Healthy You
Lehigh Valley Hospital and Health Network

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It's That Caring Season

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A Year of Healthy You
Want to save money and stay healthy? Find balance in your life? Handle your child's "tween" years? Learn how in the January/February Healthy You. It's a 12-month calendar filled with healthy hints and tips that will keep you well throughout 2009. It will be in your mailbox in late December, but you can get your free copy early by attending Lehigh Valley Hospital and Health Network's Community Annual Meeting and Health Expo on Dec. 17. Learn more about the expo on page 21.
Can Appetizers Be Healthy and Tasty?

Yes! Enjoy the holidays without blowing your diet

At this festive time of year, it's easy to ditch the diet when you're faced with a table of luscious appetizers. But with a little planning, you can enjoy the holiday party season—and the food that goes with it—without adding pounds. Here are strategies from registered dietitian Elizabeth Stark of the Weight Management Center at Lehigh Valley Hospital and Health Network.

On party day, exercise early in the day. Eat your regular meals, but consume fewer calories by upping the protein foods and going light on carbohydrates. Be sure to eat something healthy just before you go to the party. "If you arrive hungry, you tend to overeat," Stark says.

Once there, your eating plan starts with moderation. "Have a bit of everything, but keep it all to one plateful," Stark says. Fiber-rich fruits and veggies and protein foods like chicken, fish or low-fat cheese will help you feel full, she says: "Limit fried foods, crackers and breads, and don't take more than a couple of tablespoons of dip."

Calories lurk in drinks as well as solid foods, especially holiday favorites like eggnog. Sparkling cider or cranberry-soda are good alternatives. And watch portion sizes: most wine glasses, for example, hold more than the recommended 5-ounce serving.

"Just to be safe, weigh yourself regularly in the holiday season so you can nip a small weight gain in the bud," Stark says. "Then you won't have to make the dreaded New Year's resolution!"

Want to Know More about healthy holiday foods and drinks? Call 610-402-CARE or visit lvh.org/healthyyou.

Tips for the Cook

If you're hosting a holiday gathering, protect your guests' health as well as your own by modifying rich appetizer recipes. Dietitian Elizabeth Stark's suggestions:

- Flavor with spices instead of salt, and use low-sodium ingredients.
- Use low-fat versions of cream cheese, sour cream and mayonnaise. "Low-fat products actually can be healthier than fat-free ones, which often have added sugar for flavor," Stark says.
- Use an egg substitute.
- Reduce oil when baking. "It generally doesn't hurt to cut the oil in half or replace it with applesauce," Stark says.
- Use half-and-half, not heavy cream, in sauces. Your sauce will still have the same texture.
- Serve salsa or hummus instead of creamy dips.
- As a tasty all-purpose spread, serve whipped, low-fat, flavored cream cheese. "It's a good complement to strawberries, melons—really anything," Stark says.

For a collection of healthy appetizer recipes, call 610-402-CARE or visit lvh.org/healthyyou.
Are You ‘Functionally Fit’?

It's all about being in shape to live your life

Let's face it, exercise is not always fun. Who really enjoys working up a lather on the stair climber, or doing that 30th sit-up? You do it for the payoff: keeping your weight in check, looking good, and most important, being “functionally fit”—in shape to live your life.

Functional fitness means different things to different people. For a child, it means having the energy to run on the playground. For an avid golfer, it means being strong and flexible enough to be competitive on the course. For a warehouse worker, functional fitness makes heavy lifting possible. And for an elderly person, it can mean something as simple (and crucial) as being able to walk up stairs or get out of a chair.

“No matter what your age or condition, your life will benefit from regular exercise,” says family medicine physician and geriatrician Brooks Betts, D.O., of Lehigh Valley.

The ‘Grandma lift’—Working with hand weights gives 65-year-old Christiane Torchia of Center Valley the muscle strength to play effortlessly with 1-year-old Alex.

Hospital and Health Network. Here's how functional fitness helps at various stages:

**Childhood**—“A normally active child is fit naturally,” says John Graham, director of Healthy You Fitness Centers. “But most kids and teens today don’t get enough unstructured physical activity.” Is your 10-year-old parked in front of the computer? Get him out running around—and using the equipment in your local park to build strength and balance.

“Children should be physically active every day,” Graham says. “It’s critical to preventing the excess weight that slows down so many kids. Research shows that inactivity plays a much bigger role in obesity than overeating.”

**Adulthood**—Fitness tends to be forgotten in the years of heavy family and work responsibilities. It’s a pity, because middle age is when exercise can have the greatest effect in preventing debilitating diseases later, Betts says. If your cholesterol, weight and blood pressure are creeping up now, get going with cardiovascular and muscle-toning activities.

Another common problem is a cranky back. “Four out of five adults have it to some degree,” Graham says, “and for many, it affects function. A lot of lower back pain comes from weak hamstrings and other lower-body muscles, plus lack of flexibility.”

Just like children, adults need activity every day. “You can work it into your schedule even if you travel,” Graham says. “Go up and down stairs in your hotel, do push-ups or crunches in your room.” If you’ve been inactive, talk to your doctor first, and consider professional help getting started so you don’t hurt yourself.

**Older years**—Studies have proven that older adults who are sedentary don’t do as well in terms of quality or quantity of life,” Betts says. “Aerobic fitness and toned...
Hefting a 9-pound bar at the Healthy You Fitness Center is a potent upper-body strengthen for Curt Febr of Allentown.

muscles improve your heart and lung function, allow you to get around freely and even boost your psychological state. Most older adults are far from functionally fit. “The average person over 55 can’t lift a 15-pound bag of groceries,” Graham says. He works with many older exercisers, but says there’s plenty you can do right at home once you know how, such as arm curls with a couple of soup cans.

Health conditions—If you’re coping with heart disease, arthritis or other health problems, functional fitness becomes even more important. “The best medications are only temporary relievers,” Betts says. “Being in shape will ease the aches of arthritis, relieve shortness of breath related to heart disease, and improve mobility in those with neck or back pain.” Ask your doctor; there are specialized fitness programs for nearly all health conditions.

Want to Know More about how much activity you need or finding the right fitness program for you? Call 610-402-CARE or visit lvh.org/healthyyou.

If you’ve had trouble with your weight since you started taking that new prescription drug, there may be a correlation. “Drugs interact with body chemistry in different ways, and the results can include weight gain,” says registered pharmacist Frank Pacana of Lehigh Valley Hospital and Health Network. “Understanding how your prescription works may help you minimize that side effect.”

When a pill adds pounds, any of several mechanisms may be at work, says Pacana’s colleague, family medicine physician Brian Stello, M.D. “Some prescriptions slow your metabolism, making it harder to burn calories,” he says. “Others make you feel lethargic, so you’re less motivated to exercise. Still others increase your appetite, or cause your body to retain fluid.” Here are some specific examples:

- Diabetes medications work to normalize metabolism and cause calories that were once flushed out in your urine to become metabolically available.
- Psychiatric and neurological drugs affect brain receptors and hormones which in turn affect your appetite or energy level.
- Long-term use of steroid medications may increase your appetite and cause fat to redistribute itself to your face, neck and abdomen. This makes you look heavier even though you may not be.

Finally, you may be among the people who gain weight from drugs that affect hormone levels or blood pressure.

Extra pounds can be discouraging, but the important thing to remember is whether the drug is helping your condition, Stello says. “If it is, then that may be of overriding value. All drugs have risks and benefits, and weight gain—or loss—is a very individual response.”

Before reducing or discontinuing a drug, be sure to talk with your doctor. Other options may be available. Meanwhile, consider reducing your calorie intake and revving up your activity level to boost your metabolism.

Want to Know More about metabolism? Call 610-402-CARE or visit lvh.org/healthyyou.
One month after Nikki and Paul Humenik were married, Paul awoke one morning with the worst headache of his life. “On a scale of 1 to 10, it was 250,” says the Orefield database administrator.

Within minutes, Paul was in dire need of medical attention: his right side was numb, his right pupil was dilated, and he was vomiting. The next thing he remembers is waking up in the neuroscience intensive care unit (NSICU) at Lehigh Valley Hospital. His brother was telling him not to touch his head because he had a surgically created “soft spot” like a newborn baby.

Paul had suffered a hemorrhagic stroke—bleeding in the brain from a burst blood vessel. “Our immediate goal was to save his life and preserve his brain function,” says neurosurgeon Mei Wong, M.D. During emergency surgery to drain the blood, Wong removed part of his skull to help ease pressure on his brain.

An angiogram showed Paul’s stroke was caused by an abnormality in a blood vessel. The arteriovenous malformation (AVM) was likely there since birth, Wong says, and he couldn’t have done anything to prevent the stroke. Hemorrhagic strokes like his are less common than ischemic strokes, the type caused by a blood clot in the vessel.

Neither type is common in people as young as Paul Humenik. Ischemic strokes reportedly are on the rise in this group, however, due to a rise in risk factors such as high blood pressure, high cholesterol, obesity, smoking, inactivity and out-of-control diabetes.

**Should I Worry About Preeclampsia?**

*It can be serious, but is highly treatable when caught early*

As if you didn’t have enough to worry about while pregnant, you’ve just heard of preeclampsia—a condition that can threaten your life and your baby’s. It’s true that preeclampsia can be serious, but most expectant mothers need not worry, says maternal-fetal (high-risk childbirth) specialist John Smulian, M.D., of Lehigh Valley Hospital and Health Network. “The majority of cases are identified quickly and treated without any significant problems for mother or baby,” he says.

Preeclampsia affects many organs in the body. “The most common features are high blood pressure and increased protein in the urine,” Smulian says, “but you don’t have to have really high blood pressure to have preeclampsia.” Other symptoms may include swelling in the hands and face, severe headaches, vision problems and upper belly pain.

The condition occurs in up to 1 in 12 pregnancies, most often after the halfway point. While the exact cause isn’t known, experts do know that you’re at higher risk with a family or personal history of preeclampsia. Twins, obesity prior to pregnancy, a history of high blood pressure, diabetes, lupus and certain other medical problems also raise your risk.

If you develop preeclampsia in its mildest form—slightly elevated blood pressure and a small amount of protein in the urine—your obstetrician may prescribe rest and frequent blood pressure and urine monitoring. If you’re near your due date, delivery may be recommended.

Untreated, preeclampsia can progress to a more severe phase, which can involve dangerously high blood pressure. That can lead to the baby being born prematurely or very small, as well as seizures in the mother. “When the condition is complex and severe, it may require care from our team of maternal-fetal specialists, the largest in the region,” Smulian says. The ultimate cure is delivery of the baby.
Nikki Humenik was shocked to learn her young husband had had a stroke. “It all seemed so unreal,” she says. “The whole time he was in the NSICU, I still felt like he would be at home waiting for me when I finally got there.” She stayed by his side throughout his six-week ordeal, which included another surgery and a medically induced coma to allow his brain to heal. Paul is now in cognitive therapy and will have his AVM repaired with Gamma Knife surgery in the near future. He’s eager to return to work and normal life.

“The important lesson is that Paul got to the hospital quickly. That’s absolutely critical with any stroke,” Wong says. “It’s particularly important if you’re young, because your brain is resilient and with prompt treatment can make a full recovery.”

Want to Know More about the signs and symptoms of stroke? Call 610-402-CARE or visit lvh.org/healthyyou.

Today, routine prenatal visits typically include blood pressure and urine checks, so preeclampsia can be spotted as early as possible. If you’re concerned about symptoms or risk factors, talk to your doctor. “For women at the highest risk, there are several strategies to help prevent preeclampsia,” Smulian says. “And for every expectant mother, the best strategy is to be in good health, maintain a balanced diet (including dietary fiber and calcium) and take prenatal vitamins.”

Want to Know More about what to expect during pregnancy? Call 610-402-CARE or visit lvh.org/healthyyou.

Playing With Fire

How to recognize and help a child with a problem

A dancing candle flame can fascinate a child—but when fascination becomes obsession, the results can be catastrophic. Children can and do become habitual firesetters. In fact, arson is the felony with the highest rate of juvenile involvement.

Four out of five young firesetters are boys. “We don’t know why that’s the case, but we do know that the first step in getting a child help is understanding why he sets fires,” says Kathy Ray, the Burn Prevention Foundation’s prevention education director. Treatment includes education and sometimes counseling, depending on the child’s category:

• Curious firesetter is typically a 3- to 7-year-old who learns by touching. Using a lighter or matches, he sets spontaneous, hidden fires and tries to extinguish them.
• Crisis firesetter is typically a 5- to 10-year-old who’s shy, anxious or worried. He sets fires following a stressful incident for the purpose of attracting attention.
• Delinquent firesetter, typically age 10-17, is influenced by peers and opposes authority. He sets fires with a group and often uses accelerants.
• Pathological firesetter is usually an 8- to 12-year-old boy with a history of medical or neurological problems, who has serious issues with family and/or peer relationships and is often the victim of abuse. He sets numerous planned fires designed to avoid detection. Only 2-3 percent of firesetters fall into this category.

Clearly, firesetting can be a symptom of an underlying emotional problem. “If a child sets fires repeatedly, it may be a sign of attention-deficit hyperactivity disorder, or it can result from a traumatic incident like divorce, abuse, or school or relationship stress,” says adolescent psychiatrist Dhanalakshmi Ramasamy, M.D., of Lehigh Valley Hospital and Health Network. Counseling uncovers the problem and helps the child overcome it.

Whether or not your child shows an interest in fire, it’s wise to keep matches, lighters and candles out of reach, teach the dangers of fire beginning at age 3, set firm rules and supervise children’s activities.

Want to Know More about what to do for a suspected firesetter? For information or to connect with the Burn Prevention Foundation, call 610-402-CARE or visit lvh.org/healthyyou.
Using the Emergency Room

Sometimes it's where you need to be, but how can you be sure?

If you have chest pain or a broken bone, it's clear you need a hospital emergency department. But if your condition isn't as serious—for example, a sinus infection that won't go away—is the ER your best bet?

"Emergency professionals excel at treating conditions like heart attack, stroke and traumatic injuries, where your recovery depends on quick, specialized care," says emergency medicine physician Richard MacKenzie, M.D., of Lehigh Valley Hospital and Health Network.

The problem with going there when your condition is less serious is that you may have to wait. "We see cases in order of severity, which means our first obligation is to patients with critical medical needs," MacKenzie says. And because of the specialized resources, ER care costs more than a doctor's office visit.

How do you know if you need an ER? You definitely need one if you have:

- **Signs of a heart attack** (chest discomfort or pain that lasts for more than a few minutes; discomfort or pain in the back, neck, jaw or stomach; shortness of breath, cold sweats, nausea or light-headedness)
- **Signs of a stroke** (sudden numbness or weakness in the face, arm or leg; sudden confusion; trouble speaking or understanding; vision trouble; trouble with balance or dizziness or a sudden, severe headache)
- **Traumatic injury** (a possible broken leg, arm or any injury that impairs you physically or mentally)

...and an ER near you.

- **Uncontrolled bleeding**
- **Persistent vomiting or diarrhea**
- **Coughing or vomiting blood**
- **Severe stomach or abdominal pain**
- **Suicidal feelings**

- **A child who is seriously ill or injured.** If you're not sure, come to the ER and let professionals decide the care your child needs. If you call an ambulance, have the crew take your child to a hospital (in our region, Lehigh Valley Hospital) specializing in pediatric trauma.

If you're bleeding, you obviously need an ambulance. But even if you have symptoms and aren't sure it's a heart attack or stroke, "Don't drive yourself—call 9-1-1," MacKenzie says. "Paramedics begin care as soon as the ambulance arrives at your house."

What are your options for that less-serious but still troubling sinus infection, fever or severe sunburn? "Call your primary doctor," says MacKenzie's colleague, family medicine physician Joseph Habig II, M.D. "He or she will listen to your symptoms and tell you whether you need emergency care or can be seen at the office. If it's after hours, have your doctor paged—it's never a bother."

Using the ER the proper way will help you get the right care at the right time. "If it's a true emergency, don't hesitate," MacKenzie says. "If it's not, let your doctor be your guide."

Want to Know More about calling an ambulance or preparing children for emergencies? Call 610-402-CARE or visit lvh.org/healthyyou. If you don't have a primary doctor, 402-CARE can help you find the right one.

Our thanks to medical researcher Jay Baglia.

A New Urgent Care Option

For nonemergency needs—from a minor earache to a last-minute employment physical—you have a convenient new option: Careworks, a walk-in clinic inside King's Market, Allentown, and Weis Market, Schnecksville. Careworks is a partnership between Lehigh Valley Hospital and Health Network and Geisinger Community Health Services. A nurse practitioner or physician assistant provides patient care seven days a week.

"If you don't have a primary care doctor or your doctor is unavailable to you, Careworks can help," says Joseph Habig II, M.D., medical liaison for Careworks. To learn more, call 610-402-CARE or visit lvh.org/healthyyou.
How Megan Copes With Leukemia

Allentown girl and her family bravely face childhood cancer

A 10-year-old's vocabulary doesn't usually include induction and delayed intensification. But Megan Konrath of Allentown knows these terms intimately.

Megan was diagnosed with leukemia just before Christmas last year, joining the 2,200 American children affected annually by this most common childhood cancer. The previous fall, she'd suffered from achy muscles and joints, fevers and numerous infections. These complaints are all common in children, but when severe, they are signs of leukemia.

Blood tests revealed that Megan had a large number of abnormal white blood cells in her bone marrow. "Like weeds in a garden, they crowd out the good cells that help the body fight diseases," says Philip Monteleone, M.D., a pediatric oncologist (child cancer specialist) at Lehigh Valley Hospital and Health Network.

"Hearing that news changed our world," says Megan's father, Joe Konrath. Fortunately she has a type of leukemia with an 80 percent cure rate—but that didn't provide Joe much comfort.

Megan immediately began chemotherapy, which took place in three phases: induction (the intense first phase, designed to eradicate as many leukemia cells as possible), consolidation and delayed intensification (to rid the body of any remaining cancer cells). "My joints still ache," she says. "Sometimes it's too hard to get up the stairs." She didn't need radiation, necessary in only about 5 percent of cases.

Megan's toughest challenge was losing her hair. But she faced it bravely, shaving her head before the hair was all gone. She rarely wears wigs. In spite of that, she's still a girly girl—her fingernails are as pink as her cheeks, and her earrings almost outshine her smile.

"Children like Megan have to grow up so quickly," says Monteleone's colleague, pediatric social worker Nancy Winters. "These kids see life differently, and as a result they often struggle in their relationships with friends." To help Megan's classmates at Our Lady Help of Christians School in Bethlehem, Winters and pediatric oncology nurse Karen Agrippine, R.N., visited the school to explain what leukemia is and why Megan shouldn't be treated differently just because she's sick.

"We want kids to live as normally as possible," Winters says. That's just what Megan's parents are helping her do. As a family, they enjoy bowling, carnivals and the IronPigs. Despite missing 86 days of school, Megan was at the top of her fourth-grade class and finished second in the school's geography bee. "I almost beat an eighth-grader!" she says.

Megan will continue treatment for another year-and-a-half. "After five years of therapy, the chances of leukemia returning are very slim. That's when we start to use the word 'cure,'" says Lehigh Valley Hospital pediatric oncologist Lesley Simpson, M.D. "We continue to follow patients through their college years to monitor long-term side effects associated with chemotherapy, such as cardiac issues, infertility issues, learning difficulties and osteoporosis."

The past year has been humbling for Joe and Millie Konrath. "Things we considered life-and-death just aren't anymore," Joe says. As for Megan, she's counting the number of days she's been alive (well over 3,700). She's also working on that medical vocabulary. She wants to be a pediatric oncologist when she grows up.

Want to Know More about pediatric cancer care at Lehigh Valley Hospital? Call 610-402-CARE or visit lvh.org/healthyyou.
Nine co-workers take a men's approach to weight loss

It started last January around the water cooler at ProtoCAM, a small manufacturer in Northampton. Co-workers were joking about the 20-30 pounds every new employee gains (the "ProtoCAM bubble") from on-the-job snacking, especially during the holidays. "All the guys bring leftover cake and pie from home," says managing partner Ray Biery. "I'd gained 40 pounds over time."

The group decided they would get serious about losing weight—and being men, they decided to make it a competition. "Everyone agreed to contribute $100," Biery says. Whoever lost the most weight by the end of June would win his $100 back, and there were larger winnings after that. "The money was a big motivator," he says.

Nine men committed, and Biery and his partner, Ron Belknap, enlisted Lehigh Valley Hospital and Health Network for professional help.

Registered dietitian Robin Gayle of the hospital's Weight Management Center hadn't worked with an all-male group before. "Talking and sharing are a big part of my program," she says. That didn't come easy for the men, but they persisted through the 12-week program. It's called L-E-A-R-N (Lifestyle, Exercise, Attitude, Relationships, Nutrition). The fundamentals: Make long-term changes. Exercise at least 150 minutes a week. Don't get discouraged. Support each other to help reduce stress. Notice how eating is cultural and habitual.

A final rule: Think about nutrition. "One day Robin had nine guys wandering the supermarket aisles at 3 in the afternoon looking at food labels," Biery says. "It was quite comical."

Gayle's comprehensive approach is critical, says Yehia Mishriki, M.D., an internist at the hospital. "A lifestyle is not a diet," he says. "People go off diets as easily as they go on them. A lifestyle is sustainable for 30 or 40 years."

The ProtoCAM group had lost a collective 150 pounds as of July 15, and one man's wife lost weight as well. Supervisor Dale King trimmed 30 pounds to take home the $100 prize in June. Those who lost less or were slimmer to start with saw other benefits, such as lower cholesterol and blood sugar. "We loved the program," Biery says. Here are pointers they found especially valuable:

Lose slowly. Gayle told the ProtoCAM men not to lose more than 1-2 pounds a week. "She'd actually say, 'You're not eating enough,' " Belknap says. "She wanted us to lose fat, not muscle."

Keep a food diary. "It makes you think more about what you eat," Biery says. A recent study showed that jotting down everything you put in your mouth can double weight loss.

Stick to outside aisles of the supermarket, where you'll find fresh foods and produce.

Check labels and avoid buying food products containing more than 20 percent fat.

Control portions. If you must bring in doughnuts, buy six instead of a dozen and half them. Eat chips from a small bowl, not the bag. Limit meat servings to fist-size.

Ask for egg whites or egg substitute—a big calorie saver at ProtoCAM's weekly business breakfasts.

Take more steps. Most of the men now walk 7,000-8,000 steps a day instead of the 4,000 typical before the program.

Want to Know More? For pointers on how to keep a food diary, measure portions and read food labels, call 610-402-CARE or visit lvh.org/healthyyou. For details on L-E-A-R-N, see page 15.

Step away from the doughnut!—
Co-workers at ProtoCAM have lost a collective 150 pounds, in part through healthier snacking. Shown here (l-r) are Ron Belknap, Ryan Schmidt, Thomas Yocum, Dale King, Gary Mann, Wayne Sherman and Ray Biery.
Kids and Holiday Stress

Adults aren't the only ones who find the season challenging.

Feeling overwhelmed by the rush of holiday shopping, cooking and events? “Children get stressed around the holidays too,” says pediatrician Barbara Katz, M.D., of Lehigh Valley Hospital and Health Network. If your offspring are acting up, here’s what may be going on:

They’re “catching” it from you. “It’s striking how much our moods affect our children,” says Katz’ colleague, certified parent educator Shel Dougherty. “If you’re stressed, your children will pick up that vibe.”

Their routine is off. School’s out and the house is full of people. “How children react depends on their personalities,” Katz says. “Some go with the flow, but others, especially little ones, really need a routine. It helps if you prepare them for what’s going to happen—for example, show pictures of who’s coming to visit.”

They’re short of sleep. When you’re busy with seasonal responsibilities, bedtime rules tend to slip. Don’t let it happen. “A child who’s sleep-deprived is not only fussy, but more vulnerable to winter illnesses,” Katz says.

They’re on a sugar high. “There’s nothing wrong with holiday treats,” Katz says. “Just have a couple of healthy meals a day to balance it out.”

What About Teens?

Young adults have their own holiday stresses, says Sarah Stevens, M.D., Lehigh Valley Hospital adolescent medicine specialist. Gift exchanges with friends can be emotionally loaded—and expensive. Festive foods are a minefield for teens with eating disorders. Looming midterms can create stress (and lack of sleep). And this is the age for questioning traditional religious beliefs. Then there’s the push-pull of family versus peers. “If your teen wants to be with friends instead of spending the whole time with you, don’t panic; it’s what teens do,” Stevens says. It’s extra-sensitive if you have a college student home for the holidays. She’s been on her own and may chafe at having to follow your rules again.

Be flexible and communicate openly. Your teen may be growing up, but as she probably knows, family is still what the holidays are all about.
Myths About Cardiac Rehabilitation

In reality, it can improve and prolong your life.

Millions of Americans with heart disease can benefit from cardiac rehabilitation, yet fewer than 1 in 3 who need it get it. Why? "Some people are afraid to exercise after a heart attack or heart surgery," says Darlene Garon, clinical exercise physiologist with Lehigh Valley Hospital and Health Network’s cardiac rehabilitation program. "Others think rehab won’t benefit their health."

If you have heart disease and think this way, it’s time to reconsider. "Cardiac rehab lowers your risk for a heart attack or bypass surgery and gets you back to work and an active life," says cardiologist James Pantano, M.D., who co-directs the hospital’s rehab program. Make sure these myths aren’t keeping you out of rehab!

**MYTH - After heart surgery, you get all the rehab you need in the hospital.**

It’s true that Phase 1 of the rehab process begins just hours after surgery. You walk, do deep breathing and other exercises, and learn to get out of bed—but that’s just the beginning. "We make sure people are ready to go home," says clinical exercise physiologist Cathy Odom, "but we also stress the importance of attending Phase 2 after that."

**MYTH - Cardiac rehabilitation is only about exercise.**

Exercise is a vital component—you walk on a treadmill, ride a stationary bike, lift weights and use state-of-the-art equipment while your physiologist and nurses monitor your heart rate and rhythm to ensure your safety. But cardiac rehab focuses on managing all the risk factors associated with heart disease. During Phase 2, you also learn to eat healthy, control diabetes and high blood pressure, quit smoking, manage stress and cope with cardiac event-related depression.

**MYTH - Rehab is only for people who’ve had heart surgery.**

Individualized for each patient, rehab is beneficial for anyone with heart disease. That includes people with blocked arteries, angina (chest pain) and heart failure as well as those who’ve undergone bypass surgery, angioplasty and valve surgery.

**MYTH - It’s a 12-week program.**

While it’s true that most insurances cover Phase 2 cardiac rehab, you can’t fix all your heart problems in three months.
Phase 3—the maintenance phase—provides the education, exercise and monitoring you need until you’re confident enough for an independent program. Typically you attend once or twice a week.

**MYTH**—Your doctor will automatically order cardiac rehab if you need it.

“If you’ve had heart surgery or have heart disease, don’t hesitate to tell your doctor you want to start cardiac rehab,” Pantano says.

**Want to Know More** about cardiac rehabilitation, how exercise helps your heart, or heart attack support groups? Call 610-402-CARE or visit lvh.org/healthyyou.

She isn’t lazy anymore—Hope Kazmierski didn’t feel like doing anything after bypass surgery. “I was too lazy,” the 67-year-old Emmaus woman says. “But when my doctor suggested cardiac rehab, I decided I had to go, even though I didn’t start with great enthusiasm.” To her surprise, she found she enjoyed her exercise routine. And she learned to eat a healthier diet and control her diabetes. The result: Kazmierski (shown here with exercise physiologist Truie Benninger) lost more than 40 pounds and reduced her daily insulin. “I’m glad I realized my health had to be my number-1 priority,” she says.

**Vitamin D: Are You Deficient?**

Most people are, and it can be dangerous to your health

If you work indoors and faithfully wear sunscreen when you go out, you’re probably not getting enough of the sunshine vitamin. Four out of five men, women and children in Pennsylvania are vitamin D deficient and most don’t know it, says family medicine physician William Kracht, D.O., of Lehigh Valley Hospital and Health Network. As new studies show, that can be dangerous to your health.

Vitamin D is a fat-soluble hormone your body makes when your skin is exposed to sunlight. It helps regulate calcium absorption and promotes healthy bones. But vitamin D protects against many illnesses besides osteoporosis, says Kracht’s colleague, rheumatologist Marie O’Brien, D.O. These include heart disease, cancer, diabetes, autoimmune conditions, muscle weakness and mood disorders. “The good news,” O’Brien says, “is that this vitamin is such a safe and inexpensive path to feeling good and staying healthy.” Here’s how to ensure you’re getting enough.

**Evaluate your risk.** You’re more likely to be vitamin D deficient if you have a condition like Crohn’s disease, irritable bowel syndrome or chronic kidney disease, have had weight-loss surgery, or take steroids or anti-seizure drugs—all these affect absorption. Older age, dark skin and being overweight also raise your risk.

**Find out if you’re deficient.** If you’re at risk or have symptoms like chronic pain, muscle fatigue or frequent illnesses, ask your doctor for a simple blood test called 25 hydroxy vitamin D level. It can be included in your cholesterol workup.

The average winter reading in the United States is 15-18 ng/mL (nanograms per milliliter)—far below the 30 considered deficient by most experts. “For real protection, you need at least 55,” Kracht says. “A recent study showed this level would prevent 60,000 cases of colon cancer and 80,000 of breast cancer annually.” If you’re deficient, your doctor will prescribe a course of high-dose D supplements and retest you in a few weeks.

**Get in the sun when you can.** “It takes just 20 minutes twice a week, with bare arms and legs and no sunscreen,” O’Brien says. (For longer exposure, use sunscreen to protect against skin cancer.)

**Supplement your diet.** The government’s Recommended Daily Allowance for vitamin D (200-400 IU, or international units) is too low, O’Brien and Kracht agree. “Although it’s possible to overdose, the average person can safely take 1,000 IU daily and probably should,” Kracht says. Take more if you’re pregnant or nursing, since vitamin D is vital to the baby’s brain development.

Few foods approach 1,000 IU (see chart), so taking vitamin D capsules or fish oil is a wise idea. A word about cod liver oil, that classic source of vitamin D: “Check the label,” Kracht says. “In the past, cod liver oil bottles were so fearful about toxicity they often removed the vitamin D. We’ve been wrong for 50 years on this issue!”

**How Much Is in Your Food?**

<table>
<thead>
<tr>
<th>Source</th>
<th>Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon 3.5 oz (wild)</td>
<td>600-1,000 IU</td>
</tr>
<tr>
<td>Salmon 3.5 oz (farmed)</td>
<td>100-250 IU</td>
</tr>
<tr>
<td>Tuna 3.6 oz (canned)</td>
<td>230 IU</td>
</tr>
<tr>
<td>Cod liver oil (1 tsp)</td>
<td>400-1,000 IU</td>
</tr>
<tr>
<td>Fortified milk, orange juice, yogurt, soy milk (8 oz)</td>
<td>100 IU</td>
</tr>
</tbody>
</table>

**Want to Know More** about vitamin D and sunshine or about vitamin D content in foods and supplements? Call 610-402-CARE or visit lvh.org/healthyyou.
Car Seat Clarification

The last issue of Healthy You contained an oversimplified set of rules on proper use of car seats. Here is what you need to know:

- Children under age 13 should always ride in the back seat.
- Infants should use a rear-facing seat as long as possible up to the height or weight limit of the seat. They should be rear-facing until at least age 1 and 20 pounds.
- When children outgrow the rear-facing seat (at least age 1 and 20 pounds), they should use a forward-facing seat until they reach the upper height or weight limit of that particular seat—usually around age 4 and 40 pounds.
- When children outgrow the forward-facing seat, they should use a booster seat until the vehicle's regular seat belts fit them properly (the lap belt lies across the upper thighs and the shoulder belt fits across the chest)—typically at age 8 or a height of 4 feet, 9 inches and 80 pounds.

For more on how to use car seats, call 610-402-CARE or visit lvh.org/healthyyou.

Melanoma Research

If you or someone you know has been diagnosed with melanoma, you may be eligible for a clinical study of a new drug combined with isolated limb infusion (a pioneering procedure that boosts the effectiveness of chemotherapy while limiting exposure). For details on eligibility, call 610-402-CARE.

Breast Self-Exams?

A recent study questioned their usefulness. Should you still perform monthly breast self-exams? Cancer specialist Gregory Harper, M.D., discusses the issue—and why yearly mammograms are so important.

Want to Know More about TLC and teens or the elderly? Call 610-402-CARE or visit lvh.org/healthyyou.

A smooch for her daddy—Ricky Brown of Whitehall gets tender loving care from his 5-year-old daughter, Raniya.
Welcome to Vitality Plus is a program of Lehigh Valley Hospital and Health Network in partnership with participating physicians

The Gift of You

Your own experiences and skills can produce the best present of all

This holiday season, skip the mall. The gifts that will be most treasured are those that come from within you—your experiences, skills, memories, possessions and traditions.

“Giving a gift of self is so personal. People appreciate the time you’ve taken to create something just for them,” says psychologist Joanne Cohen-Katz, Ph.D., of Lehigh Valley Hospital and Health Network. “In a culture that’s chronically overscheduled, it helps you stay connected and feel valuable.”

All of us have gifts within us. You needn’t be a great writer or artist to create something beautiful. “Think about what you enjoy doing—perhaps baking, or growing flowers,” Cohen-Katz says. “Then think about what the recipients would most enjoy. They don’t expect perfection.”

Here are some ideas to get you started.

- Pass down family recipes, perhaps in the form of a cookbook that includes anecdotes and family traditions.
- If you’re a gardener, give homemade jams, dried flowers, flavored vinegars or coupons for fresh produce you’ll deliver next summer.
- Offer to babysit, walk someone’s dog, provide rides, or do car or lawn care.
- Pass along a family heirloom such as a piece of jewelry. (The sentimental value may far outweigh the dollar value.)
- If you’re handy on the computer, organize someone’s family pictures into a virtual photo album.

- Make someone a doll, quilt or crocheted scarf.
- Take someone on a shared adventure—fishing, a visit to a spa, dinner at an ethnic restaurant.
- Offer to teach a skill you’re good at, such as bridge, knitting, photography or plant identification.

Your memories and experiences are perhaps your greatest gift. You can share them in the form of a scrapbook, written memoir, or even audio- or videotape. “We all have insights and wisdom to offer, even if we think we’ve lived an unremarkable life,” says Henry Marchand, writing professor at Cedar Crest College. “Sitting down with a notepad or keyboard is a terrific way to unlock the treasures of memory—and people love to hear each other’s stories.”

Fresh out of ideas for this holiday season? Cruise the local craft shop or adult education catalog for a new skill you’d like to learn. It could translate into some very special gifts next year.

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

Volunteer Beverly Brown of Allentown is one of the caring community drivers who take people to their medical appointments as part of Wheel Time, a program of the Community Exchange volunteer network. (For details on the program, see page 19.)

Metal Crafter Jeff Erb of Macungie created a tree-shaped wall trellis for his wife, Audrey—and she made him a metal heart.
Options in Elder Care

You can find a level of professional care that matches any need.

Chances are excellent today that you’ll stay independent well into your 80s or 90s. But eventually something may happen—a stroke, a fall, an illness, memory loss—that limits your function and demands more care than your family can provide. Fortunately, options for high-quality elder care have grown dramatically since the days of the “old folks’ home.”

“Elder care in the Lehigh Valley is generally excellent,” says family medicine physician Robert Motley, M.D., of Lehigh Valley Hospital and Health Network. Some facilities are public, others are private and often faith-based, but all adhere to high standards of care. “We know a lot more today about what older adults need,” says Sandy Massetti of Allentown’s Phoebe Home. “We’ve evolved tremendously in areas like managing pain, preventing falls, pastoral care, the death and dying process, and care of the family as a unit.”

Facilities fall into four broad categories, and residents progress from one to another based on how well they function. That includes not just bathing, walking and getting up from a chair, but also “executive” functions like tracking your finances, keeping an appointment calendar or driving your car. Many facilities are designed to let you “age in place”—remain in your own home or apartment as long as possible, with services brought to you.

Here’s an overview of the various options, numbered from least to most intensive.

1. **Home Care**
   - You live at home, and nurses and other professionals provide services you need—transportation, for example, or help with your medications or meals. Care is generally “as needed,” often when family members are at work. Typically you pay out of pocket or with long-term care insurance, though Medicaid offers alternatives to those who qualify. Besides general home care, there are specialized programs including OACIS (for people with late-stage illness) and hospice (for end-of-life care).

2. **Continuing Care Retirement Community**
   - You live in your own one- or two-bedroom apartment, and you’re generally independent. If your needs increase (for example, recovering from a broken bone), professionals from the facility can come to your apartment or move you to another wing where more extensive care is provided. Most costs are paid out of pocket.

3. **Personal Care/Assisted Living**
   - You’re in a nonmedical facility that can help with basic tasks like bathing, dressing, grooming, shopping, laundry and housekeeping. You may be a full-time resident, or you may be in “adult day care”—an option that keeps older people engaged while family members work. “It’s ideal if you have some skills and independence but can’t be left alone all day,” Motley says. Most costs are paid out of pocket, but newer long-term care policies may cover personal care.

4. **Nursing Home**
   - You receive ongoing medical care. “Nursing homes today are much more intensive medical facilities than they once were,” says Motley’s colleague, geriatrician Francis Salerno, M.D. Nurses and doctors provide 24-hour care, often to rehabilitate residents after events like a stroke or hip replacement. “Two-thirds of our residents don’t need to be here for more than 4-6 weeks,” Phoebe Home’s Massetti says. Payment typically is a mix of Medicare and long-term care insurance, out-of-pocket or (if needed) Medicaid.

Want to Know More about OACIS or hospice, long-term care insurance, retirement communities or how to ensure good care for an elderly loved one? Call 610-402-CARE or visit lvh.org/healthyyou.

Our thanks to John Melder of the Northampton County Area Agency on Aging.
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).

Healthy You

Health Improvement Programs

Registration is required! Class space is limited. To secure your spot, call 610-402-CARE or visit lvh.org.

If we have to cancel a program or class due to low enrollment, you will be notified and receive a full refund.

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

CAHC—Center for Advanced Health Care
3401 Fish Hatchery Rd., 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 Bathgate Rd., Third floor, Bethlehem

CHA—Center for Healthy Aging
LVH—17

Health Center at Bethlehem Township
2101 Enrnick Blvd, Bethlehem

Health Center at Trexlertown
Rt. 222 and Lower Macungie Rd.
Trexlertown

Human Performance Center
250 Catonria Rd., Allentown

1770 Bathgate Rd., Bethlehem

1243 S. Cedar Crest Blvd., Allentown

2166 S. 12th St., Allentown

Community Locations

Bethlehem Township Community Center
2800 Farmersville Rd., Bethlehem

Cedar Crest College
160 College Dr., Allentown

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

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

Hanover Township Community Center
3680 Jacksonville Rd., Bethlehem

Lower Macungie Township
Community Center
3400 Brookside Rd., Macungie

Whitehall Township
Schadt Avenue Park
1975 Schadt Ave., Whitehall

Aging Well

NEW College of Knowledge
This series of presentations will guide you on the path to healthy aging. FREE
Nutrition, Exercise and Bone Health—An overview of nutritional needs, healthy exercises and the importance of bone health and strength as you age.
• Fri., Nov. 4, 10-11 a.m.
Depression in Later Life—Learn the signs and symptoms, and how to beat the “holiday blues.”
• Fri., Jan. 9, 10-11 a.m.
At LVH—17, CHA
Francis Salerno, M.D., geriatrician

NEW Holiday Celebration
View holiday trees (donated to seniors from Meals on Wheels) decorated by Lehigh Valley Hospital employees—then vote for your favorite. Enjoy music (by locals), refreshments, and enter to win gift baskets. FREE
• Fri., Dec. 5, 11 a.m.-1 p.m.
At LVH—17, CHA

NEW Medicare Part D and Benefits CheckUp
Enrollment sessions for Medicare Part D and other government programs. Open enrollment Nov. 15-Dec. 31. Appointment required.
• At LVH—17, CHA
For details and to schedule an appointment, call 610-402-CARE.

Managing Your Weight

Weight-Loss Surgery
We offer comprehensive preoperative programs, support groups and educational programs on a variety of topics with long-term follow-up.

Surgery Information Night—Monthly program on what to expect, from a surgeon and others. FREE
• Thu., Nov. 6, Dec. 4, Jan. 8
• Tue., Nov. 18, Dec. 16
At LVH—Cedar Crest, auditorium

Monthly Support Group—Join us for support and information on a variety of weight-loss surgery topics. FREE

Weight Loss Without Surgery

Information Session—Meet with bariatrician Theresa Pietrowski, M.D., to discuss nonsurgical weight loss options. FREE
For details on any of these programs, call 610-402-CARE.

Weight Management Services

Supportive Weight Loss Program—Six-month program for nonsurgical weight loss includes a team of registered dietitians, lifestyle management professionals and exercise physiologists. $415

Metabolism/Nutrition Counseling—Measure metabolism and help you set goals with a dietitian. $89

Assessment—Meet 1-on-1 with a registered dietitian. $50

Body Composition Analysis—Learn your body fat percentage. $135

Food Diary Analysis—Submit a 5-day food diary for detailed individual breakdown. $22.50

Recipe Makeover—Learn to trim fat and calories from your favorite recipe. $15

Eating Well for Life (Parts 1 and 2)—Learn healthy food choices to improve your well-being and help manage your weight long-term. Includes grocery tour:
• First week: 4 sessions each $60 per part
• Second week: 2 sessions each $65 per part
LEARN to Lose Weight—Use Lifestyle, Exercise, Attitude, Relationships, Nutrition to manage your weight. Tools, strategies, grocery tour, follow-up.
• 12 weeks $95

FitKidz Plus—See page 18 for details.

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

55-Alive Driver Safety Program
$10. Free with Vitality Plus GOLD
At LVH—17, CHA

Medicare Counseling
FREE
• Walk-ins most Fridays, 1-3 p.m.
At LVH—17, CHA

Benefits CheckUp
FREE
• First, third Mon. of month, 1-3 p.m.
At LVH—Muhlenberg, pharmacy

Medicare Counseling
FREE
• Second, fourth Wed. of month
12-30, 4-30 p.m.
At LVH—17, CHA
**NEW Drums Alive™**

Combine simple dynamic movements and pulsating drum rhythms using fitness stability balls and drumsticks. Learn rhythm, movement, concentration, and benefit from aerobic conditioning.

- **5 weeks** $35
- **Mon., starting Nov. 17 or Wed., starting Nov. 19; 6:15-7 p.m.**
- **8 weeks** $56
- **Mon., starting Jan. 5 or Wed., starting Jan. 7; 6:15-7 p.m.**

*At Human Performance Center*

**Cardio-Fit** — Recreational water class builds cardiovascular fitness. Appropriate for post-cardiac recovery.

- **12 classes/6 weeks** $65
- **50 with Vitality Plus GOLD**

*At Rodale Aquatic Center, Cedar Crest College*

**Age-Proof Workout** — Low-impact cardio, strength-training and yoga — mind/body exercise.

- **16 classes/8 weeks** $80
- **Tue. and Thu., starting Nov. 18; 8:30-9:45 a.m. (A)**

**Body Wedge 21™** — Repetition exercises targeting the major fat-storage areas and muscle groups.

- **8 classes** $56
- **Thu., starting Dec. 4; 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**
  - Tue., starting Nov. 18 or Fri., starting Dec. 5; noon-1 p.m. (A)
  - Mon., starting Jan. 5; 6:15-7:15 p.m. (1770)

**Pilates Express** — Deep muscle conditioning builds core strength.

- **8 classes** $48
- **Wed., starting Nov. 19; 5:15-6 p.m. (A)
- Thu., starting Nov. 25; 5:45 p.m. (A)**

**Exercise for Life** — A low-intensity class to prevent disease, build muscle and boost well-being.

- **Monthly fee $34 per session**
- **$30 with Vitality Plus GOLD**
- **Mon., Wed., Fri., 8-9 a.m. (LM)**
- **Mon., Wed., Fri., 9-10 a.m. (W)**

**Ongoing programs**

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

**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. and Thu., starting Jan. 6 and 8; 7:15-8:15 p.m.**

*At Human Performance Center*

**Cardio Kickbox** — A high-powered routine strengthening body and mind.

- **8 classes** $56
- **Mon., starting Jan. 5 or Wed., starting Jan. 7; 7-8 p.m.**

*HYFC-Cedar Crest*

**Get on the Ball** — An injected exercise ball enhances your balance, stability, core strength. For all adult fitness levels.

- **8 weeks** $56
- **Sat., starting Nov. 22; 10:15-11 a.m.**

*HYFC-Cedar Crest*

**PUMP** — Challenging muscle strength/endurance workout targets major muscle groups using progressive resistance.

- **8 classes** $54
- **Wed., starting Nov. 19; 6:30-7:30 p.m. (A)**
- **Sat., starting Nov. 22; 7:45-8:45 a.m. or 9-10 a.m. (HYFC-Cedar Crest)**

**Belly Danse Elite** (Intro and Level II prerequisites)

- **Tue., starting Nov. 18; 10:45-11:45 a.m. (A)**
  - Tahya, dance instructor

**Fat Blaster** — A smooth, comfortable workout designed for post-cardiac recovery.

- **12 classes/6 weeks** $64
- **$50 with Vitality Plus GOLD**

**Staying Strong** — A functional strength class combining low-impact cardio moves with resistance to improve endurance, tone muscles and slow bone loss.

- **16 classes/8 weeks** $64
- **Mon. and Thu., starting Nov. 17; 8:30-9:15 a.m. (A)**
- **Tue. and Thu., starting Dec. 18; 7-7:45 p.m. (1770)**

**Interval Express** — Alternate short bursts of intense cardio with active recovery in a 45-minute workout.

- **16 classes/8 weeks** $94
- **Mon. and Thu., starting Dec. 15; 5-5:45 p.m. (A)**

**FlashFit** — Circuit training — a fun, motivating way to boost energy and burn fat.

- **16 classes/8 weeks** $64
- **Mon. and Wed., starting Nov. 17; 8:30-9:15 a.m. (A)**
- **Tue. and Thu., starting Dec. 18; 7-7:45 p.m. (1770)**

**Gym Class for Kids** — Active and exciting exercise class for ages 8-12. Learn how the body works while exercising in a safe and fun environment.

- **8 weeks** $64
- **Fri., starting Dec. 5; 6-7 p.m. (HYFC-Cedar Crest)**

**Belly Blaster** — A fun, challenging workout for all levels.

- **8 classes/4 weeks** $36
- **Sat., starting Nov. 22; 9-10 a.m.**

**Looking Good**

*For details and to schedule an appointment, call 610-402-CARE.*

**Lung Cancer**

For details, call 610-402-CARE.

**Osteoporosis**

- **FREE**
  - **LHV-Muhlenberg**
    - **First Thu. of each month; 4-6 p.m.**
  - **LHV—17, AIDS Activities Office**
    - **At LVH-Muhlenberg, south entrance, 1st floor conference room**
    - **Laura Transue, licensed teacher of cosmetology, and staff, Youthful You Institute**

**Screenings**

**Lung Cancer**

- **FREE**
- **For details, call 610-402-CARE.**
- **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**
  - **Osteoporosis**
    - **FREE**
      - **First Mon. of each month; 9-11 a.m.**
      - **Third Wed. of each month; 1-4 p.m.**

**Vascular Screenings**

Painless testing for vascular disorders in those age 50+ with high cholesterol, high blood pressure or family history of vascular disease.

- **Stroke** $40
- **Abdominal Aortic Aneurysm** $40
- **Peripheral Arterial Disease** $15

For details and to schedule an appointment, call 610-402-CARE.
Caring for Mind and Body

NEW Bell Dance and Veil Dancing Workshop
Tone your muscles in a way that's completely feminine and fun with this ancient and beautiful art form.
$30
• Mon., Dec. 15; 6:30-8:30 p.m.
At 1770

NEW Introduction to the Deeper Practices of Yoga
Go beyond the physical postures of yoga and learn the philosophy and practices. You will receive a journal and pen to log your journey. Bring small pillow.
$30
• Wed., Dec. 17; 6-8 p.m.
At 1770
Deeper Practices of Yoga Sessions
8 classes • $80
• Wed., starting Jan. 7; 7-8:15 p.m.
At 1770
Juanita Carra-Budzek, yoga instructor

NEW Healing Breathwork
Breathing can affect your energy level and overall health and vitality. Learn to practice specific techniques to alleviate stress, anxiety and depression.
$30
Soothing
• Wed., Nov. 19; 6-8 p.m.
At 1770
Invigorating
• Wed., Dec. 3; 8-8 p.m.
At 1770
Juanita Carra-Budzek, yoga instructor

NEW Meditation Workshop
Meditation cultivates a clear and compassionate mind. Learn to replace constant mind chatter with a sense of peace, calm, focus and clarity.
$30
• Wed., Dec. 10; 6-8 p.m.
At 1770
Juanita Carra-Budzek, yoga instructor

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

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.
Free information session
• Mon., Jan. 5; 4:50-5:30 p.m.
At LVH—Cedar Crest, Morgan Cancer Center

Medical Massage—How It Helps—Find out how therapeutic massage can relieve pain, reduce stress, and improve health and well-being. FREE
• Tue., Nov. 25; 7-8 p.m.
At LVH—17, School of Nursing, parlor A
Scott Pelltiong, certified massage therapist

Reiki Workshop I—Become a Reiki practitioner and learn its history, what it can and can't do, and its benefits.
$100
• Sat., Dec. 6; 10 a.m.-3 p.m.

Reiki Workshop II—Go beyond the physical postures of yoga will receive a journal and pen to log your journey. Bring small pillow.
$30
• Wed., Dec. 17; 6-8 p.m.
At 1770
Deeper Practices of Yoga Sessions
8 classes • $80
• Wed., starting Jan. 7; 7-8:15 p.m.
At 1770

NEW Discover Relaxation Within, Parts 1 & 2—Learn to ease your stress through a variety of relaxation techniques. 4 sessions each • $50 per part

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, education conference center
Scott Pelltiong, Reiki master/teacher

At LVH—Cedar Crest, Morgan Cancer Center
Sessions
• Mon., starting Jan. 19; 4-6 p.m.

NEW Yoga For Everybody—Beginners can and can't do, and its benefits.
$100
• Sat., Dec. 6; 10 a.m.-3 p.m.

NEW Meditation Workshop
Meditation cultivates a clear and compassionate mind. Learn to replace constant mind chatter with a sense of peace, calm, focus and clarity.
$30
• Wed., Dec. 10; 6-8 p.m.
At 1770
Juanita Carra-Budzek, yoga instructor

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

Ornish Self-Directed Support Group—Weekly ongoing support for those following positive lifestyle guidelines of the Dr. Dean Ornish Program for Reversing Heart Disease®.

Tobacco Treatment Program—12-month program of individual counseling and ongoing support can help you quit smoking.

Coalition for a Smoke-Free Valley—Offering community programs like these all year, in English and Spanish:
Secondhand Smoke—What you need to know to protect you and your family.
Advocacy—Build your skills to deliver effective tobacco-prevention messages.
Keep Us Healthy—Learn how tobacco smoke harms infants and small children. Plus opportunities for task force volunteers.

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

NEW Kids and Holiday Stress
Dreading holiday hassles and the accompanying family stress? This workshop suggests ideas and tools to help restore family harmony and rediscover the true meaning of the holiday season. **FREE**
- Fri., Dec. 5; 6:30-8:30 p.m.
  *At Healthy You Center*
  Shelt Dangberry, parenting instructor
  See related article on page 9.

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

**Safe Ride—Car Seat Safety**
Make sure your child is safe while riding in the car. Our certified technicians will show you how to correctly install car seats and properly secure your child. **FREE**
- Tue., Nov. 25, Dec. 9, Thu., Dec. 18, Mon., Jan. 5; 11:30 a.m.-2 p.m.
  *At Healthy You Center*

**Fit Teens**—Nutrition and lifestyle changes for 13-15-year-olds in collaboration with the Healthy You Fitness Center.
8 weeks • $160

Living With Diabetes

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

**Pre-Diabetes**—Learn to prevent or delay diabetes through modest lifestyle changes.

**Type 1 Self-Management**—Individualized ongoing support and education to improve diabetes control.

**Type 2 Self-Management Education**—Updated program focuses on healthy eating, being active, monitoring, taking medications, problem-solving, healthy coping and reducing risks.

**Diabetes Follow-up**—Ongoing diabetes education to improve self-management skills for type 1 or type 2, including diabetes control and surfing the Internet for help.

**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 or pump) and balance insulin needs.

**Diabetes in Pregnancy**—Education and support, preconception through pregnancy.

**Discover Relaxation Within, Parts 1 & 2**—See page 17 for details.

**Expectant Parent Tour**

**My Baby and Me Sibling Tour**

**Baby Care**

**Breastfeeding Baby**

**Breastfeeding Monday Morning Moms**

**CPR for Family and Friends**

**Safe Sitter**

**Safe Ride—Car Seat Safety**

**Depression After Delivery—**

**Partpost Support**

**Adolescent Cancer Support Group** (see page 19)

**Secondhand Smoke**

**Keep Us Healthy**

**Got a Minute?**

**Sugar-Free Kids Diabetes Support Group (ages 6-12)**

**Health Care Careers**

Sweet Success: Living Well With Diabetes Discussion 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—For school-age (5-12) children and their parents, monthly meetings provide education, support, fun activities and ways to connect with others.

Keeping Up to Date

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

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

**610-402-CARE**
Mon.-Fri. 8:30 a.m. to 5:00 p.m.
**Coping With Illness**

**NEW** Frankly Speaking About Colorectal Cancer
For colorectal cancer survivors and their families, learn about current treatments, symptom/side effect management, and social and emotional challenges of diagnosis and survivorship. A Wellness Community program. FREE
- Thu., Nov. 20; 5:45 p.m. (light buffet dinner), 6:30 p.m. (program)
  At LVH—Cedar Crest, Kasyeh, room 6
  Suresb Nair, M.D., medical oncologist

**NEW** Spirit-Free Mixoff
Alcohol-free holiday drinks are festive and delicious. Come for ideas and recipes.

**NEW** Fitness Fair
Tour the community center and learn about area organizations.
FREE to Hanover Twp. residents
- Thu., Dec. 11; 11:30 a.m.-12:15 p.m.
  At Cedar Crest College, outside cafeteria

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

**Joint Replacement Preparation**
For those scheduled for total knee or hip replacement surgery. What to expect in hospital, during rehabilitation. FREE
- Tue., Dec. 2, Jan. 6; 9:30-11 a.m.
  At LVH—Cedar Crest, Morgan Cancer Center
- Thu., Dec. 11; 1:30-3 p.m.
  At LVH—Muhlenberg, educational conference center

**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 1770 Baugate

**Lymphedema Support Group**
- For those who have lymphedema (fluid retention caused by a compromised lymphatic system) in any body part due to cancer and/or cancer treatment. Will meet three times per year. FREE
  - Mon., Jan. 12; 7-9 p.m.
  - At LVH—Muhlenberg, educational conference center

**Psychotherapy to Manage Insomnia**
- Strategies, skills for those with cancer suffering from insomnia.

**Preparing for Breast Cancer Surgery**
- Learn what to expect after surgery and how to better prepare through exercise.
  - First and third Tues. of month; 4 p.m.
  - At LVH—Cedar Crest, Morgan Cancer Center

**Support of Survivors—A FREE Program**
For colorectal cancer survivors and their neighbors and do something about community health issues like loneliness, medical transportation and language barriers to health care. Come learn more. FREE
- Thu., Jan. 15; 5 p.m.
  At LVH—Muhlenberg, educational conference center

**Drive-Thru Flu Vaccines**
No insurance cards are necessary. A child must be accompanied by a parent or guardian. Please no pets in the car. Nonperishable food donations accepted on behalf of a local food bank.

**How to Be Safe While in a Car**
Learn how to be a good driver, avoid distractions while driving and check your tire pressure. Explore the physics of a crash and find out about careers in health. 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.
Weight Gain—Is It Your Medication? (page 2)
Brooks Betts, D.O.
LVPG—family medicine, Muhlenberg
Primary Care, P.O., Bethlehem

Weight Gain—Is It Your Medication? (page 3)
Brian Stello, M.D.
LVPG—Lehigh Valley Family Health Center, Allentown

Strokes Affect All Ages (page 4)
Mei Wong, M.D.
Neurosurgical Associates of LVPG®, Allentown

Should I Worry About Preeclampsia? (page 4)
John Smulian, M.D.
LVPG—maternal-fetal medicine, Allentown

Playing With Fire (page 5)
Dhanalakshmi Ramasamy, M.D.
LVPG—psychiatry, Allentown

Using the Emergency Room (page 6)
Richard Mackenzie, M.D., chair, emergency medicine
LVPG—emergency medicine, Allentown
Joseph Habig II., M.D.
Medical Associates of the Lehigh Valley, Allentown

How Megan Copes With Leukemia (page 7)
Philip Monteolone, M.D.
Lesley Simpson, M.D.
LVPG—Pediatric Specialists of the Lehigh Valley, Bethlehem

How the Guys Lost the ‘Bubble’ (page 8)
Yehia Mishrikhi, M.D.
LVPG—internal medicine, Allentown

Kids and Holiday Stress (page 9)
Barbara Katz, M.D.
LVPG—ABC Family Pediatrics, Allentown, Center Valley, Trexlertown, Laurys Station
Sarah Stevens, M.D.
LVPG—The Pediatric Specialty Center at Lehigh Valley Hospital, Allentown

Myths About Cardiac Rehabilitation (page 10)
James Pantano, M.D.
The Heart Care Group, P.C., Allentown, Bethlehem

Vitamin D: Are You Deficient? (page 11)
William Kracht, D.O.
Woodlands Healing Research Center, Quakertown

Options in Elder Care (page 14)
Robert Motley, M.D.
LVPG—Lehigh Valley Family Health Center, Allentown

Francis Salerno, M.D.
LVPG—internal/gериatic medicine, Center for Healthy Aging, LVH—17th and Chew

For referral, call 610-402-CARE(2273) (888-LVH-CARE) • lvh.org

Need Some Expert Advice?

Come visit our Web site, lvh.org. Click “Ask Our Expert” and get professional answers to your specific questions on everything from childbirth to healthy aging. Click “LVH News” and keep up with the latest on our health network, including new technologies and photos of events. Click “Healthy You Tips” (in the Healthy You section) and sign up to receive a health tip in your e-mail inbox every week.
Experience the Real World of Medicine

Have you ever wondered what it's like to fly with a medical transport team? Or to perform surgery using a small camera? Find out at Lehigh Valley Hospital and Health Network's Community Annual Meeting and Health Expo. You can:

- Get behind the controls of our da Vinci surgical robot
- See why our team is the nation's best for heart attack care
- Watch how neurosurgeons perform delicate surgery while the patient is awake
- Hear from patients who received lifesaving care
- Get your free flu shot and free Healthy You calendar
- Learn what's new in the health network from our president and chief executive officer

At Lehigh Valley Hospital—Cedar Crest, Kasych Family Pavilion
Meeting begins at 5 p.m.; Health Expo immediately follows meeting (about 6:30 p.m.)

For more information or to R.S.V.P., call 610-402-CARE.
When Richard Silverman of Allentown suffered a heart attack, his wife, Janet, did the right thing, right away. She called 9-1-1. She also had her husband taken to Lehigh Valley Hospital, which has a fast-action heart attack program called MI Alert for Heart Attacks.

What she didn't know was how fast.

In just 24 minutes, Richard Silverman’s doctors cleared a 100 percent blockage from his heart’s most vital artery. That was fantastic news to Janet’s ears.

And that news received national attention.

In a recent USA TODAY article, out of more than 4,000 hospitals, Lehigh Valley Hospital was named best in the country for heart attack care.* And not just based on Richard Silverman’s case, but on the survival rate of every patient treated for a heart attack at Lehigh Valley Hospital.

This is big news for residents of the Lehigh Valley and the kinds of headlines we like to make in heart care.

It's your call (or click).

To find out why Lehigh Valley Hospital ranks best in heart attack care, or get a reprint of the USA TODAY article, call 610-402-CARE or visit lvh.org.

*As compiled by the U.S. Centers for Medicare and Medicaid Services (CMS)