Healing
More People
Close to Home

Lehigh Valley Hospital—Muhlenberg

Lehigh Valley Hospital and Health Network
See How We’re Healing More People

Since the new Lehigh Valley Hospital—Muhlenberg opened a year ago, we’re caring for more people in our community with more of the services you need close to home.

Look inside this special Healthy You wrap to read about:

• How a local girl received the treatment she needed from the area’s only children’s cancer specialists
• How a new program is helping people with Parkinson’s disease “Get Up and Go”
• The opening of our new, expanded Cancer Center
• How an “eye in the sky” saves the lives of critical care patients
• How private patient rooms and room service add convenience
• How to improve your health

Vitality Plus classes now offered at Lehigh Valley Hospital—Muhlenberg!

Turn to the back for details.

Capturing 44 years of caring—Stuart Paxton, senior vice president of operations at Lehigh Valley Hospital—Muhlenberg, stands in front of a photo exhibit in the second floor lobby, capturing the hospital’s history of caring.
Healthy You
Lehigh Valley Hospital and Health Network

MARCH/APRIL 2006

Food, food, food!

- Get Heart-Smart About Beef
- Is Chocolate Good for You?
- Nutrition for Strong Bones
- Coping With Celiac Disease

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- Potty-Training Pointers
- What Fatigue May Be Telling You

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Healthy You articles now in Spanish!

En Español!
www.lvho.org

Cover illustration by Lucy Corvino
Stay Fit With Martial Arts

They can help you achieve physical, emotional and spiritual health

Imagine finding a magic potion that would improve your strength, flexibility and balance, ease stress, boost energy and confidence, help you sleep, strengthen your heart, lower your blood pressure, reduce your weight and make you feel young again.

These are some of the benefits of martial arts. There are many different styles, but they share a core principle—blending mental, physical and emotional practice to create overall health and well-being.

“These systems train more than just the body. The body may have limitations, but the mind has infinite potential,” says Michael Angelone, instructor of tai chi and other martial arts. “The mind and body work together to create wellness. You’ll see the difference in your skin, bones, circulation, muscle tone and nervous system, and you’ll also see it in the way you approach the world and how you handle challenges in daily life.”

Family physician John Gray, D.O., of Lehigh Valley Hospital and Health Network recommends martial arts for self-defense as well as other health benefits. He holds a black belt in karate and a blue belt in Gracie Jiu-Jitsu and teaches a special form of self-defense to his patients who use a cane. “Both cane defense and tai chi help patients feel more confident about going out. They can protect themselves, and tai chi helps them feel more stable on their feet and less likely to fall,” he says.

Clearly, martial arts are not just for the young. Continued on page 2

Seith Schentzel, Ph.D., of Allentown has 12 years of formal training in tai chi (shown here) and several other martial arts styles and uses them to maintain his health and fitness. A clinical psychologist and neuropsychologist, he often recommends martial arts to his clients. Schentzel's wife, Pat, has taken tai chi with him for more than a year.

Hannah Roggencamp of Philadelphia works full-time and is applying for Ph.D. programs, yet she drives to Allentown to study T'ien Lung Tao, a blend of several martial arts styles. She’s happy to see more women taking up martial arts and bringing the feminine perspective to a formerly male-dominated realm.

Get to Know These Martial Arts Styles

Low-impact
Tai chi and qigong are Chinese arts that focus on strengthening the mind, body and spirit by emphasizing breathing and slow, flowing movements. They’re popular with older adults and people with medical conditions, but are good for everyone. You’ll get a cardiovascular workout and improved flexibility and balance.

Stand-up
Kung fu, also Chinese, has the same goal of internal harmony, but in a more physical practice. By mimicking various animal movements, you’ll develop patience, endurance and balance.

Karate (Japanese) and tae kwon do (Korean) emphasize punching, striking, kicking and blocking with tae kwon do being heavy on kicking. Besides overall conditioning, you’ll improve your footwork, timing and self-defense.

Grappling
Jujitsu (Brazilian) is a ground-fighting art that uses leverage, precision, strength and understanding of the body to anticipate and counter an opponent’s moves.

Throwing
Judo and aikido (both Japanese) develop total body awareness and control to fend off an attack, mainly with throwing techniques. You’ll develop coordination, strength, power, stamina, flexibility, balance and fast reflexes.

Mark Your Calendar
Try these martial arts programs
Ener-Chi, Qigong or Tai Chi
Details on pages 16, 18
Staying Fit With Martial Arts
Continued from page 1

and strong. “Anyone can do it,” Angelone says. “You’re never too old, and it’s never too late to start.” Here’s how:

Study the different styles and their physical requirements and choose one you can realistically practice.

Look for programs that fully integrate the mental, spiritual and physical. Some just focus on fancy moves.

Look at all the options, from martial arts schools to community and hospital programs.

Beware of programs that require long-term memberships or large fees.

Find an instructor you like, who considers your needs and goals and shares a similar philosophy. Make sure he or she is thoroughly trained and experienced.

Observe classes for teaching method, practice and safety. Talk with students about their goals and what they get from classes.

Look for cleanliness and mats that are full-size, well-padded and not worn.

Want to Know More about local people who practice martial arts, including the people pictured in this story? Call 610-402-CARE or visit www.lvh.org/healthyou.

Can Martial Arts Improve Fertility?

It may sound surprising, but practices like qigong and tai chi may help if you’re trying to get pregnant. They and other complementary therapies like acupressure, acupuncture, yoga and massage therapy have been shown to enhance fertility, says Albert Peters, D.O., reproductive endocrinologist and fertility specialist at Lehigh Valley Hospital and Health Network. “Qigong combines movement and meditation, using the body’s own energy to promote well-being,” he says. “Tai chi encourages physical, mental and spiritual renewal. These practices can reduce stress and other factors that can block conception.”

Peters has practiced and taught martial arts—achieving a black belt in karate and a master’s sash in kung fu—for 10 years. He practices meditation and qigong every day and teaches qigong exercises to the infertility support group at Lehigh Valley Hospital. His martial arts experience, combined with his holistic approach as an osteopathic physician, has made him a believer in complementary medicine. “These practices have worked in Eastern cultures for thousands of years,” he says. “Administered by knowledgeable practitioners, they can definitely enhance traditional medicine.”

Want to Know More about fertility treatment at Lehigh Valley Hospital? Call 610-402-CARE or visit www.lvh.org/healthyou.

Top 10 Things a Primary Doctor Can Do for You

With all the specialists out there, do you really need a family physician or internist to serve as your “primary care” doctor? Yes, says Chris Morehouse, R.N., of Lehigh Valley Hospital and Health Network’s 610-402-CARE. Having one doctor as your main health ally can help you throughout life. Here’s what primary physicians do so well...

They provide a “personal medical home” where your health care begins—a warm, friendly environment where you feel comfortable and known.

They can be a trusted partner with whom you can share all aspects of your health.

They give you a broad perspective, guiding you with traditional medicine and also helping you explore complementary therapies to improve your health.

They coordinate your care, especially if you have more than one condition that requires seeing several specialists.

They help you understand and establish goals for your care, taking into account your values and helping you weigh important quality-of-life issues.

They are healers, putting together all the pieces of your life so your “life story” is a healthy one.

They act as your coach, working on the sidelines to guide you through the decisions you need to make about your health throughout life.

They have longer hours and are more accessible than most other health care providers.

They provide comprehensive care for you and your whole family.

They deliver the best health care “value,” offering a combination of quality care and reasonable cost.

Want to Know More? If your primary care doctor is retiring, call 610-402-CARE to find out how to choose a new one.
The bad news? He had a heart attack.
The worse news? He was driving his car.

The good news?
The ambulance rushes him to Lehigh Valley Hospital's ER.

Just a handful of hospitals in the country would be able to offer him the speed and accuracy of digital medical records, the world's strongest MRI, most accurate CT scanner and all-digital cardiac catheterization. Lehigh Valley Hospital is among them. If the patient's heart attack causes dangerous brain swelling, Lehigh Valley Hospital is one of just six nationwide that can reduce it with Arctic Sun cooling treatment.

And when the patient arrives in the ICU, he has the extra safety of monitoring by the nation's first "eye in the sky," a doctor who monitors ICU patients at all times. Technology even follows him home, where doctors continue to monitor him throughout his recovery.

Learn more about the amazing technology that helps Lehigh Valley Hospital save more lives every day. Register NOW for a FREE Mini Medical School that begins April 5.
Register NOW for this FREE Mini Medical School!

Lehigh Valley Hospital and Health Network has been named one of the 100 Most Wired hospital networks in the nation because of how we use technology to improve patient care. In this Mini Medical School, you'll learn how our doctors use technology every day. You'll follow an accident victim from the call to 9-1-1 to complete recovery at home. You'll see how we use advanced technology for training, treatment, monitoring and security...every step of your care.

You should attend if you are:

- Interested in how technology can help humans work
- Want to keep up with the latest advances in health care
- Considering a career in technology or health care
- Think all this stuff sounds cool!

Tuition is FREE, but you must register. Space is limited. Call 610-402-CARE today!
Searching for the Cause of Stomach Distress

The clues may reveal celiac disease

Jim Shearer of Northampton loved to eat, but hated the way he felt afterward. For 10 years he fought upset stomachs and diarrhea. He was frighteningly thin, exhausted and depressed. Leg cramps woke him at night, and a common cold would keep him in bed for days.

Shearer's doctors thought he had irritable bowel syndrome. He experimented to uncover the source of his misery, giving up coffee and dairy products and eventually subsisting on toast. Nothing helped.

Then a year ago, Shearer was tested for celiac disease, an autoimmune disorder in which the body reacts to gluten, a protein found in wheat, barley and rye. Finally, the mystery was solved.

Once considered rare, celiac disease is now thought to affect one in every 150 people (about 1 percent of the general population), says gastroenterologist Carl D'Angelo, M.D., of Lehigh Valley Hospital and Health Network. “It’s one of the most common genetic disorders, and anyone can get it,” he says.

Symptoms—including abdominal pain, bloating, gas, diarrhea, constipation and weight loss—can be mild or severe. Sometimes the only symptom is anemia or fatigue. “You can live with this your whole life and not realize it,” says D’Angelo’s colleague, family physician Joseph Habig, M.D. “People refer to their ‘sensitive stomach’ or their child’s ‘toddler tummy.’ They think it’s normal because their mom had it, too.”

That family connection is very real, Habig says. If a parent has celiac disease, children possibly will, too. You also can be at higher risk if you or your relatives have other autoimmune disorders like type 1 diabetes, rheumatoid arthritis, thyroid disease or psoriasis.

If your symptoms are mild, should you be concerned? Yes, D’Angelo says. “You may not be getting vital nutrients, which can lead to anemia, fatigue and malnutrition,” he says. “Celiac disease can cause liver problems, neurological disorders, infertility, osteoporosis and other autoimmune disorders, as well as intestinal cancer.”

If you have symptoms or a close relative with celiac disease, ask your doctor about a blood test. If the test is positive, an endoscopy with biopsy can confirm the diagnosis.

“The good news is, celiac is completely treatable by eliminating gluten from your diet,” Habig says. “It’s not easy, because gluten exists in many forms, but there are resources out there. Dietary change can make a huge difference in how you feel and your risk for future problems.”

Living gluten-free has been challenging for the Shearers, but well worth it for Jim, who has his energy back and has gained 30 pounds. “I feel so much better I’m not even tempted to go off the diet,” he says.

His daughter, Julie, isn’t so sure. Newly diagnosed at age 13, she hasn’t experienced the agony her dad went through. She’s having a hard time imagining life without muffins and pizza.

“I’ve tried some gluten-free things that are pretty good, and I’m lucky I like salads,” she says. Fortunately, she can eat all the salad she wants—just hold the croutons.

Want to Know More about living with celiac disease? For tips for adults and children and a list of resources, support groups and places to find gluten-free products, call 610-402-CARE or visit www.lvh.org/healthyyou.

Food sleuths—Jim Shearer and his daughter, Julie, have learned to read labels for clues to hidden gluten. Food shopping takes longer now, but they’ve found many tasty gluten-free products on supermarket shelves (like here at Bethlehem Wegmans), in local specialty food stores and online.
**Here's the Beef**

Can burgers and steaks be part of a healthy diet?

If you can't resist the aroma of a juicy steak on a grill but are afraid of the effects on your waistline or your heart, there's some good news. "As long as you buy the right cut, prepare it properly and limit your serving size, beef can be a healthy part of your diet," says registered dietitian Jennifer Brennan of Lehigh Valley Hospital and Health Network.

Beef is an excellent source of protein, iron, zinc and vitamin B12 (see next page). But the high fat content in red meat raises your risk for heart disease and colon rectal cancer, and some scientists link beef from hormone- and antibiotic-fed cattle with premature puberty, falling sperm counts and the growth of antibiotic-resistant germs.

To get around these risks, watch portion size and fat content and if possible, choose organic beef. "It's worth paying extra for," says family physician William Kracht, D.O., of Lehigh Valley Hospital and Health Network. "Organic beef is hormone- and antibiotic-free and has more essential fatty acids, the good fats." Here's how to make the right choices for your family.

**In the grocery**

- **Go lean.** Fatty meats raise cholesterol, so choose a cut with minimal visible fat. The leanest cuts are labeled "loin" or "round" and are at least 90 percent lean (for ground beef, at least 85 percent).
- **Look for "organic" or "natural" on the label.** Organic beef is readily available in health food stores, and you may find brands like Laura's Lean Beef in your neighborhood grocery.

**In the kitchen**

- **Keep servings small.** A healthy diet includes no more than 3 ounces of beef daily (about the size of a deck of cards). Instead of viewing meat as the main course, think of it as a flavorful addition to a diet rich in vegetables and whole grains.
- **Use low-fat cooking methods.** When you bake, broil or grill meat rather than frying, you don't add extra fats like butter or oil.
- **Don't undercook.** To protect against salmonella, use a meat thermometer to ensure that whole cuts like steaks and roasts reach an internal temperature of at least 145 degrees (a pink, but not red, center). Ground beef should reach at least 160 degrees, with no pinkness in the center or juices.
- **Don't blacken beef.** Over-grilling can produce cancer-causing chemical compounds. Reduce the risk by using a citrus marinade before grilling.

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**Is Chocolate Actually Good for You?**

The answer is a qualified "yes"

Good news for chocolate lovers. It's OK to indulge those "forbidden" cravings. In fact, it may be downright healthy—if you stick to dark chocolate and don't overdo it. "Chocolate can be eaten every day if done responsibly," says registered dietitian Janet Zusi of Lehigh Valley Hospital and Health Network.

More than divinely delicious, chocolate contains powerful plant antioxidants called flavonoids. Found in cocoa, the dark part of the cacao bean, flavonoids protect cells and promote heart health by lowering blood pressure and LDL ("bad") cholesterol. The other healthy ingredient from cacao beans is cocoa butter. Its fat is highly saturated, but falls into the "good fats" category because it doesn't elevate LDL and may lower it.

The darker the chocolate, the more cocoa and flavonoids, so look for "dark" or "semisweet" chocolate with at least 70 percent cocoa content. Milk chocolate has less cocoa and white chocolate none at all, and both have added sugar and high-fat milk.

There are people who should avoid chocolate, even the healthy dark kind. If you have reflux disease, PMS, migraines or acne, the fat, sugar and small amounts of
Good physical and mental health begins with B vitamins. These eight essential nutrients (called the B-complex) are vital in converting food to energy, building immunity, relieving stress and much more. Each member of the B-vitamin family performs specific functions, but the best-known B's are these:

- **Niacin (B3)** boosts energy, keeps your nervous system humming and lowers mildly high cholesterol. "Many people choose niacin over prescription cholesterol drugs because it's cheaper with fewer side effects," says registered dietitian Melissa Faura of Lehigh Valley Hospital and Health Network. But talk to your doctor before exceeding the recommended dietary allowance (RDA—see chart at right). Water-soluble B vitamins pass easily from the body, but too much of this one can cause facial flushing and gastrointestinal distress.

- **B6** protects against elevated homocysteine, an amino acid linked to clogged arteries. "B6 lowers homocysteine, but hasn't yet been proven to prevent heart disease," says Faura's colleague, family physician Kay Corpus, M.D. "For now, stay within the RDA."

- **Folic acid (B9)** is particularly important for reproductive-age women, says registered pharmacist David Drozdowski of Lehigh Valley Hospital and Health Network. It protects against birth defects like spina bifida, which occur before many women realize they're pregnant. If you are or may be expecting, Faura says, take 600 micrograms daily and talk to your doctor about boosting your intake of other B vitamins.

- **B12** lowers homocysteine and keeps nerve and blood cells healthy. If you're over age 50, you may need more than the RDA because aging bodies don't absorb it well, Corpus says. "Vitamin B12 deficiency can result in pernicious anemia, nerve degeneration and memory loss. Ask your doctor if you should be tested for it."

It's possible to meet most of your B-vitamin needs through a balanced diet of fortified grains, milk, eggs, meat, nuts, fruits and green veggies. However, because B vitamins aren't stored in the body and may be destroyed during processing and cooking, Faura suggests taking a daily multivitamin containing the B-complex.

Cancer patients, the elderly and alcohol-dependent people may need more than this, and should talk to their doctor about specific B-vitamin supplements.

### How Much Do You Need?

Here are the daily recommended dietary allowances (RDAs) for B vitamins. For B5 and biotin, there isn't enough scientific data for an RDA, so these are "adequate intake" guides. For a complete chart by age and gender, including the higher RDAs for pregnant and breastfeeding women, call 610-402-CARE or visit www.lvh.org/healthyyou.

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>RDA/Micrograms</th>
</tr>
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<tbody>
<tr>
<td>B1 (thiamine)</td>
<td>1.1-1.2 milligrams</td>
</tr>
<tr>
<td>B2 (riboflavin)</td>
<td>1.1-1.3 milligrams</td>
</tr>
<tr>
<td>B3 (niacin)</td>
<td>14-16 milligrams</td>
</tr>
<tr>
<td>B5 (pantothenic acid)</td>
<td>5 milligrams</td>
</tr>
<tr>
<td>B6 (pyridoxine)</td>
<td>1.3-1.7 milligrams</td>
</tr>
<tr>
<td>B9 (folic acid)</td>
<td>400 micrograms</td>
</tr>
<tr>
<td>B12 (cobalamin)</td>
<td>2.4 micrograms</td>
</tr>
<tr>
<td>Biotin</td>
<td>30 micrograms</td>
</tr>
</tbody>
</table>

Want to Know More about food sources of B vitamins? Call 610-402-CARE or visit www.lvh.org/healthyyou. See nutrition counseling on page 18.

Want to Know More? For delicious and healthy chocolate recipes, call 610-402-CARE or visit www.lvh.org/healthyyou.
Painful emotions are normal for parents grieving the loss of a baby

Ellen Martignetti of Boyertown and her husband, John, adopted their twin boys after years of trying unsuccessfully to conceive. Then when the twins were 8 months old, Martignetti unexpectedly found herself pregnant. The couple joyfully began planning for a third child.

At 11 weeks, a problem developed with the placenta. Then at 24 weeks, Martignetti’s amniotic fluid began leaking. Her specialists tried to prevent labor until the baby’s lungs were better-developed, but they had to deliver little Kurtis at just over 27 weeks. He died within a day. “It’s the deepest sadness I’ve ever felt,” Martignetti says. “I’ve never cried so much in my life, to the point where I couldn’t breathe.”

Fortunately, such tragedies are rare today thanks to the advent of ultrasound, which allows doctors to detect and plan for many fetal abnormalities. The risk for stillbirth—babies who die in the womb after 20 weeks, from causes such as infection, cord or placenta problems, low fluid and premature labor—is well under 1 percent.

That doesn’t make it any easier for parents like the Martignettis. “Losing a baby is like losing a spouse, parent or sibling,” says Wayne Hess, M.D., maternal fetal (high-risk childbirth) specialist at Lehigh Valley Hospital and Health Network.

Grieving parents experience a range of emotions including guilt, anger, sadness and fear. Grief may grip them at the very sight of baby clothes in a department store. Some parents blame themselves, or worry about the safety of their other children. “Whatever you feel is OK,” says Hess’ colleague, perinatal loss nurse Kay Schwalm, R.N. “Everyone grieves differently.” She offers this advice:

Welcome your baby. “Losing a newborn means saying goodbye before you’ve had a chance to say hello,” Schwalm says. Ask a friend, family member or nurse to record information you wish to remember, such as the baby’s height, weight and unique features. Name your baby, take a photo, and save mementos such as footprints, a baby book, blanket and clothing.

Create a memorial. Periodically visiting a gravesite, a tree planted in your child’s memory or the location where you sprinkled your baby’s ashes keeps the memory alive. You also may find comfort in writing letters to your child.

Communicate with your spouse. Husbands and wives tend to mourn differently. Try to honor one another’s grieving style, and seek counseling if needed.

For Ellen Martignetti, Mother’s Day and other holidays during what would have been Kurtis’ first year of life were the hardest. After that, the couple began trying to conceive, and two years later welcomed a healthy baby girl. “We wanted to have more children because there was this awful void,” Martignetti says. “Not that a child would replace Kurtis. We still miss him. We have four children, not three—we just don’t have one of them with us.”

Want to Know More? For information about a support group for grieving parents, call 610-402-CARE or visit www.lvh.org/healthyyou.

How to Comfort a Grieving Parent

If someone you know has lost a child, resist the urge to try to cheer him or her up. Comments such as, “You’re still young, you can have other children” can sting. Instead, simply say, “I’m here” and listen. Often, holding a hand as your friend or loved one talks and cries is the best comfort you can give. For more suggestions, call 610-402-CARE or visit www.lvh.org/healthyyou.
**Invest in Your Bone Health**

Remember putting coins in your piggy bank to save for the things you wanted? Think of bone health the same way. The more you invest now to build strong bones, the healthier your bone “portfolio” will be—and the lower your risk for osteoporosis (brittle bones) in the future.

What exactly happens to bones as you age, and what steps can you take to prevent future problems?

**From birth to age 30**

*What’s happening—*It’s hard to imagine, but your bones are in a constant cycle of building, breakdown and replacement. “Up until age 30, you form more bone than you break down,” says adolescent medicine physician Sarah Stevens, M.D., of Lehigh Valley Hospital and Health Network. “That’s why it’s important for children and adolescents to eat right and stay active, to build as much bone mass as possible.”

*How to make daily bone bank deposits—*“The key to healthy bones at any age is getting the appropriate amount of calcium and vitamin D,” says Stevens’ colleague, endocrinologist Donald Barilla, M.D. Exercise also helps keep bones strong. Thirty minutes of daily weight-bearing activity such as walking, hiking, basketball or dancing will do the trick. Finally, stay away from bone “robbers.” Smoking, caffeine, alcohol and carbonated beverages actually remove calcium from your bones, says Barilla’s colleague, reproductive endocrinologist Albert Peters, D.O. “Keep yourself and your children away from them.”

**From 30s until menopause (women) or 70s (men)**

*What’s happening—*Once we reach our peak bone mass around age 30, the process of bone breakdown outpaces bone building. “Bone density gradually decreases over the years,” Peters says. “The goal during your 30s, 40s and 50s is to slow that decline.”

*How to reduce bone bank withdrawals—*Faithfully take your daily recommended amounts of calcium and vitamin D, do regular weight-bearing exercise and avoid bone robbers. It’s also a good time to get a heel screening test (see Want to Know More) to detect thinning bones.

**From menopause on (women) or from 70s on (men)**

*What’s happening—*A woman’s bone density plummets about 25 percent in the first eight years after menopause, due to declining estrogen. “The same drop occurs in men with the decline in testosterone, but not until much later in life,” Peters says.

In both cases, the loss of these natural sex hormones increases the risk for osteoporosis, which in turn increases the risk for breaking a hip or other bone.

*How to reduce bone bank withdrawals—*Besides continuing the strategies outlined earlier, now is the time to talk with your physician about getting a DEXA scan—the gold standard test for bone health. If your DEXA shows osteoporosis or osteopenia (the beginning stages of osteoporosis), your doctor may recommend medications that slow bone loss.

**Want to Know More** about getting enough calcium? For a chart of recommended daily amounts and a sample calcium-rich menu, call 610-402-CARE. For details on osteoporosis screenings, see page 18 or visit www.lvh.org/healthyyou.
Women and Fatigue

Always tired? Here's what it may be telling you

If you’re up nights with a colicky baby or the night sweats of menopause, it’s no mystery why you’re tired. But if you get enough sleep and still have unexplained fatigue for more than two weeks, it’s time to call the doctor. Fatigue can be a warning sign of many different health problems.

Illness—“Exhaustion can signal anything from infection to cancer,” says internist Linda Augelli-Hodor, D.O., of Lehigh Valley Hospital and Health Network.

Typically, fatigue is just one of the symptoms of a given illness. With excessive thirst it can indicate diabetes, with joint pain it may signal rheumatoid arthritis, and fatigue with a persistent fever points to an infection. (Mononucleosis is a likely suspect, especially in teens.) Fatigue comes with a host of other symptoms in illnesses like multiple sclerosis, hypothyroidism, liver disease, gastrointestinal problems or fibromyalgia.

Inactivity—Exercise keeps your heart working efficiently and makes your muscles stronger. This gives you endurance to get through the day without running out of energy. Regular exercise also helps you sleep better, so you feel more rested.

Poor nutrition—Skipping breakfast causes a mid-morning slump and makes it hard to reach a good energy level during the rest of the day. High-carbohydrate meals, caffeinated beverages and processed foods also can cause peaks and valleys in your energy. Focus on complex carbohydrates like whole grains to maintain energy at a steady level throughout the day.

Emotional issues—“Fatigue can be a symptom of a range of psychological concerns, from simple boredom to deep depression,” Augelli-Hodor says. “That’s why it’s important to tell your doctor about your emotional as well as physical health.” Sometimes depression causes sleeplessness; in other cases, it can make you feel too exhausted to do anything but sleep.

Sleep disorders—You may be unaware that a disorder like sleep apnea (a breathing-related illness characterized by heavy snoring) is disrupting your rest. If you’re simply a poor sleeper, improve your “sleep hygiene” by sticking with a regular bedtime, avoiding caffeine and alcohol, and exercising earlier in the day instead of right before bed. These simple measures can improve the quality of your rest.

Menopause—Some women wake frequently because of night sweats; others find they just can’t sleep. Your gynecologist can help you find a solution to sleep problems during menopause.

Medications—Over-the-counter antihistamines, beta blockers and allergy medicines often cause mild fatigue.

“If you feel utterly exhausted for no reason or if your tiredness prevents you from doing things you usually do, see your physician,” Augelli-Hodor says. ●

Want to Know More about sleep disorders or tips for a good night’s sleep? Call 610-402-CARE or visit www.lvh.org/healthyyou.

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Early Warning Sign for Heart Attack?

“Sudden unexplained fatigue may signal a heart attack in some women,” says Prasant Pandey, M.D., cardiologist at Lehigh Valley Hospital and Health Network. “Women often have different symptoms than men, so it’s important to pay attention to any sudden change in health, especially fatigue that increases dramatically over a few days. A gradual, creeping tiredness over a period of months probably isn’t a sign of an impending heart attack, especially if there are no associated symptoms, like shortness of breath or chest discomfort.”

For more information about heart attack symptoms in women, call 610-402-CARE or visit www.lvh.org/healthyyou.
Is It More Than Just Cramps?

Pay attention to above-normal pelvic pain

A little monthly pain is normal for many women. “But if you have above-normal pain for more than three menstrual cycles—especially if it keeps you from work or school—see your doctor,” says Joseph Patruno, M.D., gynecologist at Lehigh Valley Hospital and Health Network. “Severe and persistent menstrual pain may indicate a problem.”

One of the most common causes of pelvic pain is endometriosis, a condition in which cells from the uterine lining (endometrium) are displaced into the abdominal cavity. There, they keep on responding to hormonal cycles, swelling and bleeding and eventually causing scarring on the fallopian tubes, ovaries and other organs. Endometrial pain is usually worse during menstruation, but there may be pain with intercourse, too. Untreated, the condition can lead to infertility.

“If your pelvic pain is sudden and acute, get to the doctor immediately,” Patruno says. “If your pelvic pain is sudden and acute, get to the doctor immediately,” Patruno says. “You may have a ruptured or rotated ovarian cyst, cutting off the ovary’s blood supply. Severe, sudden pain also can signal emergencies like appendicitis, bowel obstruction or ectopic pregnancy.”

Chronic (ongoing) pelvic pain can result from a sexually transmitted disease. STDs in the cervix and vagina usually aren’t painful, but once the infection moves to the uterus and fallopian tubes, there can be chronic discomfort if it’s left untreated.

Most cases of cyclic chronic pelvic pain are menstruation-related. “About 20 percent of women have painful periods,” Patruno says. “This usually results from hormonal fluctuations and the production of irritating chemicals (prostaglandins) in the uterus. Ibuprofen or anaprox can counteract those chemicals.” If the pain persists or periods last more than seven days, birth control pills may help. Conditions like irritable bowel syndrome, interstitial cystitis and fibromyalgia often worsen during menstruation, contributing to the overall pain level.

In some cases, Patruno says, no clear cause of chronic pelvic pain is apparent. “That doesn’t mean the pain isn’t real. Many of those patients find relief from a multidisciplinary approach including physical therapy.”

Want to Know More about endometriosis? Read our “Ask the Expert” Q&A on the subject at www.lvh.org/healthyyou, or call 610-402-CARE.

The Latest on Breast Imaging

Do you need an MRI or digital mammogram to protect your breast health? Here’s some guidance from Barbara Cavanaugh, M.D., diagnostic radiologist specializing in breast cancer detection at Lehigh Valley Hospital and Health Network:

Mammography is still the best way to detect breast cancer at its earliest, most curable stage. “If the radiologist sees something suspicious, you’ll need further mammograms and/or ultrasound—but 95 percent of such women will not have cancer,” Cavanaugh says. “Start yearly mammograms at age 40. If your mother or sister had breast cancer before age 50, begin yearly screenings 10 years earlier than her diagnosis (for example, begin at age 30 if she was diagnosed at 40).”

Digital mammography uses digital images rather than film. Radiation dose is a bit lower, and the radiologist can fine-tune the image to make tiny abnormalities more visible. A recent study found that digital was significantly more accurate than standard mammography in certain women—those under age 50, those with dense breasts and pre- or early-menopausal women.

MRI (magnetic resonance imaging) hasn’t been studied long enough to know its value for screening, Cavanaugh says. But it can be useful in conjunction with mammography in specific situations. Your doctor will determine if it’s appropriate for you. MRI uses radio frequency pulses (not X-rays) to track blood flow. “It’s more sensitive than mammography, but less specific,” she says. “No one should start with an MRI. This is a promising but still-emerging technology.”

Mark Your Calendar

Endometriosis
March 28
Details on page 16

Easier to spot—A digital (left) versus a standard (right) mammogram makes a white cancerous lump stand out more clearly against breast tissue, which also appears as white.

Want to Know More about scheduling a mammogram with a friend? Be a “Bosom Buddy” and get a free pink-ribbon umbrella! Call 610-402-CARE for details or to get a free breast self-exam shower card.

610-402-CARE (2273) • www.lvh.org • Healthy You
**When Sweating Takes Control**

A local woman finds a cure for hyperhidrosis, or excessive perspiration

For most of us, sweating is nothing more than the dampness that goes with a hot day or physical activity. "Perspiration is a normal function that helps control body temperature through evaporation," says family physician David Glueck, M.D., of Lehigh Valley Hospital and Health Network. In short, it's our personal air-conditioner.

But that asset becomes a liability for people who sweat very heavily—like Eileen Cahill of Green Lane. She suffers from a rare and socially crippling physical disorder called hyperhidrosis.

Possibly hereditary, hyperhidrosis usually affects the hands and feet and sometimes the face and armpits. The 2 percent of Americans who have the condition are well aware that they do—sweating rules their lives. "They have to wrap a towel around the steering wheel to keep their hands from slipping," says Glueck's

### If You're a Heavy Sweater

"Heavy sweating seems to be genetic and tends to be aggravated by anxiety, caffeine, alcohol and spicy food," says family physician David Glueck, M.D. "Menopause and certain drugs and illnesses also can boost perspiration." Here's how to cope:

- **Use an antiperspirant powder.** Deodorants fight odor, but antiperspirants actually reduce wetness by blocking sweat ducts.
- **Wear appropriate clothing.** Natural fibers, including silk, cotton and wool, keep you cooler by letting your skin breathe.
- **Change your diet.** Avoid or limit alcohol, caffeine and spicy food.

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**Potty-Training Pointers**

How to have a stress-free transition from diapers to undies

Some parents advocate putting infants on the potty soon after birth, while others keep their children in diapers past age 3. What's right? It's somewhere between those two extremes.

"To be ready, a child must understand what pee and poop are and what a potty is," says pediatrician Kelly Costello, M.D., of Lehigh Valley Hospital and Health Network. "Some kids can communicate that understanding around 18 months, and most can by age 2."

Use your child's interest as a gauge. If your little one watches you "go potty," expresses interest in trying it or tells you he or she has a "poopy," it's time to get started:

**Step 1:** Explain where pee and poop come from. Use potty-training-themed books and videos for inspiration.

**Step 2:** Play "potty." Periodically sit your child on the potty and ask, "Do you need to go?" If your child urinates, it's time for praise. If not, say "good try," put the diaper back on and try again later. It may take several attempts before your child succeeds, so be patient and keep things positive.

**Step 3:** Reward your child (a sticker on a chart is a fun technique) every time he or she goes on the potty.

**Step 4:** If your child fights the process, back off. "Most children are driven by a desire to please their parents and mimic what parents do," Costello says. "But at this age they're also seeking a sense of control. If you force the issue, it will take longer."

**Step 5:** Once you've potty trained your child during the day, begin to work on nighttime dryness. Again, be patient. "Some kids can make it through the night as soon as they're potty trained, while others may continue nighttime wetting until age 6," Costello says. To help things along, limit fluids before bedtime, make sure your child uses the potty before bed and see a doctor about any problems with constipation. (A full intestine can pressure
colleague, cardiothoracic surgeon Michael Szwer, M.D. “And they can’t take notes because sweat blurs the ink.” Cahill chose not to have a receiving line at her wedding, to avoid having to shake hands.

None of the many remedies she tried offered a permanent solution. Then, she learned of a procedure called endoscopic thoracic sympathectomy (ETS). Doctors work through tiny armpit incisions to locate and divide the sympathetic nerve, which controls excessive sweating. Insurance usually covers the one-hour procedure, and 95 percent of patients get good results. After surgery, some patients develop mild to moderate sweating behind the knees or on the lower back or abdomen, Szwer, says, “but most think the side effects are worth it.”

Cahill had ETS last October and left the hospital the same day, cured of her problem. “I’m so happy,” she says. “It’s wonderful having dry hands.”

Want to Know More about hyperhidrosis, or about relaxation classes at Lehigh Valley Hospital and Health Network? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Embarrassed to wear sandals because of toenail fungus? You’ve got plenty of company—35 million Americans have the condition, and the older you get the more susceptible you are.

“Toenail fungus is not attractive,” says podiatrist Scott Lipkin of Lehigh Valley Hospital and Health Network. “The nail thickens, turns yellowish or brownish, and may get crumbly, warped or even detached.”

Fungus thrives in the dark, humid environment inside shoes, Lipkin says. Once it sets up housekeeping, it tends to colonize neighboring toenails. The condition isn’t serious for healthy people, but if you have a compromised immune system or poor circulation from diabetes, see your physician.

The best treatment is always prevention:

- If your feet perspire, change socks often and use an anti-fungal powder daily.
- Treat an outbreak of athlete’s foot aggressively with anti-fungal cream—athlete’s foot is often the precursor to infected toenails.
- Avoid walking barefoot at public pools and showers.
- Avoid trauma to the nailbed by keeping your toenails short and wearing shoes that give your toes wiggle room.
- Avoid toenail polish and artificial nails, which can trap moisture.

If you do get an infected nail, treat it quickly for the best results, says Lipkin’s colleague, registered pharmacist Jay Needle. “People try all sorts of over-the-counter treatments including anti-fungal creams, tea tree oil, even Vicks Vapo-Rub. Topical creams rarely succeed because the infection is below the surface. Whatever remedy you choose, persist with it a couple of times a day for about nine months.”

The most aggressive way to fight toenail fungus is with an oral prescription drug such as terbinafine or itraconazole. “A course of treatment can cost up to $900,” Needle says, “and health insurance may or may not cover it.” If you go this route, you’ll need periodic blood tests to monitor for possible side effects including liver damage.

Instead of prescribing daily pills for three months, Needle says, some doctors now recommend a potentially less toxic, intermittent approach. You take the pills one week a month over a longer period of time.

Want to Know More about caring for your nails and preventing toenail fungus? For guidelines from Lehigh Valley Hospital’s Youthful You Institute, call 610-402-CARE or visit www.lvh.org/healthyyou.
Parents who think it's harmless need to think again

Marijuana may seem mild compared to cocaine and heroin. But for many reasons, it's just as dangerous. “Today's marijuana is several times more potent than it was in the 1960s,” says psychiatrist Laurence Karper, M.D., of Lehigh Valley Hospital and Health Network. “And adolescents are trying it or using it regularly at younger ages.” Research shows that 28 percent of 12- to 17-year-olds report using marijuana at least once.

Teens, especially if they're depressed or troubled, may seek out the laid-back mood and distorted sense of time and space they get from smoking pot, Karper says. But they pay a heavy price. Here are the facts, to share with your son or daughter:

**Marijuana doesn’t solve problems.** “It takes away your energy and motivation and makes you irritable,” Karper says. “This just worsens any problems you may be having in school, at home or with friends. And when you’re intoxicated by a drug, you’re more prone to doing impulsive things you'll regret later.”

**Marijuana causes long-term damage.** Since it affects memory, it makes you less able to study and learn. Prolonged use is linked with a variety of mental illnesses, says Diana Heckman, director of the ALERT Partnership of the Lehigh Valley. These include depression, severe anxiety, paranoia and even schizophrenia.

**It's a “gateway” drug, raising the risk for other drug use.** “I've never seen a heroin user who didn’t use marijuana first,” Karper says.

**It's illegal, and that's serious.** “There was a time when police might be lenient with a teenager, but not anymore,” says Lehigh County chief juvenile probation officer Paul Werrell. “In today’s ‘zero tolerance’ climate, a young person caught with drugs is likely to be charged with possession.” That means a heavy fine and—for those pursuing higher education—ineligibility for federal assistance.

How can a parent discourage marijuana use? It's not just a matter of talking about the risks of drug use, though that's important. “Be interested and involved in your child's life,” Karper says. “Have dinner together every night, know where your child is, and don’t be afraid to be the enforcer.”

Heckman also suggests leading by example. “If parents smoke or drink, it’s likely their children will, too. You can’t expect a teen to listen to you if you aren’t following your own advice.”

**Want to Know More** about the symptoms and effects of drug use and a list of drug treatment resources? Call 610-402-CARE or visit www.lvh.org/healthyyou.

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**The Truth About Marijuana**

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**Want to Know More** about the symptoms and effects of drug use and a list of drug treatment resources? Call 610-402-CARE or visit www.lvh.org/healthyyou.
CAN YOU HELP A LOVED ONE IN DENIAL?

Coping with someone who's self-destructing

You love this person, but can't stand to watch the self-destruction. Maybe it's a spouse with a serious weight problem, or a sister who chain-smokes. Maybe it's a parent who won't take the medication he needs, or your best friend who stays in an abusive marriage.

Don't they realize how their behavior is hurting them? Not if they're in denial, says psychiatrist Joel Lerman, M.D., of Lehigh Valley Hospital and Health Network. "Someone in denial honestly doesn't see the problem," he says.

Denial is a basic and very common defense mechanism, says psychologist Jeffrey Sternlieb, Ph.D., of Lehigh Valley Hospital and Health Network. "The child accused of stealing cookies blurts out 'I didn't do it!' even though he's got crumbs on his face. It's an unconscious reflex." Denial protects us from anxiety, discomfort and embarrassment, he says, and can even be useful at times—but not when health is at stake.

So how do you help that person you love? "It's important to speak up," Lerman says. "But do it gradually, in a way the person can accept, and without getting emotional." People change in stages, says Julie Dostal, M.D., a clinical teacher in Lehigh Valley Hospital's family medicine residency program. She teaches a process called "motivational interviewing" that's geared to where a person is in the change process:

- **Pre-contemplative**—"The person at this stage doesn't recognize the need to change," Dostal says. "Have a caring conversation that helps him start thinking about it. You might ask, 'What benefits do you get from smoking? What might you gain if you stopped?'"

- **Contemplative**—Here, the person realizes he might have a problem. Gently help him make the mental connection between his discomfort and his smoking, and perhaps suggest small changes.

- **Action stage**—He's ready for a major change. Your role now is to ask, "How can I help you? Are there things I'm doing that get in your way?"

You can't make a person change, but some situations do call for drastic action. "If the self-destructive person is a child, you can and should insist on treatment," Sternlieb says. "But if the problem isn't devastating, the question is, 'Can I still have a happy life with this person?'" Counseling may help—but in the end, it's a matter of whether you're able to accept him or her, warts and all.

A FEW HOW-TO'S

- Don't be "holier than thou." None of us is perfect, and we all find change difficult.
- Don't blame or nag. It will backfire by making the person defensive.
- Speak for yourself. Use "I feel" statements rather than "you should."
- Avoid the "do it for me" argument. People need to change for themselves.
- Call in reinforcements. Your loved one's doctor can be a powerful ally in motivating healthy change—so can friends and family.
- Don't forget your sense of humor. It defuses conflict and helps keep life in balance.
- Be patient. A good tactic in early conversations is to say, "We don't have to talk any more now, but I'd like you to think about this, and I'll bring it up again next month."
Jack Krisko, 68, of Schnecksville was watching television when he happened to cover one eye and realized, "I couldn't see anything out of the other." The diagnosis: a cataract.

Cataracts occur when the lens in your eye becomes cloudy. Gradually, colors grow less vivid, images get fuzzy and you may be more sensitive to glare. "Cataracts are a normal part of aging, affecting more than half of people over age 60," says ophthalmologist Andrew Bausch, M.D., of Lehigh Valley Hospital and Health Network. "Usually they develop so slowly, you don't even notice them at first."

The only way to cure a cataract is to surgically remove the cloudy lens and implant an artificial one. The good news is that cataract surgery—one of the most common of all operations—is virtually painless, and the vast majority of patients go home the same day.

A few weeks before the surgery, your ophthalmologist will measure your eye to calculate the correct replacement lens strength (or power). On surgery day you'll be given a gentle sedative, numbing eyedrops, and possibly an injection to keep your eye and eyelid still.

During the operation, your doctor will remove your old lens through incisions so tiny there's usually no need for stitches. Then, in goes your new lens. You'll go

Did you know?
More than 1.5 million cataract surgeries are performed each year.

Ready to read—Jack Krisko retrieves his daily paper from the mailbox. The headlines aren't cloudy anymore, thanks to cataract surgery.

Did you know?

Heart Tests for Women

You're a woman who exercises, eats right and doesn't smoke, but can you still be sure your heart is healthy? These tests can tell you, says cardiologist Deborah Sundlof, D.O., of Lehigh Valley Hospital and Health Network:

Blood pressure—Though high blood pressure (hypertension) has no symptoms, it's a major risk factor for heart disease. A reading even slightly above 120/80 increases your risk. While hypertension peaks in men at age 54, in women it keeps rising with age. “Beginning in adolescence, women should be tested yearly,” Sundlof says. "If you're pregnant, diabetic or have blood pressure over 130/85, get tested more frequently.”

Cholesterol—You're never too young for a complete cholesterol test, one that breaks down HDL ("good") and LDL ("bad") cholesterol. Why? "Before menopause, women tend to have high HDL," Sundlof says. "Your total cholesterol may look high simply because of high HDL." The breakdown also is important during and after

Which screening and diagnostic tests are most important for YOU?
Are You Getting the Right Dose?

Talk to your doctor and pharmacist to make sure

"Start low and go slow." That's the motto Laura Carothers, D.O., and her fellow physicians use when prescribing medicine to elderly patients. "Because of changes in metabolism and other factors, many of the standard doses are too strong for older adults," says Carothers, a geriatrician with Lehigh Valley Hospital and Health Network. "So we usually start with the lowest possible dose and move up slowly as needed."

Drug companies sometimes make dosage recommendations using a one-size-fits-all approach that may not take individual circumstances into account. A lower dose often is just as effective and may have fewer side effects and a lower price. "To make sure you're getting the proper dose, the most important thing you can do is speak with your doctor and pharmacist," Carothers says.

Bring a list of your prescription and nonprescription medications and herbal supplements to all your doctor appointments (including specialists) and ask questions. Other medicines may affect your starting dose of a new prescription.

When starting a new drug, ask your doctor or pharmacist if the dose you're getting is the lowest you can take.

Talk to your doctor or pharmacist about even the slightest side effect. A lower dose may eliminate it.

If a new medicine has side effects or you read something about it that troubles you, don't stop taking it. You may be putting your health at risk. Call your doctor right away to learn what to do. A lower dose may be all you need.

Tips on Splitting

Sometimes the drug dose you need is less than the smallest available pill. In that case, you need to split a pill in half, says registered pharmacist Charles Stivala of Lehigh Valley Hospital and Health Network. When splitting pills, follow these important guidelines:

- Never split a pill without asking your doctor or pharmacist.
- Use a pill splitter, a small device (example at right) sold for about $5 in most drug stores.
- Never split "enteric-coated" (a coating that lessens stomach irritation) or time-release pills.
- If part of a pill gets crushed in splitting, discard it. If a half-pill breaks into a few pieces, it's OK to take the pieces.

menopause. "When estrogen levels decrease, HDL falls and triglycerides rise," Sundlof says. "Without treatment, this combination can lead to coronary artery disease." Ideally, your HDL should be over 45, LDL under 130 and triglycerides under 150. (Your targets will be different if you have diabetes or diagnosed heart disease.) If your results are abnormal, get tested yearly; if not, every five years.

Diagnostic heart tests—Your doctor may order a diagnostic test (or refer you to a cardiologist for testing) either preventively or because you have heart disease risk factors. Two common tests are the stress electrocardiogram (EKG), measuring your heart's electrical activity while you walk on a treadmill, and the stress echocardiogram, providing an ultrasound image of your heart during exercise. "An echocardiogram supplies information about heart muscles, valves and arteries that an EKG cannot," Sundlof says. "It also may be a more accurate test for women, who are more likely to have a false positive EKG."

Stress tests of either kind can be challenging for women—they're typically less cardiovascularly fit than men and may have trouble reaching their target heart rate on the treadmill. An alternative is a pharmacological stress test, using a medication rather than exercise to boost heart rate.

Beginning at age 40, have a diagnostic heart test at least every five years even if you don't have symptoms.

Want to Know More about heart and other important tests for women, the "cardiac numbers" you should aim for, and Lehigh Valley Hospital's Heart Help for Women program? Call 610-402-CARE or visit www.lvhh.org/healthyyou.
**Healthy You**

**Health Improvement Programs**

**Registration is a must!**

Healthy You class space is limited! If you want to attend a program you should register in advance at 610-402-CARE or www.lvh.org. We may need to cancel a program or class if not enough people enroll. You'll get a full refund.

**COMING THIS SPRING**

Now, you can get even more timely information about classes and lectures. Throughout the year, we'll be sending special reminder mailers. The next one will list upcoming programs in late April and May. Like Healthy You, Healthy You Extra is FREE. To get on the mailing list, call 610-402-CARE today!

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**What's NEW**

Check out these brand-new programs for you and your family this spring...

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**Spirit of Women**

Learn How to Take Care of Yourself

JUST FOR WOMEN

Endometriosis

Get up-to-date information on diagnosis and the latest treatments. • Tue., March 28; 7-8 p.m.

At LVH—Cedar Crest, auditorium

Joseph Patruno, M.D., gynecologist See related article on page 9.

**STAYING FIT**

Explore the Benefits of Belly Dance

Engage your body, mind and spirit in this expressive and meditative dance from the Middle and Far East. Unveil your inner creativity.

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Engage your body, mind and spirit in this expressive and meditative dance from the Middle and Far East. Unveil your inner creativity.

$40

• Sat., April 8; 1:45 p.m.

At Healthy You Center

Tahya, dance instructor

**AGING WELL**

Medicare Part D

Confused by the new Medicare drug benefit? A trained counselor can help you enroll. Bring completed registration forms. Benefits "checkup" available. By appointment only. FREE

• Mondays, 1-3 p.m. through May

At LVH—Muhlenberg, Health Spectrum Pharmacy

• Wednesdays, 12:30-2:30 p.m. through May

At LVH—17, Center for Healthy Aging, Library and Learning Center

To register, call 610-402-CARE.

**EATING HEALTHY**

Food Allergies

Learn how some foods cause severe illness and in some cases, life-threatening allergic reactions, and what to do if you have food allergies. • Mon., April 10, 7-8 p.m.

At LVH—Cedar Crest, auditorium

Shannon Kearney, D.O., allergist

See related article on page 3.

**RAISING A FAMILY**

Mindfulness-Based Childbirth and Parenting

Learn to use moment-to-moment awareness through labor to tap your inner strength and confidence. Complements most childbirth education classes. $30/couple, includes continental breakfast/boxed lunch

• Sat., March 18; 8:30 a.m.-2:30 p.m.

At LVH—17, Center for Healthy Aging

Susan Wiley, M.D.

Deanna Sbissi, parenting educator

**GUYS' NIGHT OUT—REAL MEN DO GRILL MEAT!**

Eating healthy doesn't mean giving up the grill or the food you like. Learn to grill healthy so YOU control your diet. Chance to win a $150 gift certificate to Home Depot, Dick's Sporting Goods or Circuit City.

FREE

• Wed., May 3, 6:30-9 p.m.

At LVH—Cedar Crest

David Buchin, cookbook author and grilling expert 

Jeff Gertner, executive editor

Men's Health and Men's Health

Bill Whipple, registered dietitian

Al Frey, executive chef

Beth Underkoffler, registered dietitian

Sally Luckenbach, certified massage therapist

FREE

See related article on page 1.

**ABCs of Stress Management**

Learn to practice several simple skills you can use anywhere to relieve stress.

FREE

• Mon., April 3, 2-4 p.m.

At LVH—17, Center for Healthy Aging

Sally Luckenbach, certified massage therapist

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See related article on page 3.
### How Do I Get There?

**Lehigh Valley Hospital and Health Network Locations**

- **LVH—Cedar Crest**
  - Lehigh Valley Hospital Cedar Crest and I-78, Allentown
- **LVH—17**
  - Lehigh Valley Hospital 17th and Chew Sts., Allentown
- **LVH—Muhlenberg**
  - Lehigh Valley Hospital—Muhlenberg Rt. 22 and Schoenersville Rd., Bethlehem
- **Healthy You Center**
  - 3401 Fish Hatchery Rd., Allentown
  - At LVH-Cedar Crest, classroom 1
- **Community Locations**
  - Bethlehem Township Community Center
    - 2800 Farmersville Rd., Bethlehem
  - Charles Chrin Community Center
    - 4100 Green Pond Rd., Easton
  - Cedar Crest College
    - 100 College Dr., Allentown
  - Good Shepherd Rehabilitation Hospital
    - 631 St. John St., Allentown
  - Hanover Township Community Center
    - 3600 Jacksonville Rd., Bethlehem
  - Lower Macungie Township Community Center
    - 3480 Brooksale Rd., Macungie
  - Whitehall Township
    - Schadt Avenue Park
      - 1975 Schadt Ave., Whitehall

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### Vascular Lecture Series FREE

#### Healthy Veins
- **Healthy Legs**
  - Wed., March 22, 6:30-7:30 p.m.
  - Tami Lee, director, 4CEAU

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### Aging Well

55-Alive Driver Safety Program

Classroom course for mature drivers reduces accident risks and saves money on auto insurance.
- **$10 Free with Vitality Plus GOLD**
  - Thu., starting April 12; 6:30-7:30 p.m. (AI)
  - Sat., starting April 29; 10-11 a.m. (AI)
  - Mon., starting April 10; 5:15-6 p.m. (AI)
  - Wed., starting April 13; 5:45-6 p.m. (AI)

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### Staying Fit

You'll find the right workout here! You need to register (610-402-CARE) and fill out a health readiness questionnaire, Age 16 or older.

### Ongoing Fitness Classes

#### Exercise for Life
- **NEW** Get more from your fitness program—classes now 8-week sessions!
- **Fitness classes** are scheduled in Allentown (AI), Bethlehem (B), Whitehall (W) and Lower Macungie (LM). For exact locations, call 610-402-CARE.

#### Belly Dancing for Fun and Fitness
- **Body Wedge 21™**—Repetition exercises targeting the major fat-storage areas and muscle groups.
  - 8 classes • $56
  - Mon., starting April 24; 4:45 p.m. (AI)
  - Thu., starting April 27; 6:45 p.m. (AI)

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#### PUMP
- A group workout with light weights, producing visible results.
  - 8 classes • $84
  - Wed., starting April 12; 6:30-7:30 p.m. (AI)
  - Sat., starting April 29; 10-11 a.m. or 10:15-11:15 a.m. (AI)

#### Pilates Express—Deep muscle conditioning builds core strength, great for beginners.
- 8 classes • $48
  - Tue., starting April 25; 11-11:45 a.m. (AI)
  - Wed., starting April 26; 5:15-6 p.m. (AI)

#### Staying Strong—A program designed to build muscle tone, slow bone loss and ease arthritis.
- 16 classes/8 weeks • $44
  - Wed. and Fri., starting April 12; 10-11 a.m. (LM)
  - Tue. and Thu., starting April 13; 5:45-6:45 p.m. (AI)

#### Age-Proof Workout—Low-impact cardio, strength training and yoga—mind/body exercise!
- 16 classes/8 weeks • $80
  - Tue. and Thu., starting March 30; 8:30-9:45 a.m. (AI)

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### Medicare Counseling

Get confidential counseling on Medicare issues from trained APPRISE volunteers from the Lehigh County Area Agency on Aging. **FREE**
- **Walk-in hours most Fridays; 1-3 p.m.**
  - LVH-17, Center for Healthy Aging

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### Health Tracks

*Learn your numbers to get on track toward a healthier lifestyle. Blood pressure, BMI, bone density and fitness screenings; prizes for participation. FREE*
- Wed., March 22; 6:30-8 p.m.
  - At Bethlehem Twp. Community Center
  
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### Classes and Lectures

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).
Healthy You

**Eating Healthy**

**Here’s to Your Heart—Grocery Store Tour**
Guided by a registered dietitian, tour a local grocery store and learn how to read nutrition labels to become a heart-smart shopper.

- **1-hour session** • $15/$25 for two people
- For details, including possible insurance discounts, call 610-402-CARE.

**LE.A.R.N.**
Manage your weight through Lifestyle, Exercise, Attitude, Relationships, Nutrition. Nationally recognized program offers tools and strategies. Includes grocery tour, follow-up appointment.

- **10 weeks** • $325
- For details, including possible insurance discounts, call 610-402-CARE.

**Eat Well for Life**
Learn healthy food choices to improve your well-being and help you manage your weight long-term. Includes grocery store tour.

- **4 sessions** • $45
- For details, including possible insurance discounts, call 610-402-CARE.

**Culture of Wellness Nutrition Services**

- **Food Diary Analysis** Submit a 3-day food diary and get a detailed breakdown of your nutrition intake. $22.50
- **Recipe Makeover** A nutrition overhaul of your favorite recipe—trim fat, salt, sugar, calories. $15
- **Metabolism Measurement** A breath test shows your calorie-burning rate, and a dietitian interprets the results. $45
- **Balance Log** A dietitian tracks your diet online and offers tips. $30/CD-ROM, $45/1-month/4 consultations
- **Nutrition Assessment/Counseling** Meet 1-on-1 with a registered dietitian. $45/1 hour
- **FitKidz** Six weeks of nutrition and fitness for 9-13-year-olds and their parents. Healthy eating, fun exercises and more.
- For details, call 610-402-CARE.

**Mindfulness-Based Stress Reduction**
Learn to reduce stress using group support, improved communication skills and deep relaxation through yoga and meditation. This nationally recognized program has a 25-year history.

- **8, 2-hour sessions/1/2-day retreat**
- **Symptom Reduction**—Relieve symptoms of anxiety, depression, chronic pain, etc.
- **Wellness Group**—Improve your coping skills and well-being.
- **Free introductory session** • Tues., April 4; 6:30-7:30 p.m.
- **Sessions** • Tues., starting April 11; 6-8 p.m.
- For details and fee, call 610-402-CARE.

**Medical Massage—How It Helps**
Find out how therapeutic massage can relieve pain, reduce stress, and improve health and well-being.

- **FREE**
- • Tues., March 28; 7-8 p.m.
  **At LVH—17, School of Nursing, parlor A**

**Pain Free Testing**
Painless testing for vascular disorders.

- **NEW**
- **Abdominal Aortic Aneurysm**—$40
- **African American Aneurysm**—$40
- **LV—17, Center for Healthy Aging**
- **LV—17, Suite 403**
- **LV—Muhlenberg, Banko Center**
- **LV—17, AIDS Activities Office**

**Tai Chi, Yoga and Yogalatte**

- **NEW** • 8 weeks of classes!

**Everyday Tai Chi**

- **8 weeks • $68**
  - **Mon., starting March 20; 10-11 a.m.**
  - **Wed., starting March 22; 10-11 a.m.**
  - **Tue., starting March 20; 7-8 p.m.**
- **At Healthy You Center**
- See related article on page 1.

**Yoga**

- **8 classes • $80; $75 with Vitality Plus GOLD**
  - Bring pillow and blanket.
- **Relaxing**
  - **Thu., starting April 6; 6-7:15 p.m.**
  - **Mon., starting April 17; 6-7:15 p.m.**
- **At Healthy You Center**
- **Energizing**
  - **Thu., starting April 27; 7:30-8:45 p.m.**
  - **At Healthy You Center**

**Yogalatte**

- **8 classes • $48**
  - **Tu., starting April 25; 6-7:15 p.m.**
  - **Wed., starting April 26; 4:45-5:30 p.m.**
  - **At LV—17, School of Nursing, auditorium**

**Caring for Mind and Body**

**Partner Massage**
Learn how to harmonize, de-stress and enjoy the benefits of massage together. Bring 2 pillows, a blanket and water bottles.

- **$65/couple**
  - **Sat., March 18; 11:45 a.m.-2:15 p.m.**
  **At Healthy You Center**
  - **Sat., April 1; 11:45 a.m.-2:15 p.m.**
  **At LVH—Muhlenberg, Banko Center**
  - Scott Pellington, supervisor, massage therapists

**Ener-Chi**
Increase power, flexibility, energy, focus, and peace of body and mind with this fusion of tai chi, kung fu, qigong, yoga and meditation.

- **8 classes • $68**
  - **Tues., starting March 28; 8:15-9:15 a.m.**
  - **Fri., starting March 31; 9:30-10:30 a.m.**
- **At Healthy You Center**
- See related article on page 1.

**Medical Massage—How It Helps**
Find out how therapeutic massage can relieve pain, reduce stress, and improve health and well-being.

- **FREE**
  - **At LVH—17, School of Nursing, parlor A**

**Medical Massage—How It Helps**
Find out how the medical massage can relieve pain, reduce stress, and improve health and well-being.

- **FREE**
  - **At LVH—17, School of Nursing, parlor A**
  - **At LVH—Muhlenberg, Banko Center**
  - **At Healthy You Center**
  - **At LVH—17, HealthSpring Pavilion**
  - **At LVH—17, Suite 403**
  - **At LVH—17, AIDS Activities Office**

**Caring for Mind and Body**
At Health Center at Bethlehem Township, HealthSpring

**Yoga, Tai Chi, Back Care**
Integrate body, mind and spirit by focusing on stretching, breathing and relaxation.

- **8 weeks • $75**
- **Therapeutic Treatments** A variety of relaxing options

**AIDS Activities Office**
HIV Testing Free, anonymous and confidential HIV testing with results in 20 minutes.

- **Walk-in hours** • Tue., 1-2:30 p.m.
  • Thu., 10-11:30 a.m.

**LV—17, Center for Healthy Aging**

- **NEW Vascular Screenings** Painless testing for vascular disorders in those age 60+ with high cholesterol, high blood pressure or family history of vascular disease.
  - **LV—17, Center for Healthy Aging**
  - **LV—Muhlenberg, Banko Center**
  - **LV—17, AIDS Activities Office**

**LV—17, Suite 403**

- **Osteoporosis FREE**
  - **First Mon. of each month; 9-11 a.m.**
  - **Third Wed. of each month; 1-4 p.m.**

**LV—Muhlenberg, Banko Center**

- **Osteoporosis FREE**
  - **First Tue. of each month; 4-6 p.m.**

**LV—17, AIDS Activities Office**

- **HIV Testing** Free, anonymous and confidential HIV testing with results in 20 minutes.
  - **Walk-in hours** • Tue., 1-2:30 p.m.
  • Thu., 10-11:30 a.m.

To schedule an appointment, call 610-402-CARE.
Register today for a NEW Mini Medical School that gives you the inside story on how the newest technology helps Lehigh Valley Hospital doctors save lives.

- **April 5**  
  **'ER' is Not Just a TV Show**  
  Harry Lukens, chief information officer, William Bond, M.D., David M. Richardson, M.D., Brian Martin, information services security, Alan Heckman, emergency medical technician-paramedic  
  Learn how technology shortens turnaround time and increases every patient’s chances as the victim of a heart attack and an auto accident arrives at the ER.

- **April 12**  
  **Someone to Watch Over You**  
  Roberto Bergamaschi, M.D., Matthew McCambridge, M.D., Debra P. Ford, R.N., William T. Ford, M.D.  
  Follow our accident victim into surgery and intensive care as technology helps us save his life and continuously monitor and protect him.

- **April 19**  
  **Technology To Go**  
  Louis E. Spikol, M.D., Charlene Bergstresser, R.N., Home Health Services  
  Our patient is allowed to go home, but he takes technology with him to monitor and aid his recovery.

- **April 26**  
  **Tomorrow’s Technology Today**  
  Donald Levick, M.D., Brian Martin, information services security  
  Today’s patients don’t have to wait until tomorrow. Learn what’s on the horizon and what’s happening today to improve quality and patient care. Talk to the

Tuition is FREE, but you must register. Call 610-402-CARE!
Learn from faculty members who are Wired and Inspired

The faculty of this free Mini Medical School includes faculty physicians from Lehigh Valley Hospital and the Penn State College of Medicine and other experts in the technologies that are revolutionizing patient care.

- Roberto Bergamaschi, M.D. (Minimally Invasive Surgery)
- Charlene Bergstresser, R.N. (Director of Planning and Program Development, Home Health Services)
- William F. Bond, M.D. (Director of Research, Department of Emergency Medicine)
- William T. Ford, M.D. (Internist, Hospitalist)
- Alan Heckman (Emergency Medical Technician-Paramedic, Education Coordinator, Cetronia Ambulance Corps)
- Donald L. Levick, M.D. (President, Medical Staff, Pediatrician)
- Harry Lukens (Chief Information Officer)
- Brian Martin (Manager, Information Services Security)
- Matthew M. McCambridge, M.D. (Associate Chief, Division of Critical Care)
- Debra Peter, R.N. (Patient Care Specialist)
- David M. Richardson, M.D. (Vice Chair, Department of Emergency Medicine)
- Louis E. Spikol, M.D. (Family Medicine, Geriatrician)

Mini Medical School Classes Begin April 5

Wired and Inspired: How the Newest Technology Helps Doctors Saves Lives
April 5, 12, 19, 26, 6:30-9 p.m.
Lehigh Valley Hospital—Cedar Crest Auditorium
TUITION IS FREE BUT SPACE IS LIMITED.
For mothers with postpartum depression, an opportunity to share support and suggestions.

**Car Seat Safety Inspection**

Learn to install car seats properly and inspect for problems. Registration required (1 appr. per seat). **FREE**

In cooperation with PA Traffic Injury Prevention Program and PA Safe Kids
For details, call 610-402-CARE.

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**RAISING A FAMILY**

**Depression After Delivery Support Group**

For mothers with postpartum depression, an opportunity to share support and suggestions. Led by a mental-health professional.

- Second and fourth Tues. of each month; 7-8 p.m.
For details, call 610-402-CARE.

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**PROTECTING YOUR HEALTH**

**HOPE**—a program for osteoporosis prevention and education

This 6-session program will help you prevent or manage osteoporosis through exercise, nutrition, and medication. Program is sponsored by a grant from the Highmark Foundation. **FREE**
For details, call 610-402-CARE.
See related article on page 7.

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**Dr. Dean Ornish Program**

This 12-week program is designed to help reverse heart disease. Nutrition, exercise, stress management, group support, education and follow-up.
For details, call 610-402-CARE.

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**Ongoing Childbirth and Parenting Programs**

For information on dates, locations (now including LVH-Muhlenberg), registration and our discounted combination programs, call 610-402-CARE. Gift cards available.

**HypoBirthing**—Use mental imagery, massage, breathing and music to minimize discomfort.
5-week series, $175

**Prepared Childbirth**—Relaxation, breathing, labor stages, pain management, Cesarean birth, newborn care.
4-week series, $95/couple

**Weekend Prepared Childbirth**—Choose convenient weekend times—Fri. evening/Sat. Sat./Sun.
8-hour Sat. program $95/couple

**Prepared Childbirth Refresh—Review of topics (left), sibling guidance and Center for Mother and Baby care tour.
4-hour session, $50/couple

**Baby Care**—For expectant and adopting parents and grandparents.
Feeding, safety, newborn care and other tips, 3-4 hour session, $40/couple

**Breastfeeding Your Baby**—How-to's and benefits for mother and baby.
$30

**Monday Morning Moms**—Join other breastfeeding advocates for support from lactation counselors.
Babies welcome. $5/session

**Return to Work for Breastfeeding Moms**—Collection, storage, pumps and strategies. Babies welcome. $20

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**COPING WITH ILLNESS**

**Joint Replacement**

If you're scheduled for total knee or hip replacement surgery, this class will help you prepare for your hospital stay and rehabilitation.

- **FREE**
  - Second Thu. of each month; 7 p.m.
  - At LVH—Cedar Crest, Morgan Cancer Center

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**CPR for Family and Friends**

Learn infant/child rescue skills, injury prevention, family safety.
$30/person; $40/couple

**Safe Sitter**—Child care and first aid for babysitters ages 11-14.
1- or 2-day option, $40

**Massage for Mother**—Eases back pain and boosts circulation in pregnancy, restores the body after birth. Great gift idea! 1-hour session, $65

**Fit to Be a Mom and Postpartum**—Strengthen yourself for labor and delivery. Then bring your baby for exercise and socializing. 6-week session, $60

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**Weight Management Services**

The NEW You—Weight-loss Surgery
Pre-Op Education Class—Learn what to expect in the hospital and afterward, including diet and lifestyle changes. $30

**Support Groups**—They can be helpful both before and after surgery. Adult family members welcome. **FREE**

**Nutrition Counseling**—We offer individual assessment and recommendations for pre and post-surgery patients.
For details, location and registration, call 610-402-CARE.

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**IMPORTANT REMINDERS**

**VIP for Life**

This program helps you make lifestyle changes to improve your vascular health.

**Vascular Disease**—What you need to know to reduce your risk.

**Nutrition for Your Health**—Learn about fats, portions, label reading, heart-healthy foods.

**Get Going With Exercise!**—How to set goals, equip yourself and fire up a fitness program.

**De-stress for Success**—Learn how stress affects life, and how to manage stressors.

**Control Blood Pressure**—Diet, exercise, stress management, medications.

**Reduce Your Diabetes and Heart Disease Risk**—Learn the facts on metabolic syndrome, a cluster of symptoms that raises risk.

**Improve Your Cholesterol**—How do LDL, HDL and triglycerides affect your heart?
For details, including possible insurance discounts, call 610-402-CARE.

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**FREE** Tobacco Treatment Program

This 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.

**Coalition for a Smoke-Free Valley Ongoing Offerings**

The coalition offers 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.

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**CPR**

Everyone should be trained in cardiopulmonary resuscitation (CPR).
Classes meet at 2106 S. 12th St., Allentown. Registration required; 1 week in advance.

**Fundamentals of Basic Life Support**—One- and two-person, child and infant CPR. 3-part course **$50**

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

**Heartsaver Pediatric**—Focus on infant and child CPR. **$40**

**Heartsaver AED and First Aid**—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illnesses. **$40/session**
For dates and times, call 610-402-CARE.

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**MS School**—What you need to know when newly diagnosed. Includes lunch; registration required. **FREE**
For details, call 610-402-CARE.

**Lunch ‘n Learn**—Monthly programs on topics of interest to patients and caregivers.
**FREE**
For details, call 610-402-CARE.

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**At Good Shepherd Rehabilitation Hospital**

**Stroke Support Group**—For stroke patients and their families.

- **FREE**
  - Second Thu. of each month; 7 p.m.
  - At LVH—Cedar Crest, Morgan Cancer Center

**Stroke Exercise/Educational Program**—For first, second and third Thurs. of each 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.

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**For MS Patients and their Families**

**Pre-Dop**—For MS patients and their families.

- **FREE**
  - Second Thu. of each month; 7 p.m.
  - At LVH—Cedar Crest, Morgan Cancer Center

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**For LSH Patients and their Families**

**Occupational Therapy Program**—For patients with limited mobility.

- **FREE**
  - Second and fourth Fri. of each month; 7:30 a.m.
  - At LVH—Cedar Crest, Morgan Cancer Center

**For Details**

For information on dates, locations, registration and our discounted programs, call 610-402-CARE. Gift cards available.

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**Good Shepherd Rehabilitation Hospital**

610-402-CARE (2273) • www.lvh.org • Healthy You 19
Keeping Up to Date

Living Wills—Making Your Wishes Known
Join our expert panel to learn about planning in advance for how you want to be treated if seriously ill or unable to speak for yourself. FREE
• Thu., March 23; 6:30-8 p.m.
At LVH—Cedar Crest, auditorium
Stephen Lamners, Ph.D., ethics consultant
Barbara Rott, R.N., manager, pastoral care
Ruth Filbreau, R.N., director, Lehigh Valley Hospice and Home Care
Joseph Vincent, M.D., medical director, palliative care services; chair, ethics committee
Jack Titen, Ph.D. Andersin Fellow in Ethics and Humanities

Community Exchange Orientation
Build relationships and make connections by sharing your skills, services and stories. Learn what Community Exchange can do for you. FREE
• Mon., March 20; 2-4 p.m.
At LVH—17, Center for Healthy Aging

Behind the Scenes at Lehigh Valley Hospital
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—Cedar Crest or Muhlenberg.
To register, call 610-402-CARE.

Around Our Community

NEW Mini-Medical School
This FREE program is for adults, and high school juniors and seniors with a strong interest in science.

Wired and Inspired—How the Newest Technology Helps Doctors Save Lives
• Wed., April 5-26; 6:30-9 p.m.
At LVH—Cedar Crest, auditorium
April 5—“ER” Is Not Just a TV Show
April 12—Someone to Watch Over You
April 19—Technology to Go
April 26—Tomorrow’s Technology Today
To register and for details, call 610-402-CARE.

Ongoing Computer Classes

Basic Computer Skills—Beginners learn to use a keyboard, mouse, programs, toolbars and more.
$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

First Street®
For women of all ages, this 12-week workshop helps you begin a walking or running fitness program, with the goal of participating in a 5K women’s event.
• Mon., starting April 3; 6 p.m.
At Hanover Twp. Community Center
• Thu., starting April 6; 6 p.m.
At Sand Island, Bethlehem
For fee details, call 610-402-CARE.

Support Groups
We sponsor or host support groups for grief, mood management, amputees, diabetes, cancer, heart disease and other conditions.

Parkinson’s Support Group—Second Thu. of each month
For details, call 610-402-CARE.

Sight Loss Discussion Group—Third Mon. of each month; 9:30-11 a.m.
At LVH—17, Center for Healthy Aging
To register, call 610-402-CARE.

Need a Speaker?
Keep your group or organization up to date on the latest health news. Arrange for a speaker from our accomplished team of health care professionals. Current topics include:
• Get a Good Night’s Sleep
• Balance Your Life
• Teach Your Children to Eat Right

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

For Diabetes Patients and Their Families

Ongoing Diabetes Programs
Physician referral needed. For dates, locations and registration, call 610-402-CARE.

Pre-Diabetes—Learn to prevent or delay diabetes through modest lifestyle changes.
Type 2 Self-Management—Education and counseling.
Type 2 Comprehensive Self-Management—5 weekly 2-hour sessions give you the tools to live well with diabetes.
Type 2 Diabetes Follow-up—Review the basics of blood glucose control. Recommended yearly for those who have taken “comprehensive,” above.

Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet a dietitian for meal planning, blood glucose and cholesterol control.

Intro to Insulin Pump Therapy—See and learn about the various pump options to find out if this approach is right for you.

Insulin Pump Training—Hands-on instruction, trouble-shooting for pump users.

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.

Diabetes in Pregnancy—Education and support, pre-conception through pregnancy.

Adult Diabetes Support Group—
• Third Thu. of each month; 6:30-8 p.m.

Insulin Pump Support Group—
• Third Mon., every other month; 6:30-8:30 p.m.

For Cancer Patients and Their Families

Ongoing Cancer Programs and Support Groups
For dates, locations and registration, call 610-402-CARE.

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.

First Steps: Orientation Program—To help you prepare for cancer treatment. For patients, partners, families and friends.

Self-help Group for Individuals With Cancer—Coping skills, group support.

Bereavement Support Group—For family and friends who have experienced a loss through death. Monthly topics vary.

Men Facing Cancer—Discussion group for men with prostate, bladder or genito-urinary cancer; partners and friends welcome.

Support of Survivors—A 24-hour phone line staffed by breast cancer survivors to help recovering women. 610-402-4805 (4767).
• Support group meets first Mon. of each month.

For information on all computer classes, call 610-402-CARE.
As parents, we all hope we won’t need this information.

But knowing it could save your child’s life.

If your child is seriously ill or injured, the specialized care he or she needs is close to home at Lehigh Valley Hospital and Health Network.

You don’t have to deal with the stress of constant travel out of town to find the right care. Lehigh Valley Hospital has the region’s most advanced pediatric care and specialists for the widest range of pediatric needs, including cancer and genetic disorders.

You have the comfort of knowing that Lehigh Valley Hospital also has the region’s only pediatric intensive care unit and the only trauma and burn centers certified for children.

For all your child’s needs, from general pediatric care to specialty care and treatment, you can count on us, caring for you and your child, the moment you need us.

For more information about pediatric care at Lehigh Valley Hospital, call 610-402-CARE or visit www.lvhh.org/children.

Healthy Programs for the Whole Family!

This issue of Healthy You offers classes and programs for every member of your family, including those with diabetes or other special circumstances. So sign everybody up! It’s never too early or too late to improve your health.

For your active youngster

- Level the Playing Field — To help young athletes with diabetes perform at the top of their game. page 17
- FitKidz — A fun, lively nutrition and fitness program for children ages 9-13 and their parents. page 20

For budding scientists

- Wired and Inspired — Anyone with a strong interest in science can attend Mini-Medical School and learn about technology from our team of specialists. page 20

Just for women

- Pregnancy 101 — Everything a mother-to-be needs to know in her first trimester! page 16
- First Strides — Beginner walking or running series at two community locations. page 20

Just for men

- Guys’ Night Out — Real Men DO Grill Meat! He’ll learn that eating healthy doesn’t mean giving up the foods he likes. page 16

When life gets stressful

- Qigong — This Chinese art will help you rebalance your life. page 16
- ABCs of Stress Management — Learn simple skills you can use anywhere. page 16
- Health Tracks — Learn your important health numbers to create a healthier you. page 17
Cancer Center Opening

Celebration
Tuesday, April 11—5-7:30 p.m.

Celebrate your life and learn what makes the difference in cancer prevention, early detection and treatment—at the expanded Cancer Center at Lehigh Valley Hospital—Muhlenberg.

See why the best cancer care is right here close to home. Our care team will show you what's behind the latest treatment—just in case you or a loved one ever needs us.

Learn how to care for yourself. Our Spirit of Women panel of women's health experts will teach you all about prevention and early detection of breast and ovarian cancer.

Experience the inspiration of a photo exhibition that celebrates the life, courage and hope of women and families who have battled breast cancer.

Photos Celebrating Courage
Open all evening!
Experience "67 Women-67 Counties: Facing Breast Cancer in Pennsylvania," a traveling photo exhibition that celebrates life, courage and hope of women and families who have battled breast cancer. This is on display April 6-23.

See Our Advanced Technology, 5-6 p.m.

Our care team will host a tour of our new and expanded Cancer Center and show you our most advanced treatments:
- The area's only hospital-based Gamma Knife® program, an alternative to brain surgery
- Our second high-energy linear accelerator with the most powerful beams of radiation on the East Coast
- Double the treatment spaces for chemotherapy

Learn How to Care for You—a Spirit of Women discussion, 6-7:30 p.m.

Learn your role in the prevention and early detection of breast and ovarian cancer. Our expert panel will discuss what you need to know about genetic risks, lifestyle changes, and signs, symptoms and screenings.

Our expert panel:

Joseph DeFulvio, D.O., gynecologist
Waleed Shalaby, M.D., gynecologic oncologist
Aaron Bleznak, M.D., surgical oncologist
Tara Namey, genetic counselor

Lehigh Valley Hospital—Muhlenberg...All the Services You

From easy parking to private patient rooms and room service, Lehigh Valley Hospital—Muhlenberg was designed with your comfort and convenience in mind. And recent patient satisfaction surveys show you like it. In fact, more than 97 percent of people cared for here said they would recommend our hospital to others.

Care
- Behavioral Health Science Center
- Breast Health Services
- Cancer Care
- Diabetes Care
- Diagnostic Care Center
- Emergency Services
- General Surgery
- Gynecology
- HealthWorks (Occupational Medicine)

For more information,
New Program Helps People With Parkinson's 'Get Up and Go'

Like many people with Parkinson's disease, Vilma Miller, 78, of Easton, went to six weeks of physical therapy to help control her symptoms. Parkinson's is a movement disorder that affects muscle control, and Miller has trouble walking and with her muscle tone. Physical therapy helped, but she wanted continuing support for her condition. So she signed up for Get Up and Go, a new group exercise program at Lehigh Valley Hospital—Muhlenberg.

Get Up and Go uses gentle exercise, education and support so people with Parkinson's and other movement disorders can better manage their everyday speech and movement. “It really helped to learn more about the disease and how it affects me and other people,” Miller says. “I enjoyed practicing exercises together with others and learning different techniques to help overcome my symptoms.”

Get Up and Go brings together exercise, speech, occupational and physical therapists to work with patients and has guest speakers like neurologist Peter Barbour, M.D., of Lehigh Valley Hospital and Health Network. It also offers a forum for family and friends who care for loved ones with Parkinson's.

Want to Know More about Get Up and Go? To register or get more information, call 610-402-CARE.

Get Up and Go—Each Get Up and Go session includes a warm-up, group activity and open gym time supervised by occupational therapists like Nancy Castaldo (left), shown here warming up with Vilma Miller.
Local Family Finds Cancer Care Close to Home

After 14 years as a refugee in the Ivory Coast, Rufus Zulu found a new home in Allentown in 2004. When his daughter Famela, then 5, was diagnosed later that year with a childhood cancer called Burkitt’s lymphoma, he found the care she needed close to home at Lehigh Valley Hospital and Health Network.

Burkitt’s lymphoma is a common childhood cancer in Africa, but rare in the United States, affecting just a few hundred children a year. It was growing rapidly in Famela’s sinuses and bone marrow, requiring six months of aggressive chemotherapy, says Philip Monteleone, M.D. Monteleone and colleague Lesley Simpson, M.D.—the area’s only two full-time pediatric hematologist/oncologists (childhood cancer specialists)—are located at the Pediatric Specialty Center at Lehigh Valley Hospital—Muhlenberg.

For overnight chemotherapy and care, Famela stayed in the inpatient pediatric unit and pediatric intensive care unit (PICU) at Lehigh Valley Hospital—Cedar Crest and I-78 in Allentown. For same-day blood transfusions and exams, she went to the Pediatric Specialty Center at Lehigh Valley Hospital—Muhlenberg.

“Chemotherapy is very difficult for a child and might not have been successful if she had to travel back and forth to Philadelphia,” Monteleone says. “It’s common for the treatment to cause infections and other complications that must be treated quickly. Famela and her family were just minutes away from our specialists and the support they needed.”

Want to Know More about our pediatric services? Call 610-402-CARE or visit www.lvhh.org.

Strings of strength—At the Pediatric Specialty Center, children with cancer take part in a beading program that chronicles their journey to recovery. The beads, each representing something that happened along their journey, form a “string of strength.” The strings are worn here by the cancer care team (clockwise from top left) Annmarie Steber, R.N., Karan Ritter, R.N., social worker Leanne DuBois, medical assistant Dalia Shively, Lesley Simpson, M.D., Philip Monteleone, M.D., and nurse practitioner Judith Doell.

The Place For Child-Friendly Surgery

When Famela Zulu needed surgery to implant the line that carried the chemotherapy drugs to her body, Chris Chang, M.D., performed the surgery in the pediatric ambulatory surgery unit (PASU) at Lehigh Valley Hospital—Muhlenberg. Chang is the area’s only pediatric general surgeon. Other pediatric specialists include orthopedic and plastic surgeons and the region’s only board-certified pediatric anesthesiologist.
Now at Lehigh Valley Hospital—Muhlenberg

Healthy You Classes For a Healthier You

55-Alive Driver Safety Program
Classroom course for mature drivers reduces accident risks and saves money on auto insurance. $10; Free with Vitality Plus GOLD
Thu. and Tue., March 23 and 28; 9 a.m.-1 p.m.

Healthy Aging Series
Successful Aging
First in a series of Healthy Aging topics, this discussion looks at some common myths that many people have regarding growing older.
Tue., April 18; 10 a.m.

Vitality Plus Bingo
Test your health care knowledge, win prizes, meet new friends and learn about Vitality Plus—all while playing bingo.
Fri., April 21; 3 p.m.

What's Behind the Big Blue H?
Take a Tour and Find Out
On this hour-long tour, learn about food service, pharmacy, outpatient and emergency care, and more. Ages 13 and over; under 16 requires adult.

To register and for exact locations at Lehigh Valley Hospital—Muhlenberg, call 610-402-CARE.

Vitality Plus Gold

If you're 50 plus, here's another plus: free health education

You know it's important to stay informed about your health. Now it's easier than ever, because Vitality Plus educational programs are offered here at Lehigh Valley Hospital—Muhlenberg—with free valet parking!

Vitality Plus is Lehigh Valley Hospital’s exclusive program of benefits for people 50 and older. You have your choice of memberships. A free Community membership includes discounts at local health clubs and invitations to educational programs like our Healthy Aging discussion series and behind-the-scenes tours of the new hospital.

When you Upgrade to Vitality Plus GOLD, you'll realize many benefits for just $20 (per individual or married couple).

Here's how it adds up.
• 55-Alive Driver Safety Program on March 23 costs $20 for two people. It's free with Vitality Plus GOLD. The membership pays for itself.
• Other discounts on Healthy You classes, aquatic club, eyewear and hearing aid services.
• And many more discounts and benefits!

Anyone 50 plus can join Vitality Plus.
For a schedule of convenient activities at Lehigh Valley Hospital—Muhlenberg, call 610-402-CARE now.

Vitality Plus—Betty Fenicle (left) and Liz Reinhard of Bethlehem stay active and vital with their family, community activities and the Bethlehem Red Stars, a chapter of The Red Hat Society.

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Picture of Vitality—Betty Fenicle (left) and Liz Reinhard of Bethlehem stay active and vital with their family, community activities and the Bethlehem Red Stars, a chapter of The Red Hat Society.

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