Healthy You
Lehigh Valley Hospital and Health Network

MARCH/APRIL 2008

Making Healthy Choices

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2. Help Your Teen Resist Tobacco
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10. More Fitness in Less Time

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Find out if you're eligible for valuable benefits.

On the cover: As a child, Cristina Usine persuaded her father to quit smoking. Now she works with the teen anti-tobacco program BUSTED! (See story on page 2.) Cover photo by Mary Frederick, Amico Studios
Whether it's a family member or occasional guest, here's what you need to know.

Every good host or hostess wants to prepare a meal that's tasty and attractive. But there's an added challenge when the guest list includes a friend or relative with diabetes—and given the dramatic rise in type 2 diabetes, that's more and more likely.

Concerned about how to be sensitive to and supportive of your guest's dietary restrictions? Don't be intimidated, says registered dietitian Yi-Wen Ding of Lehigh Valley Hospital and Health Network. The key is portion control for carbohydrate choices such as starch, fruit or milk. To maintain healthy blood-sugar levels, most women with diabetes should consume 30-45 grams of carbohydrates per meal, and most men 45-60 grams.

One method to help ensure your guest doesn't exceed that intake is to serve your meal by the plate rather than buffet or family-style, Ding says (see details below). If you're offering alcoholic drinks, provide a snack that contains carbohydrates, such as fruit or crackers. "Alcohol can dangerously lower blood sugar, especially on an empty stomach," she says. Carbohydrates help keep blood sugar in balance. Check out her other strategies for a healthy diabetes-friendly meal below.

Want to Know More? For a diabetes-friendly holiday menu, call 610-402-CARE or visit lvh.org/healthyyou.
Pelvic Floor Problems?
This support system of muscles and ligaments keeps organs in place

Unless you’re experiencing incontinence or uterine prolapse, you probably don’t think much about your pelvic floor, the hammock-like system of muscles and ligaments that supports the bladder, uterus, and bowel. “To function well, these organs need to be in their correct positions, held in place by strong pelvic floor muscles,” says Joseph Patruno, M.D., obstetrician-gynecologist at Lehigh Valley Hospital and Health Network.

Pelvic floor muscles usually develop naturally in young girls who get normal amounts of exercise and good nutrition. “Early and repetitive pregnancy can have a detrimental effect on the development of young bodies, including the pelvic floor,” says Eduardo Lara-Torre, M.D., adolescent gynecologist at the hospital.

For adult women, pregnancy is the most common cause of pelvic weakening. Muscles and ligaments lose more elasticity with each successive birth. “Doing Kegel exercises during pregnancy helps keep those muscles toned,” says Patruno’s colleague, gynecologist Susan Haas, M.D. In fact, starting these internal-squeeze exercises as soon as you reach childbearing age is a wise precaution.

But aging takes a toll, even for women who never have children. The loss of estrogen after menopause makes muscles and tissues less elastic. The result may be:

Uterine prolapse—“The uterus descends lower into the vagina, and you feel pressure or a bulge,” Haas says. Besides being uncomfortable, prolapse affects bladder and bowel function. The condition sometimes can be treated with a pessary, a diaphragm-like ring inserted into the vagina to hold organs in place. The other option is surgery to reposition and support the uterus. Women past childbearing typically choose a hysterectomy (removal of the uterus) along with corrective surgery to support the other organs.

Urinary or bowel problems—Part of the bladder may bulge into the vagina, leading to incontinence, more-frequent urination or retention of urine (a cause of infections). Sometimes the rectum bulges into the vagina, causing difficult bowel movements or bowel incontinence. “These problems are common after menopause,” says Folusho Stephen Tugbiyele, M.D., a urogynecologist at the hospital. “In the past, many women were embarrassed to talk with their doctor, or they thought nothing could be done. Now we can offer medications, pelvic floor rehabilitation with biofeedback, and surgical options for both urinary and bowel conditions.”

While problems caused by weakening of the pelvic floor muscles aren’t life-threatening, they do affect the quality of life. Talk to your doctor about the best treatment for you.

Keep Your Pelvic Floor in Shape
- Maintain a healthy weight
- Don’t smoke
- Exercise regularly
- Avoid constipation
- Don’t lift things that are too heavy

Sign Up Now
What and Where Is My Pelvic Floor?
April 14
Details on page 17

Want to Know More about how to perform Kegel exercises? For instructions, call 610-402-CARE or visit lvh.org/healthyyou.
Do you think that most breast cancer is hereditary, that it strikes only older women, or that every lump is cancerous? You're wrong on all counts, and you're not alone. Researchers have found a wide discrepancy between what women think they know and the reality of breast cancer.

The news media don't help. "They often sensationalize the information," says radiation oncologist Jeanette Blauth, M.D., of Lehigh Valley Hospital and Health Network. Relying on friends also isn't wise, she says: "One person's experience can be vastly different from another's." Blauth and her colleagues recently pooled their knowledge to dispel popular myths—and arm you with the facts you need to protect your health.

**Myth:** I'm too young to get breast cancer.

"Breast cancer can affect women of any age, though the risk definitely rises with age," says family medicine physician Nicole Sully, D.O. Two-thirds of diagnoses occur after age 50. Despite that, Sully says, "a woman of any age who notices a breast lump should seek medical attention."

**Myth:** If I have a lump, it's cancer.

"The vast majority of lumps—according to one study, nearly 90 percent—are not cancerous," says medical oncologist Savitri Padmanabhan, M.D. Fibrocystic breast disease (a benign condition characterized by lumpy breasts) is common, especially in women age 30-50.

**Myth:** Only women with a family history of breast cancer get the disease.

"Sixty percent of all cases are in women with no family history," says genetic counselor Tara Namey. Everyone—and that includes men—is at risk for developing breast cancer. Obesity appears to raise your risk, so weight control plays an important role in prevention.

**Myth:** If I'm diagnosed with breast cancer, I'm going to die or lose a breast.

"If detected in the earliest stage, there's a 98 percent survival rate," says surgical oncologist Heiwon Chung, M.D. Early detection also means a better chance for preserving the breast. Lumpectomy (removing only the lump and not the whole breast) is the standard approach for two-thirds of breast cancer cases today.

**Myth:** Mammograms are painful.

"Uncomfortable" is a better word, and it only lasts a few seconds," says breast imaging specialist Susan Trevisan, M.D. "Proper compression is important to get a clear image. Mammograms are the best test to detect cancer at the earliest stage, and that far outweighs any discomfort."

**Myth:** Herbal remedies cure breast cancer.

While holistic treatments aren't well supported by research, says radiation oncologist Jeanette Blauth, M.D., some women choose to complement their chemotherapy, surgery and/or radiation with herbs or special diets. It's vital to talk with your doctors first. Some complementary therapies and even vitamins can interfere with treatment.

Want to Know More about other breast cancer myths and why compression during mammograms is important? Call 610-402-CARE or visit lvh.org/healthyyou.
Imagine your husband were having signs of a heart attack. Chances are, you'd know immediately what to do: Call 9-1-1 and give him an aspirin. Waiting for the ambulance, you'd toss his medications into a bag or snatch the list off the refrigerator. Once in the emergency department, you'd be able to describe his symptoms and his medical and family history.

"We often say that 'wives save lives,'" says emergency physician Marna Greenberg, D.O., of Lehigh Valley Hospital and Health Network. Indeed, in most families the woman is the designated health-keeper—but only for everyone else. When Mom herself has a heart attack, there's no Mom to take care of her.

Part of the problem is that women don't always recognize their own heart attack symptoms because they're different from those typical in men. "Women also have a unique way of describing their pain, and often dismiss their symptoms as stress or anxiety," Greenberg says. Despite the fact

**memo from MOM to the family**

**If you ever suspect I am having a heart attack:**

- Give me an aspirin.
- Call 9-1-1 immediately, and tell the operator I'm having a heart attack.
- Don't let me talk you out of calling for help.
- Don't be tempted to drive me to the hospital; an ambulance or helicopter saves precious time.

**Heart attack symptoms more likely in women:**

- Indigestion or gas-like pain
- Dizziness, nausea or vomiting
- Discomfort in lower chest, pressure or pain in upper abdomen, or pain in back
- Unexplained weakness or overwhelming fatigue
- Discomfort associated with emotional stress

Post this memo so your family will be prepared when it counts most!

**A husband attuned to heart health**

Charles Groeller of Orefield suspected his wife, Mary Ann, was having heart problems even though a stress test was inconclusive. When her pain and shortness of breath reappeared and intensified while driving home from a family funeral, he pulled off the highway and took her immediately to the emergency department at Lehigh Valley Hospital, where he explained her symptoms and medical and family history. (Mary Ann's diabetes and her mother's death from heart disease both raise her risk.) Tests revealed that it was indeed a heart attack and not just a bout of anxiety. Fortunately, 63-year-old Mary Ann did not suffer permanent damage, and the two now attend Heart Help for Women classes at the hospital. "It's taught us both how to live healthier," Charles says. They're shown here doing water aerobics at the Human Performance Center, Allentown.
that women have a greater risk for dying of a heart attack than men, many women don't want to “make a fuss” by calling 9-1-1. Or they fear embarrassment if the symptoms turn out not to be serious.

That's terribly dangerous, says Greenberg's colleague, cardiologist Joan Homan, M.D. "Without treatment, 500 heart cells die every second in a heart attack, so it's critical not to wait before calling for help. And don't worry about bothering us with a false alarm. That's why we're here. It's better to be embarrassed than dead."

In fact, Homan says, most women experience symptoms a month or two before they actually have a heart attack—and might prevent the attack if they call their doctor at the first symptoms.

Heart attacks are very preventable, Greenberg says. More than 80 percent of them can be prevented with a healthy lifestyle. It's also important to know your risk factors, including family history, blood pressure, blood sugar and cholesterol numbers.

"National studies show that women have not been treated for heart problems as readily as men in the past," Greenberg says. "That's changing now. Our MI Alert for Heart Attacks program at Lehigh Valley Hospital is designed to ensure that anyone with a heart attack will be evaluated and treated in the same way."

Want to Know More about keeping your heart healthy? For a list of ways to prevent a heart attack, call 610-402-CARE or visit lvh.org/healthyyou.

Want to Know More about how to get a CPR Anytime training kit or become fully certified in CPR? Call 610-402-CARE or visit lvh.org/healthyyou.

For someone going into cardiac arrest, the odds of survival are much better if there's another person there...right? Not if the bystander doesn't know cardiopulmonary resuscitation (CPR). Sadly, that's the case with the vast majority of people who witness a heart attack. "In fact, just one in four witnessed victims receives bystander CPR," says emergency physician Gavin Barr Jr., M.D., of Lehigh Valley Hospital and Health Network. "It's one reason the average survival rate for cardiac arrest is only about 6 percent."

Getting certified in CPR is well worth the effort, but many people are put off by the time it takes. Enter CPR Anytime, a new training kit from the American Heart Association. It's based on the fact that "any CPR is better than no CPR," as Barr says.

The kit comes with an instructional DVD and booklet and a training dummy, and it'll teach you how to do basic CPR in about 20 minutes. "You're not going to be fully certified, but you'll know the basics," Barr says. "And that's the point. Just by knowing chest compressions, you can save a life."

An added bonus of CPR Anytime is that everyone in the family can follow along with the DVD and take turns practicing on the dummy. "It's meant to be used by the whole family, and that means more lives can be saved," says Anne Marie Crown, coordinator of Lehigh Valley Hospital's Heart Help for Women program.

The hospital is donating more than 180 CPR Anytime kits to local seventh graders, emergency patients and new or expectant mothers. "We want to help as many people as possible learn CPR," Barr says. "This new approach breaks down one of the biggest barriers."

Want to Know More about how to get a CPR Anytime training kit or become fully certified in CPR? Call 610-402-CARE or visit lvh.org/healthyyou.

Careful parents-to-be—To prepare for their baby's arrival, Roberto and Jane Peña of Allentown purchased CPR Anytime. Pharmacy technicians like Kellie Phillips (center) can help you learn more about the instructional kit at area Health Spectrum Pharmacy locations.

610-402-CARE (2273)  •  lvh.org  •  Healthy You 7
Are You a Hypochondriac?

It's a real clinical condition, and treatment can help

When you've just read about a scary disease whose vague symptoms sound like yours, it's natural to feel a twinge of worry. Most of us realize the odds are minimal and dismiss the thought. But what if you couldn't do that?

Hypochondria is often joked about, but the reality is no laughing matter, says psychiatrist Brian Mika, M.D., of Lehigh Valley Hospital and Health Network. "People with this condition have an almost-phobic fear of having a serious illness," he says. "Their symptoms are real, though misinterpreted, and their preoccupation continues despite their doctor's reassurances." This can take a severe toll on work, family and social life.

Hypochondria affects 1-5 percent of the population, of all ages and both genders. Another 10 percent of people have a milder version. Many hypochondriacs also have anxiety disorder, panic attacks or depression.

"Though the cause of hypochondria isn't yet known, parental attitudes seem to be significant," Mika says. "In other words, if your parent freaks out at every scratch, you learn this is how you're supposed to react."

Worriers have always been a fixture in doctors' offices, says Mika's colleague, family medicine physician William Miller, M.D. But today, they have a new trigger: the Internet. "They spend a lot of time surfing health sites and immediately feel at risk for just about everything," Miller says. "They also discover lots of treatments they want."

If you have health worries that affect your ability to function, see a mental health professional. "Therapy can help interrupt the destructive thought patterns," Mika says. "And antidepressant or anti-anxiety medications may be useful, though they often cause temporary side effects that trigger more worry."

The other crucial strategy is to find—and keep—a good primary doctor. "Avoid anyone who says your problems are all in your head," Miller says. Ask your doctor to meet with you regularly. Listen to his or her advice, and don't insist on every test that comes along. Miller urges his patients to refocus on things outside themselves, like social or civic activities.

If you live with a hypochondriac, be supportive but not over-involved, Miller says: "If you're sympathetic, you reward the worrying; if not, you're a mean spouse. It's a no-win situation." The key, Mika says, is to stay compassionate. "Remember, your loved one is behaving this way because she's suffering from overwhelming anxiety." ●

Want to Know More? For referral to a therapist who can help you cope with hypochondria, call 610-402-CARE or visit lvh.org/healthyyou.

Cold Comfort for Kids

Now that children's cough and cold medicines are subject to a government recall, can you use a smaller dose of adult medicine to ease your little one's misery? The answer is emphatically NO.

"If healthy adults unintentionally take an extra dose of medication, it probably won't hurt them. In children and babies, a small overdose can result in death," says pharmacist Lauren Grantz of Lehigh Valley Hospital and Health Network. The facts are sobering: from 1969 through 2006, more than 120 children died after taking too much decongestant or antihistamine.

But it's not just about dosing. Even if children's cold and cough medicines eventually reappear on the market, you're wise to avoid them, says Elizabeth Goff, M.D., a pediatrician at the hospital.

"These medicines don't shorten the duration of the illness and probably don't relieve symptoms either," she says. In studies, cough and cold medicines performed no better than placebos (non-active medicines) at reducing symptoms in children. Decongestants tend to cause jitteriness and irritability and disrupt sleep. Antihistamines dry out the eyes and
Life before surgery: A truck driver, Hoffman didn’t exercise, loaded up on fast food and had pain in his surgically repaired right knee. At 5 feet, 10 inches, the Emmaus man weighed 429 pounds.

His turning point: “I met two people who had gastric bypass (weight-loss) surgery,” Hoffman says. He followed up with surgeon Richard Boorse, M.D., of Lehigh Valley Hospital and Health Network, who performed the minimally invasive procedure in October 2004.

His new diet: Eating five smaller, healthier meals. He also drinks two diet iced teas and takes vitamin supplements (as required postsurgery) daily.

His new fitness plan: Hiking and cycling. “My goal is to get my heart rate up and break a sweat,” he says.

Forbidden food: Sweets

Guilty pleasure: Potato chips

Weigh-ins: “I didn’t weigh myself until I got down to 250,” he says of his first goal, reached in the summer of 2006. When his weight loss slowed, he cut out those chips.

Life today: Now 179 pounds, Hoffman lives pain-free, no longer needs blood pressure medicines, continues losing about 2 pounds per month and keeps setting goals. Next up: 175 pounds.

Stick-to-it tip: “I think about my ‘former life’—how I had no energy,” he says. “I never want to go back there.”

Advice for others: “If you’re 100 percent committed to diet and exercise, you’ll lose weight and be amazed at how good it feels,” he says.

Want to Know More about losing weight surgically or medically? For a program brochure and fact sheet about surgery (including the new minimally invasive LAP-BAND® procedure), call 610-402-CARE or visit lvh.org/healthyyou.
It's easy to get sidelined by reasons not to exercise. Fitness training is hard, time-consuming, repetitive and slow to produce results. But if you use a technique known as interval training, you can turn these assumptions on their heads. Interval workouts are mostly easy, vary constantly and can boost your fitness dramatically in a short time.

Athletes have long used interval training to improve performance, and research suggests the technique has powerful benefits for average exercisers as well. "You go all-out for just a short period, followed by a longer period at a less intense pace," says exercise specialist Erin Kisling of Lehigh Valley Hospital and Health Network. For example, you might walk for four minutes, race-walk or run for 30 seconds, then walk again for four minutes before repeating the sequence.

Research shows that such simple change-ups improve endurance, burn more fat and boost energy better than exercising at a single, moderate pace for an extended period. Another advantage: "Intervals are great if I'm pressed for time, because the fast sections speed my workout," says Amy Steigerwalt, D.O., a family medicine physician with the hospital. In regular walks through Allentown's Trexler Park, she uses landmarks such as a bridge, a big tree and a log cabin to stop and start her jogging intervals.

Ready to try the interval technique? See the sample workout below.

**A Sample Interval Program**

- Warm up by strolling for 5-10 minutes.
- Increase to a moderate pace for 2 minutes. Your breathing should deepen, but you should still be able to carry on a normal conversation.
- Rev it up by either walking faster or running for 20-30 seconds. This is your first high-intensity interval.
- Slow back down to moderate for 2 minutes, or as long as it takes for breathing and heart rate to return to pre-interval levels.
- Do another fast interval.
- Keep alternating moderate with fast pace until you've done five intervals (about 20 minutes total).

That's for beginners

If you're moderately active, you can boost the goal to eight intervals (32 minutes total). If you're very fit, you can boost it to 10 intervals (40 minutes total).

- Cool down by strolling for 5-10 minutes.

**Total workout time:** 30 (beginner)-50 (advanced) minutes. If you're not accustomed to exercise, rest a day or two between interval workouts to let your body recover—but feel free to do less strenuous activity like easy walking on your days off.

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**A Change of Pace** —Interval training works with walking and running (shown above, left by Kathy Fones of Macungie, a mentor with First Strides®) and with other exercises like cycling (shown at right by exercise physiologist Eric Witzel and Regan Nicholas of Bethlehem). Witzel and his colleagues can help supercharge your workout at the new Healthy You Fitness Center at Lehigh Valley Hospital—Muhlenberg. Learn more on page 16.

**Interval training can supercharge your workout**

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**Supercharge Your Workout**

**March 27**

**Details on page 16**

**First Strides® and other fitness classes**

**Details on pages 16, 20**
A Helpful Guide
All You Need to Know about the New Lehigh Valley Hospital–Cedar Crest

Your suggestions helped shape a new campus at Cedar Crest Boulevard and I-78. Use the maps inside to find your way and discover what our investment in our community’s health means to you.

“At Your Request” dining

Free valet parking

All for you
We’re Prepared for your future

Our community’s population is growing and aging. As a result, more people are turning to Lehigh Valley Hospital and Health Network for care. To ensure we meet the health care needs of you and your family, we invested in our community’s health through a $241.3 million expansion project at Lehigh Valley Hospital–Cedar Crest.

Here for you—Everything we do at Lehigh Valley Hospital revolves around the needs of our patients and their family members.

Built for you—The new Kasych Family Pavilion was designed to provide the health care services you need most.

Care that’s easily accessible

We want your visit to be as convenient as possible. That’s why we not only made improvements to the campus, but to our entire neighborhood. Turning lanes, synchronized traffic lights and a new employee entrance improve traffic flow.

Finding a parking space is simple. Three new parking decks add more than 1,900 spaces. A shuttle will take you from the parking lot to the hospital doors. It’s even easier to use our free valet service. Pull up to the main entrance or Cancer Center entrance and have your car parked for you.

All aboard—if you need help getting to your destination inside the hospital, visitor assistant Bill Gordon will gladly give you a lift.
Private patient rooms provide you with a quieter, more peaceful time in the hospital. The rooms are large, bright and provide the health care services you need most, like:

- **Heart care** in a state-of-the-art unit
- **Burn care** in our larger Regional Burn Center
- **Intensive care** in units with technology that allows specialists to constantly monitor patients, even overnight.

- **The Educational Conference Center** includes eight classrooms that host hundreds of Healthy You classes.
- **The Exemplary Care Learning Center** is a unit where caregivers teach and study the best ways to meet your needs as a patient or visitor.
- **The medical library and computer lab** provide places for caregivers to research the best ways to care for you.
Your safety is a top priority. “Caring for patients is the only reason we’re here, so we always do what’s best for them,” says Kristina Holleran, R.N.

Each patient room in the pavilion has a ceiling lift—a mechanical device that safely and comfortably lifts patients who have difficulty getting out of bed. “It puts less strain on a patient’s back,” Holleran says. “Plus, it allows us to easily move patients to a chair where they can sit up. This improves breathing, circulation and even a patient’s emotional state.”

Here are other ways we’re keeping you safe:

- **Locked medication drawers** in each room ensure you receive medication quickly.
- **Medication bar-code scanners** ensure you receive the right medication and dose at the right time.
- **Code blue buttons** summon a team of caregivers to a room when a patient needs immediate, lifesaving care.

- **Third Floor**
  - 1 Regional Burn Center
  - 2 Transitional open-heart unit

- **Fourth Floor**
  - 1 Vascular unit

- **Fifth and Sixth Floors**
  - 1 Medical-surgical unit

Creating an environmentally friendly hospital is the right thing to do. The Kasych Family Pavilion is LEED (Leadership in Energy and Environmental Design) certified, the national benchmark for “green” buildings. Here’s why:

- Recycled building materials were used wherever possible.
- Construction materials were purchased from companies within 500 miles of Lehigh Valley Hospital–Cedar Crest to reduce gasoline usage and lessen pollution.
- All occupied areas make the most use of natural light.
- Unoccupied areas, like storage rooms, have motion sensors that turn lights on and off when someone enters or leaves the room.
- Kasych’s heating and cooling and other mechanical systems are energy-efficient.
- Smoking is not permitted on campus to protect patients and guests from secondhand smoke.
More rooms, less waiting—New emergency exam rooms provide more space for caregivers like Allison Luckenbill, R.N., to care for patients like Stephen Tervisan of Barto.

A Larger emergency room

Most people who need care come to the emergency room first. To meet your emergency care needs, a new express road and larger parking lot ensure you'll get to the care you need fast.

Inside, a larger waiting room and more exam rooms were added. Express care rooms offer fast treatment if you have a minor injury or illness. "We're better equipped to treat you quickly and with the greatest level of privacy and comfort," says emergency physician David Richardson, M.D. "Our goal is to provide the best emergency services in a pleasant environment."

A Comfortable experience

The Kasych Pavilion's first patient and his family feel at ease in their private room

Like many patients, 17-year-old Dennis Kriczky of Barto was admitted to the hospital after first coming to the emergency room. What makes Dennis unique is that he is the first patient to receive care in Lehigh Valley Hospital–Cedar Crest's new Kasych Family Pavilion.

Dennis' mother Vicki, was pleased to learn all of the pavilion's rooms are private. "It's important for us to be in a room where we have privacy and can talk openly," Vicki says. Dennis was glad the room was large enough to accommodate a visit from his Boyertown High School classmates.

What impressed the Kriczks most about the Kasych Pavilion is the people. "I really trust the doctors and nurses," Dennis says. Vicki agrees and says, "Lehigh Valley Hospital is our hospital. We will never go anywhere else."

First impression—With his parents, Vicki and Dennis, 17-year-old Dennis Kriczky (center) of Barto, says being the first patient in the Kasych Family Pavilion was "pretty cool."
Art is proven to lower stress and increase relaxation. That's why the work of several local artists grace the Kasych Family Pavilion.

In addition to the paintings, sculptures and a wall featuring inspiring quotes from famous people, Lehigh Valley Hospital-Cedar Crest has other features to address your emotional needs.

- *Abundant natural light* in all patient rooms promotes healing.

- *The healing garden* provides a quiet and picturesque place for prayer or meditation.

- *Chaplains are available 24/7* when you need someone to talk to.

A healing touch—John Opie of Pleasant Valley created three calming paintings for the Kasych Family Pavilion. Two depict local scenes from Diaper Hill and Lake Nockamixon.

How convenient—You'll find a store that sells milk, light bulbs and cat food in Kasych Family Pavilion. Gabriel Okafor and Denise Steckel get what they need before going home, and so can you.

Meeting all your needs

We want you to feel comfortable during your time in the hospital, whether you're a patient or a visitor.

- *“At Your Request” food service* allows patients and families to order meals over the phone and have them delivered from 7 a.m. to 7 p.m.

- *Day beds in most patient rooms* provide a comfortable place for family members.

- *A convenience store* saves you a stop on the way home.
A Remarkable recovery

Back at home—Shannon Anderson is back at home in Lancaster, enjoying time with her family and her cat, Sugar.

The Regional Burn Center helps a Lancaster woman survive serious burns

For most of her life, Shannon Anderson battled intermittent seizures. “When they happened, it was like hitting ‘pause’ on a DVD,” says Anderson, 30, of Lancaster.

Three years ago, Anderson suffered a seizure while she was cooking dinner and fell into the flames of a gas stove. By the time her boyfriend had rushed to douse the flames, she was seriously burned over 45 percent of her body.

Her boyfriend called 9-1-1. A medical helicopter flew Anderson to the closest burn center—60 miles away at Lehigh Valley Hospital-Cedar Crest. “Doctors said she had just a 14 percent chance of surviving the first 72 hours,” says Anderson’s mother, Barbara Race.

An emergency room team stabilized Anderson. Then surgeons, nurses and a Regional Burn Center team provided continuous care, guiding her through numerous surgeries. (“I lost count after the 20th,” Anderson says.) She returned home five months later, and after follow-up visits to the Burn Recovery Center, Anderson is now recovered from her burns.

“Returning to the hospital is like coming home,” says Anderson, who recently toured the expanded Regional Burn Center inside the Kasyhch Family Pavilion. “Now when I hear about other people who are flown to Lehigh Valley Hospital, I take comfort knowing they’re in the right place.”

advanced care for burns

The new Regional Burn Center can care for more people.

The only burn center in our region, it is home to:

- Private patient rooms with state-of-the-art infection control
- Double the number of clinicians
- Family visitation 20 hours a day
- A scar management program to limit cosmetic and functional disabilities
- An image enhancement program offering tattooing and makeup techniques
- A Burn Recovery Center offering follow-up care, education, counseling and rehabilitation
- The largest and busiest burn center in Pennsylvania, verified by the American Burn Center and American College of Surgeons
Want to know more about the new Lehigh Valley Hospital–Cedar Crest? To learn about the health care services available, make an appointment with a doctor, get driving directions and maps, and see more photos of the Kasych Family Pavilion, call 610-402-CARE or visit lvh.org/newcedarcrest.

Want to tour the new Lehigh Valley Hospital–Cedar Crest? You can take a behind-the-scenes look at the Kasych Family Pavilion and other interesting hospital features. Two tours are held monthly. One begins at 10:30 a.m., the other at 2 p.m. Call 610-402-CARE.
New Treatments Brighten Future for Rheumatoid Arthritis Patients

Combination drug therapy controls pain and prevents disability

Michael Howey of Bangor (in photo) was 20 years old when the joint stiffness and pain began. For five years, he brushed off his symptoms; then one morning he found his hip too swollen to walk. Diagnosed with rheumatoid arthritis (RA), Howey, now 32, was given Tylenol and sent home. Over the next two years his condition got so bad he had to quit his roofing job.

More than 40 million Americans suffer from arthritis, and RA—the most serious form—affects more than 2 million. The majority are women age 30-50, although RA can develop in men or women at any age. A glitch in the body's immune system causes it to malfunction, resulting in chronic inflammation that erodes bone and cartilage and eventually causes disability. Though scientists have yet to discover the exact cause, it appears to involve both environment and genetics.

In the past 10 years, research has revealed more about how RA develops, helping doctors to better diagnose and treat the condition. Newer drug therapies work by targeting the underlying cause—an overactive immune system—rather than just easing pain and swelling. Medications called DMARDs (disease-modifying anti-rheumatic drugs) actually halt the progression of the disease and control up to 90 percent of symptoms.

"Early diagnosis followed by aggressive treatment with today's newer medications can prevent disability," says internist Mark Kender, M.D., of Lehigh Valley Hospital and Health Network. "The majority of patients can live a normal and pain-free life with combination therapy, up to three medicines taken together to suppress the immune system," says his colleague, rheumatologist Kristin Ingraham, D.O.

After coping with RA for 10 years, Howey finally found his way to a rheumatologist—Ingraham's colleague, Marie O'Brien, D.O.—and it made all the difference. Combination therapy allowed him to return to work, and he got married and became a father. (He is shown at right with daughter Ava, now 5 months old.) "The medications I'm taking now have given me a new life," he says. "I'm in remission and feel like I'm 20 years old again."

Rheumatoid Arthritis Symptoms
- Morning stiffness that lasts at least an hour before subsiding
- Stiffness and swelling in three or more joints
- Joints affected symmetrically on both sides of the body
- Weight loss
- Fatigue

Early diagnosis is important. If you have symptoms, see your primary doctor for an evaluation and referral to a rheumatologist.

Want to Know More about the differences between osteoarthritis and rheumatoid arthritis? Call 610-402 CARE or visit lvh.org/healthyyou.

To Your Health

New Insights on Colon Rectal Cancer

Researchers at Lehigh Valley Hospital are collaborating with other members of the Penn State Cancer Institute to determine if a combination of genetics and lifestyle factors—including smoking, tobacco and consuming overgrilled red meats—can lead to colon rectal cancer. The incidence and death rates from this cancer in a six-county region are high compared to the rest of Pennsylvania and the nation. "We're trying to figure out why," says oncologist Gregory Harper, M.D., the study's medical director. The goal: preventing colon cancer in the future.

Health Risks for Shift Workers

Can working the night shift raise your risk for breast or prostate cancer, as suggested in a report from the World Health Organization? It might, says occupational medicine physician Carmine Pellosie, D.O., of Lehigh Valley Hospital and Health Network: "People who work rotating or night shifts or often travel across time zones may suffer circadian (sleep) rhythm disturbances that affect the body's production of the hormone melatonin. This can lower immunity and raise cancer risk. Reduce the detrimental effects by:

• Getting bright light exposure at work.
• Getting at least eight hours of sleep in a darkened room.
• Avoiding caffeine and alcohol for 4-6 hours before bedtime.
• Getting regular exercise and eating a healthy diet.
• Asking your doctor about melatonin supplements.

Want to Know More? Call 610-402 CARE or visit lvh.org/healthyyou.
Sarah Taglioli's former job as a lifeguard and years of playing softball required her to spend a lot of time in the sun. But the 22-year-old Allentown woman felt well-protected, since she was careful to wear sunscreen and a hat. Last August, as she was preparing to return to the University of Delaware for her senior year, she was shocked to learn she had melanoma, the deadliest form of skin cancer.

"I thought it could never happen to me," Taglioli says. She had surgery to remove the cancer (just below her knee) and returned to school in a wheelchair. "I was very lucky it was caught early," she says. "If I'd needed extensive treatment, I might not have been able to graduate on time."

Fortunately, Taglioli's cancer had not spread, says surgical oncologist Paul Mosca, M.D., of Lehigh Valley Hospital and Health Network. But the fact that she developed melanoma despite taking precautions underscores the need to be careful.

"Skin cancer is the most common cancer, and melanoma is showing up more often in younger people," Mosca says. "We don't know the exact cause, but it appears to be linked to sun exposure." People who play sports or work outdoors should wear sunscreen, a hat and protective clothing no matter what time of year. "We tend to focus on sun protection in the summertime, but if you work in construction or on a road crew, you're at risk year-round," Mosca says.

And while a tan may seem like a benefit of working and playing outside, it can be just as dangerous as a burn. "Your risk for melanoma increases if you've had frequent sunburns, especially as a child," says Mosca's colleague, pediatrician Anthony Dimick, M.D. "But total sun exposure—whether you tan easily or not—is a skin cancer risk factor in its own right." Here's how to protect yourself:

- Generously apply broadband (UVA and UVB) sunscreen with SPF 15 or higher, 30 minutes before going outside and again every two hours. If you don't like your current product, shop around: today's choices include no-drip sticks and non-greasy formulas.
- Use makeup and moisturizer that contain sunscreen.
- Don't forget the back of your neck and your ears.
- Keep sunscreen in your car, purse or golf bag; have a "sun bag" ready by the door.
- Consult a dermatologist if you have many moles, atypical moles or large birthmarks.

*Want to Know More* about melanoma, using sunscreen effectively or the effects of tanning? Call 610-402-CARE or visit lvh.org/healthyyou.

**Is It Skin Cancer?**

Use the ABCDE rule to regularly check new and existing moles on yourself and your family:

- A = Asymmetry (half the mole doesn't match the other half)
- B = Border (edges are irregular) or Bleeding
- C = Color (mole has more than one color) or Change (in shape, size)
- D = Diameter (larger than a pencil eraser)
- E = Enlargement
Each year about $38 million in state and federal assistance—most of it benefiting older adults—goes uncollected by Lehigh Valley residents. “It’s because most people don’t know they qualify for such help,” says Melanie McDermott of United Way of the Greater Lehigh Valley.

BenefitsCheckUp aims to change that. McDermott oversees the free computer program created by the National Council on Aging to help people discover if they qualify for more than 1,500 federal, state and local programs. Managed locally by United Way and the Lehigh Valley Alliance on Aging, BenefitsCheckUp and its trained volunteer counselors connect people to transportation and rent assistance, Meals on Wheels, tax credits and other benefit programs.

“It’s stressful trying to make ends meet, especially for those with limited incomes,” says nurse practitioner Heidi Singer, C.R.N.P., of Lehigh Valley Hospital and Health Network’s Center for Healthy Aging. “A little help—getting to medical appointments, paying for prescription drugs, buying food—can have a big impact on older people’s health. They also can live longer independently.”

Most of the programs are for people over age 55, or younger people with disabilities and monthly incomes below $4,500. “If you or someone you know is struggling, take advantage of BenefitsCheckUp,” McDermott says. “Knowing what’s available to you helps you make good decisions.”

Since 2004, more than 5,000 people in the Lehigh Valley have used BenefitsCheckUp. Here’s how some have been helped:

• A man in his late 60s suddenly became ill two years ago, losing his memory and the use of one arm. He spent 85 percent of his monthly income on rent, leaving little for other necessities. Through BenefitsCheckUp, he learned he qualifies for a state rent-rebate program, and he now receives $650 annually to help pay his bills.

• An elderly woman living on her own was working part-time to help pay her bills. She found out she qualifies for a tax credit and received a check for $26.

• A disabled man living alone discovered he could get free transportation to and from medical appointments. At $17 a ride, he’s saving more than $3,500 a year.

• A man who suffered a series of strokes is cared for by his older cousin. They manage well, but are concerned how the man will care for himself if his cousin no longer can help. He just learned he may qualify for Meals on Wheels and home health assistance.

He’ll help you figure it out—As a volunteer benefits counselor with Jewish Family Services, 59-year-old engineer Izzy Studzienko of Allentown helps older adults navigate the BenefitsCheckUp computer program. Here he’s at the Center for Healthy Aging at Lehigh Valley Hospital—17th and Chew streets, where you can access the program if you don’t have a home computer.

You can access BenefitsCheckUp on the Internet at Ivh.org/healthyyou. (If you’re not computer-savvy, volunteer counselors are available to help you at the Center for Healthy Aging or Health Spectrum Pharmacy at Lehigh Valley Hospital—Muhlenberg (see page 15). You’ll be asked to enter information including your age, income, prescription drugs and current expenses. You don’t have to share your Social Security number, address or other personal information.

BenefitsCheckUp will generate a report listing programs you may qualify for and the application forms you need. In some cases, you can apply right on the computer. Counselors can assist you through the whole process and help you decide which programs to apply for first.

Want to Know More about BenefitsCheckUp or connect with a counselor? Call 610-402-CARE or visit Ivh.org/healthyyou.
Is There a Dry Eye in Your House?

For those who suffer from this condition, crying feels like relief

If you’re one of the more than 10 million Americans who suffer from dry eye, you might welcome the opportunity to shed tears at a touching movie. “Anyone who’s gone outdoors on a dry, windy day after too little sleep knows the feeling of scratchy, burning eyes,” says Kenneth Ryder, M.D. of Lehigh Valley Hospital and Health Network. “But for many people, dry eye is a chronic condition that can be very distressing.”

Normal eyes continuously produce tears, which refresh the eye with every blink. “The tear film protecting your eye is surprisingly complex,” says George McGinley, M.D., an ophthalmologist with the hospital. “It consists of three layers, each with a special function.” (See visual below.)

Dry eye is more common with age, particularly among postmenopausal women. It also can be linked to the skin condition rosacea and certain autoimmune diseases, like rheumatoid arthritis. (See story on page 11.)

Drinking alcohol and taking drugs like antihistamines, antidepressants or beta blockers can decrease tear production. Contact lenses can interrupt the cornea’s nerve signals to the tear glands. Lasik surgery patients also may be troubled by several months of insufficient tears postsurgery. And in dry environments like a heated or air-conditioned room, tears may evaporate faster than they’re produced.

What can you do about dry eye?

Blink more often. Take frequent “blink breaks” when you sit at the computer, watch television or get engrossed in a good book.

Add more moisture to the air with a room humidifier.

Avoid alcohol in dry environments like airplanes, and stay away from tobacco smoke.

Try artificial tears, available over the counter. Eye gels and ointments may help during the night.

While it can be painful, dry eye is rarely a long-term vision threat. In extreme cases, though, it can lead to infection or impair the way your eye refracts light. If home remedies don’t help, see your ophthalmologist.

Want to Know More about what to do when home remedies for dry eye don’t bring relief?

Call 610-402-CARE or visit lvh.org/healthyyou.

How Your Eyes Protect Themselves

Every time you blink, glands above and below your eye create a film of tears. This film has three layers:

- The oily outer layer helps prevent evaporation. It’s produced by the meibomian glands.
- The watery middle layer flushes out dirt. It’s produced by the lacrimal gland.
- The clear mucous inner layer keeps the eye moist. It’s produced by the conjunctiva (the membrane inside the eyeball and eyelids).
“My husband said NOT to call 9-1-1. We’re both glad I called anyway!”

Richard Silverman of South Whitehall Township is alive today because his wife, Janet, realized he was having a heart attack and called 9-1-1. You may have a chance to save a life, too. Keep this magnet where it’s easy to see at home or work.

**Call 9-1-1 right away if you think someone is having a heart attack.**

Even if you’re not sure, it’s better to be safe than sorry.

**WARNING SIGNS OF A HEART ATTACK**

If you have any of these symptoms, call **9-1-1 immediately.**

Say, “I think I’m having a heart attack.” Chew and swallow an aspirin.

- Chest discomfort or pain that lasts more than a few minutes
- Discomfort or pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Cold sweats, nausea or lightheadedness

**LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK**

Need heart health information?

610-402-CARE • lvh.org/heart_info

**THIS FREE MAGNET MAY HELP SAVE A LIFE!**
Janet Silverman and MI Alert for Heart Attacks

Saved Richard Silverman’s Life

"Richard complained about acid reflux, but the antacid didn’t help. He was soaked with sweat, and his symptoms were getting worse. He told me NOT to call 9-1-1, but I called anyway. And we’re both glad I did.”

Janet Silverman’s call to 9-1-1 brought paramedics who were able to detect her husband’s heart attack on the spot. They called ahead to initiate Lehigh Valley Hospital’s MI Alert for Heart Attacks, the first fast-action program for heart attacks in the region.

When Richard Silverman arrived at the hospital, the MI Alert for Heart Attacks team was ready. Just 24 minutes later, they unblocked his artery and saved his life.

Want to Know More about MI Alert for Heart Attacks?
Call 610-402-CARE or visit lvh.org/heart_info

Do you know the warning signs of a heart attack?
The FREE Heart Attack Warning Signs magnet on the other side could help you save a life.
How Do I Get There?

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

Lehigh Valley Hospital and Health Network Locations

LVH—Cedar Crest
Lehigh Valley Hospital
Cedar Crest and 7-70, Allentown

LVH—17
Lehigh Valley Hospital
17th and Chew Sts., Allentown

LVH—Muhlenberg
Lehigh Valley Hospital—Muhlenberg
Rt. 22 and Schoenersville Rd., Bethlehem

CAHC—Center for Advanced Health Care
1260 S. Cedar Crest Blvd., Allentown

Healthy You Center
3401 Fish Hatchery Rd., Allentown

HYFC—Healthy You Fitness Center—
Cedar Crest
1243 S. Cedar Crest Blvd., Allentown

HYFC—Healthy You Fitness Center—
Muhlenberg
1770 Bambry Rd., Third floor, Bethlehem

CHA—Center for Healthy Aging
LVH—17

Health Center at Bethlehem Township
2101 Emrick Blvd., Bethlehem

Health Center at Trexlerpark
Rt. 222 and Lower Macungie Rd.
Trexlerpark
1243 S. Cedar Crest Blvd., Allentown

Community Locations

Bethlehem Township
Community Center
2300 Farmersville Rd., Bethlehem

Cedar Crest College
100 College Dr., Allentown

Da Vinci Science Center
Hamilton St. bypass and Cedar Crest Blvd.
Allentown

Good Shepherd
Rehabilitation Hospital
631 St. John St., Allentown

Hanover Township
Community Center
3660 Farmersville Rd., Bethlehem

Human Performance Center
250 Cetronia Rd., Allentown

Lower Macungie Township
Community Center
3400 Brookside Rd., Macungie

Whitehall Township
Schadt Avenue Park
1975 Schadt Ave., Whitehall

National Class Registration Required

610-402-CARE
Mon. - Fri. 8:30 a.m. - 4:30 p.m.


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 lvh.org. We may need to cancel a program or class if not enough people enroll. You'll get a full refund.

Lehigh Valley Hospital
LVH-17
3401 Fish Hatchery Rd., Allentown

Lehigh Valley Hospital
LVH-Muhlenberg
1260 S. Cedar Crest Blvd., Allentown

Healthy You class space is limited!

AARP Tax-Aide provides tax form assistance for middle- and low-income taxpayers. FREE

• Tue. and Thu., ending April 15;
1:45 p.m. At LVH—17, CHA
For details, call 610-402-CARE.

Eating Healthy

New Cooking for Someone With Diabetes
A clinical nutritionist shares healthy cooking tips. Cooking demonstration follows with recipes available. FREE

• Tue., April 15, 2:30 p.m.
At LVH—Muhlenberg, conference room B
Deb Maurer, clinical dietitian
Chef Barry
See related article on page 1.

Managing Your Weight

The New You
Medical Weight Loss
This 6-month individual/group program will help you reach your goal.
FREE Information Session—Meet with bariatrician Theresa Piotrowski, M.D., to discuss nonsurgical options. For details, call 610-402-CARE.

Weight-Loss Surgery
We offer comprehensive preoperative programs and long-term follow-up.

Surgery Information Night—Monthly program on what to expect, from a surgeon and others. FREE

• Wed., March 19, 7-8:30 p.m.
At LVH—Cedar Crest, auditorium

Surgery Support Group—Education and sharing of personal experiences. FREE

• Wed., March 19 and April 23;
5-6:30 p.m.
At LVH—Cedar Crest, auditorium

For details, location and registration, call 610-402-CARE.

LEARN to Lose Weight!


12 weeks • $195
For details, including possible insurance discounts, call 610-402-CARE.

Aging Well

Tax-Aide
AARP Tax-Aide provides tax form assistance for middle- and low-income taxpayers. FREE

• Tue. and Thu., ending April 15;
1:45 p.m. At LVH—17, CHA
For details, call 610-402-CARE.


Ongoing programs

55-Alive Driver Safety Program
$10: Free with Vitality Plus GOLD
At LVH—17, CHA
For details, call 610-402-CARE.

Benefit Check-Up FREE
• First, third Mon. of month; 1-3 p.m.
At LVH—Muhlenberg, pharmacy
• Second, fourth Wed. of month;
12:30-4:30 p.m.
At LVH—17, CHA
See related article on page 13.

Healthy You class space is limited!

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Healthy You class space is limited!
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.

NEW Supercharge Your Workout

Get more out of your workout sessions with customized interval training. Benefits, tips and demonstration of a sample workout. FREE

• Thu., March 27; 7-8 p.m.
At LVH-Muhlenberg
Erin Kelling, exercise specialist
See related article on page 10.

Ongoing programs

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

Healthy Water—This group fitness class is designed for young people with fibromyalgia or chronic fatigue. Doctor referral needed; preferred ages 14-22.
At Human Performance Center
Staff from Healthy You Fitness Center
For details, call 610-402-CARE.

Cardio Fit—Recreational water class builds cardiovascular fitness. Appropriate for post-cardiac recovery.
12 classes/6 weeks • $65
$20 with Vitality Plus GOLD
At Rodale Aquatic Center, Cedar Crest College

Aqua-New—Seriously overweight and sedentary? This aqua exercise program is designed for you.
8 classes/8 weeks • $64
16 classes/8 weeks • $128
• Tue., starting March 25 and Thu., starting March 27; 1:15-2:15 p.m.
At Human Performance Center

Interval Express—Lack of time? Alternate short bursts of intense cardio moves with active recovery in 45 minutes.
16 classes/8 weeks • $64
• Mon. and Thu., starting March 31; 4-4.45 p.m. (A)

Body Wedge 21™—Repetition exercises targeting the major fat-storage areas and muscle groups.
3 classes • $55
• Thu., starting April 17; 6-6.45 p.m. (A)

Belly Dancing for Fun and Fitness—Belly dancing stimulates senses, tones muscles, builds coordination, boosts creativity.
8 classes • $56
Intro
• Mon., starting March 24; 8:15-9:15 p.m. (B)
• Tue., starting April 29; noon-1 p.m. (A)
• Fri., starting May 9; noon-1 p.m. (A)

Level II
• Mon., starting March 24; 7:45-8:45 p.m. (B)
• Fri., starting May 9; 1:15-2:15 p.m. (A)

Belly Dance Elite
(Intermediate Level II prerequisites)
• Tue., starting April 28; 1:15-2:15 p.m. (A)

Get on the Ball—An inflated exercise ball enhances your balance, stability, core strength. For all adult fitness levels.
8 weeks • $56
16 classes/8 weeks • $112
• Tue., starting March 25 and Thu., starting March 27; 6-7:15 p.m.

PUMP—Challenging muscle strength/endurance workout targets major muscle groups using progressive resistance.
8 classes • $64
• Wed., starting April 2; 6:30-7:30 p.m. (A)
• Sat., starting April 5; 7:45-8:45 a.m. or 9-10 a.m. (A)

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.
16 classes/8 weeks • $64
• Tue. and Thu., starting April 22, 7-7:45 p.m. (B)

For more information, call 610-402-CARE.
**Ongoing programs**

**Mindfulness-Based Stress**

**Reduction**—Reduce stress using group support, improved communication and deep relaxation through yoga and meditation. Nationally recognized program has 25-year history. 8 classes • Tue., starting April 1; 6-8 p.m. At LVH—CHA. • Wed., starting April 2; 7-9 p.m. At Health Center at Bethlehem Twp.

**Reiki Workshop I**—Become a Reiki practitioner and learn its history, what it can and can’t do, and its benefits. $100 • Sat., April 12; 10 a.m.-3 p.m. At LVH—Muhlenberg, educational conference center. Scott Pellington, Reiki master/teacher.

**The Health of Touch (Partner Massage I)**—Hands-on workshop for couples to learn correct massage techniques to reduce everyday stress. $65/couple • Sat., March 15; 11:45 a.m.-2:15 p.m.

**The Health of Touch and Trigger Points (Partner Massage II)**—Hands-on workshop to learn to relieve stress and reduce pain by applying pressure to specific muscles. Partner Massage I prerequisite. $65/couple • Sat., April 19; 11:45 a.m.-2:15 p.m.

**The Health of Touch and Stretching** (Partner Massage III)—Hands-on workshop to learn stretching techniques for greater flexibility. Partner Massage I and II prerequisites $65/couple • Sat., May 3; 11:45 a.m.-2:15 p.m. At LVH—Muhlenberg, Banako Center. Scott Pellington, certified massage therapist.

**Medical Massage—How It Helps**—Find out how therapeutic massage can relieve pain, reduce stress, and improve health and well-being. FREE • Tue., April 22; 7-8 p.m.

**Massage Therapy**—Options include neck, back and shoulders, relaxation, therapeutic, pregnancy, foot, hot and cool stone, Thai yoga, headache comfort, Reiki energy, Times range from 25-120 minutes; prices $30-$120. Gift cards available. At LVH—Muhlenberg, Youthful You Institute; Healthy You Center; LVH—Cedar Crest, Fairchild Pavilion; Health Center at Tresler Town. For details or an appointment with a certified massage therapist, call 610-402-CARE.

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

**Everyday Tai Chi**—Focus on graceful, flowing movements combined with breathing. 8 weeks $76; $66 with Vitality Plus GOLD • Wed., starting May 7; 10:15 a.m. At Healthy You Center.

**Just for Women**

**NEW** Breast Cancer Survivor Celebration and Workshop

A day dedicated to the health of the body, mind and spirit. Sessions on nutrition, lymphedema management, body image, sexuality, journaling and meditation. FREE • Fri., March 28; 8 a.m.-12:30 p.m. At LVH—Muhlenberg, Banako Center. See related article on page 5.

**NEW** What and Where Is My Pelvic Floor?

Learn about its function and structure, its role from puberty through pregnancy to menopause and beyond, and problems such as incontinence and prolapse. FREE • Mon., April 14; 6-7:30 p.m. At LVH—Muhlenberg, rooms B,C, and D.

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

**Relaxing—gentle flow of poses** • Thu., starting April 17; 10-11:15 a.m. • Mon., starting May 12; 6-7:15 p.m.

**Energizing—stimulating flow of poses** • Thu., starting April 10; 7:30-8:45 p.m. • Tue., starting April 15; 7-8:15 p.m. At Healthy You Center.

**YogaLatte**—Add Pilates to yoga for core-body conditioning. 8 classes $48 • Tue., starting April 15; 6-8:45 p.m. At Healthy You Center.

**Caring for Mind and Body at Bethlehem Twp.**—Integrate body, mind and spirit by focusing on stretching, breathing and relaxation in these wellness classes.

8 weeks $75

**Back Care** • Tue., starting March 18; 5:45-6:45 p.m. At Healthy You Center.

**Beginner Yoga** • Mon., starting May 12; 4:30-5:45 p.m. At Healthy You Center.

**Beginner/Intermediate Yoga** • Tue., starting March 18; 7-8:15 p.m.

**Gentle Yoga** • Wed., starting May 7; 5:30-6:45 p.m.

**Tai Chi** • Mon., starting May 12; 9-10 a.m. At Health Center at Bethlehem Twp.

**NEW** Your Heart Is in Your Hands

Be proactive with your heart health. This open house, tour and meet a team dedicated to partnering with you—learn about new programs, free educational sessions with exercise physiologists, nutrition advisors and life balance coaches.

SmartHeart (a cardiovascular risk management program) free screenings; tour of the diagnostics lab; healthy eating cooking demonstrations. FREE • Sat., May 17; 10 a.m.-2 p.m. At 1250 Center for Advanced Health Care (CAHC) New location. Jean Homann, M.D., and Andrea Sammer, M.D., cardiologists. To register, call 610-402-CARE. See related article on page 6.

**NEW** Pearls of Wisdom for Headache Sufferers

Take an active role in your wellness. Customized sessions discuss your needs, set goals and provide strategies to improve your quality of life. FREE • Tue., March 18; 6:30-7:30 p.m.

At LVH—Cedar Crest, classroom I. Susan Christopher, wellness coach. Sponsored by Lehigh Valley Headache Center.

**Screenings**

**LVH—Cedar Crest**

**Skin Screening** FREE • Wed., May 7; 6-8 p.m.

**Osteoporosis** FREE • First Mon. each month; 9-11 a.m.

**LVH—Muhlenberg**

**Skin Screening** FREE • Thu., May 8; 8-7:30 p.m.

**Osteoporosis** FREE • First Thu. each month; 4-6 p.m.

**LVH—17, AIDS Activities Office**

**HIV Testing**

Free, anonymous and confidential HIV testing with results in 20 minutes.

Walk-in hours • Tue., 1:30-3 p.m. • Thu., 10-11:30 a.m. 1243 S. Cedar Crest, Suite 300
Raising a Family
Being a parent is your most important job, and we're here to help!

Ongoing programs

NEW Discover FitKidz
Learn healthy eating and lifestyle tips for children 8-12 years old.
$25 per child plus caregiver
• Thu., March 20, April 17, May 15;
  6:30-8 p.m.
At LVH—Cedar Crest
See related article on page 2.

Redirecting Children's Behavior (RCB)
Series—Enjoy a peaceful home with responsible children.
Five-week course to be a more effective, calmer parent
to toddlers through teens.
$199/person; $250 couple (payment plan available)
• Fri., starting March 14 or Thu.,
  starting May 1; 6:30-9:30 p.m.
At LVH—Cedar Crest

Workshops—These two-hour sessions apply
the RCB philosophy to some hot parenting topics.
$25/person; $30/couple per workshop
How to Turn Terrible 2s Into Terrific 2s
• Tue., March 4
Balance Love and Discipline
• Wed., March 12
Power Strategies
• Wed., April 2
Teaching Self-Control
• Tue., April 22

Handling Sibling Rivalry
• Tue., May 6
Parenting Your Teen
• Fri., May 9
Parenting as a Team
• Tue., May 13
All 6:30-8:30 p.m.
For details, call 610-402-CARE.

Happy Feet on the Block
Learn step-by-step how to help baby sleep longer,
and soothe even the fussiest infant in minutes.
$25 per child plus caregiver
• Mon, starting May 1; 6:30-9:30 p.m.
At LVH-Muhlenberg
See related article on page 2.

Protection Your Health

NEW Melanoma—Your Questions Answered
Learn about the latest in prevention, treatment and research advances. FREE
• Sat., March 29; 8 a.m.-1 p.m.
At LVH—Cedar Crest, Morgan Cancer Center
See related article on page 12.

NEW The Facts on Rheumatoid Arthritis
What it is, how it differs from osteoarthritis, who's at risk, how it's diagnosed
and affects daily living, and the latest treatments. FREE
• Thu., April 24, 2-3:30 p.m.
At LVH—Cedar Crest, 17
See related article on page 11.

NEW Spring Into Healthy Bones
Celebrate Osteoporosis Month with bone density screenings, body mass index readings,
a sample exercise class to strengthen bones and a calcium-rich taste-testing. FREE
• Mon., May 5; 3-7 p.m.
At LVH—Cedar Crest
• Wed., May 14; 3-7 p.m.
At HYFC—Muhlenberg
Co-sponsored by the Healthy You Fitness Center and the Metabolic Bone Team
For details, call 610-402-CARE.

NEW Tobacco Cessation—What Works
Learn how you can succeed in beating one of the most powerful and
psychological addictions. Tips for quitting and improving your health. FREE
• Tue., April 29; 5-7 p.m.
At LVH—Cedar Crest
See related article on page 2.

Head Off Heart Disease and Stroke
Discover the simple lifestyle changes that'll keep your blood vessels healthy and lower
your risk for a heart attack or stroke.
Change your life for just $15 a class!
All at LVH—Cedar Crest
See related article on page 7.

Tobacco Treatment Program
12-month program of individual counseling and ongoing support (in person or by phone)
can help you quit smoking.
For details, call 610-402-CARE.

HOPE for Osteoporosis
6-week prevention/management program with exercise, nutrition, treatment options.
$75
• Mon., starting April 7; 4-6 p.m.
At LVH—Muhlenberg
For details and possible insurance discounts, call 610-402-CARE.

CPR
Fundamentals of Basic Life Support—One- and two-person, child and infant CPR, 2-part course
BLS Renewal—To attend you must have a current BLS Health Care Provider card.
Heartsaver Pediatric—Focus on infant and child CPR
Heartsaver AED and First Aid—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness.
At 2166
For details, call 610-402-CARE.
See related article on page 2.
Coping With Illness

Ongoing programs

Joint Replacement Preparation
For those scheduled for total knee or hip replacement surgery. What to expect in hospital, during rehabilitation. FREE
• Thu., March 20, April 17, May 15; 2:30-4 p.m.
• Tue., April 1, May 6; 9:30-11 a.m.
At LVH—Cedar Crest, Morgan Cancer Center
• Thu., April 10; 1:30-3 p.m.
• Wed, May 7; 8:30-10 a.m.
At LVH—Muhlenberg

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

For Diabetes Patients and Their Families
Pre-Diabetes—Learn to prevent or delay diabetes through modest lifestyle changes.
Type 1 Self-Management—Individual and group education and support.
Type 2 Comprehensive Self-Management—Class sessions teach you to live well with diabetes according to recommended national guidelines.
Type 2 Diabetes Follow-up—2-hour class updates self-management strategies and troubleshooting. Recommended yearly after “comprehensive,” above.
Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet with a dietitian.
Intro to Insulin Pump Therapy—Learn about the various pump options to see if this approach is right for you.
Insulin Pump Training—Hands-on instruction and troubleshooting.
Insulin Pump Follow-up—Learn advanced features of the pump.
Intensive Management Education—Learn to fine-tune your diabetes control (insulin pumps) and balance insulin needs.
Diabetes in Pregnancy—Education and support, preconception through pregnancy.
Adult Diabetes Support Group • Third Thu. of month; 6:30-8 p.m.
Insulin Pump Support Group • Third Mon. every other month; 6:30-8:30 p.m.
Sugar-Free Kids Support Group (ages 6-12) and their parents

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

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

Keeping Up to Date

Health Insurance for Small Businesses (of 2-50)
Learn about options through insurers contracted with Valley Preferred, including health savings accounts/health reimbursement arrangements. FREE
• Tue., March 18; 1:30 p.m.
At LVH—Muhlenberg, Banko Center
To register, call 610-402-CARE.

Ongoing computer classes

Basic Computer Skills 101—No intimidating computers, just instruction on using keyboard, mouse and programs. $25; $20 with Vitality Plus GOLD
Introduction to the Internet—Hands-on course includes healthy aging Web sites. Basic computer skills needed. $25; $20 with Vitality Plus GOLD
Learn Basic E-Mail—Hands-on course uses free Yahoo. Basic computer skills needed. $40; $35 with Vitality Plus GOLD
All at LVH—17, CHA

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

MINI MEDICAL SCHOOL

Hot on the Trail—The life-and-death realities of forensic medicine

A four-week series including the role of forensic pathologists, what happens during an autopsy, how different disciplines collaborate to solve crimes, and how the evidence helps put criminals away and saves the innocent. Features the Forensic Sciences Exploration Expo, which provides an opportunity to get up-close-and-personal with forensic experts and a tour of Lehigh Valley Hospital's new morgue. Collect clues from the Expo and solve a medical puzzle. Prizes awarded. 

FREE; registration required.

• Wed., April 2, 9, 16, 23; 6:30-9 p.m.
At LVH—Cedar Crest, auditorium
For details and to register, call 610-402-CARE

First Shides®

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 March 24; 6:15 p.m.
At Stroudsburg Elementary/Intermediate School
• Mon., starting March 24; 6 p.m.
At Hanover Twp. Community Center
• Tue., starting March 25; 5:30 p.m.
At Bethlehem Twp. Community Center
• Thu., starting March 27; 7 p.m.
At Sand Island, Bethlehem
See related article on page 10.

NEW Interfaith Coalition Community Service Health Day

Interactive health fair and screenings sponsored by a multifaith coalition for the benefit of the greater Allentown area.

• Sun., April 6; 2-4:30 p.m.
At Congregation Keshevis Israel, 2227 Chew St., Allentown

NEW Cover the Uninsured

Learn how you can receive help from Lehigh Valley Hospital community charity and reduced cost for care programs. 

• Mon., April 28; 2-3:30 p.m.
At LVH—Muhlenberg, conference room A
Jeff Hinkle, manager, patient financial services

Ongoing programs

Behind the Scenes

This tour will feature the new Kasych Family Pavilion and also includes other highlights of the Lehigh Valley Hospital—Cedar Crest site. Ages 13 and over, under 16 requires adult. FREE

For details, call 610-402-CARE.

Need a Speaker?

Our professionals can speak on a variety of health-related topics. FREE
Call 610-402-CARE.

Would a Support Group Help?

Our dozens of different groups offer comfort and support from others who've "been there." FREE
For details, call 610-402-CARE.

Building Community Spirit

Need help around the house? Want to learn a new skill? Need a ride to an appointment? Community Exchange may be your solution.

You don't need money, just time to help someone else. Learn more at this information session. FREE

• Mon., March 17, April 21; 2-4 p.m.
At LVH—17, CHA

How to Be Safe While in a Car

Mark J. Young
Medical Challenge

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

• Mon-Sat., 9:30 a.m.-5 p.m.; Sun., noon-5 p.m.
At Da Vinci Science Center
For details, call 610-402-CARE.

Visit Lehigh Valley Hospital's Web site at lvh.org

Call 610-402-CARE (2273) or toll-free 888-LVH-CARE.
Teens Feel Pressure to Smoke (page 2)
Jonathan Fletcher, M.D.
LVPGo—the Pediatric Specialty Center at Lehigh Valley Hospital, Allentown

Protect Yourself and Your Family From MRSA (page 3)
Luther Rhodes, M.D., chief, infectious diseases
LVPGo—Lehigh Valley Infectious Disease Specialists, Allentown

Pelvic Floor Problems (page 4)
Joseph Patruno, M.D., chief, gynecology
Eduardo Lara-Torre, M.D.
LVPGo—obstetrics-gynecology Center for Women’s Medicine, Allentown

Susan Haas, M.D., Ph.D.
LVPGo—OBGYN Associates of the Lehigh Valley, Allentown, Laurys Station

Pelvic Floor Problems (page 4)
Joseph Patruno, M.D., chief, gynecology
Eduardo Lara-Torre, M.D.
LVPGo—obstetrics-gynecology Center for Women’s Medicine, Allentown

What We Wish Women Really Knew About Breast Cancer (page 5)
Jonathan Pletcher, M.D.
Joan Homan, M.D.
Luther Rhodes, M.D., chief, infectious diseases
LVPG*—Lehigh Valley Infectious Disease Specialists, Allentown

Nicole Sully, D.O.
Allentown Radiation Oncology Associates

Medical Imaging of the Lehigh Valley, LVPG*—emergency medicine, Allentown

Folusho Tugbiyele, M.D.
LVPG*—emergency medicine, Allentown

Your Family Heart-Attack Prepared? (page 6)
Gavin Barr Jr., M.D.
LVPGo—emergency medicine, Allentown

Are You a Hypochondriac? (page 8)
Brian Mika, M.D.
LVPGo—psychiatry, Bethlehem

William Miller, M.D., chair, family medicine
LVPGo—Lehigh Valley Family Health Center, Allentown

Cold Comfort for Kids (page 8)
Elizabeth Goft, M.D.
LVPGo—ABC Family Pediatricians, Allentown, Center Valley, Trechtal, Laureys Station

‘What I Did It!’ (page 9)
Richard Boorse, M.D.
General Surgical Associates, Allentown

More Fitness in Less Time (page 10)
Amy Steigerwalt, D.O.
Parkland Family Health Center, Allentown

New Treatments for Rheumatoid Arthritis (page 11)
Mark Kender, M.D.
LVPGo Internal Medicine, Allentown

Kristin Ingraham, D.O.
Marie O’Brien, D.O.
LVPGo—Arthritis & Rheumatology, Allentown, Hamburg, Trechtal

New Insights on Colon Cancer (page 11)
Gregory Harper, M.D., Ph.D.
Hematology-Oncology Associates, Inc., Allentown

Health Risks for Shift Workers (page 11)
Carmine Pellosie, D.O.
HealthWorks, Allentown

Long Hours in the Sun (page 12)
Paul Mosca, M.D., Ph.D., chief, surgical oncology
LVPGo—Lehigh Valley Surgical Oncology, Allentown, Bethlehem

Anthony Dimick, M.D.
LVPGo—ABC Family Pediatricians, Allentown, Center Valley, Trechtal, Laurys Station

Is There a Dry Eye in Your House? (page 14)
Kenneth Ryder, M.D.
Medical Associates of the Lehigh Valley, Schnecksville

George McGinley, M.D., P.C.
Vision Specialists of the Lehigh Valley, Allentown Medical Center

A Great Place to Work
For the second year in a row, FORTUNE magazine lists Lehigh Valley Hospital and Health Network among the nation’s 100 Best Companies to Work For. The hospital is the only Pennsylvania-based employer to make the list this year. The rankings are based on an evaluation of the policies and culture of each company and the opinions of the company’s employees.
Full-time registered nurses and other customer service experts will give you fast, accurate answers to any health questions. "We're committed to helping people get whatever they need, whether it's information or an appointment with the right doctor," says Tina Ruhf, R.N.

Do you want to...
- Find a primary care doctor or specialist based on location, gender, medical training or anything else that matters to you?
- Talk to a registered nurse about a health topic?
- Get directions to the new Kasych Family Pavilion?
- Sign up for Vitality Plus GOLD activities?
- Get a second opinion about treatment?
- Learn more about a Healthy You article or register for a class?

One number does it all: 610-402-CARE.

To get answers to your questions, call 610-402-CARE.
8:30 a.m.-4:30 p.m.
Monday-Friday