behavior” philosophy to become a more effective, calmer parent. Starting May 7</td>
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<td><strong>Parenting Workshops</strong></td>
<td>10 Ways to Get Your Kids to Listen</td>
<td>March 21</td>
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<tr>
<td><strong>New Parents Workshop</strong></td>
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<td>March 26</td>
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<tr>
<td><strong>Parenting as a Team</strong></td>
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<td>April 10</td>
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<tr>
<td><strong>Raising Toddlers</strong></td>
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<td>April 17</td>
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<tr>
<td><strong>Keep Calm—Secrets to Staying Patient</strong></td>
<td></td>
<td>May 1</td>
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<tr>
<td><strong>Managing Sibling Rivalry</strong></td>
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<td>May 16</td>
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<tr>
<td><strong>Safe Ride-Car Seat Safety</strong></td>
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<td><strong>Certified technicians show how to correctly install car seats and secure children.</strong></td>
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<tr>
<td><strong>Aging Well</strong></td>
<td>Dr. Salerno’s Geriatric College of Knowledge</td>
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<tr>
<td><strong>Medication Use in the Elderly</strong></td>
<td>April 10</td>
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<tr>
<td><strong>Cognitive Changes in the Elderly</strong></td>
<td>May 8</td>
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<tr>
<td><strong>APPRISE Medicare Counseling</strong></td>
<td>By appointment.</td>
<td>Tue.: 10 a.m.-noon, Fri.: 1-3 p.m.</td>
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<tr>
<td><strong>Coping With Illness</strong></td>
<td>Heart Failure Support Group</td>
<td>Successful living with heart failure support group for patients and families. Meets every two months</td>
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<td><strong>Crohn’s Disease and Ulcerative Colitis Support Group</strong></td>
<td>From the Crohn’s and Colitis Foundation of America.</td>
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<td><strong>Meets second Sun. of month at LVH–Muhlenberg</strong></td>
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<tr>
<td><strong>Huntington’s Support Group</strong></td>
<td>Meets second Sat. of month at LVH–Cedar Crest</td>
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<td><strong>Parkinson’s and Multiple Sclerosis Get Up and Go</strong></td>
<td>Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes. Mon. and Thu.: 10:30-11:30 a.m. at 1243 Cedar Crest Blvd. Mon. and Thu.: noon-1 p.m. at 1770 Bathgate, Bethlehem</td>
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<tr>
<td><strong>Parkinson’s Support Group</strong></td>
<td>Meets fourth Tue. of month at LVH–Muhlenberg</td>
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</tbody>
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*For more information, please contact the Community Health and Wellness Center in collaboration with the Allentown Health Bureau.*
**Preoperative Spine Class**
Information to help you prepare for hospital care and recovery.
March 19, April 16: 1:30-3:30 p.m.,
April 3, May 1: 8:30-10:30 a.m.

**Brain Warriors Stroke Support Group**
Share emotional and physical issues to help deal with life after stroke.
March 18: 11 a.m.-noon

**Transplant Support Group**
Meets first Sun. of month at LVH–Cedar Crest

**Bereavement Support Services**
Bereavement Care Workshop
Grief Process Groups
Individual, Family and Couples Counseling
Ladies Lunch Club
Spiritual-Based Adult Grief Support Group
Stepping Stones for Children

**FOR CANCER PATIENTS**

**Adolescent Support Group**
Lehigh Valley Chapter of the National Ovarian Cancer Coalition

**Look Good...Feel Better**
Makeover to understand and prepare for hospital care and to help deal with life after stroke.
March 18: 11 a.m.-noon

**Managing Your Weight**

**Bariatric Medicine Information Night**
Learn about bariatric medicine’s specialized physical-monitored weight-loss programs to help you reach your weight-loss goals without surgery.
March 21, April 15: 4:30-5:30 p.m.

**Daily Steps to Less Stress**
This lifestyle management program helps you manage everyday stress through practical relaxation techniques and stress management strategies.
Starting March 19: 2-3:30 p.m.

**Drop 10 in 10**
Group-based 10-week weight management program to help you lose 10 pounds (or 10 percent) of body weight through nutrition, exercise and behavior.
Starting April 11: 5:30-6:30 p.m.

**Monthly Support Group**
Support and information on weight-loss surgery.
April 3, May 1: 6-7:30 p.m.

**Weight-Loss Surgery Information Night**
What to expect.
March 21, April 4, April 30,
May 15: 6:30-8 p.m.

**Weight Management Services**

**INDIVIDUAL**
Nutrition Counseling
Assessment, body-fat analysis and goal-setting.

**Nutrition Counseling/ Metabolism Body Composition Test**
Counseling plus personal metabolism test and interpretation.

**Six-Month Supportive Weight Loss Program**
Individualized expert-level care for nutrition, behavior and fitness.

**GROUP**
Eat Well for Life
Learn healthy food choices for weight management.
Part 1 starting April 8
Part 2 starting May 6

**Lymphedema Support Group**
April 2: 7 p.m. at LVH–Cedar Crest

**Men Facing Cancer Support Group**
Meets second Mon. of month

**Managing Your Weight**

**Very Gentle Yoga**
Staying Strong
R.I.P.E.D.
Relaxing Yoga
Interval Express
Cycle Express and Power Cycling
Energizing Yoga
Exercise for Life
Staying Strong
Tai Chi
Very Gentle Yoga
Yoga Basics
Yogalatte
Zumba
Zumba Toning

**Aqua New**
Water exercise for posture, balance, strength and confidence.
Starting March 19

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**Free!**
**Healthy You Fitness Center Group Classes**
Being a member of the Healthy You Fitness Center allows you to partake in a variety of classes. Call 610-402-CARE for more information. See a list of class locations and descriptions at LVHN.org/fitness. Classes are offered at four locations.

**Age-Proof Workout**
Cardio Cross-Training
Cardio-Strength Combo
Chisel
Core n More

**Cycle Express and Power Cycling**

**Energizing Yoga**

**Exercise for Life**

**Staying Strong**
Tai Chi

**Very Gentle Yoga**

**Yoga Basics**

**Yogalatte**

**Zumba**

**Zumba Toning**

**Aqua New**
Water exercise for posture, balance, strength and confidence.
Starting March 19

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**Healthy You Fitness Center Group Classes**

**A Passion for Better Medicine**
Lehigh Valley Health Network

**WOMEN’S HEALTH**

**PRIMARY CARE**

**HEART HEALTH/STROKE**

**COMMUNITY HEALTH/EDUCATION**

**CHILDREN’S HEALTH**

**CANCER CARE**

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**HEART HEALTH/STROKE**
John Ursula, MD, Anne Marie Crown, Wendy Vazik, Christine Mathewson, RN, Gary Dickey, MD

**PRIMARY CARE**

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**Photographer**

**Special Thanks**

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**For information or a referral to any of the professionals featured in Healthy You, call 610-402-CARE or visit LVHN.org/healthyyou.**

**Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance. If you have received an extra copy of this publication, please share it with a colleague or friend.**

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All rights reserved.
a passion for repairing hearts

THIS IS ANNETTE.
She didn’t realize her heart condition was so severe.
We listened to her situation.
Understood her symptoms.
And not only gave her the most advanced surgical and treatment options, but did everything in our power to help her turn things around. Because we’re not just treating heart disease, we’re treating Annette.