Healthy YOU

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Healthy YOU

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Lehigh Valley Health Network
A PASSION FOR BETTER MEDICINE

On the cover:
Ralph Wasiakowski of Allentown believes in going to the doctor when you're young, fit and healthy. Find out why on page 4.

Photo by Mary Frederick, Amico Studios
A Full Life Despite ALS
Local woman isn't letting Lou Gehrig's disease stop her

Donna Katcher of Salisbury Township is already dreaming about the wildlife she'll see when she visits Alaska next year. She and her husband, Paul (with her in the photo above), have photographed big-horned sheep, moose, buffalo, elk, alligators and more in their quest to visit as many national parks as they can. Once home, they frame the best shots.

Diagnosed four years ago at age 46 with a terminal neuromuscular disorder called amyotrophic lateral sclerosis (ALS), Katcher recognizes the importance of doing and surrounding yourself with what you love. “We’re traveling to faraway places now, while I’m up to it physically,” she says.

Her first symptoms of ALS, which is commonly known as Lou Gehrig's disease, were severe stabbing pains in her calf and a slight, occasional facial twitch. Katcher has been very fit and active all her life (she’s even in the Lehigh Valley Softball Hall of Fame). But she noticed she didn’t feel quite right while exercising. “I felt a little weak and my coordination was off,” she says.

She saw several doctors throughout the region who attempted to treat her symptoms. It was Glenn Mackin, M.D., a neurologist and ALS specialist with Lehigh Valley Health Network, who discovered the underlying cause. In the process, he used blood tests, a brain MRI, spinal tap, muscle biopsy and comprehensive electromyography (EMG) to measure the electrical activity of her muscles.

ALS is a progressive disease that weakens the nerves that control muscle strength. It isn’t curable, but it is treatable. “There is no doubt an ALS diagnosis changes lives,” Mackin says. “But there are good resources to help patients and their families.” One of those is the ALS Clinic at Lehigh Valley Health Network.

“Our multidisciplinary care team is the ‘pit crew’ for ALS patients,” Mackin says. “We take care of them and get them back on track for as long as possible.” Patients choose which treatment options best help them live with ALS their way— including rehabilitation therapy, pain management, mental health services, information sessions and support groups.

For now, Katcher relies mostly on her friends and family for support. Her life is filled with travel and time spent with those she loves, particularly her teammates from the 1975 Parkland High School state championship softball team. Her Walk to Defeat ALS team, “Donna’s Dugout,” has attracted more than 100 participants.

“The human spirit is incredible,” Mackin says. “When someone has ALS, you see family and friends come forward and do extraordinary things. It’s a privilege as a physician to be part of that.”

Want to Know More? For information on who is at risk, call 610-402-CARE. To see a 3D animation of how ALS affects the brain, visit lvhn.org/healthyyou.
Healthy Holiday Food Gifts
Gifts from the heart and hearth for the foodie on your list

Who doesn't like to receive homemade goodies? This holiday season, give your loved ones an extra gift—a festive food that's both tasty and healthier than many traditional treats.

“You control what you put into homemade food gifts,” says Heather Johnson, registered dietitian at Lehigh Valley Health Network. “You can use fresh ingredients and adjust the amount of salt and fat. It doesn't mean you can't still give cookies, cakes and breads, but they'll be healthier versions.”

Many recipes are easily converted without sacrificing quality, Johnson says. Use two egg whites in place of a whole egg, dried fruit instead of candied, and skim milk rather than whole. Opt for dark, not milk, chocolate. (It's higher in antioxidants.) Make breads and muffins more nutritious by using half whole-wheat flour, or adding wheat germ or ground flaxseed.

Johnson offers these suggestions for holiday food gifts sure to please the palate:
• Homemade hummus with pita chips made from whole-

A favorite at parties—Nahla Hanna of Whitehall makes homemade hummus to share at holiday gatherings and through the year. Get her recipe at lvhn.org/healthyyou.

Prevent headaches, blurred vision and dry eyes by taking breaks every 20 minutes to relax eye muscles. Get tips on glasses and workstation setup at lvhn.org/healthyyou (or 610-402-CARE).

Prize-worthy canned goods—Cathy Lutterschmidt of Kutztown enjoys giving the jellies and pickles that have earned her many prizes over the years at the Allentown Fair.

Too Much Sugar?

If you're like the average American, you consume 22 teaspoons of sugar every day—and that's far too much, according to the American Heart Association. Excess sugar contributes to weight gain and a host of related health problems.

The association's new guidelines advise no more than 6 teaspoons daily (about 100 calories) for women and 9 teaspoons (150 calories) for men. “We're not talking about naturally occurring sugars in fruits and vegetables,” says registered dietitian Kimberly Procaccino of Lehigh Valley Health Network. “The
wheat pita bread
• Homemade salsa
• Dried fruit pieces dipped in dark chocolate
• Spiced nuts
• Fresh-baked whole-grain breads (paired with herb-flavored olive oil)
• Flavored vinegars or homemade salad dressing
• Preserved fruits and vegetables from your garden
• Low-fat cookies such as orange-cranberry drops
• Trail mixes made with whole-grain cereal, nuts, seeds and dried fruit

“If you’re bringing something to a party, make it an angel food cake with fresh or frozen fruit rather than a traditional cake,” Johnson says. “And if you’re looking for food gifts to buy rather than make, consider fruit bouquets or fruit gift boxes.” The foodies on your gift list also might enjoy a non-edible gift like a new cutting board, cheese grater, coffee grinder for nuts or spices, or a book about nutrition.

Want to Know More? For healthy recipe ideas, call 610-402-CARE or visit lvhn.org/healthyyou.

By far, the biggest culprits in our nation’s sugar binge are soft drinks and candy. “A regular 12-ounce soft drink has about 8 teaspoons of sugar,” Procaccino says. Sugar also lurks in cakes, cookies, pies, and even sweetened yogurt and cereal. To cut back on your consumption, check labels not just for sugar but also for corn syrup, fructose, dextrose, molasses or evaporated cane juice.

The new guidelines don’t include specific limits for children. But wise parents should be wary—a recent national survey showed that on average, boys age 14-18 consume a whopping 34 teaspoons of added sugar daily.

“Keep soda out of the house, buy unsweetened cereals and stock healthy, non-sugary snacks,” Procaccino says. The other important strategy is to burn excess calories by staying physically active.

Want to Know More about no-calorie sweeteners? Call 610-402-CARE or visit lvhn.org/healthyyou.

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Wonderful Winter Veggies

Take a new look at squash, sweet potatoes, kale, parsnips and brussels sprouts this winter. “Winter vegetables typically are low in calories but high in fiber and volume, so you still feel satisfied,” says Robin Landis, clinical dietitian at Lehigh Valley Health Network. To learn more about their nutrients and get more recipes, call 610-402-CARE or visit lvhn.org/healthyyou.

Three-Ginger Squash Soup

2 butternut squash
1 tsp. olive oil
1 cup chopped onion
3 Tbsp. chopped crystallized ginger
1 tsp. ground ginger

1 (1-inch) piece peeled fresh ginger
1 apple, finely chopped
2 cans low-sodium vegetable broth
4 tsp. chopped dry-roasted peanuts
4 tsp. low-fat sour cream

Pierce squash with a fork and microwave (high) for 20 minutes or until tender. Cool, halve lengthwise, remove seeds and scoop out pulp. Heat olive oil in a heavy pot, add onion and cook 5 minutes until golden. Place onion, squash, apple and ginger in a blender and process until smooth. Return mixture to pan, stir in vegetable broth and cook 5 minutes or until thoroughly heated. Divide into four individual soup bowls and top with chopped peanuts and sour cream.
Health Messages That May Surprise You
People share what they’re most passionate about

“Don’t play with fire.” “Eat right and exercise.” You’ve heard these messages so often, you instinctively recognize them as obvious ways to be healthy and stay safe.

But there are many health messages you may not have heard before. In fact, the points these people are most passionate about may surprise you...

Do you avoid visits or phone calls to the older people in your life because you feel you have to set aside a lot of time? Pam Bechtel says you’re mistaken. The executive director of Meals on Wheels of Lehigh County says, “Many of our clients look forward to the brief visits and conversations with their volunteer meal deliverers even more than the meals themselves.”

People who are homebound or live alone can get depressed or scared when no one checks to make sure they’re OK. “Regular visits and phone calls, even if only for a few minutes, improve their emotional well-being and let them know someone cares,” Bechtel says.

Look for these warning signs that an elderly person needs help due to a fall or health problem:

- Newspaper and mail aren’t being picked up.
- Lights and TV are always on.
- Window blinds are always down.
- The person isn’t changing out of her pajamas.
- The person seems disoriented or confused.

“Even short visits make a difference for elderly people.”

Skipping your annual checkup because you’re feeling great? Ralph Wasiekowski believes that’s the perfect time to see a doctor. The Allentown man is healthy, fit and just 31 years old. “Like most men, I had a ‘Superman complex’ when it came to my health; nothing was going to happen to me,” he says. Then his father was diagnosed with Alzheimer’s disease. “I realized a doctor can help me reach my health goals by finding and correcting any problems early,” he says.

During Wasiekowski’s search for the right physician, two actually told him he didn’t need a physical. That didn’t stop him, and eventually he found family medicine physician Madalyn Schaefer, M.D., of Lehigh Valley Health Network (with him in photo above). She understood his preventive philosophy.

When a blood test showed Wasiekowski’s cholesterol was slightly elevated, he began paying more attention to his diet and added cardiovascular exercise to his weight-lifting workout. A few pounds lighter now, he says, “If I’m paying for health insurance, I might as well use it.”

Think you’re saving time by driving instead of waiting for the ambulance? Anne Marie Crown says you’re making a huge mistake. “With a heart attack, time is of the essence,” says the health network’s director of special cardiac programs. “If you drive to the ER, you have to fight traffic, park, check in, and see a triage nurse before you receive care.” You’re also putting other people on the road at risk, should you go into cardiac arrest while driving.
If you call 9-1-1 and say, "I'm having a heart attack," an ambulance will typically arrive in 8-10 minutes with the proper equipment and personnel to begin treating you immediately. "As part of the health network's MI Alert for Heart Attacks program, paramedics communicate with the ER so the heart team is waiting for you when you arrive," Crown says. "And if cardiac arrest occurs on the way, the paramedics have the equipment and knowledge to save your life."

"You need to eat to lose weight."

Lu Andrescavage, C.R.N.P., wants you to know you should be doing the exact opposite. "If you don't eat regularly, your metabolism slows down to try to conserve calories so you'll have energy until you eat again," says the Lehigh Valley Health Network bariatric (weight-loss) nurse practitioner. "Often, when you finally do eat, you tend to overindulge."

"Skipping meals and starving yourself to shed pounds?"

Having three smaller meals and two healthy snacks each day raises metabolism and allows your body to fuel itself throughout the day. It also stabilizes your blood sugar to prevent cravings for sugary snacks.

Of course, what you eat matters too. Regularly include higher-protein foods like lean meats, fish, low-fat milk and egg whites, Andrescavage says. "Protein takes longer to break down in the digestive process, so you feel full longer. This also helps build muscle mass, creating a higher metabolism to burn fat more effectively."

Want to Know More? To find a primary care physician, call 610-402-CARE. To meet more people who are passionate about health, visit lvhn.org/healthyou.
Moderate Is Good Enough
No time for exercise? Reap health benefits from everyday activity

If your idea of exercise dredges up memories of your high school gym teacher barking “No pain, no gain,” it’s time to rethink. Start by getting your imagination outside the gym entirely.

“Many people who’d like to be more active find the word ‘exercise’ a stumbling block,” says Diana Wentling, exercise physiologist at Lehigh Valley Health Network’s Healthy You Fitness Center. “They think that nothing short of a solid 30- to 60-minute cardio workout does any good.” Instead, Wentling advises thinking in terms of physical activity—“a broader concept that applies to anything you do to move your body.”

Whether you’re walking the mall for your holiday shopping, sweeping snow off your porch, raking leaves or pushing the vacuum cleaner, “physical activity is much easier to incorporate into daily life than exercise,” Wentling says.

Studies show you don’t need an hour—or even a half-hour—of sustained activity to reap the health benefits. Spread moderate activity throughout the day in increments as short as 10 minutes, Wentling says. As long as it adds up to a total of 30-60 minutes several days a week, you’ll reduce your risk for obesity, heart disease, stroke, diabetes, many forms of cancer, osteoporosis, depression and other health problems.

What’s “moderate”? If you’re numbers-oriented, calculate your target heart rate, or count steps:

His Brain, Her Brain
Researchers explore why men and women behave differently

Men are better at math, women at language. Men are more aggressive, women more nurturing. Men won’t talk about their feelings, women won’t quit. So go the stereotypes—but is there any hard science behind them?

Gender difference is a complicated topic, says Mireille Meyerhoefer, M.D., a psychiatrist at Lehigh Valley Health Network's Neurosciences Center. "There are so many factors involved, including evolution and environment. But brain researchers are learning more about how—and why—men and women behave differently." Some key findings:

Brain size—"Men's brains are 10 percent heavier, and they have 4 percent more cells," Meyerhoefer says. "It doesn't mean men are more intelligent; bigger bodies require more neurons. However, those extra brain cells may be why men are less susceptible to dementia."

Brain cells—Men have more gray matter (processing cells), women more white matter (connecting cells). "This could explain why men tend to do better at processing tasks, such as math, and women at tasks that involve integrating information, such as language," Meyerhoefer says.

Right/left brain—Men have larger right brains (spatial, mathematical), women larger left brains (communication, observation). It's true about the talking: according to some studies, women average 20,000 words a day to men's 7,000.

Right/left connection—Women have a much larger corpus callosum, the area connecting right and left hemispheres. "Women transfer back and forth much faster and use both sides of the brain simultaneously," Meyerhoefer says. "In males, language is isolated to the left brain and emotions to the right. It helps explain why they have trouble discussing feelings."

Emotions—The brain areas involved in emotion and memory are bigger in women. This may be why they're more in...
moderate-intensity walking is a pace of 100 steps a minute. If you're more intuitive, go by how it feels. "You should break a light sweat and breathe a little harder, but still be able to carry on a conversation," Wensing says. "On a scale of 1 to 10, where 1 is sitting down and 10 is the hardest you could possibly work, moderate is about a 6."

The important thing is to get up and move, she says: "Doing something is always better than doing nothing!"

Want to Know More about moderate exercise and get instructions on using your target heart rate? Call 610-402-CARE or visit lvhn.org/healthyyou.

Adult Vaccinations
They're still important!

You may have assumed your vaccinations were over after childhood, but that's not the case. "Vaccines give your immune system a 'heads up'—an inactive or weakened form of a pathogen so your body is primed to recognize and destroy the germ if it comes along," says internist John Nuschke, M.D., of Lehigh Valley Health Network.

A mild reaction to a vaccination means your immune system is doing exactly what it should, he says. It's still possible you could catch the infection, but it'll be much less severe than without the vaccine. Which shots do adults need?

**Flu**—Different influenza viruses circulate each year, so the U.S. Centers for Disease Control tries to predict what strains to expect each fall and offer vaccines against them. Be sure to get a flu shot if you're age 65+, work or live with children, or have a chronic illness. (For updates on swine flu vaccines and to learn the latest about the health network's drive-thru seasonal flu vaccines, visit lvhn.org.)

**Tetanus**—You need a tetanus booster every 10 years (or if you step on a nail and it's been more than five years). The booster now includes pertussis (whooping cough) and diphtheria, because so many parents have chosen not to immunize their children that these diseases are recurring and adults are catching them.

**Shingles**—This vaccine is highly recommended for those over age 60 because shingles is painful and more common with age. Insurance often covers vaccinations, but may not cover this one (it's fairly new).

**Pneumonia**—If you're over age 65, have diabetes or a weakened immune system, or do not have a spleen, you need this vaccine. It won't prevent pneumonia, but it can prevent sepsis, a deadly complication.

**Hepatitis**—Get vaccinated for hepatitis B if you're a health worker or otherwise at risk for the disease (which is transmitted sexually or through contact with blood products). Hepatitis A and other shots may be necessary if you travel internationally.

**Meningitis**—This vaccine is recommended for students entering college, military recruits and anyone who'll be living with others in dorm-like proximity.

Want to Know More about travel medicine or the diseases mentioned here? Call 610-402-CARE or visit lvhn.org/healthyyou.

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touch with feelings, better at controlling impulses—and more susceptible to depression.

**Sex**—The two brain areas involved in mating and reproduction are bigger in men, so they're hard-wired to be more oriented to sex. "Of course, hormones play a role too," Meyerhoefer says.

**Sense of direction**—Men's brains are better at mentally rotating objects, women's at recognizing things sequentially. So men probably have a better "sense" of direction, Meyerhoefer says, while women find their way using cues like "turn right at the gas station."

**Math/science**—The part of the brain associated with these skills is bigger in men (and was huge in Einstein). But men and women perform equally on IQ tests. "They get to the same place," Meyerhoefer says, "they just use different areas of the brain to get there."

Illustrations by Jane Remmer
More and more people are turning to the Internet for health care information. First, it was health-related Web sites. Now, with the growing popularity of social media like Facebook, Twitter and YouTube (essentially, socializing online), you can connect personally with people across the globe who have similar conditions and can share their experiences and advice.

"Social media are enticing," says Lehigh Valley Health Network pediatrician Michael Consuelos, M.D. "They've opened up a whole new world for patients and family members who want to learn all they can about a condition or treatment." But proceed with caution, he says. "Consider socializing online in the same way you'd seek advice from a trusted friend or relative—use online support groups for support, not medical advice. And definitely follow up with your doctor to confirm the information or seek treatment."

The Internet is vast, and navigating through thousands of sites can be overwhelming. Here are Consuelos' guidelines for making sense—and making the most—of all that's offered:

**Consider the source.** Almost anyone can have a Web site. For the most reliable health information and interaction, use sites sponsored by the government (such as the U.S. Centers for Disease Control and Prevention), professional organizations (like the American Heart Association), and hospitals and academic centers. Be sure you're reading the consumer section, not information written for professionals (which can be very technical). Check the date—typically at the bottom of the site or in the Google search results—to ensure the information is current.

**Share cautiously.** If you have a health story to share, consider starting a blog (try blogspot.com) or posting a video on YouTube. Update your Twitter followers about your encounters with a new treatment. If you're looking to connect with others with similar health conditions, find an online support group. But keep this in mind: if you don't want the public to know something personal about you, don't put it on the Internet. If you do share, sites like Facebook and Twitter allow you to limit access.

**Always consult your doctor.** Even if you think you know what's causing your aches and pains, or what the best treatment may be for you, call your doctor to confirm. It's important to get firsthand advice from a professional who knows your medical history. Share with your doctor what you've learned online. Physicians, too, are using the Internet more than ever for research and networking. Your doctor may even direct you to a Web site or online social network to learn more about your condition or treatment.
Cholesterol-lowering drugs called statins have an impressive resume: They lower "bad" LDL cholesterol, reduce markers for inflammation, keep artery walls healthy and cut risk for heart attack and stroke. But some people experience side effects, most commonly muscle pain and fatigue.

"A large number of patients have symptoms that are possibly related to their statins," says Martin Matsumura, M.D., a cardiologist with Lehigh Valley Health Network. "If this is the case for you, never feel that a side effect is something you just have to live with."

If you have unexplained muscle soreness and low energy, here's what you can do:

Switch to a different statin. There are six statin drugs available by prescription. "Someone who can't tolerate one may actually do great on another," says Matsumura's colleague, family medicine physician Christine Block, M.D. "You want to find a medicine that suits your body well."

Take a break. If muscle pain and fatigue persist, your doctor may have you stop the statin for a month to determine if the symptoms are, in fact, caused by this group of drugs. But always talk with your doctor before stopping treatment.

Supplement with coenzyme Q10 (CoQ10). Statins deplete the body of the nutrient CoQ10, which helps muscle cells generate energy. Some research has shown that people who use CoQ10 (available over the counter) and statins together experience fewer side effects.

Try a non-statın drug. Although statins are proven most effective at protecting against heart attack, other cholesterol-lowering medications are available. For some people, Block says, fibrates (a different class of drugs) or the B vitamin niacin keeps cholesterol in check.

Go the alternative route. At least one study has shown that red yeast rice, a dietary supplement, lowers LDL cholesterol in people unable to tolerate conventional therapy. The effect is from a statin-like compound found in the herb. Also, omega-3 fats found in fish oil have been shown to help reduce triglyceride levels and boost levels of "good" HDL cholesterol. "Always make your doctor aware of any over-the-counter supplements you're taking," Block says.

Control cholesterol by eating right and exercising. "Some people can get off the statin, or at least get on a lower dose, if they make substantial lifestyle changes," Block says. "Getting regular exercise, eating a healthy diet, quitting smoking and maintaining a healthy weight can help reduce your need for cholesterol medication."

Exercise eased his side effects—Steven Rhoads, 43, of Saylorsburg had muscle aches and fatigue when he started his first statin drug. He's learned to control his cholesterol with a combination of statins, a healthy diet and regular exercise. Read his story at lvhn.org/healthyyou.
Soaring safely—
Members of the Hanover Starz recreational cheerleading squad show how to do lifts and jumps correctly. Well-trained supporters, throwers and spotters keep high fliers safe and healthy.

is necessary for the high-impact jumps, landings, falls and catches required of today's cheerleaders, says John Graham, director of Healthy You Fitness Centers. "Girls may be concerned about weight gain, but strength training builds lean muscle mass and improves performance without adding weight," he says. Exercises that strengthen the core (trunk, abdominals, lower back and hips) are especially important for stability. Lower-body conditioning is critical for lifts and jumps, upper-body for jumps and catches. Gymnastics training may help with acrobatic moves.

Make sure she's nourished. Cheerleaders need a balance of calories for energy and protein to build muscles.

Check qualifications. Coaches should be experienced, educated and certified by the National Federation of High School Sports, American Association of Cheerleading Coaches and Administrators, National Council for Spirit Safety and Education or U.S. All Star Federation. These and other groups run safety programs in schools, and community programs and camps for coaches and cheerleaders.

Have an emergency plan for catastrophic as well as light injuries. First aid kits should be at every practice.

Did you know...
Lehigh Valley Health Network provides the region's highest level of trauma care for children. Specialized doctors (intensivists) and nurses with advanced education work in an intensive care unit just for children. The health network also teaches prevention with an interactive test called "Keeping You Safe" and a child-sized portable community called "Safety Town." To schedule these programs for your community event, call 610-402-CARE.
and game. Girls should never stunt or tumble without a mat and spotters.

Let coaches do their job.
“Every girl wants to push herself to the limit,” says Jackie Billy, former cheerleading coach for Northwestern Lehigh High School. “A good coach will make her perfect one level before moving to the next. Our girls have to do each stunt 10 times without falling before they can go on.”

Know the rules. Whether your daughter’s cheerleading is school- or community-based, recreational or competitive, “each group has rules to keep children safe,” says Donna Clearie, coach for the Hanover Starz, a recreational squad. “A leg or arm slightly out of place can make a move illegal because it could cause a girl to fall and jeopardize her safety.”

Check her equipment. Have cheerleading mats or pads for all practices. Make sure she’s wearing appropriate shoes and clothing (and no jewelry).

“Cheerleading can be great fun for girls of all ages,” Clearie says. “It’s thrilling and athletic, and teaches valuable lessons like teamwork—but it’s vital for everyone to keep safety at the top of the list.”

Want to Know More about teen fitness and the value of sports for girls? Call 610-402-CARE or visit lvhn.org/healthyyou.

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When Your Child Needs an X-ray
There are many imaging options

If your child breaks a leg tumbling from a swing, you expect the doctor to order an X-ray—but that’s just one of many imaging technologies to help diagnose childhood injuries and illnesses. The choice depends on what the doctor suspects is wrong, says pediatric radiologist Thomas Fitzsimons, M.D., of Lehigh Valley Health Network.

Most imaging tests are painless, but some involve preparations or equipment that can be scary to a young child. Parents typically can be right there during the test. “Reassure your child by saying the doctor just wants to take a picture,” says Fitzsimons’ colleague, pediatrician Anna Linderman, M.D.

Of the six common imaging techniques below, the first four use X-rays, a concern for some parents. Though a single chest X-ray involves no more radiation than what we get daily from the natural environment, a CT scan or fluoroscopy creates higher exposure. “Think of it this way,” Fitzsimons says. “The risk posed by omitting an important diagnostic test is much greater than from radiation exposure.”

X-ray—Invisible beams of ionizing radiation create a picture of bones, lungs and some other organs. X-ray is most often used to diagnose broken bones, pneumonia or swallowed objects.

CT scan (computerized tomography)—The CT scanner looks like a large doughnut and uses X-rays from different directions to create 3-D images in “slices.” The computer reconstructs these into a coherent picture that’s especially useful in trauma cases or to detect tumors. Nothing touches the child, but the big machine can be intimidating. Wigglers may need to be sedated.

Fluoroscopy—Short radiation pulses give a moving picture of a body system such as the gastrointestinal (GI) or urinary tract. The GI exam involves swallowing a barium solution, which most children don’t mind. Being catheterized for a urinary tract exam can be uncomfortable or embarrassing.

Nuclear medicine uses injected or ingested radioactive isotopes and a gamma camera to see how an organ (kidneys, liver, spleen, thyroid) is functioning or determine the extent of a tumor.

Ultrasound—Painless sound waves create live images of internal organs. Ultrasound is a safe and helpful diagnostic tool for a variety of children’s conditions (and it’s how pregnant women often get the first glimpse of their baby).

MRI (magnetic resonance imaging)—The child is placed inside a magnetized tube-like machine that directs radio waves at the body to produce extremely clear pictures of soft tissue (brain, other organs). The machine is noisy and confining, and some children need sedation.

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Ask Our Expert

How is diagnostic imaging different for babies and children than for adults?

Pediatric radiologist Thomas Fitzsimons, M.D., answers this and other questions many parents have when their child needs an imaging test. Get the facts from this Lehigh Valley Health Network expert at lvhn.org/healthyyou.
Breastfeeding Is Good for Mom Too

Heart health joins a growing list of benefits

Doctors have long known that breastfeeding means a healthier baby. Now evidence shows it also benefits mothers' health, even decades later. "This is just one more good reason to breastfeed," says Madalyn Schaefgen, M.D., family medicine physician with Lehigh Valley Health Network.

The new findings (part of the Women's Health Initiative study) show that women who breastfed reduced their risk for heart attacks, stroke, diabetes, high cholesterol and hypertension. And the longer they nursed, the better. For example, women totaling more than a year of breastfeeding (one or more children) cut their risk for diabetes by 20 percent, hypertension by 12 percent, elevated cholesterol by 19 percent, and heart attack and stroke by almost 10 percent. But even women who only breastfed for a month had lower rates of diabetes, hypertension and high cholesterol.

These findings join an expanding list of long-term benefits for breastfeeders, including reduced risk for osteoporosis and many cancers. In one new study, premenopausal women with elevated breast cancer risk cut their risk by 59 percent after breastfeeding, possibly because lactation reduces estrogen levels.

Experts aren't sure why breastfeeding boosts cardiovascular health. Possibilities include some beneficial effect on hormones, and speedier loss of pregnancy-related weight. "It also may be that women who choose to breastfeed live healthier lifestyles," Schaefgen says.

Whatever the reason, health professionals hope more women will choose the practice—and persist at it. "Many women think going back to work is a barrier to continuing breastfeeding," says Mary Bealer, C.R.N.P., an obstetrics nurse practitioner with the health network. "We encourage them to explore all their options, and continue breastfeeding at least part time for the whole first year."

Want to Know More about the health benefits of breastfeeding? Call 610-402-CARE or visit lvhn.org/healthyou.

New Methods to Detect Prostate Cancer

Some are available now; others will be in a few years

To detect prostate cancer early, specialists agree you should have a yearly doctor's exam. But they don’t agree on the value of regularly testing the level of prostate-specific antigen (PSA) in your blood. A PSA test isn’t perfect. "It fails to identify a small but significant proportion of aggressive cancers," says Lehigh Valley Health Network pathologist Eugene Alexandrin, M.D. "Plus, only 30 percent of men with a positive PSA have a positive biopsy."

Fortunately, the PSA test isn’t your doctor’s only option. Among the promising new approaches are these.

Available today:

Transrectal ultrasound biopsy (TRUS)—When prostate tissue samples are taken, ultrasound technology is used to ensure the needle is inserted in areas that need further examination. Before, a sample was taken only from the area where cancer cells were suspected. "Now we take multiple samples from different areas for a more thorough examination," Alexandrin says.

ProstaScint® fusion imaging—This test, which your doctor may order after your initial diagnosis, fuses two different kinds of images on top of each other: a nuclear medicine scan
Obesity and Pregnancy
Too much weight puts you and your baby at risk

Starting your pregnancy at the perfect weight and gaining just the right amount is ideal. But with rising obesity rates, many women fall short of both marks—putting themselves and their babies at risk for life-threatening complications.

“Women with a body-mass index, or BMI, over 30—which defines obesity—are at higher risk for gestational, or pregnancy-related, diabetes and preeclampsia (pregnancy-related high blood pressure),” says Kara Coassolo, M.D., a maternal-fetal specialist with Lehigh Valley Health Network. “They’re also at greater risk for stillbirth, early delivery and C-section.” And babies born to obese mothers are more prone to neural tube defects like spina bifida, congenital heart problems, and cleft lip and palate.

“There are probably many mechanisms at work here,” says health network obstetrician Joseph Patruno, M.D. “Preeclampsia and gestational diabetes may result from the fact that heavier people already have a higher risk for vascular and metabolic problems. And the birth defects could be because these women metabolize certain vitamins, like folic acid, differently.”

“If you’re obese, it’s best to lose weight before getting pregnant,” says Peter Rovito, M.D., a bariatric (weight-loss) surgeon with the health network. Preconception counseling with your obstetrician or family physician can help you achieve the best weight for you and your future baby. Be sure to discuss diet, exercise and even the possibility of weight-loss surgery with your doctor.

If you become pregnant before losing weight, it’s wise to have a maternal-fetal (high-risk childbirth) specialist monitor your health, particularly if you have existing conditions. He or she can advise you on appropriate weight gain to minimize complications.

The Institute of Medicine recently revised its pregnancy weight-gain guidelines to include obese women (see box). They’re advised to add fewer pounds than normal-weight women. “The goal should be to gain around 15 pounds,” Coassolo says, “but less is OK as long as you don’t lose weight and you and the baby continue to do well.”

Want to Know More about weight-related pregnancy complications or how to calculate BMI? Call 610-402-CARE or visit lvhn.org/healthyyou.

A Second Opinion Can Help
Given the limitations of current tests, making decisions about prostate cancer treatment can be difficult. Lehigh Valley Health Network’s Urologic Second Opinion Service addresses this problem. A team of specialists reviews your medical information and explains your options. The team may suggest you be retested using today’s newest methods; or you may only need monitoring until easier and more accurate tests become available in a few years. Learn more at 610-402-CARE or lvhn.org/healthyyou.

and a CT scan. “Marrying the two gives us a better understanding of prostate function and anatomy,” says health network radiologist Robert Rienzo, M.D. “The test locates and identifies the extent of prostate cancer and determines if it has spread to other areas, such as lymph nodes, adjacent tissue and bone.”

Coming in the future:
Urine test—This simple test will screen for the presence of chemical substances in urine associated with prostate cancer. “It may help determine the kind of cancer you have and, as a result, the appropriate treatment,” says health network radiation oncologist Charles Andrews, M.D.

Gene test—A simple blood test will determine if you have a certain gene associated with prostate cancer. PSA alone accurately detects prostate cancer 60-70 percent of the time. When it’s used in conjunction with the gene test, the detection rate rises to 90 percent.

Want to Know More about the function of the prostate and early prostate cancer detection? Call 610-402-CARE. For a 3D animation on the topic, visit lvhn.org/healthyyou.
Most people have experienced back pain at some point in life. It can come on slowly or suddenly, be sharp or dull, constant or intermittent—and the causes are as varied as the symptoms.

“The good news is that most back pain gets better on its own in a few days or weeks,” says Neal Berkowitz, M.D., family medicine physician with Lehigh Valley Health Network. He and health network neurologist Gary Clauser, M.D., give some common back pain causes and symptoms:

- **Low back ache**—Usually caused by muscle sprain or strain. Try an anti-inflammatory drug like ibuprofen along with ice and gentle stretching. Physical therapy may help, especially with chronic back pain. See your doctor if pain isn’t better in a few weeks.

- **Severe pain with numbness, weakness or tingling in one leg**—Usually indicates a torn or herniated disc. You also may have pain radiating down the leg (sciatica) and pain, weakness or tingling in one arm. Disc problems can result from injury or aging. See your doctor if symptoms last more than a few days. Most disc problems resolve with rest, anti-inflammatories, ice followed by heat, and physical therapy. Other options: epidural steroid injections, and new surgeries for people with severe disc problems.

- **Pain in the back and down both legs**—Symptom of spinal stenosis, a narrowing of the spinal column caused by aging and arthritis. Pain may be less when you lean forward, and you also may have numbness, tingling or weakness in the legs. Anti-inflammatories, physical therapy and steroid injections can ease symptoms. Surgery is an option for debilitating pain.

- **Moderate to severe pain in the mid to upper spine, usually without leg pain (in older people)**—May be caused by a compression fracture from osteoporosis. Pain medication and a back brace help most people; surgery may be needed if the spine is significantly collapsed.

- **Low back pain in young athletes**—Could be caused by a stress fracture. It’s usually seen in gymnasts, wrestlers or football players who overstretch. Rest, anti-inflammatories and sometimes physical therapy and a back brace should restore the athlete to full activity.

Other possible causes of back pain include infections, aneurysms, appendicitis, kidney disease, cancer and ovarian disorders. For any pain that is severe, doesn’t go away in a week or comes with changes in bowel or bladder function, see your doctor.

Of course, prevention is the best medicine. “Our backs degenerate as we age,” says health network orthopedic surgeon Mitchell Cooper, M.D., “but we can do things to alleviate a lot of the problems. Exercising, lifting properly, keeping weight under control and avoiding smoking and alcohol will help prevent many back issues.”

Want to Know More about preventing back problems and new surgical options at Lehigh Valley Health Network? Call 610-402-CARE or visit lvhn.org/healthyyou.

Did you know...

The neurosurgeons at Lehigh Valley Health Network offer the very latest procedures (including endoscopic neurosurgery) for spine and brain conditions. The health network is the only facility in the region providing Gamma Knife® radiosurgery to treat brain tumors and other conditions affecting the head and neck. For more information, call 610-402-CARE or visit lvhn.org.
Home Health for the Holidays
Home care teams provide many kinds of support

Everybody wants to be “home for the holidays”—and that includes people with health problems. Home care professionals like Darla Alden, R.N., make it possible. Besides providing medical care, she and her team function as a support network for many of their patients. “They love having someone stop by, especially if they’re feeling isolated during the holidays,” says Alden, who works with Lehigh Valley Health Network.

Russ Krause knows the value of home care. Earlier this year, the 75-year-old Allentown man had a cancerous prostate removed along with his bladder. He underwent chemotherapy and spent 12 days in the hospital. When he got home, his surgical wound wouldn’t heal properly.

Krause got the care he needed without having to go back into the hospital. “The home care nurses visited three or four times a day, often in the middle of the night,” he says. “I was always happy to see them because they were friendly, knew what they were doing and put me at ease about my problems. Those nurses were a vital part of my recovery.”

Alden and her colleagues provide skilled medical care, such as dressing wounds, keeping pain under control and making sure medications are taken at the right times. They also evaluate hazards or obstacles in the home and arrange solutions like grab bars in showers. And they make sure their patients get good nutrition, sometimes through resources like Meals on Wheels.

“Our goal is to keep people as independent as possible,” Alden says. “At home, they can have a higher quality of life and avoid feeling so dependent on others.”

Caregivers get to know their patients in ways that aren’t possible in a hospital setting. “It’s much more personal,” Alden says. “You can share stories about their family, see pictures of grandkids or talk about holiday traditions.” This makes care less stressful, as Krause discovered: “Home is quieter than the hospital, and I had other things to think about besides being ill.”

Close relationships foster the kind of trust that can pay big health dividends, says Daniel Spatz, M.D., a family medicine physician with the network. “Many patients, especially older people, don’t like to ask for help,” he says. “They’re more willing to accept it if you establish a relationship and feel more like a friend.” In one instance, the home care team helped a woman deal with severe depression after an operation and the death of a loved one.

During the holidays, home care takes on special meaning. Caregivers often exchange cards and cookies with their patients, and each year the team chooses a family that needs a little extra personal support. Last year, they collected money for a financially strapped single mother whose children otherwise wouldn’t have received gifts.

Want to Know More about home health care and how to support a loved one at home? Call 610-402-CARE or visit lvhn.org/healthyyou.

A caring partnership—Russ Krause of Allentown and home care nurse Darla Alden, R.N., aren’t just patient and nurse, they’re friends. While monitoring Krause’s health, Alden gets updates on his grandchildren and provides special touches like a cupcake on his birthday.
Winterize Your Skin

Although many factors contribute to dry, itchy skin, cold winter air and wind can be even more damaging than summer sun and heat. Cosmetologist Laura Transue of Lehigh Valley Health Network offers these tips to protect your skin this season:

Be gentle. Avoid using harsh products and abrasive sponges, which can strip away natural oils. Instead, use mild cleansers and exfoliating products. "The key to healthy skin is maintaining a balance between natural oils and moisture," Transue says.

Pick the right moisturizer. Look for products that contain hyaluronic acid, an ingredient that helps the skin hold water in like a sponge.

Apply it at the right time. Put on your moisturizing lotion, oil or cream while you’re still damp from showering. This allows the product to seep and hold moisture in your skin. Apply generously before going to bed.

Turn down the heat. Skip the long, hot showers, which can deplete your skin of its natural oils.

Use a broad-spectrum SPF 30 sunscreen every day. It’s especially important to apply it before playing winter sports. To further protect your face, add another layer of protective moisturizer or thick cream over the sunscreen.

Use a humidifier. This adds moisture to dry indoor air, helping your skin replenish itself.

Drink plenty of water. Your skin needs to be hydrated from the inside out as well.

Want to Know More about protecting your skin? Call 610-402-CARE or visit lvhn.org/healthyou.

Are You Feeling SAD?

If winter makes you feel depressed, you may be among the 10-20 percent of American adults with seasonal affective disorder (SAD), a condition linked to reduced sunlight. Symptoms include lethargy, changes in sleep and appetite, feelings of hopelessness, reduced interest in activities, and carbohydrate cravings.

You can help prevent SAD by exercising regularly, being around other people, and getting as much sunlight as possible (or use an artificial light box designed to help SAD sufferers). Even when you don’t feel like exercising or seeing friends, make yourself do it.

If those strategies don’t help or you feel suicidal, talk to your doctor right away. Professional help can make all the difference.

Tina Ruhf, R.N., is part of a team of nurses and other professionals who staff 610-402-CARE, Lehigh Valley Health Network’s telephone information line. Ruhf and her colleagues help community members find a primary care physician or specialist based on their preferences. They offer newcomers to the area a mini-first aid kit, health and home safety information, and a free Healthy You subscription.

Besides finding the right doctor, the phone team can help callers actually make an appointment—or arrange for a second opinion. They answer callers’ health questions, provide the latest information on health network services, and help people register for classes or join Vitality Plus (a program of events and discounts for people age 50-plus).

Ruhf and her colleagues are passionate about making these connections. “I wouldn’t be able to confidently link people with our physicians and programs if I didn’t believe Lehigh Valley Health Network is the best place to receive care,” she says.

610-402-CARE is:
- Staffed by nurses and other professionals
- Open Monday-Friday, 8:30 a.m.–5:30 p.m.
- Available by e-mail through lvhn.org (search for “610-402-CARE”)
Ready to take charge of your health? We offer programs for all ages and needs. Some have a fee; others (marked as FREE) are no-cost. Call to register at 610-402-CARE or get details at lvhn.org. Registration is required. You’ll get a refund if a class is canceled due to low enrollment.

Inhaler Update
If your child has asthma, you have more choices of inhalers today. There are three main types:

- Metered-dose—This handheld device includes a pre-filled canister of medicine, mouthpiece and pump.
- Dry-powdered—you place the medicine capsule in the handheld inhaler, and it’s activated when the child inhales.
- Nebulizer—you add a measured dose of liquid medication, and the portable machine turns it into a mist.

"Ask your doctor which type is best for your child," says pediatric pulmonologist Robert Miller, M.D., of Lehigh Valley Health Network. "And make sure the device is upto date." Older inhalers used chlorofluorocarbons (CFCs) to propel the drug into the lungs, but CFCs are being phased out for environmental reasons.

For more on asthma inhalers, call 610-402-CARE or visit lvhn.org.

Office Consolidation
To make the most efficient use of space, Lehigh Valley Health Network is moving nearly all its administrative functions (currently in nine different buildings in six locations) to the Mack building in south Allentown. The consolidation, to begin next fall, will save time and travel expense as well as promoting greater teamwork.

What’s New
For details and to register, call 610-402-CARE.

- Breast Surgery
  Randolph Wojcik, M.D., provides information about breast augmentation and breast reduction. FREE
  • Nov. 17; 5:30-7 p.m.
    At LVH–Cedar Crest

- Epilepsy:
  You Are Not Alone
  Epilepsy Foundation Conference for patients and families. Learn about new therapies and treatments.
  • Nov. 21; 8 a.m.-1 p.m.
    At LVH–Cedar Crest

- Exercise and Cognition
  Learn how physical activity can positively impact the brain and help prevent and improve cognition. FREE
  • Dec. 15; 2-3 p.m.
    At LVH–17, Center for Healthy Aging

- Exercise Sampler
  Not sure which workouts are for you? Sample eight different workouts in eight weeks with a variety of instructors.
  • Starting Nov. 21; 9-10 a.m.
    At Healthy You Center

- Frankly Speaking About Cancer Treatment
  For cancer survivors and families, learn treatments and challenges of diagnosis and survivorship. A Wellness Community program. FREE
  • Nov. 19; 6-8 p.m.
    At LVH–Cedar Crest

- Holiday Stress and Headaches
  Increased holiday stress can trigger migraines. Find ways to manage and cope. FREE
  • Dec. 1; 6-7 p.m.
    At LVH–Cedar Crest

- Mother/Daughter Belly Dancing Workshop
  Develop grace, muscles and boost self-esteem through this ancient art form.
  • Dec. 12; 11 a.m.-1 p.m.
    At Healthy You Center

- Muscular Dystrophies
  Learn about muscular disorders, how to manage them and the genetic risk for immediate family members. FREE
  • Nov. 24; 7-9 p.m.
    At LVH–Cedar Crest

- Reverse Facial Aging
  Walter Okunski, M.D., reviews surgical and nonsurgical options. FREE
  • Dec. 15; 5:30-7 p.m.
    At LVH–Cedar Crest

- Women and Heart Disease
  What women need to know about their hearts—where to get help, risk factor modification and understanding your numbers. FREE
  • Nov. 16; 2-3 p.m.
    At LVH–17, Center for Healthy Aging

- Drive-Thru Seasonal Flu Vaccines
  Learn the latest about these clinics at 610-402-CARE or lvhn.org.

- Health Insurance for Small Businesses (2-50)
  Educational sessions available at your office or Valley Preferred. FREE

- Would a Support Group Help?
  Dozens of different groups provide comfort and support. FREE

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

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, Allentown

Hanover Township Annual 5K
With pump-and-run division.
• Nov. 7; 9 a.m.
  At Hanover Twp. Community Center

Ongoing Programs
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–17
  • First Wednesdays; 6-8 p.m.
    At LVH–Muhlenberg

Guardianship Support Agency—Volunteer for a local nonprofit agency with guardianship services.
**STAYING FIT**

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

- **Age-Proof Workout**—Cardio and resistance toning combined with mind/body exercise.
  - Starting Nov. 17
- **Aqua-New**—Water exercise for posture, balance, strength and confidence.
  - Starting Jan. 5, Jan. 7
- **Balloon Dancing**—Learn classic Latin salsa and rhumba moves.
- **Belly Dancing for Fun and Fitness**—Stimulate senses, tone muscles, build concentration, boost creativity.
  - Intro—Starting Nov. 30, Dec. 1, Dec. 4, Jan. 11, Jan. 12, Jan. 15
  - Level II—Starting Nov. 30, Dec. 4, Jan. 11, Jan. 16
- **Body Wedge 21™**—Toning/strengthening exercises on a foam wedge.
  - Starting Dec. 10
- **Cardio Kickbox**—High-powered routine strengthens mind/body.
  - Starting Jan. 4, Jan. 6
- **Exercise for Life**—Low-impact/low-intensity class utilizes chair for muscle conditioning.
  - Every Mon., Wed., Fri.
- **FlashFit**—Circuit training to boost energy and burn fat.
  - Starting Nov. 16
- **Interval Express**—Alternate short bursts of intense cardio with active recovery.
  - Starting Dec. 10, Dec. 17
- **Kids Beasts™**—Use music, balls and drumsticks to learn rhythm and concentration. Ages 10-14.
  - Starting Dec. 2, Jan. 6
- **Pilates Express**—Deep muscle conditioning to build core strength.
  - Starting Nov. 17
- **Power, Agility and Speed**—Strengthening, conditioning programs for junior high, high school athletes.
- **PUMP**—Muscle strength/endurance workout using progressive resistance.
  - Starting Nov. 16, Dec. 5
- **Staying Strong**—Strength class combines low-impact cardio with resistance; improves endurance.
  - Starting Nov. 17, Dec. 23
- **Zumba**—Join this Latin dance-influenced aerobics class.
  - Starting Nov. 30, Dec. 1, Dec. 2

**CARRYING FOR MIND AND BODY**

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

- **Corrective and Protective Skin Care**—Skin problems of aging and solutions for your skin type. Products and ingredients reviewed.
  - Starting Nov. 17
- **Discover Relaxation Within**—Ease stress through relaxation techniques.
  - Part 1, starting Nov. 18
  - Part 2, starting Jan. 6
- **Everyday Tai Chi**—Vertical flowing movements combined with rhythmic breathing.
  - Starting Dec. 2, Dec. 3
- **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.
  - FREE introductory session Jan. 11
- **UV Facial Skin Analysis**—Professionals will help identify sun damage, dehydration, skin type and pigmentation.
  - FREE
  - Starting Dec. 8
- **Yoga**—Build flexibility, strength, reduce stress and rebalance.
  - Energizing—Stimulating flow of poses
    - Starting Nov. 17, Dec. 10
  - Relaxing—Gentle flow of poses
    - Starting Nov. 18, Jan. 4, Jan. 7
  - Very Gentle—Poses adaptable to chair and/or mat.
    - Starting Nov. 17
- **Yogalatte**—Add Pilates to yoga for core-body conditioning.
  - Starting Nov. 17, Nov. 18

**SCREENINGS**

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

- **HIV**—FREE
  - Anonymous and confidential.
    - Tues., 1:30-3 p.m. and Thurs., 10-11:30 a.m.
      - At LVH-17, AIDS Activities Office
- **Keep Fit and Stay Healthy**—Blood sugar and cholesterol screening; results interpreted by a dietitian. Testing by Health Network Labs.
  - FREE
  - Nov. 16: 6-7 p.m. at Healthy You Fitness Center—Muhlenberg
  - Bone density, 5-7 p.m.
  - FREE
  - Nov. 23 at Healthy You Fitness Center—Cedar Crest
    - Dec. 7 at Human Performance Center
    - Jan. 25 at Healthy You Fitness Center—Muhlenberg
- **Lung Cancer**—FREE
  - Osteoporosis—FREE
  - Vascular Disease—Stroke
    - Abdominal Aneurysm
    - Peripheral Arterial Disease

- **UV Facial Skin Analysis**—Professionals will help identify sun damage, dehydration, skin type and pigmentation.
  - FREE
  - Starting Dec. 8
- **Yoga**—Build flexibility, strength, reduce stress and rebalance.
  - Energizing—Stimulating flow of poses
    - Starting Nov. 17, Dec. 10
  - Relaxing—Gentle flow of poses
    - Starting Nov. 18, Jan. 4, Jan. 7
  - Very Gentle—Poses adaptable to chair and/or mat.
    - Starting Nov. 17
- **Yogalatte**—Add Pilates to yoga for core-body conditioning.
  - Starting Nov. 17, Nov. 18
RAISING A FAMILY
For details and to register, call 610-402-CARE.

Parenting
Redirecting Children's Behavior (RCB)
Series—Five-week course to be a more effective, calmer parent
Workshops—Apply the RCB philosophy to hot parenting topics.
Safe Ride—Car Seat Safety—Certified technicians show how to correctly install car seats and secure children. FREE

Raising a Family—Our flyer gives details for all programs listed below. Get your copy at 610-402-CARE or lvhn.org/healthyyou.
Pregnancy and Childbirth
• Expectant Parent Tour
• Fit to Be a Mom—Prenatal Exercise
• My Baby and Me Sibling Tour
• Pregnancy 101
• Pregnancy Massage
• Prepared Childbirth Series
  One-Day Series
  Weekend Refresher
  On the Internet
Caring for Baby
• Baby Care
• Breastfeeding
  Breastfeeding Baby
  Monday Morning Moms
• Baby Sitting
  Safe Sitter
  CPR for Safe Sitter Student
• Depression After Delivery—Postpartum Support

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

Get Up and Go—Group exercise for those with Parkinson's disease or other movement disorders.
Joint Replacement Prep—What to expect for total knee or hip replacement. FREE
  • Nov. 11, Dec. 10
  • Nov. 19, Dec. 8, Dec. 17

For Cancer Patients
Adolescent Support Group FREE
Bereavement Support Group FREE
Lehigh Valley Chapter of the National Ovarian Cancer Coalition FREE
Lymphedema Support Group FREE
Men Facing Cancer FREE
Preparing for Breast Cancer Surgery FREE

For Stroke Patients
Lunch 'n Learn for Stroke Survivors and Family FREE
Stroke Exercise/Educational Program
Stroke Support Group FREE
For MS Patients
Dinner and Discussion FREE
Lunch 'n Learn MS School FREE

“This research study may keep me out of the hospital.”
Nothing would make George Galanti happier. The 71-year-old Fogelsville man has been hospitalized dozens of times. After four heart attacks he developed heart failure—his heart muscles are too weak to pump enough oxygen-rich blood through his body. But now, Galanti is taking part in a study at Lehigh Valley Health Network’s Center for Advanced Heart Failure. He’s hopeful this will prevent future hospital stays.

A tiny device implanted in Galanti’s pulmonary artery detects pressure inside his heart due to fluid retention, a common cause of hospitalization for people with heart failure. Every morning, the device transmits information from his home to the hospital via phone lines. The data help his doctor determine if Galanti’s medications need to be adjusted to better control the pressure.

“They’ll know things about my heart quickly and be able to nip any problems in the bud,” says Galanti, who also helps his condition by eating a heart-healthy diet.
AGING WELL
For details and to register, call 610-402-CARE.

Benefits Check-Up FREE
College of Knowledge FREE
Age-Related Changes—Nov. 18
Nutrition and Bone Health—Jan. 14

55-Alive Driver Safety Program
Medicare Counseling FREE
Safe Steppin’—Learn how to prevent falls and improve balance.

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

Weight-Loss Surgery
Surgery Information Night—What to expect. FREE
• Nov. 17, Dec. 3, Dec. 15
Monthly Support Group—Support and information on weight-loss surgery. FREE
• Nov. 16, Dec. 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
Eating Well for Life—Learn healthy food choices for weight management.
• Part 1, starting Jan. 4

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

Cessation, What Works?—How to succeed in beating tobacco addiction. FREE
Clear the Air—Prepare to quit tobacco. Get tools to take action, stay motivated.
• Jan. 14
Ornish Support Group—Weekly support for those following the Dr. Dean Ornish Program for Reversing Heart Disease®. FREE

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

CPR
• BLS Renewal
• Fundamentals of Basic Life Support
• Heartsaver AED and First Aid
• Heartsaver Pediatric

Coalition for a Smoke-Free Valley
• Advocacy
• Keep Us Healthy
• Secondhand Smoke

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* Decisions with Stedten

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

Special thanks for participating in a photograph:
Page 11 Abigail of Allentown

Follow us on:

lvhn.org/healthyyou 610-402-CARE
"They saved Alyssa's life."

You only get one senior year, and Alyssa Bray, 17, isn't going to miss hers. She missed most of her junior year at Nazareth Area High School due to a rupture in her brain.

Alyssa was waiting for a school bus in October 2008 when she suffered a sudden, severe headache. A malformation of tangled blood vessels in her brain (called an AVM) had ruptured, causing a blood clot to form. At Lehigh Valley Hospital–Cedar Crest, she was treated by neurosurgeons Mark Li, M.D., and Mei Wong, M.D., and neurointerventional radiologist Darryn Shaff, M.D.

First, Alyssa underwent two emergency surgeries to remove the clot and relieve the pressure within her brain. After extensive rehabilitation, she had stage two of her treatment: Shaff minimized blood flow to the malformed blood vessels, then Li successfully removed the AVM.

Dawn and Scott Bray were pleased with their daughter's care. "It was the most horrible time of our lives, but the staff was compassionate, caring, and really treated Alyssa and the rest of us like family," Dawn Bray says. See a video of Alyssa's story at lvhn.org/healthyyou.

Lehigh Valley Health Network's neurosurgery program offers:
- Fellowship-trained neurosurgeons
- Minimally invasive and no-incision brain surgery
- Advanced neurovascular capabilities
- Region's only neuroscience intensive care unit

Alyssa Bray is flanked by (l-r) her father, Scott, mother, Dawn, and 14-year-old brother, T.J.
Experience the Transformation
Attend the 2009 Health Expo and Annual Meeting

Zach once was afraid to smile due to his teeth. Then the 14-year-old Allentown boy received free care from the “Miles of Smiles” mobile dental clinic. “My teeth have transformed my life,” he says. Much like Zach’s transformation, Lehigh Valley Health Network is transforming health care.

Experience the transformation at the Health Expo and Annual Meeting, where you can:

- Visit “Miles of Smiles”
- Experience how our health services are transforming
- Hear from health network leadership
- Get a free seasonal flu shot

WEDNESDAY, DEC. 2
Lehigh Valley Hospital–Cedar Crest
Meeting at 5 p.m.; health expo at 6:30 p.m.
 Reserve your FREE seat—Call 610-402-CARE by Nov. 23.

A PASSION FOR BETTER MEDICINE.