Got Tips?

✓ Use sunscreen
✓ Prevent pain
✓ Lower blood pressure
✓ Plus 38 more tips inside
For millions of Americans,
coffee is like a trusted friend. It’s familiar, comforting and 
rejuvenating. But is it healthy? The latest 
research offers promise, says family 
medicine physician Joselito Ouano, MD, 
of Lehigh Valley Health Network.

“In the past, coffee drinking was viewed largely 
as a bad habit, but now that’s changing,” 
Ouano says. “Research indicates having 1-3 
cups a day may do you more good than harm.”

Coffee’s combination of powerful anti-
oxidants and caffeine is believed to create 
these benefits, so drinking decaf will likely 
not produce the same results. The latest 
studies suggest that coffee can:

- Improve your alertness, energy, 
  concentration and sociability, as well 
  as endurance in long-range physical 
  activities
- Lower your risk for certain 
  conditions, including Parkinson’s, 
  Alzheimer’s, colon cancer, type 2 
  diabetes and cirrhosis of the liver
- Reduce the severity of head-
  aches, including migraines

Yet there are some health risks too, including 
the potential for insomnia since caffeine re-
mains in the body for about eight hours.

Ouano offers an additional note of caution. 
“These studies have specifically focused 
on the benefits of coffee,” he says. “Energy 
drinks, soda, pills and other products con-
taining caffeine have not been proven to offer 
the same benefits, so don’t rush out to buy 
these products thinking they are healthy.”

Other coffee drinking risks 
are related to 
underlying medical issues. Stomach condi-
tions such as heartburn and indigestion can 
worsen with coffee, and coffee may elevate 
high blood pressure further.

Given its potential risks, it seems like a stretch 
to label coffee “healthy.” So what does the re-
search mean for the moderate coffee drinker? 
“It means you shouldn’t feel guilty,” Ouano 
says. “I don’t suggest you start drinking cof-
fee just for the health benefits. But if a cup or 
two is already part of your daily routine, keep 
enjoying it.”

Next Step: Perk up your routine with a 
“well visit” to your primary care physician. 
Need a doctor? Visit lvhn.org/healthyyou or 
call 610-402-CARE.
Is Coffee Healthy?

Research reveals a number of promising benefits
Use these tips and start your personal journey to better health today.

6 Hot Sunscreen Tips

To lower your risk for skin cancer and remain healthy, be smart when outdoors this spring. (Follow these six sunscreen tips) from Lehigh Valley Health Network dermatologist Anthony Gust, MD:

1. Apply it 30 minutes before going out in the sun.
2. Use at least a teaspoonful to cover your face and neck; use at least two tablespoons (1 ounce) to cover your entire body.
3. Use a minimum SPF (sun protection factor) of 15 on an “average” day, but an SPF of 30 if you are planning outdoor activities.
4. Buy “broad-spectrum” sunscreen, which protects you from UVA and UVB rays.
5. Reapply it every two hours, or anytime you swim and towel off.
6. Make sure it isn’t expired.

Tip 7: Don’t Get That Tan

It’s tempting to want that “perfect” tan for beach season. (but don’t do it) “Any tan is a sign of skin damage,” Gust says. That goes for outdoor and indoor tanning. Furthermore, while indoor tanning to develop a “base” tan may prevent sunburn, it actually increases skin damage. The tan your skin gets from a tanning bed is different than that from the sun, and provides protection that is only equivalent to a sunscreen with an SPF of 1 or 2. “Plus rays from tanning beds have been shown to cause DNA damage and substantially raise your risk for skin cancer including melanoma,” Gust says. The bottom line: Tanning’s short-term benefits aren’t worth the long-term risks for cancer and premature aging.
Hit the Ground Running

Ready to run in the Lehigh Valley Health Network Marathon for Via in September? [Schedule a medical screening with your primary care doctor] before beginning a training program, especially if you’re new to running or returning to the sport. Your doctor will assess your health and help pinpoint any potential health issues. A biomechanical exam with a physical therapist also may be helpful—it can uncover structural abnormalities in your body that can lead to injury as you train. For more running tips, visit lvhn.org/healthyyou. For more on the Marathon for Via, see page 18.

Celebrate Survival

It’s what Shannon Anderson does every day. Five years ago, the Ephrata woman (below) had a seizure while cooking dinner and suffered burns over nearly half her body. After months of care at Lehigh Valley Health Network’s Regional Burn Center, she fully recovered—and her amazing journey was featured in Healthy You magazine.

{Now she has a new reason to celebrate.} Her boyfriend, David Kurtz, proposed marriage to her during the Burn Survivor Support Group’s holiday celebration. “Of course I said yes,” Anderson says. “Everything happens for a reason. If I didn’t have my accident, I would’ve never met this wonderful man who I intend to marry.”

And When You Call 610-402-CARE...

We’re happy to help you find a doctor, sign up for a class, get health information, change your address or get a free Healthy You magazine subscription. So please help us—[don’t call while you’re driving.] Keep our roads safe by pulling over—or waiting until you’re at home or work—to call us.
We thank you, and so too will motorists in our community.
How Exercise Helps Cancer Recovery
It improves your physical and emotional well-being

After surviving breast cancer two years ago, Dianne Laubach (above) did something new—began working out in a gym. It was a big change for the 51-year-old Allentown woman, who operates a general construction business with her husband.

"I play a hands-on role in the business, so I always considered myself active because of the physical labor of the job," Laubach says. "But when I started working out at the Healthy You Fitness Center, my perspective changed. I felt better physically and emotionally because I got the exercise I needed."

How NCCCP Enhances Cancer Care
Lehigh Valley Health Network’s Cancer Center is one of only 30 sites nationwide (and the only one in the region) that partners with the National Cancer Institute Community Cancer Centers Program (NCCCP). This program enhances the cancer care offered at Lehigh Valley Health Network. Here’s how:

• It gives you access to more clinical trials.
• It encourages your doctors and caregivers to work as a team.
• It helps you navigate your cancer care.
• It makes it easier for you to get the care you need.

Next Step: Learn more about cancer care. Visit lvhn.org/healthyyou or call 610-402-CARE.
Burn Calories After Your Workout
It’s possible with metabolic strength training

Frustrated with your diet or fitness routine? Having trouble shedding the extra pounds you gained over the holidays? Cheer up—there may be a better way to get the results you crave. It’s called metabolic strength training, and it’s all about the “burn,” says Lehigh Valley Health Network exercise physiologist Rob Fatz.

“Metabolic training builds lean muscle mass and creates an oxygen debt within the body’s energy systems, allowing you to continue burning calories long after the workout ends,” Fatz says. Unlike prolonged aerobic activities like running and biking, which only burn calories for 30-60 minutes after you stop, the afterburn effect of metabolic training can last up to 24 hours, depending upon the intensity and duration of your workout. “Aerobic exercise is great for your heart, but it’s not the most efficient way to lose weight,” he says.

Double duty
A typical fitness routine might include strengthening exercises such as a shoulder press and leg press, with rest periods between each set. To kick-start your metabolism, double the workout by inserting exercises that work non-competing muscle groups. Do squats between shoulder press sets, for example, followed by a brief rest. Before you feel completely recovered, begin the next set of shoulder presses. Between leg press sets, work your arms with push-ups, dumbbells or kettlebells.

Bonus benefits
More efficient weight loss isn’t the only advantage of metabolic training. Working one set of muscles while another rests increases overall body strength without adding time to your workout. The intense pace also produces significant cardiovascular benefits. Research shows metabolic training improves your ability to consume oxygen by 14 percent compared to traditional aerobic activities. “This isn’t a trend or fad,” Fatz says. “It’s a scientific, evidence-based approach that will give you better results in less time.”

Start slow
If you’re not already physically active, Fatz recommends checking with your doctor before beginning a metabolic strength-training program. Start slowly, at a pace that feels comfortable. Gradually add activities and intensity to your workout. And if you’re serious about losing weight, be sure to keep eating healthy. Watch your fat and calorie intake, and see a registered dietitian if you need help with menu planning. “No matter how hard you work, you’ll never be able to out-train poor nutrition,” Fatz says.

Next Step: Start your own metabolic training program with help from an exercise physiologist. Visit lvhn.org/healthyyou or call 610-402-CARE.

Laubach’s opportunity to join a gym came courtesy of Assist to Fitness, a program that funds free, three-month fitness center memberships for women with breast cancer. Funding comes from the annual Women’s 5K Classic. “I discovered I loved the exercise equipment and felt like I was taking control of my health and life,” she says. She has since purchased a full membership, exercises regularly, and her cancer has been in remission for two years.

Laubach is a classic example of the logic behind Assist to Fitness, says Sevedge’s colleague, physical therapist Linda Boyle. “Some studies show you can reduce your chance for recurrence of breast cancer by as much as 50 percent by simply maintaining your weight,” she says. That’s just one benefit of exercise. “It also makes you less anxious and depressed,” Boyle says.

That’s why women who have participated in Assist to Fitness often request yoga classes too—and now they will get their wish. Another grant from the Women’s 5K Classic funds participation in the Mind-Body Fitness package at the Healthy You Fitness Centers for female cancer survivors of all types of cancer. “Yoga is very calming,” says health network yoga instructor Maryann DiEdwardo. “It also helps you respect the changes in your body that cancer causes. It’s a healing force on many levels.”

Next Step: Sign up for a yoga program in our Mind-Body Fitness Package. See page 19, visit lvhn.org/healthyyou or call 610-402-CARE.
5 Ways to Prevent Chronic Back Pain

Only the common cold strikes more than back pain. “For many people, back pain is caused by a simple mechanical problem with a muscle or joint,” says chiropractor Gary Tarola, DC, with Lehigh Valley Health Network. “While it might be painful, most back pain is not serious and is very treatable and correctable.”

Here are five things you can do to prevent recurring back pain.

1. **Stay active.** The spine is designed for motion. In fact, movement is required for healthy disks—the shock absorbers between your spine’s vertebrae. Because disks have no blood supply, they get nutrients through movement. Staying active also lubricates joints and keeps muscles strong.

2. **Stay positive.** If back pain hits, don’t get depressed and think you have to spend days in bed. Inactivity will only make it worse.

3. **Eat healthy.** Stay away from processed, fatty foods. They cause inflammation in the body that can lead to pain. Fruits, vegetables and whole grains are best for your back and overall health.

4. **See a chiropractor.** If you have an underlying condition causing back pain, or if your lifestyle puts you at greater risk for recurring pain, a chiropractor can help. He can teach you additional ways to prevent problems and provide treatment options.

5. **Bend, reach and lift properly.**—Put one foot forward (like Patrick Micek of Coplay) to take weight off your back. When standing still in the kitchen, lean against the counter with your hips and thighs.
Living Pain-Free
How spinal cord stimulation helped McRae Lilly regain his life

A year ago, 64-year-old McRae Lilly lived in constant pain. “It was excruciating,” he says. “Pain medications weren’t helping at all.” The pain radiating from his lower back down both legs resulted from nerve damage caused by arthritis and lupus.

Simple tasks like putting dishes on a shelf or lifting his telescope were challenging or impossible for the Forks Township man. The pain affected his mood. “I was depressed, and didn’t care about anything,” he says. “I’d given up.” Back surgeries and pain medication failed to help. He was desperate for relief.

It finally came in the form of spinal cord stimulation (SCS), a therapy designed to relieve chronic nerve damage pain. For patients whose chronic pain isn’t successfully controlled by medication or surgery, SCS may help. “Spinal cord stimulation isn’t a cure for nerve pain, yet it can help treat your symptoms and improve your quality of life,” says pain specialist Bruce Nicholson, MD, with Lehigh Valley Health Network.

In SCS, a small generator is surgically implanted in the buttocks. Thin wires deliver electrical pulses from the generator to the damaged nerves along the spinal cord, blocking pain signals before they reach the brain. Instead of pain, patients feel no pain or a pleasant massaging sensation. Patients use a remote control to adjust how the stimulation feels and better control their pain minute-to-minute.

You may be a candidate for SCS if you have chronic nerve damage pain resulting from failed back surgery, herniated disks, spinal stenosis or sciatica. SCS is usually only an option after other pain management treatments, such as surgery or pain medications, have failed. Patients who are considered good candidates first undergo a three-day outpatient trial to determine if SCS will benefit them. Pain relief from SCS varies from person to person, but many patients are able to decrease or eliminate their use of pain medication and other pain relief therapies.

McRae Lilly had no concerns about SCS. “I didn’t have anything left to try,” he says. He saw a difference right away, and his outlook on life has brightened. Today he feels great and is back to his favorite hobbies—including model trains and providing a Shriners Model T car in local parades (above). “My pain is totally gone,” he says. “It’s heaven-sent technology.”
DASH Your Diet

Follow this eating plan to lower your blood pressure

You know high blood pressure (hypertension) can increase your risk for heart disease, stroke, and liver and eye damage. So how can you manage it? Try the DASH eating plan.

DASH stands for dietary approaches to stop hypertension. “It helps you reduce the amount of sodium (salt) in your diet and eat foods rich in nutrients that help lower blood pressure, like potassium, calcium and magnesium,” says Lehigh Valley Health Network family medicine physician Joseph Habig II, MD. “Studies show that the DASH eating plan can start to improve blood pressure in just two weeks.” Even if you don’t have hypertension, DASH teaches you a healthier way to eat.

Here’s how: The average person consumes about 4,000 milligrams (mg) of sodium daily. The standard DASH plan reduces that amount to 2,300 mg per day, or about one teaspoon of salt. A second version lowers it even more (1,500 mg a day). Both versions include plenty of whole grains, fruits, vegetables and low-fat dairy products, as well as some fish, poultry, and healthy nuts and beans (see below).

Next Step: Get tasty low-sodium recipes. Visit lvhn.org/healthyyou or call 610-402-CARE.

### 7 tips to start the DASH eating plan

1. **Continue taking your blood pressure medication**
   (if prescribed for you). It will ensure your blood pressure is at a healthy level (120/80 or lower).

2. **Tell your doctor.** He or she can monitor your blood pressure and change your medication as needed.

3. **Don’t stop.** Some people call it the DASH diet, but it’s not a fad. It’s a lifestyle change.

4. **Exercise 30 minutes daily.** It will help lower blood pressure even more.

5. **Avoid the salt shaker.** Limit the salt you add to food or avoid it all together.

6. **Skip the alcohol.** Men should limit alcohol to two or fewer drinks a day; women one or less.

7. **Step on a scale.** You might drop a few pounds too.

### Food Group Serving Serving Size Examples

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<thead>
<tr>
<th>Food Group</th>
<th>Serving</th>
<th>Serving Size</th>
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| Grains and grain products   | 7-8 per day | • 1 slice bread  
|                             |         | • ½ cup dry cereal  
|                             |         | • ½ cup cooked rice, pasta or cereal |
|                             |         | Whole-wheat bread, English muffin, bagel, cereal, grits, oatmeal |
| Vegetables                  | 4-5 per day | • 1 cup raw leafy vegetable  
|                             |         | • ½ cup cooked vegetable  
|                             |         | • 6 oz. vegetable juice |
|                             |         | Tomatoes, potatoes, carrots, peas, squash, broccoli, kale, spinach, artichokes, sweet potatoes, beans |
| Fruits                      | 4-5 per day | • 6 oz. fruit juice  
|                             |         | • 1 medium fruit  
|                             |         | • ¼ cup dried fruit  
|                             |         | • ½ cup fresh, frozen or canned fruit |
|                             |         | Apricots, bananas, oranges, orange juice, grapefruit, grapefruit juice, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines |
| Low-fat or nonfat dairy foods| 2-3 per day | • 8 oz. milk  
|                             |         | • 1 cup yogurt  
|                             |         | • 1.5 oz. cheese |
|                             |         | Skim or 1% milk, nonfat or low-fat yogurt, part skim or nonfat cheese |
| Poultry, fish and meats     | 2 or less per day | • 3 oz. cooked  
|                             |         | poultry, fish or meat |
|                             |         | Select only lean; trim visible fat; broil, roast or boil instead of frying; remove skin from poultry |
| Nuts, seeds and legumes     | 4-5 per week | • 1.5 oz. or 1/3 cup nuts  
|                             |         | • ½ oz. or 2 Tbsp. seeds  
|                             |         | • ½ cup cooked legumes |
|                             |         | Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils |

*Based on 2,000 calories per day
The Truth About Vitamin E

The results are in—and they’re mixed

Few vitamins have made the news lately like vitamin E. It’s naturally found in green, leafy vegetables and fruits. Several recent, large-scale studies have looked at whether vitamin E supplements are helpful for conditions such as macular degeneration, prostate cancer and heart disease. The short answer: It depends on your condition.

THE GOOD

Vision health—If you have macular degeneration—or are at risk for it—vitamin E may help because it’s an antioxidant, and antioxidants often help prevent diseases that can occur as you grow older. Vitamin E is more effective if your macular degeneration is caused by aging and is either moderate or severe. It also works best if it’s taken in combination with other vitamins and not by itself.

THE NOT-SO-GOOD

Prostate health—a study called SELECT (the selenium and Vitamin E cancer prevention trial) looked at vitamin E’s effectiveness in treating prostate cancer. “It found that taking supplements at recommended daily levels had no statistically significant benefit in prostate cancer prevention,” says urologist Angelo Baccala Jr., MD, with Lehigh Valley Health Network. Even more concerning, it found those who took vitamin E at high doses for long periods of time were 17 percent more likely to develop prostate cancer.

Heart health—Similar studies looked at vitamin E and heart disease, and the results were consistent with SELECT—that supplements had no statistically significant benefit in preventing heart disease. Studies also cautioned that very large doses of vitamin E (between 2,000 and 4,000 international units, or IUs) could significantly increase a person’s chance for death from heart disease.

THE BOTTOM LINE

“Taking supplements at the daily recommended dose is probably safe, but it’s unnecessary,” says health network family medicine physician Linda Loffredo, MD. “Instead of using a supplement, it’s best to adjust your diet to get the vitamins you need to live and stay healthy.”

Incorporating fruits and vegetables into your diet regularly is a good start (see the DASH diet on the opposite page for recommended servings). Vitamin E-rich foods include vegetables like spinach, kale or avocado, or fruits like mango or kiwi.

Next Step: Your best first step toward prevention is finding a primary care physician. Call 610-402-CARE to find the right doctor for you.
Take Charge of Heart Disease

Tips, hints and support to help you manage your health

5 Ways to Ease Stress

Your work is piling up. Your son is late for baseball practice. 
**There are bills to pay.** You need groceries. And the washing machine is on the fritz. Life is filled with stress, and it’s taking its toll on your mind, body and heart.

“While we don’t know if stress alone causes heart disease, we do know that stress leads to other things that increase your risk for heart disease,” says Lehigh Valley Health Network cardiologist George Persin, DO.

When you’re under stress, your body instinctively releases adrenaline and cortisol. These hormones:

- **Increase heart rate**, which over time may lead to an irregular heartbeat
- **Increase blood pressure**, which increases your risk for heart attack and stroke

**Can cause weight gain around the belly**, which increases your risk for artery disease and heart attack

Stress also triggers unhealthy behaviors, like smoking or eating “comfort” foods.

Some stress is normal, but when it becomes too much, too often, it’s time to change. “Identify what’s causing your stress and learn to deal with or limit the cause,” Persin says.

**Tame that stress**

While stress is almost impossible to avoid, you can rise above it, says health network internist Michael LaRock, MD. “It’s up to you to choose how you respond to stressful situations,” he says.
Here are five ways to tame that stress:

1. Get smart. Once you identify a source of stress—like a new job or medical diagnosis—learn all you can to keep your fears in check.

2. Get giggling. Laughter increases healthy blood flow and releases endorphins, a natural mood enhancer. So watch a sitcom, share a joke or dust off that hula hoop and amuse your friends.

3. Get music. Whether you play an instrument or just listen, music has the power to instantly comfort, energize or inspire us.

4. Get moving. If working out at a gym isn’t your style, get the stress-busting benefits of exercise through dance, yoga, dog walking or even playing Wii games with your children.

5. Get creative. Expand your horizons by starting a new hobby or activity, as long as it brings a smile to your face every day.

Stress-free smile—Laughter and a positive outlook help Cassandra Yarbough of Northampton relieve stress. She also helps people with heart disease find a doctor as a 610-402-CARE representative.

**TAKE CHARGE NOW**

- **Listen to your heart.** Take the free HeartAware risk assessment at lvhn.org/healthyyou.
- **Care for your mind and body.** Get a medical massage or try our mindfulness-based stress reduction program. See more on page 20 or call 610-402-CARE.
- **Learn more about heart disease.** Visit lvhn.org/healthyyou or call 610-402-CARE.
Prevent Birth Defects
Being proactive before pregnancy can help

Not all birth defects—conditions such as congenital heart defects, cleft lip and spina bifida—can be prevented. Yet by being proactive moms-to-be can reduce the risk for defects. “The first 10 weeks of pregnancy are most crucial,” says maternal fetal medicine (high-risk pregnancy) specialist Albert Sarno Jr., MD, with Lehigh Valley Health Network.

Here are seven tips to lower your risk:

1. Get preconception counseling—Before getting pregnant, talk with your obstetrician/gynecologist about your medical history, lifestyle and any medications you’re taking, including herbal supplements. “Some drugs are harmful during pregnancy, so you may need to find alternatives,” Sarno says. Make sure you’re also up-to-date on your vaccinations.

2. Adopt a healthy lifestyle—Reach or maintain a healthy weight pre-pregnancy, and cut out harmful habits like smoking or drinking.

3. Eat healthy—“We are what we eat, so your baby is what you eat,” Sarno says. Eat a well-balanced diet, which can include two servings of low-mercury fish like salmon per week. Avoid high-mercury fish like shark, swordfish, king mackerel, tilefish and certain types of tuna.

4. Take folic acid—This B vitamin is essential. “Take it 3-6 months before pregnancy, or up to one year before if possible,” Sarno says. Find it in green leafy vegetables and fortified cereals, or take a supplement that contains 400 micrograms daily.

5. Control your diabetes—If you have pre-existing diabetes, tightly control your blood sugar. “High blood sugar is very toxic to a fetus,” Sarno says.

6. Prevent toxoplasmosis—This parasitic infection is spread a number of ways; cats are the most common carrier. To reduce your risk, don’t change your cat’s litter box; wear gloves when gardening; and avoid eating raw or undercooked meat.

7. Visit a genetic counselor—if you or your partner has a family history of genetic problems or birth defects, a counselor can help you identify your risk for passing those conditions to your child.

Next Step: Get a free copy of Great Expectations, a guide to enjoying your pregnancy. Visit lvhn.org/healthyyou or call 610-402-CARE.
3 Tips for New Moms
Manage the challenges of parenthood

You’re home from the hospital with your new baby. Everyone tells you to cherish this time. So why do you feel overwhelmed and unsure?

“Everyone naturally thinks becoming a parent is going to be joyous immediately,” says obstetrician/gynecologist Timothy Pellini, MD, with Lehigh Valley Health Network. “New parents don’t always expect the amount of work, frustration and changes that occur.”

Here are 3 tips to help new parents manage after baby comes home:

1 Seek out family and friends— “All parents need a support network to help them navigate those first few weeks,” Pellini says. Accept help when it’s offered, whether it’s for cooked meals, laundry, housecleaning or watching the baby so you can sleep.

2 Expect some challenges— Feeding and caring for your newborn doesn’t always come easily, but there is help. Attend classes to prepare you and your partner so you know what to expect. At Lehigh Valley Health Network, certified lactation consultants are available in the hospital after delivery for support. If you’re still having trouble at home, your pediatrician can connect you with a lactation consultant. Or join a breastfeeding support group (see photo caption).

3 Watch for ‘baby blues’— Childbirth can trigger intense emotions, from excitement and joy to sadness and anxiety. These major mood shifts can last up to two weeks. When these feelings last longer or intensify, you may have postpartum depression.

“Talk with your doctor if your symptoms are impacting your quality of life and your ability to enjoy what should be a wonderful time,” Pellini says. Prompt treatment, which may include medication, counseling or both, can help you manage your symptoms and enjoy your new baby. “A postpartum depression support group also can help you navigate the various emotions you may experience after delivery,” Pellini says.

Next Step: Preparing for baby? See our “raising a family” classes on page 19, visit lvhn.org/healthyyou or call 610-402-CARE.

Embracing new motherhood— After the birth of her first child, Svetlana Daniels of Allentown received helpful and comforting support. The 27-year-old new mom and her husband took several parent education classes at Lehigh Valley Health Network to prepare for Taya’s arrival last September. “It was phenomenal,” Daniels says. After a smooth delivery, Daniels attended Monday Morning Moms, a health network group that brings new moms together with certified lactation consultants to discuss breastfeeding concerns and triumphs. She left encouraged. “I learned a lot of good tips,” she says. “They made me feel normal.”
You’re protective of your child. And if you learn she has type 1 diabetes (also known as juvenile diabetes), you might become even more protective. “Yet there’s a fine line between keeping your child healthy and holding her back from childhood milestones like going to sleepovers and playing sports,” says pediatric endocrinologist Laurissa Kashmer, MD, with Lehigh Valley Health Network.

Kashmer offers her tips for finding that balance:

1. **Help your child “own it.”** Let her know diabetes is not something she should hide. She should be able to say, “Hi, my name’s Katie, and I have diabetes,” just as easily as she could say, “My name’s Katie, and I just got a new kitten.”

2. **Let him know it’s not his fault.** (And parents, it’s not your fault either.) Type 1 diabetes happens when your pancreas fails to produce insulin. It has nothing to do with diet, exercise or any other thing your child (or you) can control.

3. **Be optimistic.** “Diabetes treatment has come a long way in the last 10 or 15 years,” Kashmer says. Regular blood-sugar testing, more advanced insulin
pumps and newer, more effective types of insulin all help to prevent potential complications.

4. Make learning fun. School-aged children are excited to learn. Games and fun activities can help. You also can take advantage of programs like the health network’s Camp Red Jacket, a fun, free camp for children with type 1 diabetes, ages 6-12.

5. Sports? Absolutely! There’s no reason she can’t go out for the field hockey team or he can’t play basketball. Just be sure to keep your doctor (and coaches) updated.

6. She CAN eat that. Children with diabetes have fewer dietary restrictions now than in the past because insulin can be customized based on a child’s needs. “There should still be a balance of fruits, vegetables and proteins, but that’s true for all children, not just those with diabetes,” Kashmer says.

7. Mom, can I sleep at Taylor’s house? “It can be hard for parents to let go on this one,” Kashmer says. “But going to a sleepover is a milestone that your child shouldn’t miss.” Talk to the host parents beforehand so you feel more comfortable.

8. I can handle it myself, Dad. Well, not exactly…not unless he’s headed to college. “Parents need to help their kids manage diabetes until after high school graduation,” Kashmer says. “It might seem like they’re OK on their own when they’re 13, but they’re not.” And when he goes off to college, his roommate and resident assistant should be able to step in to assist when needed.

Get Active This Spring

If you have type 2 diabetes, getting exercise is a vital part of staying healthy. Looking for some fun opportunities to get outside and get moving? Try these programs:

The Lehigh Valley Health Network Marathon for Via—You can participate in the marathon, half-marathon or team relay on Sept. 9, or the 5K walk on Sept. 8. The marathon begins at Lehigh Valley Hospital–Cedar Crest and winds through Bethlehem to the Easton finish line.

Get Out! Lehigh Valley—This healthy outdoor activity program provides safe, fun activities for you and your family at various scenic locations throughout the Lehigh Valley.

First Strides®—Get moving with this beginner walking and running workshop for women. This 12-week program, offered in the spring and summer, helps you comfortably progress from the couch to walking, jogging or running at a pace that’s right for you—even if you’ve never exercised before.

**TAKE CHARGE NOW**

- **Turn to page 18** to learn more about the programs listed above.
- **Call 610-402-CARE** to register for a Get Out! Lehigh Valley program or to sign up your child for the Sugar-Free Kids support group (see page 19).
- **Visit lvhn.org/healthyyou** to register for the Marathon for Via or First Strides.
- **Watch a video** about Lehigh Valley Health Network’s Camp Red Jacket for children with type 1 diabetes at lvhn.org/healthyyou. Or call 610-402-CARE for more information on this free program.
Solving a Mystery
Diagnostic tool helps Rosemarie Yanders get needed treatment

In fall of 2010, Rosemarie Yanders (below) began noticing something different about her appearance. “The color of my face wasn’t right,” says the 73-year-old Whitehall woman. Her skin looked yellow, a sign of jaundice.

Yanders had other symptoms, such as dark urine, so she visited her primary care doctor. He ordered imaging studies that confirmed Yanders had an enlarged bile duct inside her pancreas (the large gland that lies in the abdomen behind the stomach). The enlargement was caused by some sort of blockage. The mystery: how to identify that blockage.

Gathering clues
To help solve the mystery, gastroenterologist Shashin Shah, MD, with Lehigh Valley Health Network, began gathering clues. He first inserted a stent into the bile duct to alleviate her jaundice. “But I still needed to learn what type of mass was in her pancreas,” Shah says. To view that blockage, Shah used a tool called endoscopic ultrasound (EUS).

EUS uses ultrasound waves and an endoscope—a small, lighted flexible tube with a camera attached—to obtain high-quality images and information about the digestive tract. “It can identify problems and evaluate abnormalities, cysts or tumors in the esophagus, stomach, pancreas, small intestine, colon or rectum,” Shah says. “EUS also allows doctors to obtain tissue for biopsy and can be used to biopsy lymph nodes in the chest or abdomen.”

For Yanders and all people who undergo EUS, the procedure is performed under sedation, and you go home afterward. “I was asleep the whole time, and I had no pain when it was over,” Yanders says.

Finding the answer
Using EUS, Shah found the mass inside Yanders’ pancreas and took a sample of tissue for biopsy. Yanders received chemotherapy for what was eventually diagnosed as stage 4 pancreatic cancer. “My doctors are so responsive, and 13 months later, I’ve had no adverse effects from the treatment,” says Yanders, who also takes medication to help her body absorb nutrients from food. “I recently returned from Disney World, and I feel good.”

Learn more about this care at lvhn.org/healthyyou or call 610-402-CARE.
What’s New
For details and to register, call 610-402-CARE.

Camp Red Jacket
Free day camp for children with type 1 diabetes, ages 6-12. Junior counselor opportunities for teens with type 1 diabetes also available. FREE
• June 26-28; 8:15 a.m.-4 p.m.
  At Camp Fowler, Dreifeld

Annual Cancer Survivors’ Celebration
Cancer survivor, comedian and author Brenda Elsagher will entertain, educate and enlighten. FREE
• June 1; 6-8:30 p.m.
  At LVH–Cedar Crest

Caregiver Program
Find new ways to address stress while supporting a loved one with cancer. FREE
• May 16; 6 p.m.
  At LVH–Cedar Crest

Healthy Mondays
Health education (materials in English and Spanish) along with free screenings for cancer and other health conditions. FREE
• May 21; 3:30-6:30 p.m.
  Focus: Asthma
• June 18; 3:30-6:30 p.m.
  Focus: Diabetes and Nutrition
  At LVH–17th Street, Community Health and Wellness Center

Kinnon Survivor Workshop
For women who have finished first-line treatment for breast cancer, sessions focus on mind/body, nutrition, exercise and physical health. FREE
• May 18; 8 a.m.-1 p.m.
  At LVH–Cedar Crest

Healthy Bones
Events to promote care for your bones that include heel screenings. FREE
• June 11; 9 a.m.-2 p.m.
  At LVH–Muhlenberg

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

Cessation, What Works?—How to succeed in beating tobacco addiction. FREE
• June 7

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

‘It was a real eye-opener’
That’s how Rachael Kern of Schnecksville describes the results of her HeartAware risk assessment. HeartAware is a free, 28-question survey on Lehigh Valley Health Network’s website (lvhn.org) that helps people learn if they’re at risk for heart disease. For Kern, it confirmed what she suspected—that her family history of heart problems, type 2 diabetes and being overweight put her at high risk for heart disease.

HeartAware prompted Kern, a 40-year-old mother of two, to seek medical care and start exercising. Now she’s enjoying cardio kick-boxing at home, losing weight and feeling energized. “This is the year for me to start taking care of myself,” she says.

Take the HeartAware risk assessment at lvhn.org:
• When you complete the test, you’ll receive a report about how to become more heart healthy.
• If you’re at risk, you’ll be offered a free cholesterol blood test and free appointment with a HeartAware nurse.
• If you’re at an elevated risk, you can follow up with your doctor or be referred to a doctor who is a member of the HeartAware program.
For more than 10 years, Marianne Ulrich frequently felt exhausted. “I couldn’t do things with my grandchildren or care for the birds on my mini-farm,” says the 69-year-old Orefield woman. “When that feeling came, I was done for the day.”

Her Lehigh Valley Health Network doctors knew the problem was heart-related. Yet after necessary procedures to fix a blocked artery and irregular heartbeat, fatigue persisted. That’s when additional tests found the cause—abnormally thick heart muscle (hypertrophic cardiomyopathy or HCM), a genetic disease that affects about one in 500 people.

Following surgery to remove part of the muscle, Ulrich has renewed energy. “I can take care of my family, the house—even shovel snow—without getting tired,” she says. “I got my life back.”

‘I’m not tired anymore’

Lehigh Valley Health Network:

- Has a cardiologist and surgeon who specialize in HCM
- Is cited as a “high performer” in cardiology and heart surgery by U.S. News & World Report
- Performs more than 1,000 heart surgeries yearly

Around Our Community

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

11th Annual Women’s 5K
The goal event for First Strides participants. Run/walk 3.1 miles.
- June 9; 8 a.m. registration; 9 a.m. start
- At Hanover Twp. Community Center

Trucks and More
Children can explore heavy machinery. Event includes a brain safety fair. Free bicycle helmet and fitting for participants.
- May 12; 10 a.m.-2 p.m.
- At Mack Customer Center, 2402 Lehigh Parkway S., Allentown

Get Out! Lehigh Valley
This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community.
- Biking on the D&L trail
  - May 26; 10 a.m.
- Trexler Memorial Park hike
  - June 9; 10 a.m.
- Lehigh Parkway hike
  - June 27; 6 p.m.
- Ringing Rocks County Park hike
  - July 12; 6 p.m.
For details and new dates, go to www.getoutlehighvalley.org or call 610-402-CARE.

Get Outdoors Health and Wellness Day
Enjoy healthy educational activities for the entire family. Events are included with Lehigh Valley Zoo admission.
- June 9; 10 a.m.-4 p.m.
- At Lehigh Valley Zoo

IronPigs Health Fair
Attend an IronPigs game and learn more about your health from Lehigh Valley Health Network professionals. Screenings, education and giveaways.
- June 7; 7:30 p.m.
- At Coca-Cola Park

Kids’ Day at Pocono Raceway
Children learn injury prevention; HeartAware risk assessment available for adults. FREE
- June 9, 9 a.m.-1 p.m.
- At Pocono Raceway

LVHN Marathon for Via
Late spring is a great time to train for a marathon. Or consider a half-marathon, start a relay team, walk a 5K, volunteer or sponsor your favorite team or runner by donating to a good cause that provides services for those with disabilities.
- Sept. 8
  - 5K walk; 9 a.m. start
    - At ArtsQuest Center at SteelStacks
  - Sept. 9
    - Marathon and relay; 7 a.m. start
      - At LVHN-Cedar Crest
    - Half-marathon; 7:15 a.m. start
      - In Bethlehem

Ongoing Programs
Community Exchange—Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors. FREE
- Third Mon. of month; 2-4 p.m.
  - At LVHN-17th
- First Wed. of month; 6-8 p.m.
  - At LVHN-Muhlenberg

Guardianship Support Agency—Work for a local nonprofit with guardianship services. FREE

Health Insurance for Small Businesses (2-50)—Educational sessions, including information on consumer-driven health plans, available at your office or Valley Preferred. FREE

Would a Support Group Help?—Dozens of different groups provide comfort and support. FREE
Raising a Family
For details and to register, call 610-402-CARE.

Raising a Family—Our flyer gives details for all programs listed below. Get your copy at 610-402-CARE or lvhn.org/healthyyou.

Healthy You Program Packages
Program packages are available on a monthly basis and allow you to take as many classes as you wish within your package for the same price. Call 610-402-CARE for more information. See a list of class schedules at lvhn.org/healthyyou.

Welcome
- Pregnancy 101
- Expectant Parent Tour
- Sibling Tour—My Baby and Me

Preventing for Childbirth
- 4-week evening series
- Weekend—One-Day; Fri.-Sat.; Sat.-Sun.
- On the Internet
- Refresher
- Teens Only

Preventing for Baby
- Baby Care
- Breastfeeding Baby
- Becoming New Parents Workshop

Staying Safe
- Babysitting—Safe Sitter—June 21
- CPR—Safe Sitter Student
- CPR—Family and Friends
- Safe Ride-Car Seat Safety—Certified technicians show how to correctly install car seats and secure children. FREE

After-Delivery Support
- Monday Morning Moms—Beyond Birth
- Postpartum Support—Understanding Emotions After Delivery

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

Workshops—Focus on hot parenting topics.
- Power Struggles—May 24
- Dad’s Guide to Great Parenting—June 12
- Managing Sibling Rivalry—June 21

Healthy Aging Fitness Package ($36/month)
Includes these classes:
- GE
- ROOF7ORKOUT
- XERCISEFOR,IFE
- STAYING3TRONG,OWER-ACUNGIE
- OWNSHIPONLY

Healthy You Program Packages
Program packages are available on a monthly basis and allow you to take as many classes as you wish within your package for the same price. Call 610-402-CARE for more information. See a list of class schedules at lvhn.org/healthyyou.

Cardio-Strength Package ($32/month)
Includes these classes:
- Boot Camp
- Cardio Cross-Training
- Cardio Kickbox
- Cardio-Strength Combo
- Chisel
- Cycle Express and Power Cycling
- Interval Express
- Kettlebells

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

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
- Line Dancing
- Zumba

Youth Fitness Package ($36/month)
Fun and fitness games for ages 6-12

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

Aqua New—A water exercise program designed to improve body awareness, fitness and confidence performing physical activity.
- Starting May 22
- At Human Performance Center

Dr. Salerno’s College of Knowledge—Geriatric education series on a variety of topics. FREE

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

Clinical Breast Exams and Pap Tests—FREE for uninsured women
- Weekly 8:30 a.m.-4 p.m. Appointment is necessary. Call 610-969-2800. Sponsored by the Community Health and Wellness Center in collaboration with the Allentown Health Bureau

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

Lung Cancer
Appointments necessary. Call 610-402-CARE.

Skin Cancer Screenings FREE
Appointments necessary. Call 610-402-CARE.
- May 15
- May 16
- May 22
- At LVH–Muhlenberg
- At LVH–Cedar Crest

Strokes FREE
Anonymous and confidential.
- Tues., 1:30-3 p.m. and Thurs., 10-11:30 a.m. At LVH-17th, AIDS Activities Office

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

Our team will work with you and your physician to design a program to fit your needs.
We provide education for:
- Pre-diabetes
- 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 Pumps—Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). Opportunity to discuss concerns and topics of interest. FREE
- June 4

Sweet Success—Monthly support group for adults with type 2 diabetes. FREE
- Diabetes and Eye Health—May 17
- Insulin: Truth vs. Myth—June 21

Sugar-Free Kids—Monthly support group for children with type 1 diabetes. FREE

lvhn.org 610-402-CARE
Managing Your Weight
For details and to register, call 610-402-CARE.

**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.

**Weight-Loss Surgery**

Surgery Information Night—What to expect.

- **May 29, June 14, June 26, July 5**

**Weight Management Services**

- **Individual**
  - Nutrition Counseling—Assessment, body-fat analysis and goal-setting.
  - Nutrition Counseling/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.

**Massage Therapy**

Medical therapists offer different massage options at various sites.

**Mindfulness-Based Stress Reduction**

Internationally recognized program uses meditation and group support. Most insurances accepted.

- Retreat: May 19, June 2

**UV Facial Skin Analysis Seminar**

Skin care professionals will use a skin scope to help identify sun damage and dehydration. **FREE**

- June 12

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

**Crohn's Disease and Ulcerative Colitis Support Group**

From the Crohn's and Colitis Foundation of America.

- May 23, June 5, June 27, July 3

**Parkinson's and Multiple Sclerosis Get Up and Go**

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

**Parkinson’s Support Group**

- Meets fourth Tue. of month
  - At LVH–Muhlenberg

**Preoperative Spine Class**

Information to help you prepare for your hospital experience and post-hospital recovery.

- May 15, June 6, June 19

**Stroke Support Group**

To help deal with life’s challenges after a stroke, meet with health care professionals and others experiencing the same emotional and physical issues.

- Meets first Tue. of month; 6-7 p.m.
- At LVH–Cedar Crest

Caring for Mind and Body
For details and to register, call 610-402-CARE.

**Corrective and Protective Skin Care**

Seminar focuses on skin problems of aging and solutions for your skin type. Products reviewed. **FREE**

- May 22

**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 May 22
- Part 2 starting June 19

**Lehigh Valley Health Network**

Follow us on Twitter|Facebook|YouTube
Shirley Stein, 81, has a goal. She hopes to medal in the horseshoe competition during this year’s senior games in Lehighton. She’ll add the medal to her hefty collection of gold, silver and bronze for swimming, bowling, shuffleboard, bean bag toss, bocce ball and mini-golf.

She is practically bursting with energy as she talks about the games and her life, which is full of family, friends, social activities and travel. You’d never guess she’s had stage 4 non-Hodgkin’s lymphoma for almost 12 years. The first mass in her lung was found during a routine mammogram in 2000. Since that time she’s had periods of remission and times when she needs chemotherapy or other drugs. “It’s all about how you live with it,” she says. “I threw myself one pity party during my first round of chemotherapy in 2001 when my hair started to fall out. After that, I never looked back. I was too busy enjoying my life.”

Her cancer physician, Gregory Harper, MD, with Lehigh Valley Health Network, calls her a role model because of her positive attitude and approach to life. “I don’t let anything stop me,” Stein says. “I had a biopsy of my eye one day recently and boarded a bus to New Orleans the next day. I just told my travel buddies not to let me walk into anything.” With an outlook like that, she’s likely to take home the gold again.

‘I don’t let anything stop me’

At Lehigh Valley Health Network’s Cancer Center:

- A team of specialists will review your case and offer the best treatment recommendation. This approach is the most effective in successfully treating cancer.
- We partner with the National Cancer Institute to deliver superior quality and coordinated cancer care, bring the nation’s newest treatments through clinical trials to our patients, and decrease barriers to care in our community.
- You’ll have access to the latest advances in technology, and you’ll benefit from our active involvement in research to find new treatments that extend life.
Solving today’s most complex heart cases.

Tens of thousands of your friends and neighbors have reached the best place in the world. Home. Home after the most serious heart problems. Home because of the advanced heart program at Lehigh Valley Health Network. We lead the state with the best heart surgery results; perform more open-heart procedures than anyone in the area; and have used minimally invasive techniques to repair heart valves for more than a decade. No wonder Lehigh Valley Hospital tops the latest U.S. News & World Report list of Best Regional Hospitals in the Lehigh Valley Metro Region. Welcome home.

Need a cardiac surgery second opinion?

- Fast-track appointments with our cardiac surgeons.
- We follow up with your doctor.
- Call us at 610-402-CARE (2273) to schedule your appointment.