Cool Off
Stay hydrated this summer

Also inside:
Open Up That Grill
Get a Second Opinion
Summer Myths Debunked
On the cover: Enjoy the cooling sensation of a splash of water. Learn the importance of staying hydrated on page 6.  
Photo by Olaf Starorypinski

‘We Are Helping to Prevent Distracted Driving’
Join the cause ................................................................. 1

Open Up That Grill
Plan a mouth-watering picnic ............................................ 2

Creating Healthier School Days
Bringing the doctor to Allentown schools ............................ 4

Is It a Food Allergy?
Differentiate allergy from intolerance ............................... 5

Drink That Water!
Stay hydrated for summer ............................................. 6

A Cool Way to Regulate Heartbeat
New procedure helps Pam Hubbard ................................. 7

Emergency Care Starts With You
How you can take charge .............................................. 8

Back With the Band
Chris Connors’ amazing story ....................................... 9

Second Opinion for Heart Surgery
Lynn Sheehan’s new lease on life .................................. 10

6 Summer Health Myths Debunked
Do you eat before swimming? ....................................... 12

Leave Your Legacy
Strength during a cancer journey .................................. 14

What’s in My Medical Record?
You can view it safely online ......................................... 15

4 Ways to Prepare for Fall Sports
Training makes a difference ....................................... 16

Your Guide to a Healthy You
New and ongoing programs ....................................... 17

Lehigh Valley Health Network
A PASSION FOR BETTER MEDICINE.
to Prevent Distracted Driving’

News travels fast, especially when it comes to warning people about the dangers of distracted driving. People across the Lehigh Valley are joining Lehigh Valley Health Network in spreading the word that distracted drivers cause crashes.

“Distracted driving affects everyone,” says health network trauma surgeon Robert Barraco, M.D. “Drivers on average spend almost one out of five minutes distracted, and 80 percent of crashes occur within three seconds of a driver distraction.”

Since the health network began its anti-distracted driving campaign last fall with car magnets, billboards, radio ads and a website, community members have made the cause their own. Meet some of them and read their stories:

**Undistracted from the start**—When 16-year-old Lauren visited Lehigh Valley Health Network pediatrician Mary Stahl-Levick, M.D., for the medical exam she needed to obtain her driving permit, her mom, Marie Casarella, asked if she could have a car magnet. That’s when Stahl-Levick got the idea to give magnets to all her patients who are learning to drive. “We know of a family that was the victim of a fatal accident involving distracted driving,” Casarella says. “That’s why we want to spread the word.”

**Safe customers are happy customers**—Donna Hosfeld, owner of Hosfeld Insurance, LLC, in Macungie, distributes Stop Texting car magnets to hundreds of her clients. “Everyone realizes distracted driving is dangerous, but sometimes we forget,” she says. “The car magnets are an in-your-face reminder to do the right thing.” She’s also spreading the word on Facebook.

**Coca-Cola collaboration**—Driving behind a Coca-Cola truck evokes thoughts of an icy-cold beverage. Now it also reminds you to Stop Texting while driving. Truck driver Thomas Hoenl of Whitehall (right) and warehouse and logistics manager Steve Keiper of Bethlehem are proud to display the message on 20 of their 32 Coca-Cola trucks in the Lehigh Valley. “I have a daughter who recently started driving,” Keiper says, “so the importance of this message really hits home.”

Next Step: Get a free “Stop Texting” magnet. Visit celllimit0.com or call 610-402-CARE.
Open Up That Grill
Plan a healthy and mouth-watering picnic

The sun is shining. Friends are visiting. The grill calls your name. But before you break out those high-fat, high-sodium hot dogs, think about some more creative, healthier and mouth-watering options.

To get you started, Lehigh Valley Health Network dietitian Susan O’Donnell and internist Howard DeHoff, M.D., offer these tasty tips:

**Grilled Rosemary-Salmon Kabobs**

- 2 teaspoons of minced fresh rosemary
- 2 teaspoons of olive oil (extra-virgin)
- 2 cloves of minced garlic
- 1 teaspoon of freshly grated lemon zest
- 1 teaspoon of lemon juice
- 1/2 teaspoon of kosher salt (to taste)
- 1/4 teaspoon of freshly ground pepper
- 1 pound of center-cut salmon fillet, skinned and cut into 1-inch cubes
- 1 pint of cherry tomatoes

**Serves 4**

**Directions:**
After oiling the grill to prevent sticking, preheat to medium-high. Combine the rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium-size bowl. Add salmon and toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers (use rosemary branches if available). Grill the kebabs carefully, turning once. Salmon should be cooked the whole way through which typically takes 4-6 minutes. Serve immediately.
Keep it lean
You don’t have to give up those burgers. Red meat can be healthier if you choose leaner cuts. “Any type of ‘loin’ (beef tenderloin, pork loin, etc.) has a lower fat content and therefore is a better option,” O’Donnell says. For even lower fat content, try boneless, skinless chicken or turkey.

Top tip—Foster your creativity and try something new. Venison or bison are among the leanest meats available.

Cook, don’t char
When the protein from meat burns and turns to char, it can form cancer-causing carcinogens. “When that fat drips into the flame, the smoke that rises also has carcinogens,” DeHoff says. While a little bit of char every now and then may not be bad, you may be putting yourself at risk if you regularly eat well-done grilled meat.

Top tip—Put foil on the grill rack to prevent fat from dripping, and clean your grill regularly. If you like well-done meat, it’s healthier to cook it longer over a lower temperature.

Get fishy
Did you know you can grill lobster tail? Actually, any kind of fish is tasty when grilled, and some fish with more oil, such as salmon, are high in heart-healthy omega-3 fatty acids.

Top tip—For some extra flavor, try grilling the fish on top of a grill-safe plank made of hickory or apple wood.

Don’t forget the veggies (and fruits!)
Summer squash or zucchini on the grill is a treat. But how about adding fruits to the mix? Apples, nectarines, plums and bananas are just some of the fruits that are tasty—and retain their nutrients—when grilled.

Top tip—Keep the skin on the fruit. “That’s where most of the healthy nutrients live,” O’Donnell says.

Check that temperature
Raw meat contains harmful bacteria such as E. coli, which is why you should wash your hands thoroughly after handling raw meat. It’s also why you should cook meat completely. “It’s the only way to kill the bacteria without poisoning the meat,” DeHoff says. For hamburger and pork, cook to at least 160 degrees; steak and fowl should cook to 145 degrees.

Top tip—Use a meat thermometer to monitor the temperature. Electronic models can give you the proper temperatures for different types of meats. Don’t re-use a plate that carried raw meat.

Marinades and kebabs
Marinating your foods ahead of time can make them moister. The best contain vinegar or some sort of citrus. Ideally you should marinate foods for 40 minutes before cooking.

Top tip—Avoid store-bought, pre-packaged marinades. They often contain much higher salt content than homemade marinades.

Next Step: Get more healthy grilling recipes at lvhn.org/lvhn/Healthy_You/Archives/July_August_2011|7448 or call 610-402-CARE.
Creating **Healthier School Days**

Technology brings the doctor to Allentown students

The school nurse calls you at work—she suspects your son has **strep throat**. You need to leave work early, pick up your son and schedule a doctor’s appointment as soon as possible. Your child misses several days of school, and you miss several days of work while he recuperates.

Sound familiar? Now, thanks to the help of telehealth—two-way audio and high-definition video that supports existing health care services—students in Allentown’s Central, McKinley and Cleveland Elementary Schools can receive medical care right in the school.

“Some students don’t have to be sent home, and parents don’t have to miss work,” says nurse practitioner Deborah Allen, C.R.N.P., of Lehigh Valley Health Network. “After receiving a telehealth consult, students often return to school faster because they’ve already received medical care and their prescriptions are ordered.”

**How telehealth works**

When a student is sick, the school nurse performs an assessment. If further consultation is needed, the nurse uses the audio and video equipment to connect to a health network provider. The nurse uses special medical instruments such as an electronic stethoscope and videoscopes to examine the student.

Through this technology—provided by Lehigh Valley Health Network, the Dorothy Rider Pool Health Care Trust and the Allentown School District—the health network provider virtually participates in the exam, consults with the school nurse, makes clinical recommendations, and provides prescriptions and additional tests as needed. Certain lab tests can be done at the school, and prescriptions can be phoned in for parents to pick up at their convenience.

These virtual appointments are confidential, just like a traditional doctor’s office appointment. Telehealth care is provided at no cost to students, which is especially beneficial for families who may not have insurance or a primary care physician.

‘I’m on TV!’

Parents appreciate the availability of this technology because they don’t have to schedule a separate doctor’s appointment for their child. “We’re bringing the doctor’s office into the school,” says Lori Yesenofski, R.N., the health network’s clinical coordinator for telehealth services. “Telehealth helps deliver faster treatment along with an improved ability to manage chronic diseases.”

The students love the technology as well. “The kids think the equipment is so cool,” says school nurse Linda Geraci, R.N., at McKinley. “They love seeing themselves on TV!”

**Next Step:** Learn more about telehealth at lvhn.org/lvhn/Healthy_You/Archives/July_August_2011/7309 or call 610-402-CARE.
Is It a Food Allergy?

Know the difference between allergy and intolerance

If your child is allergic to nuts, just the thought of a brown-bag lunch containing the classic peanut-butter-and-jelly sandwich likely makes you nervous. “The incidence of food allergies is increasing,” says allergist Howard Israel, M.D., of Lehigh Valley Health Network. “As it rises, awareness grows too.”

While there are some theories as to why there is an increase, there is no definitive answer. Nevertheless, most parents are aware of the potential for food allergies. “They know the signs,” says health network pediatrician Anne Helwig, M.D. “If they suspect their child is allergic to something, they come in for testing to confirm it.”

Some children may have food allergies; others may have food intolerance. Here’s the difference:

Food allergies are due to antibodies your body makes against a particular food. Symptoms include hives, itching, swelling and respiratory symptoms—possibly even anaphylaxis, a life-threatening, whole-body reaction to an allergen. Common allergens are soy, wheat, milk, egg, peanuts, tree nuts and shellfish. Most children outgrow milk or egg allergies, but if your child is allergic to peanuts or tree nuts, she likely will be for life.

Food intolerance is any adverse reaction to food that is not due to antibodies, so allergy tests would be negative. For example, an adverse reaction to the lactose in milk, called lactose intolerance, would include things like bloating, gas and diarrhea. The most common culprit that causes intolerance is lactose.

If you suspect a food allergy or intolerance, get your child tested. During an appointment with an allergist, the doctor will take a history of foods your child has reactions to and those she doesn’t. Then skin tests are performed.

“If the tests show allergic reactions, we suggest those foods be avoided,” Israel says. “If the reaction is severe, we recommend Benadryl and prescribe injectable epinephrine—known as the EpiPen—for accidental exposure.”

If the skin tests show a reaction, but your child has eaten the food before without any signs of allergy, then a food challenge can be performed. In this scenario, your child would eat the food with the doctor present, who would in turn observe her for any allergic reactions and respond accordingly.

So what do you do if your child has been diagnosed with a food allergy? “Read food labels very carefully to make sure it’s safe before your child digs in,” Helwig says.

Next Step: Need allergy testing? Call 610-402-CARE.

Decadent or dangerous?—This chocolate-peanut butter cake may look yummy, but it’s filled with multiple potential allergens, including eggs, milk, wheat and peanut butter.
The temperature is a sweltering 90 degrees. You’re soaking up the sun and relaxing in the pool. You’re stocked with sunscreen, sunglasses and a good book. But something is missing—a bottle of water.

“Your body needs water to function properly,” says internist Jonathan Kochuba, D.O., with Lehigh Valley Health Network. “High temperatures and being outside for long periods of time increase your risk for dehydration.”

How do you know if you’re not drinking enough? “Signs of dehydration include excessive thirst, muscle cramps, dry eyes, a dry mouth and the loss of your skin’s ability to bounce back when pinched,” Kochuba says. Moderate-to-severe dehydration symptoms can include dizziness, abdominal pain, nausea, headache, vomiting and confusion. Severe dehydration can even impair your kidney function.

While dehydration can affect anyone, some people are more susceptible to it, including:

- **Children**, who often have a lower body mass and therefore a lower volume of water in their bodies.
- **Older people**, who also have a lower volume of water and may have other medical conditions (such as diabetes) that increase the risk for dehydration.
- **Outdoor workers** such as postal employees and construction workers, who spend most of their day outside in direct heat and sun.
- **People with medical conditions** such as heart or kidney disease, or take medications such as diuretics, beta blockers, calcium channel blockers or some antibiotics.

**The best way to stay hydrated** is to drink plenty of water throughout the day. There isn’t a set amount, but as a general rule, “If you don’t feel thirsty, your urine is light-colored and your skin bounces back when pinched, you’re adequately hydrated,” Kochuba says.

Don’t replace water with caffeinated drinks (soda, coffee or tea) or alcohol; both dehydrate you.

And if you don’t like plain water? Add flavoring to make it more appealing, or hydrate with juicy foods. “Fruits like watermelon, oranges and grapes have a high water content,” Kochuba says.

**Tips for athletes**

If you play sports or run road races, staying hydrated takes on new importance. For example, if you’re planning to run or walk the Lehigh Valley Health Network Marathon for Via on Sept. 11, it’s important you drink water before, during and after your workouts. Water or a sports beverage with electrolytes will replenish any fluid lost through sweating. Another tip: When passing a water station during the race, grab two cups of water—one to throw over your head to cool you down and one to drink.

**Next Step:** Run, walk or volunteer in the Lehigh Valley Health Network Marathon for Via. Visit lvhn.org/marathon or call 610-402-CARE.
A Cool Way to Regulate Your Heartbeat

New procedure helps Pamela Hubbard

There is no place Pamela Hubbard would rather be than in her garden. Several times a week, she spends the whole day tending to the outdoor paradise of her Effort home. The 69-year-old master gardener is active, and walks and lifts weights regularly. She thought her heart was healthy until one day it started racing without warning.

It began happening more frequently and sometimes lasted as long as 36 hours. “I couldn’t function, think, focus or walk,” Hubbard says. “It was a nightmare.” She was hospitalized several times at Lehigh Valley Hospital–Muhlenberg.

Hubbard had atrial fibrillation, the most common type of irregular heartbeat affecting 3 million Americans. Although medication controls the irregular rhythm for most people, it didn’t work for Hubbard. She also felt side effects from the drug. A procedure that delivers small electrical shocks to restore the heart’s rhythm also was ineffective.

Because symptoms were affecting her everyday life and medication wasn’t working, Hubbard was an ideal candidate for a new procedure that corrects atrial fibrillation called balloon cryoablation.

“A catheter is inserted through a small incision in the groin and guided to the left upper chamber of the heart, which contains the tissue causing the irregular heartbeat,” says Lehigh Valley Health Network electrophysiologist Hari Joshi, M.D. “A balloon at the tip of the catheter is inflated and filled with liquid nitrous oxide, which is used to freeze and destroy the faulty heart tissue. The scar tissue that is created acts like insulation, preventing the irregular electrical signal from spreading to the rest of the heart.”

Hubbard returned home two days after the procedure feeling great. “Dr. Joshi told me to do what I always do,” she says. It wasn’t long before Hubbard was back teaching community gardening classes for Penn State Extension and writing her weekly gardening blog.

Time will tell if the procedure completely eliminates Hubbard’s symptoms. “Balloon cryoablation cures atrial fibrillation for 75 percent of patients,” Joshi says. “If symptoms persist, a second procedure is performed, raising the success rate to about 85 percent.”

Next Step: Watch a video about balloon cryoablation featuring Hari Joshi, M.D. Visit lvhn.org/heart3468
Emergency Care Starts With You
You don’t need to know first aid to make a difference

You’re enjoying a meal at your favorite restaurant. Suddenly, another diner grabs his chest and begins gasping for air. Since you haven’t been trained in first aid, it’s best you don’t get involved, right? Wrong, says Marianne Kostenbader, R.N., emergency services division director with Lehigh Valley Health Network.

“As long as you don’t put yourself in danger, you can make a critical difference during a medical emergency,” Kostenbader says. Here’s how.

Take the lead
- Confirm the person is actually ill or injured.
- Ask if any bystanders know first aid.
- Call 9-1-1.
- Reassure the patient help is on the way.

Learn the details
Be prepared to stay on the line with the 9-1-1 dispatcher. You’ll be asked for the address or nearby street names, as well as a description of the patient’s condition. Try to assess:
- if there’s bleeding or other visible trauma
- if the skin is pale or feverish
- the location and nature of any pain
- the number of breaths per minute and pulse rate
- if there is any difficulty breathing or chest discomfort

You’ll also be asked for details such as the patient’s name, age and if he:
- has allergies or any known medical issues
- is taking any medications
- has a preferred hospital or emergency room
If the patient cannot respond, ask a family member if available.

Focus on safety
“Keep the patient safe,” says health network emergency medicine physician Robert Tomsho, D.O. “If it appears he’s having a seizure, move nearby objects out of the way. If he seems lightheaded, help him to the floor.” You also can begin clearing a path so emergency responders can reach him easily.

Remote locations
Never go someplace isolated—such as a remote mountain trail—without taking a phone along in case you get hurt or lost. If you’re with an injured person and don’t have phone service, do your best to provide care. If there’s bleeding, apply firm pressure with a shirt or sock. Do not attempt to move someone who’s fallen. “You could potentially increase the damage from a back, neck or spinal cord injury,” Tomsho says.

If the injuries appear severe or life-threatening, seek help sooner than later. And mark your trail as you go so you can direct emergency responders back to the scene.

Stay calm
Regardless of the circumstances, try to remain visibly calm. “It’s not always easy, but it helps you focus and keeps others from panicking,” Kostenbader says.

Next Step: Interested in learning CPR or first aid?
Visit 402care.lvh.com/sfnet/servicesearch.asp?dblink=1 or call 610-402-CARE.
When Chris Connors dreams about the future, he’s usually producing a hit record or playing guitar in an iconic Manhattan jazz club. But as he lay in a hospital bed last summer—unable to move his legs—the 21-year-old college student had a more urgent wish: “Please let me walk again.”

Connors first felt leg weakness at home in Stroudsburg a week earlier. Doctors at Pocono Medical Center suspected Guillain-Barré Syndrome, a rare nervous system disorder often started by an infection. He then was transferred to Lehigh Valley Hospital–Cedar Crest’s neuroscience intensive care unit (NSICU), where his diagnosis was confirmed.

“As the syndrome moved beyond Connors’ legs and began attacking other parts of his body, the NSICU’s team of doctors, nurses and therapists sprang into action.”

“T reating Guillain-Barré is a race against the clock because it can progress so rapidly,” says neurologist Gary Clauser, M.D. “With Chris, our team and his family quickly agreed to be more aggressive.”

Connors underwent plasmapheresis, a blood purification procedure, and hours of daily physical and occupational therapy to preserve muscle strength and range of motion.

“Mindful of Connors’ guitar-playing dream, therapists fitted him with a spring-loaded hand splint so he could exercise his hands and fingers throughout the day. Despite much pain and uncertainty, Connors never lost hope.”

“I focused on accomplishing something positive each day,” he says. “My medical team, family and friends all came up big. Their support kept me going.”

After days of intense treatment, the team finally saw a subtle, but significant response. “We were reversing the trend,” says Maureen Smith, R.N. Connors continued to improve.

“He went to a medical-surgical unit, then Good Shepherd at Pocono Medical Center. Within weeks, Connors was back on stage and dreaming about his future. He surprised the NSICU staff with a thank-you gift: T-shirts that mimic those sold at rock concerts. Staff names are listed on the back under the title "Chris Connors Summer 2010 NSICU Tour, we love you all!”

Nearly a year later, Connors continues to practice guitar and study music production at Vassar College. He feels no residual physical effects from his bout with Guillain-Barré, but says the experience will remain with him forever.

“This was definitely a life-shaping moment,” he says. “I’ll never forget all those great people and the incredible things they did to get me back on my feet.”
Second Opinion for Heart Surgery
For Lynn Sheehan, it resulted in a new lease on life

Sitting in a Wilkes-Barre hospital, Lynn Sheehan received news he didn’t want to hear. His surgeon said he couldn’t replace his heart’s defective aortic valve. “He said it was too dangerous and that I could die or have a stroke,” says Sheehan, who often felt tired and out of breath because of his faulty valve.

Sheehan, who had heart bypass surgery in 2001, didn’t give up hope. Though his cardiologist suggested traveling to Philadelphia or Cleveland for a second opinion, Sheehan thought otherwise. “That’s a long trip and a hassle,” he says. A friend who had heart surgery at Lehigh Valley Health Network advised him to see cardiothoracic surgeon Raymond Singer, M.D. “The Lehigh Valley is easy to get to,” says Sheehan, who lives only about an hour to the north in Dallas, Pa.

He made an appointment and met with Singer, who reviewed Sheehan’s medical records and test results with him. Singer’s opinion: surgery could be performed with minimal risk. “That’s the news I wanted to hear,” Sheehan says.

The health network’s second opinion service helps patients like Sheehan make the most informed decisions about their care. “People need to know they have choices when it comes to specialty heart care,” Singer says.

You may want a second opinion for many reasons. If you’re told heart surgery is your only option, you may want to confirm it with another physician. You also may want to talk to another doctor if you’re told there is nothing that can be done surgically to correct faulty heart valves, irregular heartbeat, or blockages or defects in the blood vessels near your heart.

“We help many people who are told there is nothing that can be done,” Singer says. “Our health network has the specialists and experience that smaller community hospitals don’t have. We also have the technology to do more thorough diagnostic tests to pinpoint exactly what’s wrong.”

Patients aren’t the only people who may want a second opinion. Physicians may want one too. Your doctor can use the health network’s second opinion service to consult with a cardiothoracic surgeon, confirm a diagnosis and ensure you receive the appropriate treatment. “If surgery is an option, we work closely with the patient’s referring doctor and encourage patients to receive post-surgery care with that doctor,” Singer says.

Sheehan knows the value of getting a specialist’s fresh perspective. After Singer replaced his faulty valve, Sheehan says, “I feel great.” He’s back to hunting and fishing in the streams and forests near his home, proof that a second opinion can be the first step to feeling healthy again.

Next Step: Request a second opinion and learn more about heart surgery.
Visit lvhn.org/heart or call 610-402-CARE.
“Hey, Ma, can I go in yet?” If you ever paced impatiently by the edge of a pool, waiting to dive in the moment your lunch was “properly” digested, you probably wondered if you really needed to wait. Now the truth can be told. Lehigh Valley Health Network family medicine physician Michelle Dilks, D.O., sets the record straight on this and other classic summer myths.

**Myth 1**

**Brain freeze** is dangerous

*The doctor says:* Nothing ruins the joy of ice cream or a Slushie on a hot day like “brain freeze,” known scientifically as *sphenopalatine ganglogeneuralgia*. It happens when something cold touches the roof of your mouth, causing blood vessels to contract. As the coldness recedes, the blood vessels relax again, rapidly increasing blood flow to the brain and creating an intense headache sensation. The good news—brain freeze is not dangerous and usually only lasts 30-60 seconds. You can ease the pain by warming the top of your mouth with the underside of your tongue.

**Myth 2**

You can’t get sunburn through a window

*The doctor says:* While most car windshields and newer windows in homes are treated to filter out the sun’s UV rays, they can’t block them entirely, so it’s still possible to get burned through a window. If your skin will be exposed to the sun for more than 10 minutes, always apply sunscreen with a SPF of at least 15.

**Myth 3**

The safest place during a lightning storm is under a tree

*The doctor says:* If you’re caught outdoors during a storm, the safest place is a non-metallic shed or shelter. If there isn’t one nearby, stay away from trees. Lightning hits the tallest object, so crouch down low while in the open, keeping at least twice as far away from any tree as it is tall. Don’t hold metal objects such as golf clubs, fishing rods, tennis rackets or tools. Even if they’re too small to conduct lightning, these items still can cause burns. Also don’t huddle with other people. Stay at least several yards away from the nearest person.

**Myth 4**

Watermelon seeds can grow inside you

*The doctor says:* Most of us spit them out, but if you swallow whole, raw watermelon seeds, they definitely won’t grow a watermelon in your stomach. Instead, they’ll move through your digestive tract without being digested, and will do no harm to your body. If you happen to chew the seeds, that’s even better because they’re rich in vitamins, protein and other nutrients. While they may not be too flavorful in their raw form, they can easily be roasted and transformed into a healthy and tasty snack.

**Myth 5**

A poison ivy rash is contagious

*The doctor says:* Poison ivy is an allergic reaction to urushiol, which is the oil released when the leaves of poison ivy, oak or sumac are brushed or crushed. Within 15 minutes, the oil binds to skin proteins. Poison ivy also may be contracted by breathing in smoke from burned plants with the oils. As long as you have the original oil on your hands, it can be spread. Once a rash occurs, however, it’s not contagious, no matter how nasty it may look.

Next Step: Visit lvhn.org/lvh/Your_LVH/Health_Care_Services/Other_Health_Care_Services/Primary_Care to see a video about choosing the right doctor, or call 610-402-CARE to find one for you.
Myth 6

Don’t eat 30 minutes before swimming

_The doctor says:_ As with any exercise after eating, swimming right after a big meal might be uncomfortable, but it won’t cause you to drown from cramping. While the digestive process does divert blood circulation toward the gut and, to a certain extent, away from the muscles, an episode of drowning caused by swimming on a full stomach has never been documented.
Leave Your Legacy
It’s how Kathy Clinton found strength while fighting cancer

Kathy Clinton of Kunkletown vividly remembers standing in the rotunda of our nation’s Capitol. It was eerily silent, save for an occasional lone voice that broke out in hymn or an escaped sob that echoed. It was November 1963, and our nation was in mourning. Clinton was a teenager, and her family had traveled from New York to Washington, D.C., to see President John F. Kennedy lie in state after his assassination.

Generations from now, her great-grandchildren, great-great grandchildren and beyond will learn about this life-changing experience when they read the legacy she compiled. A two-time breast cancer survivor who overcame eight surgeries and multiple rounds of chemotherapy and radiation, Clinton, 64, is an advocate for The Legacy Project. A joint venture between Lehigh Valley Health Network and the Women’s 5K Classic, the project helps cancer survivors support each other by chronicling their feelings, experiences and history into a scrapbook-style journal.

Clinton’s first breast cancer diagnosis came in January 2007, and she sailed through treatment. She thought her routine, post-treatment mammogram 18 months later would be a
breeze, but learned another type of breast cancer had formed. “As doctor appointments and treatments came to an end, I sensed I needed something more, but I didn't know what,” Clinton says.

Those feelings are common among cancer survivors, says Kathy Sevedge, R.N., the health network’s director of cancer support services. “Survivors are thankful to be rid of the disease, but unsure of how to meet the new challenges that can result from cancer, such as pain and loss of identity,” she says. “Support services can help with those feelings.”

Clinton, a retired labor union leader and a powerful, independent person, had the insight to realize she needed support. “The mental and emotional state with which people face cancer significantly impacts how they tolerate the treatments and how they do overall,” says Clinton’s cancer surgeon, Aaron Bleznak, M.D., of Lehigh Valley Health Network. “People who are emotionally beaten down by cancer lose the battle, even if they are cured of their malignancy.”

Many organizations, including the National Cancer Institute, which designated Lehigh Valley Health Network as a National Cancer Institute Community Cancer Centers Program, recognize that the cancer journey extends from diagnosis through treatment and into survivorship. “This last phase of care helps patients return to normal activities and enriches their quality of life as much as possible,” Bleznak says. “It’s as important as anything else we do.”

Clinton says that’s exactly what The Legacy Project has done for her. “I’ve realized I’m still the same person I was before cancer, and I’ve made lifelong friends,” she says. “Most importantly, I’ve created a legacy for my family, and that’s something I always wanted to do.”

Next Step: Learn more about the health network’s cancer care at lvhn.org/cancer or call 610-402-CARE.

Group strength—Kathy Clinton (front, center) found support from friends throughout the Lehigh Valley, including (clockwise from lower left) Rita Gambler, Rita Yob, Jennine Buzzard, Joanne Cramer, Ulla Martz, Jeannie Klerr and Carol Barron.

What’s in My Medical Record?
Now you can view it online

You know your doctor uses your medical record to keep you healthy. Now there’s a safe and secure way for you to view your medical record online and keep your own health on track. This online portal, called CONNECT, makes it easier for doctors and patients to communicate. “Our office began offering it at the beginning of the year, and our patients say it’s a convenient way to get in touch with us,” says family medicine physician MaryAnne Peifer, M.D., one of many Lehigh Valley Health Network doctors now using CONNECT.

Here’s how it works. If your doctor uses CONNECT, he or she will give you a website address. You log in with a user name. Once you’re logged in, you will have a secure link to your medical record and to your doctor’s office. This allows you to:

- **See your chart**—You can verify your medications and allergies and double-check other important information.
- **E-mail your doctor**—You can ask for prescription refills, request a non-urgent appointment, cancel an appointment or get a referral at your convenience.
- **Get more health information**—Your doctor can e-mail you instructions on how to take medications or apply dressings. You also can get test results and contact information for referring doctors.
- **Coordinate follow-up care**—“I ask patients with diabetes to send me their blood sugar levels when necessary,” Peifer says. “This helps me track their health and give them information quickly.” Also, if you’re the parent of a sick child and want to update the doctor, you can send a secure e-mail the next day, as long as there aren’t any urgent issues, to keep in touch.
- **Link to outside resources**—Your doctor may e-mail you links to the health network’s website or other credible health-related sites to help you live well.

While CONNECT is a valuable resource, it shouldn’t be used for everything. If you have a medical emergency, you should call 9-1-1. “And if you have sensitive medical information to discuss, you should sit down with your doctor face-to-face,” Peifer says.

Next Step: Need a doctor? Visit lvhn.org/findadoc or call 610-402-CARE.
Your son is trying out for cross-country. He’s lean, has lots of energy and no known health problems. Do you still need to help him get into shape for the season? Absolutely. “Your child needs the power, agility and strength necessary to play,” says John Graham, director of Healthy You Fitness Centers for Lehigh Valley Health Network.

How can you get your child started? Follow these four steps:

1. **Get a physical exam**—“All children need one before they start training for the season,” says health network family medicine physician Thriveni Vellore, M.D. “Allergies and asthma need to be managed so they can play their best. They also need to be up-to-date on their tetanus shot.” An exam can uncover other concerns as well, such as any undiagnosed injuries, heart irregularities or other chronic diseases.

2. **Start training**—Your child’s physician or sports coach may be able to recommend training exercises or a program based on your child’s age. “The intensity and volume of exercise will differ for younger children and teenagers,” Graham says. “Workouts should be a combination of resistance training and sport-specific training.” Resistance training is a form of strength training that uses free weights, rubber exercise tubing or your own body weight to increase strength and power. Sport-specific training addresses the skills and movements a sport requires. “You’re trying to develop the energy system most commonly used in your particular sport,” Graham says.

If you’re looking for a training program, one option is Lehigh Valley Health Network’s PAS Sports Performance Training. It prepares athletes for practice and competition, and focuses on power and strength, agility, speed, energy system development, injury prevention and recuperation. Programs are available for children ages 7-18 as well as adults.

3. **Monitor the training**—If you’re worried your child is being pushed too hard, look for the signs of overtraining. “If your child complains about training, acts withdrawn or feels overly fatigued, you should be concerned,” Vellore says. Discuss next steps with your child’s trainer or coach.

4. **Stay healthy**—To make the most impact on the field, your child also needs adequate sleep and a healthy diet. “Children need to eat whole foods like milk, lean meats, fruits and vegetables,” Graham says. “They should avoid high-fat, high-sugar foods.” They should also limit their consumption of energy drinks with caffeine and ephedrine. Instead, stick with water and sports drinks to hydrate on the field.

**Next Step:** For more information on PAS Training, visit [www.lvhn.org/fitness/What_We_Offer](http://www.lvhn.org/fitness/What_We_Offer) or call 610-402-CARE.
New for You
Introducing Healthy You Program Packages

Starting August 1, there’s a new way to enroll in your favorite Healthy You fitness and yoga classes. Instead of enrolling in each class separately, you now will purchase a Healthy You Programs Package.

All Healthy You classes are now organized into the packages listed below. You must be in a package to participate. By enrolling, you get access to as many classes as you wish within that package. For example, if you love a good cardio workout, you can take cardio cross-training and kettlebells during the same month for one price. Also, you no longer have to re-enroll in classes; instead your package will automatically renew month-to-month until you decide otherwise. These packages are separate from the Healthy You Fitness Center memberships.

To sign up for a Healthy You Programs Package, call 610-402-CARE. You also can get a schedule and specific class information. You will need to complete paperwork prior to receipt of your membership card.

- **Cardio-Strength Package ($32/month)**
  - Includes these classes:
    - Boot Camp
    - Cardio Cross-Training
    - Cardio-Strength Combo
    - Chisel
    - Interval Express
    - Kettlebells
    - Spin

- **Healthy Aging Fitness Package ($36/month)**
  - Includes these classes:
    - Age-Proof Workout
    - Exercise for Life
    - Staying Strong

- **Mind-Body Fitness Package ($40/month)**
  - Includes these classes:
    - Energizing Yoga
    - Relaxing Yoga
    - Very Gentle Yoga
    - Yoga Basics
    - Yogalatte

- **Specialty Fitness Package ($32/month)**
  - Includes these classes:
    - Belly Dance
    - Bollywood
    - Line Dancing
    - Zumba

- **Youth Fitness and Sports Performance Package ($36/month)**
  - Includes these classes:
    - Funtastic Fit Kidz
    - Funky Fit Kidz
    - PAS (Power, Agility, Strength)

---

Scan the Code, See the Mobile Site

Want to get quick information about Lehigh Valley Health Network? If you have a smartphone, scan the QR code below and you’ll be taken directly to the health network’s recently revamped mobile website. (You also can get there on your smartphone at lvhn.org.)

On the mobile site you can:
- Find a doctor
- Get directions to health network services
- Request a call from 610-402-CARE
- Reorder a prescription
- Get important phone numbers
- Send a card or flowers to a patient
- Link to the complete lvhn.org website

Standard data charges apply.

---

A Month of Wellness
Take charge of your health — Sign up for these individual classes and support groups to learn more about staying well. The classes on the following pages are not part of the Healthy You Programs packages. Registration is required and must be received at least one week prior to class start. You’ll get a refund if a class is canceled due to low enrollment.

**Lehigh Valley Health Network Marathon for Via**
Summer is a great time to train for a marathon. Or consider a half-marathon, start a relay team, walk a 5K or volunteer for a good cause that provides services for those with disabilities.

- **Sept. 11**
  - Marathon and relay, 7 a.m. start
  - At LVH–Cedar Crest
  - Half-marathon, 7:45 a.m. start
  - At Main and Market Sts., Bethlehem
  - 5K walk, 8 a.m. start
  - At Center Square, Easton

To participate, volunteer or get training tips, visit lvhn.org/marathon

**WHAT’S NEW**

For details and to register, call 610-402-CARE.

16th Annual Parkinson’s Symposium
For patients and caregivers, learn all the latest information.

- **Sept. 24; 8:30 a.m.–2:15 p.m.**
  - At Four Points by Sheraton Hotel

Exercise and the Brain
Learn how exercise can improve brain function, memory and overall well-being. **FREE**

**Legacy Project**
The fall 2011 Legacy Project for cancer survivors will meet weekly, each Thursday. **FREE**

- **Sept. 8–Oct. 20; 6–8 p.m.**
  - At LVH–Cedar Crest

**CARING FOR MIND AND BODY**

For details and to register, call 610-402-CARE.

**Cosmetology Services**—Skilled licensed professionals offer skin care and nail care services. Gift cards available.

**Discover Relaxation Within**—Ease stress through relaxation techniques.

- Part 1 starting July 20
- Part 2 starting Aug. 17

**Healthy Hands and Nails**—Your hands and nails deserve TLC. Learn how in this moisturizing and strengthening education program. **FREE**

- **Sept. 13**

**Massage Therapy**—Medical therapists offer different massage options at various sites.

**A New Way to Read Healthy You**

If you like the printed version of Healthy You magazine, you’ll like the online edition too. Lehigh Valley Health Network recently revamped its website to make it easier for you to read the magazine on your computer.

Visit lvhn.org/healthyyou and you can:

- Click on the image of the cover, then flip through the pages just like you would the printed magazine.
- Get additional recipes, Ask Our Expert columns and other valuable information.
- See videos and learn how to choose the right doctor.
- Sign up for a wellness class.
- View our free archive and catch up on past Healthy You articles.
- Sign up for our Healthy You e-mail Tip of the Week—delivered right to your inbox.

If you have any questions about Healthy You magazine, call us at 610-402-CARE or e-mail us at 402CARE@lvhn.org. You also can join the conversation and follow us on Facebook (facebook.com/lvhealthnetwork), Twitter (twitter.com/lvhn) and YouTube (youtube.com/lvhealthnetwork).
AROUND OUR COMMUNITY
For details and to register, call 610-402-CARE.

Lehigh Valley Start!
Heart Walk
For information, visit heart.org/lehighvalleywalk
• Sept. 10; 8:30 a.m. activities begin; 10 a.m. walk starts
At Easton Riverside Park

First Strides®
This 12-week workshop for women of all ages helps you begin a walking or running program. The goal: participating in a 5K.
• Starting July 25; 6:15 p.m.
At Stroudsburg
• Starting July 26, 27; 6:15 p.m.
At Lehigh Parkway, Allentown
• Starting July 26; 6:15 p.m.
At Broadheadsville
• Starting July 28; 6 p.m.
At Hanover Twp. Community Center
• Starting Aug. 2; 6:30 p.m.
• Starting Aug. 3; 8:15 a.m.
At Bethlehem Twp. Community Center

Get Out Lehigh Valley
Outdoor activity program with Wildlands Conservancy connects you to the Lehigh Valley's green spaces and natural environment. For dates, times, locations and to register, visit getoutlehighvalley.org or call 610-402-CARE.

Summer Festivals
Kutztown Community Day
• Aug. 7; 1-4 p.m.
At Kutztown Park

RAISING A FAMILY
For details and to register, call 610-402-CARE.

50th Annual Lehigh Valley Hospital—Muhlenberg Summer Festival
• Aug. 17-19; 5-10:30 p.m.
• Aug. 20; 3-10:30 p.m.
At LVH—Muhlenberg

Ongoing Programs
Be Safe in a Car
Mark J. Young Medical Challenge
Learn how to be a good driver. FREE with Center admission
• Mon.-Sat., 9:30 a.m.-5 p.m.
• Sun., noon-5 p.m.
At Da Vinci Science Center
Community Exchange—Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors. FREE
• Third Mondays; 2-4 p.m.
At LVH—17th
• First Wednesdays; 6-8 p.m.
At LVH—Muhlenberg

Guardianship Support Agency—Work for a local nonprofit with guardianship services.
Health Insurance for Small Businesses (2-50)—Educational sessions, including information on consumer-driven health plans, available at your office or Valley Preferred. FREE

Parents Series—Five-week course based on the “Redirecting Children’s Behavior” philosophy to become a more effective, calmer parent.

Parenting Workshops—Focus on hot parenting topics.
• Becoming Mom and Dad—Positive Parenting 101—Sept. 10
• Avoiding Homework Hassles—Sept. 14

Safe Ride—Car Seat Safety—Certified technicians show how to correctly install car seats and secure children. FREE

Pregnancy Loss Support Group
Developed to provide support to families grieving the loss of a baby during pregnancy, at birth or shortly after birth. Registration required. FREE
• Third Saturday of the month
At LVH—Cedar Crest

MANAGING YOUR WEIGHT
For details and to register, call 610-402-CARE.

Weight-Loss Surgery
Surgery Information Night—What to expect. FREE
• July 26, Aug. 17, Aug. 30, Sept. 15
Monthly Support Group—Support and information on weight-loss surgery. FREE
• Aug. 3, Sept. 7
Bariatric P.O.S.T.—Post-operative surgical teaching.
• July 19, Aug. 16

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 July 11

SCREENINGS
For details and to register, call 610-402-CARE.

HIV FREE
Anonymous and confidential.
• Tue., 1:30-3 p.m. and Thu.,
10-11:30 a.m.
At LVH—17th, AIDS Activities Office

Lung Cancer Vascular Disease
Stoke
Abdominal Aneurysm
Peripheral Arterial Disease

HIV FREE
Anonymous and confidential.
• Tue., 1:30-3 p.m. and Thu.,
10-11:30 a.m.
At LVH—17th, AIDS Activities Office

Lung Cancer Vascular Disease
Stoke
Abdominal Aneurysm
Peripheral Arterial Disease

LEHIGH VALLEY HEALTH NETWORK 19 lvhn.org 610-402-CARE
**PROTECTING YOUR HEALTH**
For details and to register, call 610-402-CARE.

**COPING WITH ILLNESS**
For details and to register, call 610-402-CARE.

**LIVING WITH DIABETES**
For details and to register, call 610-402-CARE.

**AGING WELL**
For details and to register, call 610-402-CARE.

---

**Cessation, What Works? — How to succeed in beating tobacco addiction.**

- **Starting Sept. 14**
- **Clear the Air—Prepare to quit tobacco. Get tools to take action, stay motivated.**
- **Starting July 20**

**Tobacco Treatment Program**—12-month program of individual counseling and ongoing support.

**Partnership for Tobacco-Free Northeast**

- Tobacco treatment services available for individuals and businesses
- CPR
  - Adult Heartsaver AED
  - Heartsaver Adult First Aid
  - Heartsaver CPR—Pediatrics
  - Heartsaver Pediatric First Aid

**Parkinson’s and Multiple Sclerosis Get Up and Go—**
Group exercise games, lectures and more to enhance movement outcomes.
- **Tue., noon-1 p.m.** At LVHN-Cedar Crest
- **Mon., 11:30 a.m.-12:30 p.m.** At LVHN-Muhlenberg

**Joint Replacement Prep—**What to expect for knee or hip replacement. **FREE**
- **July 27, Aug. 2, Aug. 24, Sept. 6**

**Preoperative Spine Class—**Information to help you prepare for your hospital experience and post-hospital recovery. **FREE**
- **July 21, Aug. 3, Aug. 18, Sept. 7, Sept. 15**

**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 **FREE**
Lehigh Valley Chapter of the National Ovarian Cancer Coalition **FREE**
Look Good...Feel Better
Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence. **FREE**
- **July 25, Aug. 22**
  - At LVHN-Cedar Crest
  - With the American Cancer Society

**Using a meter to test your blood sugar**
**Medication risks**
**Reducing risks**
We also offer:
- **Insulin pump training**
- **Continuous glucose monitoring**
- **Support groups for adults and children**

**For Stroke Patients**
Dinner and Discussion **FREE**
- **Tue., 12 p.m.-2 p.m.**

**APPRISE Medicare Counseling**—By appointment.
- **Wed., 10 a.m.-noon**
- **Fri., 1-3 p.m.**

---

**Lymphedema Support Group** **FREE**
Men Facing Cancer **FREE**
Metastatic Breast Cancer Support Group **FREE**
  - Meets second Mon. of the month
Preparing for Breast Cancer Surgery **FREE**
  - Meets first and third Tue. of the month
For Huntington’s Patients
Support Group **FREE**
  - Meets second Thu. of the month
For MS Patients
Monthly Support Group **FREE**
For Cancer Patients
Support Group **FREE**
For Epilepsy Patients
Support Group **FREE**
For Stroke Patients
Support Group **FREE**

---

**College of Knowledge—**
Discussions on a variety of topics. **FREE**
Medication Use and Misuse in the Elderly—**July 13**
Lessons Learned From the Death and Dying Process—**Aug. 10**

---

**Coping with Illness**

**PROTECTING YOUR HEALTH**

**LIVING WITH DIABETES**

**AGING WELL**

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. If the mailing information is incorrect, please notify us by calling 610-402-CARE (2273) or toll-free 888-564-2273.

Visit Lehigh Valley Health Network’s website at lvhn.org

TDD General Information 610-402-1995

© Lehigh Valley Health Network, 2011. All rights reserved.
Dana LaGoutte took her routine 2-mile run and got her children off to school last Nov. 15. Then things went wrong. “I dropped my car keys and couldn’t pick them up,” says the 39-year-old Breinigsville woman. “My hand waved over the floor, but I couldn’t grab the keys—and couldn’t talk.”

Her husband, Fabien, who usually goes to work much earlier, was still home. He saw his wife’s strange behavior and rushed her to Lehigh Valley Hospital–Cedar Crest. LaGoutte had a major, life-threatening stroke, triggered by the tearing of one of her carotid arteries. A blood clot broke off and lodged in her brain.

Neurointerventional radiologist Darryn Shaff, M.D., treated LaGoutte by inserting a metallic mesh stent in the torn artery to repair it. He also injected the clot-buster tPA into the clot in her brain to dissolve it. Soon LaGoutte was on the road to recovery. “I’m so glad my husband recognized that I needed to get to an emergency room immediately,” she says.

‘I’m blessed everything worked out’

Dana LaGoutte took her routine 2-mile run and got her children off to school last Nov. 15. Then things went wrong. “I dropped my car keys and couldn’t pick them up,” says the 39-year-old Breinigsville woman. “My hand waved over the floor, but I couldn’t grab the keys—and couldn’t talk.”

Her husband, Fabien, who usually goes to work much earlier, was still home. He saw his wife’s strange behavior and rushed her to Lehigh Valley Hospital–Cedar Crest. LaGoutte had a major, life-threatening stroke, triggered by the tearing of one of her carotid arteries. A blood clot broke off and lodged in her brain.

Neurointerventional radiologist Darryn Shaff, M.D., treated LaGoutte by inserting a metallic mesh stent in the torn artery to repair it. He also injected the clot-buster tPA into the clot in her brain to dissolve it. Soon LaGoutte was on the road to recovery. “I’m so glad my husband recognized that I needed to get to an emergency room immediately,” she says.

Lehigh Valley Health Network:
- Is home to certified stroke centers at Lehigh Valley Hospital–Cedar Crest and Lehigh Valley Hospital–Muhlenberg and partners with regional hospitals to provide advanced stroke care
- Treats stroke patients with the clot-buster tPA at any time of day or night and offers advanced endovascular stroke treatments
- Has a rapid response stroke team with access to neuroscience specialists
- Get the warning signs of stroke.
  Visit lvhn.org/neurology/Conditions_We_Treat3392 or call 610-402-CARE

Visit lvhn.org/Media and see Dana LaGoutte’s story.
On any given day, a grandfather will be welcomed home.

Pennsylvania’s first and the region’s largest trauma center.

In a trauma situation, every second counts and every decision matters. Which is why the Mattioli Trauma Center at Lehigh Valley Health Network is passionate about providing the highest level of treatment in the most expert and efficient manner.

It’s an approach that requires the commitment and knowledge of an experienced team of trauma professionals, doing everything possible to achieve the best outcomes for our patients. At all ages and for all traumatic injuries. As the state’s first and the region’s largest trauma center, we see more patients and help more people in the Lehigh Valley get well and return back home. And we’ll take that. On any given day.