Share Your Holidays With Family

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2. Too Many Choices
3. The First College Break
4. What Your Grandchildren Need From You

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Two big events
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Healthy You

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On the cover:
Ines Matamoros of Allentown often prepares healthy ethnic food for her 11-year-old Jorge and her five other grandchildren. While cooking, they learn Spanish words and traditions. For more on Matamoros, call 610-402-CARE or visit lvh.org/healthyyou. See story on grandparenting on page 14.

Cover photo by Mary Frederick, Amico Studios

Learn what it means to be 'double-jointed.'

Learn how Darrel Fritzinger stays active.

LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK
Cedar Crest | Muhlenberg | 5th & Chew
610-402-CARE • lvh.org
Healthy Holiday Drinks
Raise your glass, not your weight, this season

The average person gains 5-7 pounds between Thanksgiving and New Year's Day—and it's not all about cookies and peanut brittle. The liquid part of your holiday diet also can add inches to your waistline.

Traditional drinks like eggnog and hot chocolate are high in fat, sugar and calories. And the alcohol in some of these drinks plays its own role in weight gain, says registered dietitian Susan Littner of Lehigh Valley Hospital and Health Network. "Alcohol lowers your blood sugar, which sends an 'I'm hungry' signal to your brain," she says. "That's why you get the munchies when you're having a few drinks." What's a health-conscious celebrator to do?

Go light. "For that next eggnog, use skim milk and a sugar substitute to cut fat and calories without sacrificing taste," Littner says. For cocoa, use a mix that lists dark chocolate as its first ingredient, or melt a dark chocolate bar that's at least 70 percent cocoa. (Dark chocolate, in moderation, is actually good for you.)

Be aware of serving sizes. Having a small amount of a rich food or drink can satisfy your taste buds without wrecking your diet.

Watch the alcohol. It's true that a little red wine can be heart-protective, but too much alcohol can impair your judgment and your driving as well as your calorie intake. Men should have no more than two 4-ounce glasses of wine daily and women no more than one.

Drink plenty of water. It prevents dehydration and a possible morning hangover.

Mark Your Calendar
The Spirit-Free Mix-off
Dec. 13
Details on page 20

Want to Know More? For recipes for healthy holiday drinks and treats, call 610-402-CARE or visit lvh.org/healthyyou.

How Caloric Is That Drink?
Take your pick—a glass of eggnog or 16 chocolate kisses. They have the same number of calories: 460! Here's the chocolate equivalent of some popular holiday drinks...

<table>
<thead>
<tr>
<th>Drink</th>
<th>Chocolate kisses</th>
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<tbody>
<tr>
<td>Eggnog (4 oz.)</td>
<td>16</td>
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<tr>
<td>Irish Cream Liqueur (4 oz.)</td>
<td>16</td>
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<tr>
<td>Red or white wine (4 oz.)</td>
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<tr>
<td>Regular beer (12 oz.)</td>
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<tr>
<td>Champagne (4 oz.)</td>
<td>3</td>
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<tr>
<td>Sparkling cider (4 oz.)</td>
<td>2</td>
</tr>
<tr>
<td>Traditional hot cocoa (8 oz.)</td>
<td>9</td>
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<tr>
<td>Holiday fruit punch (8 oz.)</td>
<td>4</td>
</tr>
<tr>
<td>Coffee-shop white hot chocolate (16 oz. grande)</td>
<td>21</td>
</tr>
</tbody>
</table>

Cranberry-Apple Cider

4 cups cranberry-apple drink
sugar substitute (to taste)
1/4 cup thawed frozen lemonade concentrate
2 sticks cinnamon

1/2 tsp. whole cloves
1/4 tsp. whole allspice
1/4 cup light rum (if desired)

Combine cranberry-apple drink, sweetener and lemonade in a large saucepan and add cinnamon sticks, cloves and allspice tied in a cheesecloth bag. Bring to a boil; cover, reduce heat and simmer 10 minutes. Remove from heat and discard spice bag. Stir in rum. Garnish with lemon slices, cinnamon sticks and a clove-studded orange. Six 8-ounce servings, 48 calories each.
Laxity in Your Joints

Can you overextend your elbow or thumb? If so, you may have a condition known as ligamentous laxity, or loose ligaments. Though it's usually not serious (except in rare genetic cases), laxity can make you more susceptible to injury or dislocation, particularly when playing sports.

Ligaments work with muscles and tendons to keep your joints stable as they go through their normal range of motion. "When ligaments are loose, the joint doesn't work properly and is more vulnerable to injury," says family medicine physician Stephen Miller, D.O., of Lehigh Valley Hospital and Health Network.

There are several reasons you might have loose ligaments. "Some people are just built that way, in the same sense that some people are taller than others," Miller says. If that's the case for you, you may not realize it until you injure yourself. If you have dislocated a shoulder or other joint, see your family doctor or orthopedist. He or she can make a diagnosis based on your history and by examining you for signs of hypermobility.

Ligamentous laxity also can be caused by overuse or abuse—for example, a baseball player who doesn't warm up properly and throws too many pitches game after game. "Traumatic injuries, such as falling on an outstretched arm or a direct blow to the shoulder, can loosen or permanently stretch your ligaments," says Miller's colleague, physical therapist Sharon Manifold.

A temporary form of ligamentous laxity occurs during pregnancy. "Hormones that prepare a woman for childbirth loosen up the pelvis to allow the baby to be delivered," says obstetrician/gynecologist Kristin Friel, M.D., of Lehigh Valley Hospital and Health Network. This condition also accounts for some of the back or foot pain a pregnant woman may experience. After delivery, the ligaments gradually return to normal.

Prevention is the key to living successfully with loose ligaments, Manifold says. The first step is to strengthen the muscles supporting the loose joint—for example, the quadriceps in the case of a weak knee. A physical therapist or athletic trainer can be a valuable ally. "Strong muscles help keep the joint stable," says Kevin Anbari, M.D., an orthopedic surgeon at the hospital. If that doesn't do enough to prevent dislocations or injuries, he says, an orthopedic surgeon can do a procedure essentially to tighten up the joint.

Want to Know More about keeping your joints strong? For information or to schedule a fitness assessment at the new Healthy You Fitness Center, call 610-402-CARE or visit lvh.org/healthyyou.
Regular eye exams catch problems early, when they still can be corrected

You just had your child's vision checked a month ago, but now he's complaining of headaches, rubbing his eyes a lot and squinting. Should you make an appointment for another eye exam?

In a word, yes.

"Vision problems can develop quickly in childhood, and the screenings to detect them are easy and inexpensive," says pediatrician Anthony Dimick, M.D., of Lehigh Valley Hospital and Health Network.

Without prompt diagnosis and treatment, certain types of vision problems get worse and can even result in blindness, he says. An example is lazy eye (amblyopia), in which one eye is weaker than the other. Over time, the good eye grows stronger and the weak eye weaker. Eventually, the brain stops registering input from the weak eye, causing blindness in that eye.

Here's a rundown of common childhood vision concerns.

Infants and toddlers—Your doctor will inspect your newborn's eyes for tumors, cataracts, congenital glaucoma and other abnormalities. These conditions are treated with medication, corrective lenses or surgery. After that, during well-baby visits your little one will be checked for eye misalignments and tracking problems. These disorders are corrected with special lenses, patching, or in severe cases, surgery.

Preschool and school age—Regular eye chart tests begin around age 4, to detect nearsightedness (poor distance vision), farsightedness (poor closeup vision) and other problems. If your child is too young to recognize letters, your health care clinician can use a pictorial eye chart designed for preschoolers. Vision problems at this age usually can be treated with corrective lenses.

Keep an Eye on These Symptoms

Make an appointment to have your child's vision examined if you notice:

- Constant eye-rubbing
- Tilting the head to read or see the television
- Misaligned eyes (looking in two different directions)
- Squinting
- Placing a hand over one eye to read or see the television
- Continually sitting too close to the television
- Difficulty reading

Want to Know More about the different types of eye care professionals and how they can help your child?
Call 610-402-CARE or visit lvh.org/healthyyou.

Cell Phones for Soldiers

As part of a national program to help troops serving overseas, Lehigh Valley Hospital is collecting cell phones for soldiers. Each phone you donate will be recycled, and proceeds will be used to help purchase prepaid calling cards for American troops (all military branches) serving abroad. To date, the program has provided more than $1 million in calling cards. To donate your used phone, call 610-402-CARE or drop it off at any one of the three Lehigh Valley Hospital locations' front desks.

Suffer From Low Back Pain?

If you suffer from chronic low back pain, consider participating in a clinical research study at Lehigh Valley Hospital. The study involves a new pain medication that could ease your discomfort. To be in the study, you must be age 18 or older; for other criteria, call 610-402-CARE.

500th Kidney Transplant

Last July, Edward Mertz of Lehighton became the 500th kidney transplant patient at Lehigh Valley Hospital. Mertz, 53, received a kidney from his wife, Dana. Today he no longer needs exhausting dialysis treatments. Lehigh Valley Hospital has operated the region's only kidney and pancreas transplant program since 1991. See related story on page 6.
When your boss is having a meltdown, your spouse is in midlife crisis or your child's panicked about a failing grade, are you bound to get all tensed-up as well?

Stress definitely can be contagious, says family medicine physician Amy Steigerwalt, D.O., of Lehigh Valley Hospital and Health Network. “It depends partly on your personality,” she says. “People with heightened sensitivity can be set off more easily by someone else’s mood.”

Susceptible or not, what matters about stress is how you cope with it, says Jamie Bongiovi, a licensed clinical social worker at the hospital. Here’s how to protect yourself from a stress “infection”:

**Have calm-down strategies in place.** Hobbies, exercise, time with friends, a hot bath, meditation—“figure out what works for you,” Bongiovi says, “so you’re ready when stress threatens.”

**Communicate.** If someone’s behavior is affecting you, let him know without being accusatory. Focus on “This is how I’m feeling” rather than “It’s your fault.”

**Resist the fix-it urge.** You can support the stressed person by being a good listener or suggesting resources, but don’t feel responsible for solving her problems. “Your goal,” Steigerwalt says, “is to help her help herself.”

And if the stressed person is you? To protect loved ones from catching it, let them know what’s going on. “It’s much less worrisome,” Bongiovi says, “if they can match your behavior with an outside stressor instead of wondering, ‘Was it something I did?’” Then, put your stress-busting strategies to work and go easy on yourself. Thanksgiving dinner doesn’t have to be perfect!

If you’re consistently stressed, seek professional help. Long-term stress can affect your relationships, career and health.

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You need a hostess gift for a holiday party. Should it be a bottle of wine (what kind?), a candle (which scent?), a music CD (where to begin)? Just sifting through all the choices on today's store shelves—not to mention the Internet—can drive a person crazy. And pressure from the advertising industry doesn’t help.

“Though choice gives us freedom, it also can be overwhelming,” says therapist Maryanne Godbout of Lehigh Valley Hospital and Health Network. “People get stressed when they don’t know exactly what they want.”

One of two things usually happens when you’re overwhelmed by options: either you don’t choose (which actually is a choice) or you make a snap decision. “That explains the long lines at the return desk,” Godbout says.

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Want to Know More about stress-management programs at Lehigh Valley Hospital and Health Network?

Call 610-402-CARE or visit lvh.org/healthyyou.
How can you cope with the stress of too many choices?

**Stick with your personal preferences.** “The key to making decisions is being in touch with the real you,” Godbout says. Once you find brands you like, from peanut butter to clothes, keep getting them.

**Get help.** If you’re buying a car or other high-ticket item, use a trusted Web site like Consumer Reports. For other kinds of choices, consult your friends.

**Reduce your options.** If you and your co-workers can’t decide on a lunch place, narrow it down to two or three. The decision’s easier then.

**Give up on the ‘perfect’ choice.** From buying a present to picking a paint color, there’s no one right answer. “Just pick what you like and it’ll be ‘perfect,’ ” Godbout says.

**Want to Know More** about managing everyday stress more effectively? Call 610-402-CARE or visit lvh.org/healthyyou.

*Just a few weeks ago, you were seeing your child off to college. Now he or she is home for the holidays. You’re dying to find out what’s going on—with grades, health, the social scene—but you don’t want to shut down the conversation by asking too many prying questions.*

You’ll have the best chance to connect with your child if you recognize that college is a time of big changes, says nurse practitioner Brynnmarie Dorsey, C.R.N.P., director of health services at Muhlenberg College in Allentown. From now on, you need to start relating to your son or daughter as an independent young adult.

“Kids open up when questions are asked nonjudgmentally in a nonpersonal, nonaccusatory way,” says adolescent medicine specialist Jonathan Pletcher, M.D., of Lehigh Valley Hospital and Health Network. “Find a relaxed time to talk. Describe your own college experiences, or how you’ve adjusted since they left. It’s a me-first approach: ‘Here’s what I’ve experienced. Now tell me what you’re going through.’ ”

Go for open-ended questions like these:

**Health:** Are you finding time to swim, run, etc., like you used to? What’s the food like?

**Studies:** Where do you like to study? What are your favorite classes and professors?

**Social life:** What clubs have you joined? What do you and your friends enjoy doing?

College can be an exciting time of new freedoms and friendships. Most freshmen adapt quickly, but not all. “The first six weeks are a ‘red zone,’ ” Dorsey says. “This is the time to watch for clues that your child isn’t adjusting well.”

First-year college students can suffer from depression, homesickness or other problems that can have serious consequences such as an eating disorder, a medical condition like mononucleosis, or drug or alcohol abuse. Be alert for:

- Sudden, dramatic mood changes (for example, a formerly happy, energetic student who’s now withdrawn and sullen)
- Complaints about boredom
- Spending a lot of time alone (either in the dorm or at home during break)
- Changed sleeping patterns
- Extreme weight loss or gain (above or below the 7-8 pounds most freshmen gain)
- Frequent visits to the health center (a possible cry for emotional help)

If you notice any of these signs, call the college to arrange for counseling or other support.

**Even youngsters who breeze into college life may experience some turbulence along the way.** When they come home, instead of zeroing in on grades or specific body changes, try to focus on the big picture, Dorsey says: “Reward accomplishments and offer praise, but don’t expect perfection. Let your child relax and have fun with the family.”

**Want to Know More** about helping your children, including those with diabetes, adjust to college? Call 610-402-CARE or visit lvh.org/healthyyou.

*Before You Ask the College...*

If you’re seeking information about your child from his or her college, you’ll need to follow the rules to acquire it. “Although there are certain exceptions, federal laws protecting the privacy of students’ educational and health records prevent the release of these records to parents of students age 18 or older without the student’s consent,” says college health director Brynnmarie Dorsey.

*610-402-CARE (2273) • lvh.org • Healthy You!*
Regina Fallock’s kidneys were failing. Diagnosed with polycystic kidney disease in 1991, the 49-year-old Northampton woman followed her doctor’s strict diet and fluid recommendations to keep her kidneys going as long as possible. But the cysts continued to grow. By March 2006, with her blood pressure rising and her health eroding, Fallock needed dialysis.

Every Monday, Wednesday and Friday she traveled to the dialysis center for four-hour treatments that left her tired, dehydrated, lightheaded and cold. “I lived for Tuesdays, Thursdays and the weekends,” she says. Her name was on a list for a transplant, but there were 60,000 others on the list and the waiting time was three to five years. The longer Fallock stayed on dialysis, the lower her chances of surviving, say transplant surgeon Pradip Chakrabarti, M.D., of Lehigh Valley Hospital and Health Network.

Fallock’s best option was to find a relative who was willing to donate a kidney. Kidneys from living donors work better than those from donors who have died, and they last twice as long (18 years on average). They don’t undergo the stress of travel and high doses of life-sustaining medications, and they’re packed in ice for only about two hours. “Kidneys don’t like cold,” says Michael Moritz, M.D., also a transplant surgeon at the hospital.

Fallock’s husband, John, and an uncle wanted to help, but didn’t match her blood type. A sister who was a match couldn’t donate right away because she was planning a pregnancy. Fallock remained hopeful. “I knew deep down that if a transplant was meant to be, it would happen,” she says.

Then one day Janice Lovegrove, a colleague and friend of John Fallock’s at the United Way of the Greater Lehigh Valley, heard him talking about his wife’s health. “I realized I had an opportunity to make a difference in someone’s life,” says the 59-year-old Bethlehem woman. “Why wouldn’t I offer this gift to a person with such an incredible need?”

When Regina Fallock heard that Lovegrove wanted to donate a kidney and had the right blood type, she was “flabbergasted.” “I was amazed and thankful that someone would want to do this,” she says. “Everyone has an angel watching over them, and Janice is my angel.”

Lovegrove was tested to ensure she was healthy enough to undergo the surgery and didn’t have a condition (such as high blood pressure or diabetes) affecting her kidneys. While her family and friends were overwhelmingly supportive, she says, they did have concerns: What if she or one of her children needed that kidney someday? “It wasn’t a difficult issue for me,” she says. “I’d rather meet a real need now than worry about what might or might not happen in the future.”

In November 2006, the two women were wheeled into adjoining operating rooms at Lehigh Valley Hospital. Surgeons made small, laparoscopic incisions in Lovegrove’s abdomen and removed one kidney. Less than two hours later, with both of her old kidneys removed, Fallock received the new one.

Lovegrove was home in three days and back to work in four weeks. Fallock’s recovery took longer, but in six months she’d recovered 90 percent of her health and strength. Today she has the energy to stay up at night rather than falling into bed at 8 p.m. “My husband and I can go out to dinner and a movie,” she says. “We’ve re-established hobbies that require travel. I couldn’t do that on dialysis. Now I can.”


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Restored to good health—Regina Fallock (right) will always be grateful to her kidney donor, Janice Lovegrove. The two are shown at a Lehigh Valley Hospital picnic for kidney donors and recipients.

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Want to Know More about donating a kidney? Call 610-402-CARE or visit lvh.org/healthyyou.

Impact on the Donor’s Health

The 6,000 people who donate kidneys each year live just as long as non-donors. Their remaining kidney grows to handle the work of two, and there is no increased risk for developing kidney disease. These “angels” get special consideration if they themselves ever need any organ at some point in the future.
Predicting Your Heart Disease Risk

A new tool for women adds two important factors

Imagine being able to plug a few numbers into your computer and instantly find out how likely you are to have a heart attack in the next 10, 20 or 30 years—and how those odds would change if you did or didn’t adjust your lifestyle. Might it be just the motivation you need?

That computerized tool isn’t imaginary. It’s a new seven-item calculator called the Reynolds Risk Score, and it’s different from traditional heart-risk measures in that it’s geared toward women. That’s important because millions of women are walking around with hidden heart disease. “The typical ‘elephant on the chest’ sensation often doesn’t happen with women,” says cardiologist Andrew Sumner, M.D., of Lehigh Valley Hospital and Health Network.

The Reynolds score predicts not just heart attacks, but also strokes and other cardiovascular problems that affect women more than men. It factors in family history (an important predictor for women) and C-reactive protein, a marker of inflammation in the artery walls that’s linked to heart disease. And it projects much further into the future, a helpful feature for the longer-lived gender.

“No screening tool is the end-all,” says Jennifer Derr, D.O., a family medicine physician with the hospital. “But Reynolds is simple to use, and it’s a great starting point for you and your doctor.”

The Reynolds score will give the two of you more specific information on your risk level than was available before. For example, in tests it was able to reclassify as either “high risk” or “low risk” many women tagged “intermediate” by traditional risk measures.

“That helps us know how aggressive we need to be in treating you,” Sumner says. If you’re “high risk” (for example, you have known heart disease or diabetes), your chance of a heart attack in the next 10 years is greater than 20 percent. Your doctor will aim to get your cholesterol and blood pressure lower than average, and to achieve that, you likely will need medication as well as diet and exercise.

“Reynolds is only valuable if you take the results and act on them,” Derr says. “It needs to be a lifelong commitment. This isn’t about exercising long enough to lose 5 pounds. It’s about helping ensure you’ll be around long enough to see your grandchildren grow up.”

And while it’s never too late to improve your lifestyle, she says, “if you start before the damage becomes severe, you are way ahead of the game.”

Want to Know More about programs to help you reduce your heart disease risk? Call 610-402-CARE or visit lvh.org/healthyyou.

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The Seven Factors in the Reynolds Risk Score

- **Family history**—Your risk is higher if either parent had a heart attack before age 60.
- **C-reactive protein (blood test)**—This new factor is a marker of inflammation in the bloodstream. It should be less than 0.5.
- **Age**—Women’s risk rises sharply after age 60, a decade later than in men.
- **Smoking**—It raises your odds of a heart attack or stroke four to five times.
- **Systolic blood pressure (top number)**—It should be less than 120.
- **Total cholesterol**—It should be under 200; under 160 is optimal.
- **HDL (“good”) cholesterol**—Above 50 is heart-protective, above 60 is optimal.

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Regardless of risk, one of the best things you can do for your heart is stay physically active.
What matters most to you?

You know what's most important to you—your family, your community, your health and well-being. At Lehigh Valley Hospital and Health Network, we invest in the very things you hold dear, so you and your neighbors can always count on our care when you need it.
Learn How We're Investing for a Healthy Lehigh Valley

Attend the Lehigh Valley Hospital Annual Community Meeting and...

- Celebrate wellness at the Health Discovery Expo
- See a sneak preview of the new and expanded Lehigh Valley Hospital—Cedar Crest
- Hear from local people who have overcome health challenges

Come to the Annual Community Meeting

Wednesday, Dec. 5
Agricultural Hall at the Allentown Fairgrounds
Meeting starts at 5 p.m., doors open at 4:15 p.m.
Seating is first come, first served; refreshments and health expo after meeting
FREE admission and parking
Shuttle transportation from parking lots

R.S.V.P. by Nov. 21.
To reserve your seat, call 610-402-CARE.
Two years may not seem long to an adult, but to a teenager with fibromyalgia, it can feel like forever. Just ask Sarah Otto, 16, of Schnecksville, who suffered with the condition for two years before she finally found out what was wrong.

“When I was 13, my body started aching all the time,” she says. “The pain just wouldn’t go away, even when I took ibuprofen. I also felt tired all the time, but couldn’t sleep. It was very frustrating.”

Sarah had to stop playing soccer and withdraw from clubs, sleepovers and other activities teens enjoy. “My life turned upside-down,” she says. She often missed school or couldn’t make it through the day without coming home to rest, and her grades suffered. “Sarah became sullen, though she’d always been outgoing and friendly,” says her mother, Deb. “This was more than just normal teen angst. Sarah was a different person.”

Sarah’s struggle reached the breaking point during a family meeting when she admitted to her parents she was terribly depressed and needed help. “We knew Sarah wasn’t feeling well,” her mother says, “but we had no idea just how ill she had become.”

The family consulted a series of doctors without finding relief. Then a friend suggested Sarah Stevens, M.D., an adolescent medicine specialist at Lehigh Valley Hospital and Health Network. After ruling out other illnesses, Stevens made the diagnosis.

“People with fibromyalgia have chronic muscle-and-joint pain,” she says. “They often describe feeling achy all over, and when examined they have many characteristic ‘tender points.’” Fibromyalgia also can cause sleep disturbances, extreme fatigue, problems with memory, chronic headaches and irritable bowel syndrome—all of which Sarah struggles with every day.

Fibromyalgia affects 4-6 million American adults. “We don’t know exactly how common it is in children and adolescents, but we do know that many adults with fibromyalgia had the onset of symptoms in their teen years,” Stevens says. “Among adults, more women than men seem to develop fibromyalgia, and that seems to hold true for adolescents as well.”

To be diagnosed, an adolescent must have had three months of pain, says Stevens’ colleague, pediatric rheumatologist C. April Bingham, M.D. “And they must feel tenderness in specific body areas when pressure is applied.”

Stevens sees many patients who, like Sarah, have overlapping conditions—fibromyalgia, chronic fatigue syndrome and postural orthostatic tachycardia syndrome (a condition affecting blood pressure and heart rate). “Our goal is to treat teens’ symptoms and also help them function in school and at home during their recovery,” Stevens says. Sarah, for example, takes medications for sleep, pain and depression.

Some young patients are referred to a therapist for help with the stress and depressed mood that often come with fibromyalgia. Sarah is learning biofeedback to help her cope with her pain. Most physicians also recommend exercise and physical therapy. “Aqua therapy in a warm pool and other types of exercise loosen joints, improve muscle strength and can encourage better sleep,” Bingham says.

The prognosis for young patients like Sarah is very good, Stevens says: Many recover completely over time. Meanwhile, Sarah is adjusting to all aspects of her disorder. “Fibromyalgia has changed my life,” she says. “Knowing I can cope with this gives me more faith in myself.”

Want to Know More about teen fibromyalgia, including the responsibility of schools to help students with medical problems? Call 610-402-CARE or visit lvh.org/healthyyou.
Sleep Apnea and Your Heart

Why a troublesome sleep spells trouble for your health

You know what it's like trying to get through the day without a good night's sleep. You feel fatigued and irritable, and you can't concentrate. If you regularly feel this way, you may have sleep apnea, a disorder in which a narrowed airway keeps interrupting your breathing and waking you.

Sleep apnea commonly affects people who are obese, especially men with large necks. But it also can occur if you have a naturally narrow airway or a large tongue. "The condition is very serious because it directly affects your heart health," says electrophysiologist (heart rhythm specialist) Vadim Levin, M.D., of Lehigh Valley Hospital and Health Network.

For one thing, apnea raises blood pressure. "When you stop breathing, your body produces a burst of adrenaline as you gasp for air," says pulmonologist Richard Strobel, M.D., of the hospital's Sleep Disorders Center. "This causes sudden spikes in blood pressure that damage your heart."

High blood pressure, in turn, raises the risk for atrial fibrillation, a condition that causes the heart to beat irregularly. "Also, when you try to breathe against a closed airway while asleep, the pressure in the chest can stretch the heart muscle. This can weaken the heart over time and also affect the beat," Levin says. When your heart doesn't beat properly, blood can pool or clot and cause a heart attack or stroke.

Not getting quality sleep can have other deadly consequences. "There is strong evidence linking sleep apnea and car accidents," says Jeff Brown, D.O., a family medicine physician at the hospital.

For all these reasons, see your doctor if you're experiencing any symptoms (see box).

He or she may recommend a sleep study. If it confirms the condition, you'll need to avoid sleeping pills or alcohol, which can make sleep apnea worse. The best treatment is CPAP, a machine that blows humidified air into a nasal mask to keep your airway open through the night. "You get used to wearing it in a few weeks," Strobel says. "CPAP helps you sleep better and improves your heart health at the same time."

Want to Know More about sleep apnea in children, or how CPAP made a difference in one woman's life? Call 610-402-CARE or visit lvh.org/healthyyou.

Symptoms of Sleep Apnea
- Pauses in breathing during sleep
- Choking or gasping during sleep
- Sudden awakenings
- Loud snoring
- Feeling unrefreshed in the morning
- Morning headaches
- Dry mouth
- Daytime sleepiness

Time for a New Mattress?

If you wake up stiff each morning or sleep better in another bed, you may need a new mattress. The problem is choosing the right one. "No single type is good for everyone," says Stephanie Betz, registered sleep technologist at Lehigh Valley Hospital's Sleep Disorders Center.

For example, if you sleep on your side, a too-firm mattress can make your hips or shoulders sore. If you sleep on your back, a too-soft mattress can cause a stiff back. Here's some background from manufacturers and retailers that may help you get started:

Consider a "memory foam" mattress (like Tempurpedic) if you're a light sleeper and don't want to be disturbed when your partner turns over.

Consider an adjustable air mattress (like Sleep Number) if your partner prefers a different firmness than you.

Consider a mattress brand whose firmness you can computer-test in the store if you and your partner vary in size and weight.

Consider a waterbed if you have allergies, osteoporosis, circulatory problems, arthritis or chronic back pain.

If you can't afford a new mattress now (the cost can run from a few hundred to several thousand dollars), a mattress topper is a temporary fix. "A pillow pad, egg-crate foam or thin down topper can make you more comfortable," Betz says. A new pillow that keeps your neck and spine aligned also helps.

Want to Know More about shopping and caring for a mattress or getting a good night's sleep? Call 610-402-CARE or visit lvh.org/healthyyou.

Want to Know More about shopping and caring for a mattress or getting a good night's sleep? Call 610-402-CARE or visit lvh.org/healthyyou.

*continuous positive airway pressure
The Facts About Gangs

Belonging to a group is key for many gang members

Street gangs used to be a phenomenon of large cities, but now they’re evident in rural areas, small towns—and midsize urban areas like the Lehigh Valley. “We have some national gangs, like the Cripps, Bloods and Latin Kings,” says assistant chief Joe Hanna of the Allentown Police Department. “But most are gangs without a national affiliation trying to control the local drug market.”

Street gang activity is becoming more of a problem for area law enforcement, Hanna says. Members commit a growing number of assaults, burglaries and robberies, with much of the violence directed at rival gangs.

“Gangs are a complex community problem with roots in poverty, hopelessness, educational failures and national drug policy,” says Michael Adams of the ALERT Partnership. “The media also play a role. The music industry, especially, glamorizes the gang culture.”

Signs of Gang Involvement
Is your child or teen being influenced by a gang?

Some signs to watch for:
- Poor school performance
- Truancy
- Drug use
- Having extra money, expensive items or a gun
- Constant wearing of certain clothing, like a specific baseball cap or bandanna
- Gang icons on notebooks or in room
- Bad companions
- Arrests or contact with police

Members join young

Many gang members become involved while they’re still in middle school. The majority are from poor, single-parent families with little education. Some have family members who are alcohol- or drug-addicted, and many have parents or older siblings who are gang members.

Girls join gangs, too, or auxiliary groups like the Crippettes. Some young girls are initiated by having sex with gang members. Some girls will participate in violent activities, although the majority do not.

Youngsters join gangs for many reasons—to find a surrogate family, for protection from rival gangs, because relatives or peers are in the gang, for the excitement, or to make money. “Ironically, most kids selling drugs on the street would make more working at a fast-food restaurant,” Adams says. “The kingpins make the money and aren’t so exposed to the risk of arrest.”

While a few gang members continue into adulthood, “many of them just grow up and get out,” Hanna says. “They may get wounded, have a child, or get a job and want to change.” Unless you’re high in the gang hierarchy, he says, it’s not too difficult to get out.

A community concern

Are gangs a threat to the health and safety of the community? Yes, Adams and Hanna agree. Gang members fall prey to drug addiction, sexually transmitted diseases and hepatitis C from shared needles, not to mention gunshot or knife wounds that require treatment at a trauma center. Since almost no gang members have insurance, treating them is a drain on the health care system. And the community as a whole suffers from acts of violence, as well as the access to drugs provided by gangs.

“If you want to do something about the gang problem in our area, get involved in community organizations,” Adams says. “These kids are our children, too, and they need the support every kid needs—only more.” Be a Big Brother or Big Sister, he suggests, or volunteer as a reading tutor. It’s important to reach at-risk children as early as age 9 or 10.

Monitor your own children as well, Hanna says. “Know their friends, activities and hangouts. Most middle-class teens in this area don’t have much interaction with gangs unless they buy drugs. Not all drug dealers are gang members, but most gang members deal in drugs.”

Want to Know More about drugs and your teen? For information on marijuana and warning signs of drug abuse, call 610-402-CARE or visit wh.org/healthyyou.
Don’t Be a Victim of Car Theft

Simple tips can help you stay safe

Joyful as they may be, the holidays also are a season when you need to be on the lookout. “Carjackings and thefts can happen anytime, but people are a little more vulnerable during the holidays,” says Lehigh Valley Hospital security director Gerry Kresge.

The combination of short winter daylight and late-closing stores means you’re likely to be out after dark. Your car is often loaded with packages, and you may be more distracted than usual—all of which adds up to temptation for would-be thieves. Here’s how to stay safe:

Bring a buddy. “Most crimes are easily avoided when you travel in numbers,” Kresge says.

Park in a safe spot. Keep your car in a well-lit area, and not next to a van or a vehicle with tinted windows.

Be aware of your surroundings. Check often to make sure someone isn’t following you, and pay attention to any activity near your car. Never leave your car while your keys are in the ignition—even if only for a few seconds.

Get an escort. If you’re alone, don’t be embarrassed to ask security staff to walk you to your car.

Stash those packages. Don’t leave full shopping bags temptingly on view in the back seat of your car. Keep them in the trunk instead.

Want to Know More about how to avoid being carjacked? Call 610-402-CARE or visit lvh.org/healthyyou.

Ordering Prescription Drugs Online

Know the risks before looking for that bargain

Ever been tempted to see if you could buy that prescription drug cheaper on the Internet? You can definitely save money by shopping online. “It also can be helpful for people who are too ill or disabled to get to their pharmacy,” says registered pharmacist Brian Lenich of Lehigh Valley Hospital’s Health Spectrum Pharmacy.

But online drug-shopping can be risky. “There are hundreds of thousands of sites, many of them legitimate,” Lenich says. “Unfortunately, one bad buying experience can damage more than your wallet.” Here’s what to remember if you choose to order online:

Look for the logo. To combat fraud, the NABP licenses Web sites to sell medications online. The NABP logo (shown here) is a sign that it’s a Verified Internet Pharmacy Practice Site (VIPPS).

Don’t fall for hype. If an offer looks too good to be true, it probably is. Paying an ultra-low price may mean you’re getting an expired medication, placebo (dummy pill) or even something toxic.

Buy American. According to the Food and Drug Administration (FDA), medications from foreign countries can’t be trusted. Stick with sites whose contact information is within the United States.

Rely on the professionals. Don’t order from a Web site that doesn’t require a confirmation from your physician. And make sure the site has a pharmacist available to answer medication-related questions.

Protect yourself financially. As always on the Internet, send credit card and other sensitive information only over a secured connection; look for language confirming this.

Yell if necessary. If you get burned—for example, your medication never arrives or has an expired date—report it to the FDA. You’ll help the authorities and potential victims.

Ignore “spam.” Unless they’re from a legitimate source you trust, delete e-mail solicitations.

Want to Know More? For a list of legitimate pharmacy Web sites or for details on how to report fraudulent sites, call 610-402-CARE or visit lvh.org/healthyyou.
New Hope for Lung Cancer
An innovative surgery helps a local man beat the odds

Whether he's fixing cars or tackling a handyman project, 69-year-old John Hornick of Beaver Meadows likes to stay busy. But last fall, a series of chest colds slowed him down. “It eventually developed into pneumonia,” Hornick says.

When Hornick's family medicine physician, Harry Bruley, D.O., in nearby Hazleton sent him for a CT scan, the test revealed a mass on his left lung. A PET scan supported the diagnosis Hornick feared most—he had lung cancer.

Hornick knew he was at high risk for contracting the disease. He'd been a smoker for 55 years, spent most of his adult life working around asbestos and other chemicals, and had chronic obstructive pulmonary disease (emphysema). But the cancer diagnosis was scary for him and the 200,000 other people diagnosed annually with lung cancer. When it's not detected early (and it isn't, for many people), this disease is often difficult to cure.

For Hornick, there was good news: Doctors found his tumor early enough to qualify him for a new type of surgery called video-assisted (VATS) lobectomy. The procedure most often benefits people, like Hornick, whose tumors are detected at an early stage.

“Traditional lung surgeries often require a large incision, which can result in a longer healing process. VATS requires only two or three smaller incisions,” says lung surgeon Michael Szwere, M.D., of Lehigh Valley Hospital and Health Network. “Many patients heal much faster and with far less pain.”

To remove Hornick's tumor, Szwere inserted a video camera and two small surgical instruments into his chest through the narrow incisions. Using the video as his guide, he removed the lower lobe of Hornick's left lung (the portion containing the tumor) and sampled his lymph nodes for the presence of cancer cells.

Just 48 hours later, Hornick returned home. He didn't need any follow-up radiation or chemotherapy. His breathing isn't perfect, due to his chronic lung disease. But he's cancer-free. “I feel really good,” Hornick says, “and I'm where I want to be—back in my garage fixing cars.” •

Want to Know More? To read another survivor's story, and to learn how to improve chances for a cure, call 610-402-CARE or visit lvh.org/healthyyou.

The Most Preventable Cancers
If you are diagnosed with colon or cervical cancer and it's found early, your chances of surviving are very good. According to the American Cancer Society, the five-year survival rate for early-stage colon cancer is 90 percent and 92 percent for early-stage cervical cancer.

The best way to arm yourself: get screened. Tests such as colonoscopies and Pap tests catch these cancers in their earliest stages. “You should have your first colonoscopy at age 50, or at age 40 if you have a family history,” says colon-rectal surgeon Robert Sinnott, D.O., of Lehigh Valley Hospital and Health Network.

Women should receive annual Pap tests through age 70. Experts also recommend that all 11- and 12-year-old girls receive a vaccine that protects against those strains of HPV (human papillomavirus) that cause 70 percent of cervical cancers.

Want to Know More about colonoscopies or the cervical cancer vaccine? Call 610-402-CARE or visit lvh.org/healthyyou.
Healthy Aging: What’s Normal, What’s Not?

If you live long enough, odds are you’ll face a few health challenges. But all too often, people assume that chronic illness and even disability are inevitable parts of growing older. Not so, says geriatrician Catherine Glew, M.D., of Lehigh Valley Hospital and Health Network. “Changes do occur with aging,” she says, “but some of the changes people think of as normal are not. Most day-to-day functioning problems come from disease, not old age.”

So how do you decide whether those memory slips and achy knees are par for the course or something more serious? “It’s a question of degree,” Glew says. “If a symptom impacts your quality of life, it’s time to look into it.”

### Bones/Joints

From your mid-30s onward, bones may become more brittle and you may experience some muscle weakness or joint stiffness. Your metabolism slows, and extra weight creeps on unless you trim calories and stay active.

- **What’s normal:** Needing to shift to low-impact exercise and gaining weight more easily.
- **What’s not:** Resigning yourself to a sedentary lifestyle and growing overweight or obese.

### Appearance

Declining hormone levels can make your hair thin and fade, your skin lose elasticity and get more sensitive, dry or fragile, and your nails appear more brittle.

- **What’s normal:** Gray hair, easier bruising, wrinkles, age spots, skin tags (a small flap of tissue on a stalk).
- **What’s not:** Excessive hair loss and irregular-shaped moles.

### Eyesight

Starting around age 40, changes in your lenses make it harder to focus up close. Night vision and visual sharpness may diminish, and you may have trouble adapting to changing light.

- **What’s normal:** Needing reading glasses and being sensitive to glare.
- **What’s not:** Vision loss, blurring or the appearance of shadows and cobwebs.

### Hearing

Exposure to loud noises damages the tiny hairs in your inner ear, the main reason for hearing loss.

- **What’s normal:** Difficulty hearing the highest pitched tones.
- **What’s not:** Significant hearing loss at any age.

### Brain Power

As you age, common brain changes usually mean slower thinking and some difficulty recalling names quickly. Multitasking or learning something new takes longer and can be frustrating at times.

- **What’s normal:** Occasionally forgetting where you parked.
- **What’s not:** Forgetting that you own a car.

### Emotional Well-being

There’s a tendency to gradually grow more isolated as you age. Living longer and healthier has a lot to do with your attitude.

- **What’s normal:** Rethinking your goals and needing to find a new focus for your life.
- **What’s not:** Living depressed and alone, lacking a sense of purpose.

Want to Know More about healthy aging?
Call 610-402-CARE or visit lvh.org/healthyyou.
Enjoying new adventures—Jim Morehouse of New Tripoli teaches grandson Zachary, 11, about Newton’s Laws of Motion on a trip to Allentown’s Da Vinci Science Center.

What Do Your Grandchildren Need From You?

More than anything, your time and interest

It’s the season when many children get showered with gifts from Grandpa and Grandma. That can be wonderful, especially if parents are on a tight budget—but the best gifts you can give your grandchildren are the things money can’t buy, says pediatrician Elmer Long, M.D., and psychiatric clinical nurse specialist Pat Fuisz (both grandparents themselves) of Lehigh Valley Hospital and Health Network. How do the wisest grandparents nurture their little ones?

Spend time with them. Even if you can’t babysit regularly, you can enrich their lives by taking your grandchildren on a nature walk, playing games or just sitting and talking. “One-on-one time is especially valuable for children in big families,” Long says.

Be interested in their lives. Know what’s going on at school and what their activities and passions are. Read the same books they’re reading so you can discuss them. “And let your grandkids know you’re thinking of them,” says Fuisz, who uses e-mail and postcards between visits.

Love them unconditionally. “Grandparents typically don’t have the same expectations a parent might,” Long says. “When a child knows you’ll adore him even if he fails, it gives him self-esteem and the courage to try new things.”

Uphold the rules. It’s important to be “on the same page” with your grandchildren’s parents in terms of discipline, safety, approved activities and the like. “Kids like to push limits,” Fuisz says. “It’s OK to give them some extra ice cream, but essentially you need to maintain the family stability so everyone feels secure.”

Be a mentor. You have wonderful skills to teach—everything from how to knit or pitch a softball to how to behave in life. “A grandparent can be a powerful role model of values like politeness that are dying out in younger generations,” Long says.

Share family history. Children are curious to know what country their family came from, how life was before television, and what your grandparents were like. Give them a sense of their ancestry by sharing photos, stories and cherished objects.

When grandparents don’t make the effort to build a relationship with their grandchildren, Fuisz says, “they miss out on a lot.” Long agrees: “Having children in your life who love you is a major satisfaction. It’s emotionally fulfilling and helps you feel young again.”

Different Ages, Different Needs

Your relationship with your grandchildren evolves as they grow, says pediatrician Elmer Long, M.D.:

Under age 2—At this stage, you’re primarily babysitting, rocking, singing and talking to your little one.

Ages 2-4—It’s important now to uphold their parents’ rules and be able to say “no” to your grandchildren when necessary.

Ages 4-6—Children this age enjoy playing games with their grandparents and making things together.

Ages 7-12—You can play a role in school projects, building things, telling stories, baking cookies and the like.

Teens—Now, your grandchildren are developing their own identities. Listen, avoid judging, and share your own experiences as an adolescent and young adult.

Want to Know More about “saging”—sharing your wisdom with younger generations? Call 610-402-CARE or visit lvh.org/healthyyou. For events you can enjoy with your grandchildren at the Da Vinci Science Center, see page 20.

On the road together—Ines Matamoros of Allentown (shown here with 14-year-old Ayeisha) plays many roles in the lives of her six grandchildren, including taxi driver. “They keep me young,” she says.

Sharing traditions—Regina Brenner of Allentown lights a holiday menorah with grandchildren (l-r) Sara, 2, Aydele, 6, and Benjamin, 11.

Healthy You
We’re Growing
for a Healthy You!
Come celebrate with us!
The New and Expanded Lehigh Valley Hospital—Cedar Crest

Tour it for FREE
Saturday, Jan. 5
1 - 4 p.m.

Enjoy FREE parking
in our new decks!

R.S.V.P. by Dec. 28.
Call 610-402-CARE.

Enjoy
- Health screenings
- Guided tours
- Light refreshments

What's Inside the New Hospital
- All private patient rooms
- Education and conference center
- The Regional Burn Center
- Expanded heart care and intensive care

Partners in caring for you—(Cover, clockwise from upper left) Technical partner Jennie Clayton of the neuroscience unit, technical partner Kimberly Collazo with Joseph Kollar of Emmaus; heart and lung surgeon Theodore Phillips, M.D.; Gwenis Browning, R.N., operating room. (Series below) Caregivers and employees played key roles in creating the expanded Lehigh Valley Hospital—Cedar Crest.
**Aging Well**

**NEW** Holiday Celebration
View our display of trees (to be donated to seniors)—and vote for your favorite. Enjoy holiday music and refreshments; enter to win a gift basket. **FREE**
• Fri., Dec. 7; 11 a.m.-1 p.m.
  * At L/VH-17, CHA
  * Entertainment by William Allen High School Choir

**NEW** Chasing Away the Winter Blues
Days become shorter and winter weather often forces you indoors. Join us to learn ways to stay upbeat and active. **FREE**
• Fri., Jan. 4; 9:30-10:30 a.m.
  * At L/VH—Muhlenberg
  * Melissa Armstrong, R.N., geriatric nurse specialist

**NEW** Driver Safety Program Refresher Course
Four-hour review is for those who have taken the regular driver safety program. Must present insurance policy showing discount as proof.
**FREE**
• Fri., Dec. 7; 1 p.m.
  * At L/VH—Muhlener

**NEW** CASINO Away the Winter Blues
Days become shorter and winter weather often forces you indoors. Join us to learn ways to stay upbeat and active. **FREE**
• Fri., Jan. 4; 9:30-10:30 a.m.
  * At L/VH—Muhlenberg
  * Melissa Armstrong, R.N., geriatric nurse specialist

**Managing Your Weight**

**The NEW You**

**NEW** Medical Weight Loss
This 6-month individual/group program will help you reach your goal.
• For details, call 610-402-CARE.

**Weight-Loss Surgery**
We offer comprehensive preoperative programs and long-term follow-up.
• For details, call 610-402-CARE.

**Weight Management Services**

**Metabolism/Nutrition Counseling**
Measure metabolism and develop goals with a dietician. • **$85** ($89 after Jan. 1, 2008)

**Assessment**—Meet 1-on-1 with registered dietician. • **$50**

**Body Composition Analysis**—Learn your body fat percentage. • **$13.50**

**Food Diary Analysis**—Submit a 3-day food diary for detailed individual breakdown. • **$22.50**

**Recipe Makeover**—Learn to trim fat and calories from your favorite recipe. • **$15**
• For details, call 610-402-CARE.

**Eating Healthy**

**Eat Well for Life—Parts 1 and 2**
Learn healthy food choices to improve your well-being and help you manage your weight long-term. Includes grocery tour.
• 4 sessions each • **$60** per part
• For details, including possible insurance discounts, call 610-402-CARE.

**L.E.A.R.N. to Lose Weight!**
Use Lifestyle, Exercise, Attitude, Relationships, Nutrition to manage your weight. Nationally known group program.
• Tools, strategies, grocery tour, follow-up.
• 12 weeks • **$195**
• For details, including possible insurance discounts, call 610-402-CARE.

**Gardening You**
**Class Space is Limited!** If you want to attend a program, you should register in advance at 610-402-CARE or lvh.org. We may need to cancel a program or class if not enough people enroll. You'll get a full refund.
Healthy You Programs  November 2007- January 2008

How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call 610-402-CARE (2273).

Lehigh Valley Hospital and Health Network Locations
LVH—Cedar Crest
Lehigh Valley Hospital and Community Health Network, Allentown
LVH—17
Lehigh Valley Hospital, 17th and Chew Sts., Allentown
LVH—Muhlenberg
Lehigh Valley Hospital-Muhlenberg, Rt. 22 and Schoenersville Rd., Bethlehem

Community Locations
Bethlehem Township
Community Center
200 Farmersville Rd., Bethlehem
Cedar Crest College
100 College Dr., Allentown
Da Vinci Science Center
Hamilton St., bypass and Cedar Crest Blvd., Allentown
Good Shepherd
Rehabilitation Hospital
631 St. John St., Allentown
Hanover Township
Community Center
3900 Jacksonville Rd., Bethlehem
Human Performance Center
250 Cetronia Rd., Allentown
Lower Macungie Township
Community Center
3400 Brookside Rd., Macungie
Whitehall Township
Schadt Avenue Park
1975 Schadt Ave., Whitehall

Lehigh Valley Hospital
5600 Fish Hatchery Rd., Allentown
2166 Trexlertown
17th and Chew Sts., Allentown
2101 Emrick Blvd., Bethlehem
S. 12th St., Allentown
1243 Cedar Crest Blvd., Allentown
Rt. 222 and Lower Macungie Rd.

Ongoing programs

Fitness classes are scheduled in Allentown (A), Bethlehem (B), Whitehall (W) and Lower Macungie (LM). For exact locations, call 610-402-CARE.

Cardio Fit—Recreational water class builds cardiovascular fitness. Appropriate for post-cardiac recovery.
12 classes/6 weeks • $65
• Mon., starting Nov. 19; 4-4:45 p.m.

At Rodale Aquatic Center, Cedar Crest College

Body Wedge 21™—Repetition exercises targeting the major fat-storage areas and muscle groups.
8 classes • $88
• Mon., starting Dec. 13; 6-6:45 p.m.

At Healthy You Center
3401 Fish Hatchery Rd., Allentown

Belly Dancing for Fun and Fitness—Belly dancing stimulates senses, tones muscles, builds coordination, boosts creativity.
8 classes • $88
Intro
• Tue., starting Dec. 11; noon-1 p.m.
• Fri., starting Dec. 14; noon-1 p.m.
• Mon., starting Jan. 7; 6:15-7:15 p.m.

At LVH-Muhlenberg, 1st floor conference room, Bethlehem

Get on the Ball—An inflated exercise ball enhances your balance, stability, core strength. For all adult fitness levels.
8 weeks • $96
• Mon., starting Nov. 19; 9:30-10:15 a.m.

At Healthy You Center

PUMP—Challenging muscle strength/endurance workout targets major muscle groups using progressive resistance.
8 classes • $96
• Wed., starting Nov. 28; 6:30-7:30 p.m.
• Sat., starting Dec. 1; 7:45-8:45 a.m.

At Healthy You Community Center

Pilates Express—Deep muscle conditioning builds core strength.
8 classes • $88
• Mon., starting Nov. 26; 8-9 a.m.

At Healthy You Community Center

Age-Proof Workout—Low-impact cardio, strength training and yoga—mind/body exercise!
16 classes/8 weeks • $80
• Mon. and Thu., starting Jan. 15; 9:30-10:15 a.m.

Exercise for Life—A low-intensity class to prevent disease, build muscle and boost well-being.
Monthly fee $34 per session; $40 with Vitality Plus GOLD.
• Mon., Wed., Fri., 8-9 a.m.
• Mon., Wed., Fri., 5-6 a.m.

Cardio Kickbox—A high-powered routine strengthening body and mind.
8 classes • $88
• Mon., starting Jan. 7; 7-8 p.m.

At Healthy You Community Center

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.
16 classes/8 weeks • $96
• Tue. and Thu., starting Dec. 11; 7-7:45 p.m.

At Healthy You Community Center

Looking Good

Ongoing programs

Anti-Aging Mineral Makeup Seminar—Learn how advanced mineral makeup and antioxidants can nurture your skin. FREE
• Tue., Dec. 4; 7:30 p.m.

At LVH—Muhlenberg, 1st floor conference room

Laura Transue, licensed teacher of cosmetology, Beneficial You Institute
NEW The Secret to a Long, Healthy Life
Is “Breathing”
Proper breathing decreases stress, improves thinking and is revitalizing. Focus is on soothing techniques to enhance health.

$25
• Mon., Dec. 10; 6-7:30 p.m.
At Healthy You Center
Juanita Carra-Budzek, yoga instructor

NEW Meditation
Are your thoughts in the past, future or on multitasking? Meditation can bring you into the moment and create clarity, focus, peace of mind and a sense of well-being.

$25
• Mon., Dec. 17; 6-7:30 p.m.
At Healthy You Center
Juanita Carra-Budzek, yoga instructor

Ongoing programs

The Health of Touch (Partner Massage I)—Hands-on workshop for couples to learn correct massage techniques to reduce everyday stress.
$65/couple
• Sat., Dec. 11; 11:45 a.m.-2:15 p.m.
At LVH—Muhlenberg, Banko Center
Sara Pellington, certified massage therapist

Reiki Workshop I—Become a Reiki practitioner and learn its history, what it can and can’t do, and its benefits.
$89
• Sat., Dec. 8; 10 a.m.-3 p.m.
At LVH—Muhlenberg, Banko Center
Sara Pellington, Reiki master

Intro to Rhythms—Frame Drum Class—Discover the joyous, healing and mystical aspects of the ancient frame drum.
8 classes • $56
• Mon., starting Jan. 7; 5:15-8 p.m.
At LVH—Muhlenberg, Banko Center
Tabya, dance instructor

Discover Relaxation Within, Parts 1 & 2—Learn to ease your stress through a variety of relaxation techniques.
4 sessions each • $50 per part
For details, including possible insurance discounts, call 610-402-CARE.

Massage Therapy—Options include: relaxation, pregnancy, and hot and cool stone. Prices $30-$115. Gift cards available.
At LVH—Muhlenberg, Youthful You Institute; Healthy You Center; LVH—Cedar Crest, Jaindl Pavilion; Health Center at Trescktown
For details or an appointment with a certified massage therapist, call 610-402-CARE.

Yoga—Build flexibility and strength, reduce stress and rebalance your life through series of postures.
8 classes • $80-$75 with Vitality Plus GOLD

Relaxing—gentle flow of poses
• Thu., starting Dec. 13; 10:11:15 a.m.
• Mon., starting Jan. 7; 6-7:15 p.m.
At Healthy You Center

Energizing—stimulating flow of poses
• Tue., starting Nov. 27; 7-8:15 p.m.
• Thu., starting Dec. 6; 7-8:45 p.m.
At Healthy You Center

Intro to Rhythms—Frame Drum Class—Discover the joyous, healing and mystical aspects of the ancient frame drum.
8 classes • $56
• Mon., starting Jan. 7; 5:15-8 p.m.
At LVH—Muhlenberg, Banko Center
Tabya, dance instructor

Relaxing—gentle flow of poses
• Thu., starting Dec. 13; 10-11:15 a.m.
• Mon., starting Jan. 7; 6-7:15 p.m.
At Healthy You Center

Energizing—stimulating flow of poses
• Tue., starting Nov. 27; 7-8:15 p.m.
• Thu., starting Dec. 6; 7-8:45 p.m.
At Healthy You Center

Screenings To schedule an appointment, call 610-402-CARE.
LVH—17, Suite 403
Osteoporosis FREE
• First Mon. of each month; 9-11 a.m.
• Third Wed. of each month; 1-4 p.m.
LVH—Muhlenberg
Osteoporosis FREE
• First Thu. of each month; 4-6 p.m.
LVH—17, AIDS Activities Office
HIV Testing
Free, anonymous and confidential HIV testing with results in 20 minutes.
Walk-in hours
• Tue., 1:30-3 p.m.
• Thu., 10-11:30 a.m.

LVH—17, CHA
Vascular Screenings
Painless testing for vascular disorders in those age 60+ with high cholesterol, high blood pressure or family history of vascular disease.
Stroke • $40
Abdominal Aortic Aneurysm • $40
Peripheral Arterial Disease • $15
• Wed., Dec. 12; 5-8 p.m.
To register, call 610-402-CARE.

Just for Women

NEW Polycystic Ovarian Syndrome—Could You Be Affected?
Learn about PCOS and its side effects, which include irregular periods, excess hair growth and weight control issues. FREE
• Thu., Nov. 29; 7-8 p.m.
At LVH—Muhlenberg
Wendy Schillings, M.D., reproductive endocrinologist

610-402-CARE (2273) • lvh.org • Healthy You
Raising a Family

Being a parent is your most important job, and we're here to help!

**NEW Teen Weight-Training**

Be introduced to fitness-training guidelines, appropriate use of equipment and gym etiquette. Participants receive workout booklet.

- $49 for HTCC members; $79 for non-members
- Mon. and Wed., starting Nov. 26 (five weeks); 4:30-5:30 p.m.

*At Hanover Twp. Community Center*

For details, call 610-402-CARE.

**Ongoing programs**

**Redirecting Children's Behavior (RCB)**

*Series*

Enjoy a peaceful home with responsible children. Five-week course to be a more effective, calmer parent to toddlers through teens.

- $199/person; $250 couple

*Workshops*

These two-hour sessions apply the RCB philosophy to some hot parenting topics.

- Power Struggles Parenting as a Team
- Teen Workshop

For details, call 610-402-CARE.

**Happiest Baby on the Block**

Learn step-by-step how to help baby sleep longer, and soothe even the fussiest infant in minutes.

- $50/couple includes DVD/CD Parent Kit

*At Healthy You Center*

For details, call 610-402-CARE.

**Coalition for a Smoke-Free Valley**

Offering community programs like these all year, in English and Spanish:

- Secondhand Smoke—What you need to know to protect you and your family.
- Advocacy—Build your skills to deliver effective tobacco-prevention messages.
- Keep Us Healthy—Learn how tobacco smoke harms infants and small children. Plus opportunities for task force volunteers.

For details, call 610-402-CARE.

**Tobacco Treatment Program**

12-month program of individual counseling and ongoing support (in person or by phone) can help you quit smoking.

For details, call 610-402-CARE.

**Head Off Heart Disease and Stroke**

Discover the simple lifestyle changes that will keep your blood vessels healthy and lower your risk for a heart attack or stroke. Change your life for just $15 a class!

*Choose from:
- Healthy Living: Reducing Your Risk
- Nutrition for Your Good Health
- Steps to a Healthier You
- De-stress for Success
- Blood Pressure Makeover
- High Cholesterol: a Sticky Situation

For details, including possible insurance discounts, call 610-402-CARE.

Our **Raising a Family** flyer gives details, times and locations for all the programs listed below. For a copy, call 610-402-CARE or visit lvh.org/healthyyou.

**Ongoing programs**

*Teen Wellness Training*

Introduction to fitness-training guidelines, appropriate use of equipment and gym etiquette. Participants receive workout booklet.

- $49 for HTCC members; $79 for non-members
- Mon. and Wed., starting Nov. 26 (five weeks); 4:30-5:30 p.m.

*At Hanover Twp. Community Center*

For details, call 610-402-CARE.

**Protecting Your Health**

**Ongoing programs**

**Dr. Dean Ornish**

**Dr. Dean Ornish**—Heart health program includes nutrition, exercise, stress management, group support, education, follow-up.

- **Dr. Ornish Program**—12-week reversal program for those with diagnosed heart disease.
- **Ornish Advantage**—6-week prevention program for those with heart disease risk factors.
- **Ornish Self-Directed Community Support Group**

For details, including possible insurance discounts, call 610-402-CARE.

**Tobacco Treatment Program**

12-month program of individual counseling and ongoing support (in person or by phone) can help you quit smoking.

For details, call 610-402-CARE.

**CPR**

**Fundamentals of Basic Life Support**—One- and two-person, child and infant CPR. 2-part course • $65

**BLS Renewal**—To attend you must have a current BLS Health Care Provider card. • $40

**Heartsaver Pediatric**—Focus on infant CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness. • $40/session

At 2166

For dates, times and registration, call 610-402-CARE.
Coping With Illness

Ongoing programs

Joint Replacement Preparation
For those scheduled for total knee or hip replacement surgery. What to expect in hospital, during rehabilitation. FREE
- Wed., Nov 14, Jan 9; 8:30 a.m.
- Thu., Dec 12; 1:30 p.m.
At LVH—Muhlenberg
- Thu., Nov 15, Dec 20; 2-3:30 p.m.
- Tue., Dec 4; 9:30-11 a.m.
At LVH—Cedar Crest

Get Up and Go
Group exercise for those with Parkinson’s disease or other movement disorders.
4 weeks • $20
- Every Mon.; noon-1 p.m.
At LVH—Muhlenberg

ALS Association Support Group FREE
- Tue., Nov 27, Dec 18; 6:30-8 p.m.
At LVH—Cedar Crest, president’s room
For details, call 610-402-CARE.

For Stroke Patients and Their Families
Stroke Support Group FREE
- Second Thu. of month; 7 p.m.
Stroke Exercise/Educational Program
- First, second, third Tue. of month; noon-1 p.m.
Lunch ‘n Learn for Stroke Survivors and Family FREE
At Good Shepherd Rehabilitation Hospital
For details, call 610-402-CARE.

Diabetes in Pregnancy—Education and support, preconception through pregnancy.
Adult Diabetes Support Group
- Third Thu. of month; 6:30-8 p.m.
Insulin Pump Support Group
- Third Mon.; every other month; 6:30-8:30 p.m.
Teens With Type 1 Diabetes Support Group (ages 12-15)
- First Thu. of month; 6:30-7 p.m.
Sugar-Free Kids Support Group (ages 6-12) and their parents
For details, call 610-402-CARE.

For MS Patients and Their Families
MS School—What you need to know when newly diagnosed. Includes lunch; registration required. FREE
Lunch ‘n Learn—Monthly programs for patients and caregivers. FREE
For details, call 610-402-CARE.

For Diabetes Patients and Their Families
Pre-Diabetes—Learn to prevent or delay diabetes through modest lifestyle changes.
Type 1 Self-Management—Education and counseling.
Type 2 Comprehensive Self-Management—5 weekly 2-hour sessions teach you to live well with diabetes.
Type 2 Diabetes Follow-up—2-hour class updates self-management strategies and troubleshooting.
Recommended yearly after “comprehensive,” above.
Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet with a dietitian.
Intro to Insulin Pump Therapy—Learn about the various pump options to see if this approach is right for you.
Insulin Pump Training—Hands-on instruction and troubleshooting.
Insulin Pump Follow-up—Learn advanced features of the pump.
Intensive Management Education—Learn to fine-tune your diabetes control (injections or pump) and balance insulin needs.

Psychotherapy to Manage Insomnia—Strategies, skills for those with cancer suffering from insomnia.
Preparing for Breast Cancer Surgery—Learn what to expect after surgery and how to better prepare through exercise.
Lehigh Valley Chapter of the National Ovarian Cancer Coalition—Promotes education, awareness and advocacy.
Bereavement Support Group—For family and friends coping with a death. Monthly topics vary.
Adolescent Support Group—For teens who have lost a loved one to cancer.
Men Facing Cancer—Discussion group on prostate, bladder or genito-urinary cancer; partners/friends welcome.
Support of Survivors—A 24-hour phone line staffed by breast cancer survivors to help recovering women. 610-402-SOS (7673).
- Support group meets first Mon. of month.

Health Insurances for Small Businesses (of 2-50)
Learn about options through insurers contracted with Valley Preferred, including health savings accounts/health reimbursement arrangements. FREE
- Tue., Nov 13, 1:30 p.m.
At LVH—Muhlenberg, Banko Center
To register, call 610-402-CARE.

Ongoing computer classes
For information on all computer classes, call 610-402-CARE.

Basic Computer Skills 101—No intimidating computers, just instruction on using keyboard, mouse and programs. $25; $20 with Vitality Plus GOLD
Introduction to the Internet—Hands-on course includes healthy aging Web sites. Basic computer skills needed. $25; $20 with Vitality Plus GOLD
Learn Basic E-Mail—Hands-on course uses free Yahoo. Basic computer skills needed. $40; $35 with Vitality Plus GOLD
All at LVH—CHA

610-402-CARE (2273) • lvh.org • Healthy You 19
Alcohol-free holiday drinks are festive and delicious. Come for ideas and recipes judged by local celebrities. FREE

NEW Task Force DUI Spirit-Free Mixoff

NEW Fitness Fair

Make a commitment to a healthy lifestyle. Try out the community center's fitness room, learn some lifestyle tips, sample fitness classes and enjoy the facilities. FREE

• Sat., Jan. 5, 7:30 a.m.-noon; center open until 5 p.m.

At Hanover Twp. Community Center

NEW How to Be Safe While in a Car

Mark J. Young

Medical Challenge

When Maria picks up her little brother from school, she forgets to check his seat belt. See whether or not they get home safely at this exhibit on car safety. Learn about topics such as safe-driving behaviors, checking tire pressure, distractions while driving and the physics of a crash, while also learning about different health careers. FREE with Center admission.

• Mon., Sat., 8:30 a.m.-5 p.m.; Sun., noon-5 p.m.

At Da Vinci Science Center

For details, call 610-402-CARE.

Ongoing Programs

Behind the Scenes

On this hour-long tour, learn about food service, pharmacy, outpatient and emergency care, and more. Ages 13 and over; under 16 requires adult. LVH—Muhlenberg. FREE

Immersion Presents: Ancient Egypt

Video footage of a 2006 expedition in the Aegean Sea to explore the waters, hands-on activities.

FREE with Center admission.

• Sun., Nov. 18; 2-3 p.m.

The Inquiry Process

Youngsters are natural scientists: asking questions, looking, listening, while sorting things out. Learn fun ways to keep that inquisitiveness blossoming. For pre-K through 3rd grade.

FREE with Center admission.

• Sun., Jan. 13; 1-4 p.m.

At LVH—Muhlenberg

In case of inclement weather, call 610-402-CARE.

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FREE with Center admission.

• Sun., Jan. 13; 1-4 p.m.

At LVH—Muhlenberg

In case of inclement weather, call 610-402-CARE.

Community Exchange and You

Find out how to make connections by sharing your skills, services and stories. FREE

• Mon., Nov. 19, Dec. 17; 2-4 p.m.

At LVH—17, CHA

Need a Speaker?

Our professionals can speak on a variety of health-related topics. FREE

Call 610-402-CARE.

Would a Support Group Help?

Our dozens of different groups offer comfort and support from those who’ve been there.” FREE

For complete list, call 610-402-CARE.
A New Way to Quit Smoking

There's new hope for smokers who want to quit.

The prescription drug varenicline (brand name Chantix™) is a nicotine-free alternative to patches, gum or lozenges.

You take Chantix about a week before quitting so the medication can build up in your body. Once it takes effect, it reduces cravings and eases withdrawal symptoms. "Chantix blocks the effect of nicotine, so if you do have a cigarette, it won't satisfy you the way it did before," says clinical pharmacist Jessica Price of Lehigh Valley Hospital and Health Network. Talk to your doctor about possible side effects.

If you're trying to quit, an anti-smoking drug is just one tool. A tobacco treatment program with counseling offers the support many people need to kick the habit for good. To enroll in Lehigh Valley Hospital's program, call 610-402-CARE.
Dan Herzog was a typical couch potato. The one-time Northampton High athlete was exercising his mind, not his body. By the time he was in his early 50s, he weighed 308 pounds.

Herzog tried to lose the pounds many times, but they always came back. The extra weight caused dangerous health problems, including high blood pressure, high cholesterol and sleep apnea.

Finally, Herzog decided he was ready to try weight-loss surgery. He had one very good reason: “I wanted to live long enough to see my granddaughter graduate from high school.” (Gillian, shown here, is 7 years old.)

Herzog's doctor, Craig Christine, D.O., recommended Lehigh Valley Hospital, one of just two hospitals in Pennsylvania with the highest accreditation for bariatric (weight-loss) surgery from the American College of Surgeons.

In November 2006, Richard Boorse, M.D., reduced Herzog's stomach to the size of a golf ball. So far, he's lost 128 pounds. He relied on Lehigh Valley Hospital's comprehensive nutrition counseling and support, and he now eats low-fat foods in small portions. Herzog exercises daily to keep the weight off, and has even resumed his high school sport, weightlifting.

Gillian teases him that she doesn't recognize him anymore. Dan Herzog is just glad he's here to take the teasing.

Is Weight-Loss Surgery Right for You?

You may be able to benefit from this life-changing surgery if:

- Your body-mass index (BMI) is 40 or higher.
- You have a health risk like diabetes or heart disease and a BMI of 35 or higher.
- You are ready to make a lifetime commitment to healthy eating and regular exercise to keep the weight off.

Learn about medical and surgical weight-loss options at Lehigh Valley Hospital at a free information session. To register, call 610-402-CARE or visit lvh.org.