Plant the seeds for a healthy new year!

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Report to Our Community
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Growing up, Brookie Bunn always enjoyed a variety of fruits and vegetables from her father's garden. But when she started grocery shopping for her own family, she passed by favorites like beets because her family didn't like them. "I bought foods I knew everyone would enjoy," she says.

The Bunn family's eating habits changed last year after the 46-year-old Mertztown woman read a newspaper article about community-supported agriculture (CSA). Under this concept, residents help support local farmers by paying in advance for fruits and vegetables. In return, each week during the growing season (June-November), members receive their share of the harvest.

"We joined last season," says Bunn, who likes providing healthy, organic produce for her family while also helping preserve open space. "We've tried foods that I would never have picked up in a store," she says. "And, I'm eating beets again!"

CSA farms are gaining in popularity, according to farmers John and Aimee Good, who run Quiet Creek Farm in Kutztown. "There are 1,500 to 2,000 across the country, most of them organic," John says.

Organic foods are grown without chemical herbicides, pesticides or fertilizers, and with environmentally friendly techniques like composting.

Another benefit of getting your fruits and vegetables from CSA farms is the freshness. "The average grocery tomato travels 1,500 miles from field to shelf," John says. "CSA produce is typically picked a day or two before you come get it." At CSA farms like Quiet Creek, members also can visit a "you-pick" garden to harvest certain items (like herbs and tomatoes) for dinner that night. "The freshness is amazing," Bunn says. "Lettuce, radishes and cucumbers are so crunchy and delicious."

Belonging to Quiet Creek has made Bunn more creative in the kitchen. "You learn to eat what's in season and use foods you've never tried before," she says. "You still have variety; it's just not at your whim." Nice as it may be to find tomatoes in the supermarket in January, they're not locally grown.

Eating produce in season is a healthy practice, says dietitian Amy Hollister of Lehigh Valley Hospital and Health Network. "The fresher the item, the higher the vitamin and mineral content," she says. "Seasonal buying is more economical, too. When produce is plentiful, prices are lower."

Finally, CSA farms create a sense of community. "Neighbors talk about what's in their share that week and exchange recipe ideas," Aimee says. Families bring their children to the you-pick garden. "Parents tell us their kids are more willing to try different fruits and vegetables when they help pick them," she says.

On Quiet Creek Farm — The Bunn family of Mertztown enjoyed picking up produce at the Kutztown farm last summer and being part of community-supported agriculture. Family members (l-r) are father Dave, 11-year-old Jacob, mother Brockie, 13-year-old Connor and 15-year-old Heather.

Nutrition

Lehigh Valley Hospital offers organic and locally grown foods among the choices in our cafeterias and kitchens. Local produce is fresher and reduces the environmental impact of long-distance shipping. Patients and visitors also may request kosher or halal meals, and we routinely feature Latino, Asian and Italian cuisine.
Legend has it that the young Albert Einstein didn’t speak for years because he had nothing to say. If he were a toddler today, he’d probably be referred to a speech-language pathologist—and who knows what brilliant insights he might share?

Problems that interfere with a child’s ability to communicate can stem from many causes that have nothing to do with intelligence. Some youngsters are slow to develop language, stutter, or have trouble expressing themselves or producing sounds clearly. Others have a physical disorder such as autism, cerebral palsy or cleft palate.

“Regardless of the cause, it’s important to identify speech problems early,” says Anne Helwig, M.D., pediatrician at Lehigh Valley Hospital and Health Network. Physicians evaluate a child’s communication ability from birth, and look for various milestones at each well-child exam. Children often clam up during exams, though, so tell your doctor if your child seems to be a poor communicator.

“Most children are speaking in sentences by age 3,” Helwig says. “If your child has any unusual patterns of speech, play or social behavior, doesn’t seem to understand you, or regresses at any stage, she should be evaluated.”

Your doctor can refer you to a speech-language pathologist, who will tailor your child’s treatment to his age and development. “Therapy with young children is based in play,” says Helwig’s colleague, speech-language pathologist Gail Ehrens. “We help them use words and gestures to communicate. As they grow older and more verbal, we focus on improving listening, understanding, vocabulary and sound production.”

Educating the family is a big part of therapy. For example, if your child stutters, you’ll be urged not to correct her or call attention to it. “How parents, babysitters and others respond to a child’s stuttering can affect the outcome,” Ehrens says.

Many children have speech errors when they’re young, and not all of them need speech therapy. But if you suspect your child would benefit from a professional evaluation, don’t put it off, Ehrens says: “Good speech and language skills help children succeed in all areas of life.”

Want to Know More? For a list of milestones in speech and language development and condition-specific resources, call 610-402-CARE or visit lvh.org/healthyyou.

Does Your Child Need Dental Sealants?

Even the most careful brushing can’t prevent cavities in hard-to-reach molars with pits and grooves. “Food and bacteria can get trapped in these teeth,” says pediatric dentist Marsha Gordon, D.D.S., of Lehigh Valley Hospital and Health Network. One good solution: dental sealants, which smooth out the problem areas. “Sealants significantly reduce the risk for cavities,” Gordon says. Dentists from the hospital are now working with the Greater Lehigh Valley Oral Health Partnership to assess the dental sealant needs of Allentown and Easton children.

Some 90 percent of decay in children’s teeth occurs in tooth surfaces with pits and grooves, researchers have found. Dental sealants protect these at-risk chewing surfaces. They’re often covered by insurance, and they have a proven track record. “Sealants have been used very successfully as a prevention tool for more than 30 years,” Gordon says.

They’re usually applied to a child’s permanent molars, which start to come in around age 6 or 7. The child should have regular checkups after that to make sure the sealants aren’t cracking and developing cavities underneath. If necessary, sealants can be reapplied easily.

Want to Know More about fostering good dental habits in your child? Call 610-402-CARE or visit lvh.org/healthyyou.
They're the biggest hangout for today's teens and tweens. Akin to a giant mall, social networking Web sites like MySpace and Facebook allow adolescents to connect in ways that would have seemed impossible a few years ago.

You may be concerned that your child can socialize with millions of people. But networking can be healthy, as long as you monitor him and know his online friends. "The benefits far outweigh the risks," says adolescent medicine specialist Jonathan Pletcher, M.D., of Lehigh Valley Hospital and Health Network.

What are the pluses of social networking on the Web?

It helps your child form her identity and express herself. "She can try on different personas without the ridicule some kids encounter at school," Pletcher says. "Networking forces your child to write a personal statement. It's online journaling, a great therapeutic tool."

It encourages diverse friendships. "Your child can connect to people with the same interests, and also learn from people with different points of view. He can forge friendships that might be more difficult face-to-face for a shy adolescent," Pletcher says.

It promotes educational connections. "Facebook—originally created for college students—lets teens connect with classmates and dormmates before leaving for college," says Pletcher's colleague, pediatrician Don Levick, M.D.

For all the benefits of online networking, there also are risks. Identity theft, bullying and sexual predators are concerns, and the government does little to regulate these Web sites. The U.S. Attorney General's Office is investigating Facebook's safety claims, and pushing for laws to require such sites to verify ages, identities and (in the case of underage users) parental consent. "But still, your child's safety begins with your involvement and communication," Levick says.

Some suggestions:

Set up your own account—"Friend" your child and get to know his friends. Also, remember that children and teens will flock to the "next big thing." Stay current with new sites so you're able to keep tracking your child's online activity.

Explain your concerns—Today's teens aren't as concerned about privacy as their parents, who may gasp at the embarass photos, gossip about classmates or lies about age that they casually post online. "Remind your child that the information she posts will never go away, even if she deletes it," Levick says. "Ask her if she would want her teacher, her friends' parents or—someday in the future—a potential employer to see her site."

Too much personal information also puts her at risk for identity theft or sexual predators. "She shouldn't post her full name, school, birthday or details on where she's going from day to day," Pletcher says. And make sure she sets her profile to "private," so only people she invites can view it.

Monitor Internet use—Ask to see your child's buddy and friend lists, and put the computer in the family room where you can view the sites and people he's with. If you're concerned about the time he spends online, limit his usage. "Adolescents need enough freedom to grow and develop," Levick says, "but they also need structure and boundaries."

Want to Know More about how to protect your teen from online predators? Call 610-402-CARE or visit lvh.org/healthyyou.
Daniel Sachs was busy cleaning up his local speedway after the night’s race. Little did he know he would soon face a life-or-death race against time. “I was woozy, sweaty and felt discomfort in my chest,” says the 78-year-old Drums, Pa., man (photo below). Concerned he was having a heart attack, Sachs called 9-1-1.

Making that call instead of driving to the hospital was a wise decision. Thanks to a more sophisticated type of electrocardiogram (EKG), paramedics provided the same response in the ambulance that Sachs would have received in the hospital, far more quickly. “With a heart attack, quicker diagnosis and treatment means heart muscle saved,” says Richard MacKenzie, M.D., emergency physician at Lehigh Valley Hospital and Health Network.

The goal of the hospital’s MI Alert for Heart Attacks program is to open blocked heart vessels within 90 minutes of the time the patient arrives in the emergency department. Better equipment in ambulances and specially educated paramedics are making it happen.

The team from American Patient Transport Systems (APTS) used the “12-lead” EKG to determine if Sachs was having a heart attack. “We radioed the emergency physician at Hazleton General Hospital,” says paramedic Jeff Phy. He and his colleague, Anthony Ropa, had gotten special training from Lehigh Valley Hospital on how to communicate their findings. The emergency doctor activated the Alert, setting a chain of steps in motion (see right). “When everything happens at once, valuable minutes are saved,” says MI Alert coordinator Steve Palmer, R.N.

When Sachs arrived by helicopter at Lehigh Valley Hospital, cardiologist J. Patrick Kleaveland, M.D., found his main artery 95 percent blocked. Just 78 minutes after the Alert was initiated in a community an hour’s drive away, Kleaveland had opened the artery and inserted a stent to keep it open. Soon Sachs was resting in his room and feeling much better. His advice if you have chest pain: “Call 9-1-1 to get to the hospital in a hurry!”

Nearly all regional ambulance companies now have been educated to use the 12-lead EKG. “It all boils down to saving lives,” Ropa says, “and that’s what the MI Alert program does.”

Want to Know More about recognizing heart attack symptoms? For a list of warning signs for men and women, call 610-402-CARE or visit lvh.org/healthyyou.

People who live far from Allentown-Bethlehem still can get specialized heart attack care thanks to Lehigh Valley Hospital’s MI Alert for Heart Attacks partnership with a growing number of outlying hospitals. Speedy treatment to open the blocked artery is essential to saving the heart. Lehigh Valley Hospital’s average “door-to-treatment” time this year is just 67.5 minutes, compared with the national benchmark of 90 minutes. An essential element for patients who live far away is the MedEvac helicopter, which completed 212 heart-related flights this year.
Sorting Out Your Cholesterol

That 'total' number is not enough to predict your heart disease risk!

So you learned that your total cholesterol count is in the normal range, and now you’re in the clear, right? Maybe—but that one number doesn’t tell you enough to know for sure. “You need all your cholesterol numbers to determine your future risk for heart disease,” says cardiologist Andrew Sumner, M.D., of Lehigh Valley Hospital and Health Network.

Ask your doctor for a breakdown that includes total cholesterol, LDL (“bad”) cholesterol, HDL (“good”) cholesterol, and the ratio of HDL to total.

Why is this important? Your total cholesterol (the combination of LDL, HDL and other blood cholesterol particles) may be in the normal range, but within that total you could have a high LDL and a very low HDL, an unhealthy combination that raises your risk for heart disease. On the other hand, you could have a relatively low LDL and a very high HDL, a super cholesterol combo that lowers your heart disease risk. Very high HDL is protective even if it pushes your total cholesterol over 200, Sumner says.

You can see how good HDL keeps bad LDL in check by computing your cholesterol ratio, another valuable number to know. Divide your total cholesterol by your HDL. The goal for healthy people is below 4.0 for men, 3.0 for women.

What can you do if your cholesterol picture turns out not so rosy? First, talk with your doctor about your personal heart disease risk factors (including family history, age, smoking and diabetes, among others). This helps determine what your cholesterol goals should be; the higher the risk, the more aggressive the goals.

To achieve healthier levels, trim down if you’re overweight, cut saturated fats from your diet, and exercise regularly (it’s proven to boost HDL). “Genes play a role in how your body makes and handles cholesterol, so when diet and exercise don’t keep it in check, cholesterol-lowering medications are necessary,” says Sumner’s colleague, internist Yehia Mishriki, M.D.

Want to Know More about heart disease risk factors, metabolic syndrome or how fats affect cholesterol? Call 610-402-CARE or visit lvh.org/healthyu.

Your total cholesterol = 210 and that’s good IF...

LDL (bad) cholesterol = 120
HDL (good) cholesterol = 70
Your total ratio is a healthy 3.0

What about triglycerides? They’re another harmful fat in the blood. “Research suggests that people with high triglycerides and low HDLs have a higher risk for developing coronary artery disease,” Sumner says. Triglycerides above 150 raise the risk for metabolic syndrome, a precursor to diabetes and heart disease.

Your total cholesterol = 210 and that’s not so good IF...

LDL (bad) cholesterol = 160
HDL (good) cholesterol = 30
Your total ratio is a dangerous 7.0

Targets* to aim for

✓ Total cholesterol below 200
✓ LDL below 100 for men or women
✓ HDL above 40 for men, 50 for women
✓ Ratio below 4.0 for men, 3.0 for women

*If you don’t have heart disease or diabetes

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

Illustration by Amy Barron
Living With Heart Failure

With care and attention, you can have a full life.

Learning that you have heart failure (also called congestive heart failure) can take your breath away—literally. But while there's no cure for this common condition, you can live an active life as long as you get the right care and play a role in managing your illness.

In people with heart failure, the heart can't pump effectively, allowing fluid to build up in the body and causing shortness of breath. Some 5 million Americans have the condition, and the number is growing as the population ages. "People are living through heart attacks that once would have killed them, leaving them with damaged hearts," says cardiologist Ron Freudenberger, M.D.

Fortunately, doctors have a growing arsenal of knowledge and technology to better manage heart failure. "Treatment is very different than it was 10 years ago," Freudenberger says. "Today's methods help us not only extend your life but also make it productive and enjoyable." Heart failure treatment may include:

- **Medications** to slow progression of the disease, relieve symptoms and improve the heart's function.
- **A low-sodium diet** to keep fluid under control.
- **Devices** to prevent life-threatening problems. "Implantable defibrillators and pacemakers can help people with advanced heart failure and others at risk for sudden cardiac death," says cardiologist Robert Malacoff, M.D. "The devices are easily implanted, and people are back to their normal activities within a week."

**Managing Heart Failure**

- Take your medications as prescribed.
- Avoid salt, especially hidden sodium in canned soups and vegetables and convenience foods.
- Watch your blood pressure. "High blood pressure is responsible for half of all heart failure," says family medicine physician Bruce Elsweig, M.D.
- Weigh yourself daily and report any gain of more than 3 pounds in 24 hours or 5 pounds in a week.
- Notify your doctor of swelling in your legs or abdomen, difficulty breathing or any new symptoms.
- Stay active.
- Avoid alcohol and tobacco.
- If you're overweight, lose the excess.
- See your doctor regularly.

**Independent**—Despite her heart failure, Evelyn Eisberg, 90, of Allentown lives on her own with help from Lehigh Valley Home Care nurse Darla Stephens, R.N. It's a special tie: Eisberg, a retired home health nurse, was once Stephens' supervisor.

**Telemonitoring** to track your condition from home. The monitor sends vital signs like blood pressure and heart rate via phone lines to an office. "A nurse follows up with you and your doctor if anything changes," says home health nurse Daria Stephens, R.N.

Heart failure is best managed by a team including your primary physician, specialty doctors and nurses, and you and your family. "This disease is complex and can be frightening," says nurse practitioner Donna Petruccelli, C.R.N.P. "We encourage families to learn about heart failure, come to doctor visits and attend support groups. Education will help you and your family stay positive, and that is very important."

**Want to Know More** about heart failure and resources to help patients and their families? Call 610-402-CARE or visit vh.org/healthyyou.
A cigarette is like a hazardous waste dump held between two fingers. At first glance, it may not look dangerous—but on closer examination, you'll discover that a cigarette contains many ingredients you'd be better off avoiding than consuming.

"Some of these ingredients are found naturally in tobacco, others are byproducts when it's burned," says Suzanne Smith, manager of the Tobacco Treatment Program at Lehigh Valley Hospital and Health Network. "Still other ingredients are added to make the cigarette better-tasting or more addictive." Nearly 50 of these substances are known to cause cancer.

To find out what you're ingesting when you put a cigarette to your lips, take a look at the photo below.

**Formaldehyde**—This water-soluble gas is used to preserve dead specimens. When large doses are inhaled, it may damage DNA and cause nose, throat or lung cancer.

**Ammonia**—You use it to clean. When it's added to tobacco, your body absorbs more nicotine, making cigarettes more addictive.

**Perforated filter**—Filters on "light" cigarettes dilute smoke with air. But smokers may unknowingly block the filtering holes with their fingers. If not, they may take more frequent drags to satisfy their nicotine addiction.

**Benzene**—This known cancer-causer is found in pesticides, gasoline—and cigarette smoke. When inhaled, it travels to various organs in the body. In the lungs, it causes irreversible damage.

**Carbon monoxide**—This poisonous gas prevents the blood from bringing oxygen to cells, tissues and organs.

**Titanium oxide**—It keeps the cigarette burning, making it responsible for many smoking-related home fires.

**Lehigh Valley Hospital made all its campuses—indoors and out—tobacco-free zones as of Jan. 1, 2007. The move inspired hundreds of our employees to enroll in our Tobacco Treatment Program. It also inspired other local hospitals and businesses to join the smoke-free trend.**

More than 600 community members have taken part in our Tobacco Treatment Program in the last two years.

Want to Know More about how to quit smoking for good? To sign up for Lehigh Valley Hospital's Tobacco Treatment Program, call 610-402-CARE or visit lvh.org/healthyyou.
Could a Band Help You Lose Weight?

LAP-BAND™ system a new option for people considering surgery

The latest option for those who want to shed significant weight and keep it off is LAP-BAND weight-loss surgery. Similar to gastric bypass surgery, it's performed laparoscopically (through small incisions) and restricts the amount of food entering your stomach. Less food means fewer calories and more weight loss.

Unlike bypass surgery, though, "it doesn't involve sectioning off a portion of the stomach and reconnecting it to the small intestine," says bariatric (weight-loss) surgeon Richard Boorse, M.D., of Lehigh Valley Hospital and Health Network. Instead, an adjustable silicone band is placed around the top of the stomach to create a pouch. "That greatly reduces the risk for complications from surgery, and you go home the next day," Boorse says.

How it works

The band is lined with a balloon, like a tire inner tube, connected to a chamber embedded beneath the skin of the abdomen. To adjust the band—a simple office procedure—your doctor injects fluid into the chamber to fill the balloon, making it tighter and restricting more food.

"Most patients require four to six adjustments the first year, providing for a weight loss of about 2-3 pounds a week," Boorse says. That averages out to about 30 percent of excess weight over two years, says registered dietitian Elizabeth Stark of the hospital's Weight Management Center. By contrast, gastric bypass patients typically drop about 70 percent of excess weight within a year. "Weight loss with the band typically isn't as abrupt," Stark says, "but over five years, you'll lose about the same total weight with either procedure."

Before surgery, patients participate in a six-month program focusing on nutrition, exercise and the emotional factors that contribute to overeating.

Is it right for you?

To qualify for any type of weight-loss surgery, you must be at least 100 pounds over your ideal weight or have a BMI (body mass index) above 40 (above 35 if you have health risks like diabetes or hypertension). Although most weight-loss surgery patients are women, Boorse says, men also make good candidates for LAP-BAND.

The procedure is especially effective for large-volume eaters—those who eat healthy foods but consume too much—as opposed to sweet-eaters. "Because the band doesn't slow nutrient absorption as bypass surgery does, you continue gaining weight after LAP-BAND if you eat too many calorie-rich foods," Boorse says.

The band also appeals to people who want more control over losing weight, says licensed clinical social worker Gerald Rodriguez of the Weight Management Center: "Since it's adjustable, they can manage the pace of their weight loss."

Period of adjustment

Though most LAP-BAND patients respond well, some have trouble adjusting to the idea of a foreign object inside their body. Others grieve the loss of old eating patterns. "They may have used food to manage stress and must now find new ways to cope," Rodriguez says.

Through counseling and support, most patients ultimately feel empowered. "These are people who'd really lost hope," Rodriguez says. "It's phenomenal the improvement in their health and confidence after surgery." •

Want to Know More about LAP-BAND surgery? Call 610-402-CARE or visit lvh.org/healthyyou.

Lehigh Valley Hospital's new Weight Management Program was the first in the region to offer LAP-BAND surgery. Other options include gastric bypass and nonsurgical approaches to weight loss. The program was named a Bariatric Surgery Network Center, Level 1-A, by the American College of Surgeons—one of just two in the state and 25 in the country. Dozens of local men and women whose obesity threatened their health have turned their futures around through this program.
Lose a Little...Gain a Lot

You know that losing that excess weight would improve your health, but did you know it’s not an all-or-nothing choice? Shedding just 5-10 percent of your body weight can give you a new lease on life. "Whether you’re slightly overweight or obese, any decrease in body mass index (BMI) will reduce your risk for heart disease, stroke and diabetes," says bariatrician (weight-loss specialist) Theresa Piotrowski, M.D., of Lehigh Valley Hospital and Health Network.

Excess weight can raise your blood sugar, blood pressure and cholesterol. Trim down and you’ll have a better chance of sidestepping the heart disease that can result. You’ll also have more energy and reduce your risk for many other chronic health problems. "Obese patients typically are on several medications," Piotrowski says. "For every 15 pounds they lose, on average, they can eliminate or decrease the dose of one medication."

You’re considered overweight if your BMI (height-weight ratio) is 25-30, and obese if it’s over 30. "The best time to consider weight loss is when you hit the 25-27 range—overweight and heading into obesity," Piotrowski says. "People who are a little overweight tend to become a little obese."

Take action now and you can halt that trend. ●

Want to Know More? about Lehigh Valley Hospital’s Weight Management Program? Call 610-402-CARE or visit lvh.org/healthyou.

Make Your Spider Veins Vanish for Good

While harmless, spider veins are still an eyesore. "They’re typically caused by a weakening of the blood vessel wall," says family physician Victor Otero, M.D., of Lehigh Valley Hospital and Health Network. "That can arise from anything that puts pressure on the veins—like excess weight, standing for long periods, or fluctuating hormones due to pregnancy."

The good news is that spider veins are very easily removed. "Their size, extent and location determine the most appropriate treatment," says Otero’s colleague, plastic surgeon Robert X. Murphy Jr., M.D. The two most common procedures don’t require anesthesia and can be performed in an outpatient center or doctor’s office.

Sclerotherapy is used to treat larger spider veins on the legs. The doctor injects a concentrated chemical solution into the vein, causing it to collapse. The spider vein—and any slight bruising or swelling from the treatment—shrinks and fades within a month.

Laser therapy is best for smaller, more superficial spider veins on the arms, face or legs. The doctor aims a focused beam of light at the vein to heat and destroy it. Some changes are noticeable immediately; within several weeks the spider vein disappears.

The cost of either procedure varies depending on the extent of the spider veins and the number of treatments needed. Average cost is $200-$400 per treatment and is not covered by insurance. ●

Want to Know More? For information on varicose veins or how to choose a qualified doctor (surgeons, dermatologists, radiologists and family medicine physicians all treat spider veins), call 610-402-CARE or visit lvh.org/healthyou.
Get Strong With Pilates
You'll look, feel and move better

When Joseph Pilates was sent to an internment camp during World War I, he began developing exercises to keep himself and other detainees physically fit. Because many of them were ill or injured and he had little equipment to work with, he focused on exercises that integrated mind, body and spirit and emphasized quality over quantity. Little did he dream his "Pilates method" would become a huge hit—but that's what it is today, thanks to its universal appeal and efficiency.

"Anyone can do Pilates with the right modifications; your fitness level doesn't matter," says fitness specialist Jean Mercade of the Healthy You Fitness Center. "It's great for building strength, flexibility, balance and coordination. Athletes, dancers and younger people like it because it makes them stronger and more agile, helps prevent injuries and improves posture. Older people get those same benefits in a non-impact exercise that's easy on the joints."

Customizing is key to a successful Pilates workout. Beginners or people with lower back or neck problems should start with modified moves and progress only as they become stronger. Even within a group class, everyone works at his own pace.

"It's important to build up to full moves," Mercade says. "You may think you're fit, but these exercises use smaller stabilizer muscles that may not be as strong as major muscle groups. If you're not properly instructed or don't follow the progression, it could lead to injury."

The exercises focus on strengthening your core, the muscles deep in your abdomen, as well as those in the lower spine, hips, pelvis and buttocks. This is called the "power-house," and Pilates considers it the root of every movement. As you strengthen your core, the rest of your body is freer to move fully and gracefully, without tension.

Exercises involve concentration, control, precision and fluidity, as well as focused breathing. "The movement is smooth, flowing and rhythmic in nature," Mercade says. "As you get stronger, you can add more challenge."

Doing Pilates once or twice a week will build strength-training into your workout, and you'll find yourself standing straighter and taller, she says: "You can even slow down the age-related loss of muscle mass and bone."

Want to Know More about core strengthening or about the locations of Lehigh Valley Hospital Pilates classes? Call 610-402-CARE or visit lvh.org/healthyyou.

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In June 2006, Debbie Willis arrived at her parents’ Allentown home for a festive Father’s Day weekend. But she soon grew dangerously confused. “I didn’t know where I was and didn’t recognize my parents,” says the 39-year-old Philadelphia woman.

Diagnosed with a seizure disorder at age 14, Willis had controlled it for more than two decades with medications. But that June day, she entered “status epilepticus,” a state of rapidly recurring seizures.

Willis was taken to Lehigh Valley Hospital, where she was safely sedated for five days. “That allows the electrical impulses causing the seizures to stop occurring,” says neurologist Soraya Jimenez, M.D. “It’s like putting water on a fire.”

When Willis awoke seizure-free, doctors worked with her to find a single medication that would be more effective than the combination she’d been taking. “For years, my hands were unsteady and my speech was slow,” she says. “I’m better now, more confident and much happier.”

While severe conditions like Willis’ are rare, seizure disorders affect more than 2 million Americans. Seizures can be triggered by low blood sugar or dehydration. When a seizure happens more than once and is not provoked by another medical condition, it’s considered epilepsy.

Epilepsy often develops in childhood or adolescence, says Boosara Ratanawongsa, M.D., a pediatric neurologist at the hospital. Epileptic seizures come in many forms. Those that affect the entire brain can lead to temporary loss of consciousness; those that occur in smaller brain areas can produce more isolated behaviors, such as repetitive movements (jerking of a limb, tugging at clothing) with or without loss of consciousness.

Medication helps most people with epilepsy live seizure-free. When drugs don’t work, other options include a high-fat, low-carbohydrate diet and, in some cases, surgery.

A newer alternative is vagus nerve stimulation. Surgeons implant a pacemaker-like device in the upper chest, with a connecting wire that stimulates the vagus nerve in the neck. “This can stop seizures entirely or lessen their effects,” Ratanawongsa says.

Living with seizures is a challenge. When she was first diagnosed, Willis remembers struggling to fit in. “People saw me as a sick person and thought I wasn’t as smart or strong as others,” she says.

In reality, it’s no different living with epilepsy than with diabetes or asthma. “Once the condition is under control, life continues as normal,” Jimenez says. Pennsylvanians with epilepsy may be asked to surrender their license following a seizure, but can resume driving after six months seizure-free.

Today, Willis devotes much of her life to debunking myths about seizure disorders. She holds a master’s degree and is a senior exercise physiologist. “My seizure disorder is something I live with, but it doesn’t define me,” she says.

If You See Someone Having a Seizure

- Clear the area and loosen tight clothing.
- If he collapses to the floor, position him on his side so he won’t breathe food or fluids into his lungs.
- If he’s sitting upright, make sure his head is supported.
- Do not put anything in his mouth; he will not swallow his tongue during a seizure.
- If the seizure lasts more than three minutes, or if the patient is not waking up or is blue in the face, call 9-1-1 immediately.

If you want to know more about the various types of seizures, call 610-402-CARE or visit lvh.org/healthyyou.
Imagine this scenario: You send your well-adjusted son off to college, with high hopes for his future. During his junior year he begins having trouble concentrating. He hears voices, sees things that aren’t there, and thinks his roommate is plotting against him. The psychiatrist says it is schizophrenia. As you soon learn, your family’s life will be altered permanently as you try to cope with the challenges of keeping your loved one safe, cared for and on the right treatment.

Schizophrenia affects 2.2 million Americans over age 18, and they’re typically diagnosed in early adulthood. There is no hint anything’s wrong through childhood and adolescence; symptoms begin to appear after the young person leaves home. The condition affects males and females about equally, says psychiatrist Joel Lerman, M.D., of Lehigh Valley Hospital and Health Network, although symptoms often appear a few years later for women than for men. Incidence rates have changed little over the years.

A common misconception is that people with schizophrenia have “split personality.” The Greek root “schizo” does mean split, but the split is from reality, rather than into multiple personalities. Symptoms include delusions (“Someone’s putting thoughts in my head”), paranoia (“They’re out to get me”), hallucinations (hearing voices), emotional flatness and trancelike behavior.

People with schizophrenia tend to have a disorganized approach to life that makes it hard for them to think clearly or take care of themselves. They often struggle with depression and substance abuse, and though they are not usually violent, their rate of suicide is high. “The burden on a family of caring for a loved one with schizophrenia is just tremendous,” Lerman says. “The worry never stops.”

Schizophrenia is not caused by bad parenting, he says. “It is thought to be a disorder of excess dopamine (a natural chemical) in the brain.” The risk for the disease is slightly higher if a close relative has it, but researchers believe environmental factors are more likely. One theory is that a virus was transmitted to the fetus before birth.

Medications for schizophrenia have improved greatly over the past 30 years, with fewer of the unpleasant side effects (weight gain, twitching and tics, tremors) that make patients reluctant to stick with their drug regimen.

With medication and good support, about one-third of patients can function at a reasonable level in society, Lerman says. Another third may be able to hold a non-demanding volunteer job, and the last third get gradually worse. Most people with schizophrenia can live with their families or in group home settings rather than in long-term institutions.

More hope for the future lies in the exciting brain research going on today. Drug testing takes time, Lerman says, but eventually it could lead to even more effective medicines with fewer side effects.

Want to Know More about how to support someone with schizophrenia? Call 610-402-CARE or visit lvh.org/healthy you.
Brain ‘Surgery’ Without an Incision

Local woman has Gamma Knife® treatment in the morning, goes shopping that afternoon

Joan Bray always had good balance until the day simple tasks started throwing off her equilibrium. She got dizzy while pulling weeds and lost her balance taking mail out of the mailbox. “I tried to stand on one foot, but couldn’t,” the 64-year-old Phillipsburg, N.J., woman says.

Though she “knew something was wrong,” Bray went on with her daily routine, including caring for her 88-year-old mother, who lives with her. She didn’t mention her dizzy spell to her doctor until her next regularly scheduled visit. “I never had any more symptoms—not even a headache,” she says. That’s why she was so shocked when an MRI found a cancerous tumor located deep within her brain.

Doctors at Lehigh Valley Hospital discovered the cause: Bray, who’d smoked for nearly 50 years, had a tumor in her lung that had spread to her brain.

While the lung tumor required conventional chemotherapy and radiation, Bray had choices about how to treat the brain tumor. “Instead of conventional brain surgery and whole-brain radiation, Bray chose Gamma Knife radiosurgery, a new treatment that requires no incision” says radiation oncologist Clinton Leinweber, D.O. Each Gamma Knife treatment was performed in a single, half-day outpatient session, resulting in minimal side effects and allowing for rapid recovery.

The treatment is performed at the Cancer Center at Lehigh Valley Hospital—Muhlenberg (the only Gamma Knife in the region). “The technology sends 201 precisely targeted beams of gamma radiation to the exact location of the brain tumor,” says Leinweber’s colleague, neurosurgeon Mei Wong, M.D. Alone, each beam is too weak to harm the healthy part of the brain. But when they converge on the tumor or other brain abnormality, they’re strong enough to destroy it.

Gamma Knife is so powerful and precise, few treatments are needed. Bray received just three, and she was amazed at the lack of side effects. “After my first treatment, I went home and made supper,” she says. “After my second, I went grocery shopping. I felt fine!”

A non-driver who relies on family and friends to take her to doctor appointments, Bray was relieved the treatment was available in her community. “If I had to travel a long distance to get care, I wouldn’t have done it,” she says.

Although she continues to receive care for both the brain and lung tumors, Gamma Knife treatments are keeping Bray’s cancer under control without affecting her quality of life. She quit smoking and is still strong and healthy enough to care for her mother. Best of all, Gamma Knife provides hope that one day she’ll be cancer-free. “It is a blessing to have this kind of care close to home,” she says.

Want to Know More about how Gamma Knife is used? Call 610-402-CARE or visit lvh.org/healthyou.

Patients with conditions like epilepsy, multiple sclerosis or Parkinson’s disease will soon be able to get all the care they need in one place: the Neuroscience Center at Lehigh Valley Hospital. Housed in the new Center for Advanced Health Care at Cedar Crest, the Neuroscience Center is a national leader in bringing together neurologists, neurosurgeons and other specialized physicians, nurses and therapists.
Rehabilitation can help you get back to enjoying life

When you hear the word "rehab," what comes to mind? Most people think of someone recovering from a stroke or hip fracture, but rehabilitation therapy can benefit people in more ways than you might have realized.

"All forms of rehabilitation services have the same goal in mind: to help you recover as close as possible to your level of functioning before the illness or injury," says physical therapist Jennifer Roeder.

Sadly, many people don't take advantage of rehabilitation because they're not aware these services are available—and often covered by insurance. Here are a few examples of the kinds of programs that might help you or someone you care about.

If You Silently Suffer From Pelvic Problems

Pain during intercourse, bladder-related pain or urinary incontinence affect 10-20 percent of women, mostly during the childbearing years or postmenopause. These problems can stem from childbirth-related trauma, surgical scarring, bladder spasms or postural issues. "Many women feel alone, but help is available," says Lauren Garges, a physical therapist specially educated in women’s issues.

- **Goals of therapy:** A stronger pelvic floor to control leakage, reduce pain and improve sexual pleasure.
- **How therapy works:** The therapist teaches you how to properly perform Kegel exercises to strengthen and relax the pelvic floor. Therapy also may include relaxation training, deep breathing exercises, massage techniques and postural education.
- **How long for results:** Usually within eight to 10 visits over two to three months.

If Your Head Won’t Stop Pounding

Everyone has them from time to time, but for some, headaches and migraines are so severe and frequent they interfere with daily life. "You needn’t suffer chronic pain or feel that medication is your only option," says physical therapist Stephanie Marshall, who works with the Headache Center of Lehigh Valley Hospital.

- **Goals of therapy:** Reduction in frequency and/or intensity of headaches or migraines. Therapy addresses contributing factors such as stress, nutrition, sleep patterns and work tasks.
- **How therapy works:** "I use computerized biofeedback to see how the muscles in the shoulders and neck are working," Marshall says. "By figuring out what’s contributing to the headaches, we can suggest techniques to quiet them." Treatment may involve exercises, postural changes, techniques for correcting muscle imbalance, stretching and breathing exercises.
- **How long for results:** Usually within two to 10 weeks of twice-weekly sessions.

If Your Child Has an Adversity to Overcome

Whether it's Down syndrome, cerebral palsy, autism, ADHD or another developmental condition, specialized pediatric rehab can play an important role in helping children reach their full potential.

- **Goals of therapy:** Improved speech, hearing, motor and/or cognitive skills.
- **How therapy works:** Therapists work with parents and child to identify and correct deficits—for example, helping a child with Down syndrome who has low muscle tone walk by himself.
- **How long for results:** Individual results depend on the underlying condition.

All the professionals in these pages are with Lehigh Valley Hospital and Health Network. Thanks also to physical therapist Sharon Manifold and occupational therapists Danette Missmer and Ryan Vetter.
Investing
for a Healthy Lehigh Valley

2007 Report to Our Community

Lehigh Valley Hospital
AND HEALTH NETWORK
What Our Investments Mean to You

Your investments are likely goal-driven—saving enough for your child's college fund, carefully planning your retirement, spending quality time with your family.

At Lehigh Valley Hospital and Health Network, our investments are goal-driven, too. Our mission is to heal, comfort and care for the people of our community. Here are just some of the ways we invest to fulfill that promise to you every day.

Protecting your health

If you face a health emergency, you want to know you'll receive the best care, no matter the situation. Joseph Steigler experienced such an emergency last winter. The 59-year-old Breinigsville man was clearing snow from his driveway when he felt pain in his chest and legs. His son called 9-1-1, but worried about hazardous road conditions.

An ambulance safely made it through the storm and took Steigler to Lehigh Valley Hospital. There, an MI Alert (heart attack) care team opened his blocked right coronary artery in just 68 minutes, 22 minutes faster than the recognized “gold standard.”

That kind of quick, team-oriented response is a hallmark of Lehigh Valley Hospital's investment in protecting your health. We're consistently the first in our region to create high-quality programs like these:

- Certified Primary Stroke Centers at our Cedar Crest and Muhlenberg campuses
- A Level I trauma center with pediatric capabilities
- An advanced intensive care unit featuring tele-intensivists, doctors who use video and audio to monitor critically ill patients and communicate with bedside caregivers

People who truly care

Kim Bartman, R.N., cares for—and about—patients who've lost a limb. That's why she and a colleague, Karen Groller, R.N., started an amputee support group. More than 40 amputees meet monthly for comfort and advice. Bartman's caring didn't stop there. She also lobbied in Harrisburg for a proposed law that would provide insurance coverage for prosthetic limbs.

The recipient of two statewide nursing awards this year, Bartman exemplifies the investment in caring shown by Lehigh Valley Hospital and Health Network.

A nurse and an advocate

Kim Bartman, R.N., helped create a support group for people who have lost limbs, and lobbied in Harrisburg for laws that could provide better health insurance.
Internal medicine resident Lynn Moran, D.O., here with Dionisio Marciano of Allentown, is part of a team of physicians, nurse practitioners and residents that provides free care at the Sixth Street Shelter.

Network's 9,000 employees. It's one reason why, this year, we are one of FORTUNE magazine's Best 100 Companies to Work For in the nation. We also are a Magnet hospital, the nation's highest honor for nursing excellence.

Growing for you

You choose us for your health care—and we're grateful. Since 2000, our annual inpatient bed use has grown by more than 16,000, and our outpatient registrations and emergency department visits have grown by more than 200,000.

In response to this growth, the Kasych Family Pavilion, which will open in January at Lehigh Valley Hospital—Cedar Crest, is one of our most vital investments. The seven-story tower will provide the space, technology and resources to care for you now and into the future, with:

- All private patient rooms
- Expanded heart, burn, medical-surgical and intensive care
- Education and conference center
- Environmentally friendly features, such as increased use of natural light

We already expanded our Cedar Crest campus to provide more parking and The Center for Advanced Health Care. It houses orthopedic and imaging specialists and soon will have a neuroscience center and state-of-the-art cardiology care for people with heart disease. The Cedar Crest expansion also will include an expanded emergency department and four new operating rooms.

Community focus

Dionisio Marciano of Allentown worked hard at a local auto supply store to send money home to support his three young children in the Dominican Republic. He longed for a better job, but needed a physical exam to qualify for a driver's license.

Marciano, 44, turned to Allentown's Sixth Street Shelter. There, Lehigh Valley Hospital and Health Network provided free care.

The Leaping Group, a group of business leaders that aims to improve the safety, quality and affordability of health care nationwide, honored Lehigh Valley Hospital as one of its Top Hospitals in 2007. We're one of just 41 hospitals nationwide on the list, and the only one in our region.

Keeping our community safe

Gerald A. Coleman III, D.O. (foreground), shares his expertise with Allentown Emergency Services colleagues like (l-r) William Sames, David Van Allen and Mark Smith in response to medical and traumatic emergencies. An emergency physician with advanced certification, Coleman is one of only six EMS fellows in Pennsylvania and 51 in North America. Read more about him at lvh.org/report.

We are educating 193 medical residents in 19 programs and fellowships. We also added 36 new doctors to our hospital's medical staff.

Our MedEvac helicopter team transported 1,640 critically ill or injured people this year.
When the big day came, Avery Morgan Davis was born a happy, healthy baby, much to the delight of her parents, Rob and Angela (above, left) of Bethlehem Township. But just a few hours after her birth at Lehigh Valley Hospital, it became apparent Avery needed special attention.

"Her blood sugar was low, and she had some difficulty feeding," says Angela, 30. Avery was born nine days late at 6 pounds, 11 ounces. During the last week of pregnancy, Angela's placenta—which nourishes the baby—wore thin. As a result, Avery lost about 11 ounces before birth.

To help Avery thrive, neonatologist Erika Yencha, M.D., and a neonatal intensive care unit (NICU) team monitored her blood sugar, gave her a feeding tube for nourishment and intravenous fluids to keep her hydrated. "Their confidence made me calm," Angela says.

Six days later, Avery came home, where her proud family—including grandma and grandpa Denise and Stephen Kuhns of Macungie (above, right) and Avery's sister, Regan—awaited. "When we toured the hospital before Avery was born, we saw the NICU but never imagined we'd need it," Angela says. "Now I'm grateful it was there for us."
Investing Together for Better Smiles

For more than 70 years, Lehigh Valley Hospital’s department of dental medicine has invested in dental health for people in need. That commitment includes Give Kids a Smile day, where students like Tejas, 8, of Allentown (below, with Jennifer Risley, D.M.D.) receive free screenings. This year, our dental clinics at our 17th and Chew and Muhlenberg campuses cared for more than 9,800 children and adults.

A Partnership for Wellness

Jorge Pimentel’s mother suffered from diabetes so severe she had to have her legs amputated. So when Jorge (above, right) was diagnosed with the disease himself two years ago, he sought help from the Latino Diabetes Education Program.

“When you have something that scares you, you want to do things right,” says the 73-year-old Allentown resident. Pimentel and his wife, Elida, who also has diabetes, learned in Spanish how to test and control their blood sugar from their teacher or “promotora,” Alicia Rivera (above, left). As a Latina with diabetes, she understands the culture and how to manage the disease—prevalent among Latinos.

Over the past year, Rivera has helped more than 180 people through the program, which is co-sponsored by Lehigh Valley Hospital and Latinos for Healthy Communities. This partnership is a national model in educating Latinos about diabetes.

The program gives Pimentel better health and new hope. He walks regularly and has lost 55 pounds. “Now I can say I am diabetic, but I know it won’t hurt me,” he says. “I’ve learned how to control it.”

Want to Know More?

Visit lvh.org/report and you will find:
• Our fiscal year 2007 statements
• A detailed report of our community benefit investment
• Information about our Board of Trustees

For a printed copy of any of this information, or for additional copies of this report, call 610-402-CARE.
Investing Is Caring

Think of all the things you’ve invested in over the years—that first guitar you saved up for when you were 12, your college education, your home and your family.

Investing is about money, but it’s also about so much more. You invest vast amounts of time, energy and love in the people and things you care about—building that business, attending all of your son’s soccer games, planning your daughter’s dream wedding. Investing is truly a form of caring.

At Lehigh Valley Hospital and Health Network, we invest in the very things you hold dear—your family, your community, your health and well-being. We use our resources to invest in buildings, equipment, programs, ideas and most of all, in people. This year, we also invested $127.1 million in programs and services that benefit our community. That’s what makes us a charitable, not-for-profit hospital. The return on our investments—seeing people living healthy lives—is priceless.

When you need health care, you want to turn to a place you can trust. The investments we make ensure you can count on Lehigh Valley Hospital and Health Network whenever you need us.

Elliot J. Sussman, M.D.
President and Chief Executive Officer

Jefferson K. Aiken Jr., D.Min.
Chair, Board of Trustees

An Ideal Hospital Experience

If you want to create the ideal hospital experience for all patients, where do you begin? At Lehigh Valley Hospital, we’re starting by asking our patients first. Our Patient-Centered Experience initiative will enhance every aspect of a patient’s hospital stay. The project’s advisory board includes former patients, their families and community leaders, who review all new projects to ensure caregivers like Nneoma Ndujife, R.N. (left), deliver the most complete care to patients like Karen Atkins of Reading. This is a long-term investment—it’s a 10-year project. But you’ll see changes immediately. One example: families now can visit with loved ones in the recovery room shortly after surgery.
If Your Hands Need a Helping Hand

You probably take for granted all your hands do for you. But if you ever suffer an injury to one, or develop a condition like carpal tunnel, you'll quickly realize how important it is to have fully functioning hands.

- **Goals of therapy:** Return to normal activities.
- **How therapy works:** Hand therapists use heat or cold packs, treatments to manage scars and swelling, and range of motion, stretching and strengthening exercises to reduce pain and/or improve functional use.
- **How long for results:** Varies depending on diagnosis, but typically two to three times per week for one month.

If You're Coming Back From Heart Problems

Only about 1 in 5 heart attack or heart surgery patients takes advantage of cardiac rehabilitation. That's a shame, says exercise physiologist Darlene Garon. "Rehab is more than walking on a treadmill," she says. "After identifying each patient's coronary risk factors, our program provides assistance to effectively address the need for risk reduction. One example is establishing exercise routines and maintaining a therapeutic training range."

- **Goals of therapy:** Restoration of heart health, improved blood pressure.
- **How therapy works:** A comprehensive cardiac rehab program includes cardiovascular, flexibility and strength-training exercises under close monitoring. Patients gradually become more independent until they can exercise safely on their own.
- **How long for results:** Outpatient rehab is typically three times a week for eight to 12 weeks.

If You Have a Wound That Won't Heal

When most of us get a cut or open wound, it heals by itself. If a traumatic injury or surgical wound doesn’t heal within an appropriate time—especially if you have diabetes—it’s time for expert care. First, see your primary physician for evaluation. Depending on the wound, you may be referred to a wound healing center where specially educated wound care experts, including physical therapists, can help.

- **Goal of therapy:** Complete healing of the wound.
- **How therapy works:** Specific physical therapy modalities are used to increase blood flow to the wound, decrease pain and swelling, and facilitate healing.
- **How long for results (outpatient):** Usually within two weeks of three-times-weekly therapy.

Wound therapy—Physical therapist Michael Zerbe uses therapeutic electrical stimulation to promote blood flow and speed healing.

If You Feel Dizzy or Out of Balance

Ever lost your balance when turning quickly, had a hard time walking on uneven surfaces, or suffered bouts of feeling like the room is spinning? These problems can stem from inner ear infections, migraines, or simply a decline in functioning due to inactivity as you get older. Physical therapy can help.

- **Goals of therapy:** Return to normal daily living, including walking and going up and down stairs without trouble.
- **How therapy works:** Individualized treatment can include eye and balance exercises and simple manipulation of the head to correct inner-ear issues.
- **How long for results:** Within four weeks, and sometimes immediately.

610-402-CARE (2273) • lvh.org • Healthy You 15
The Inside Scoop on Being Pregnant

Learn what to expect (that your girlfriends may not tell you)

You're pregnant. If you've talked to your doctor, family and friends and done some reading, you know you're in for major physical changes. "But some pregnancy-related changes are rarely mentioned and often overlooked," says obstetrician Amanda Flicker, M.D., of Lehigh Valley Hospital and Health Network. You may not experience all these changes—pregnancies are very individual—but here's what to expect, say Flicker and her colleague, obstetrical nurse Jill Moyer, R.N.

Overactive nose—You can smell more, and smells that were once pleasing may be bothersome. Also, hormones trigger the mucus membranes in your nose, causing congestion. Use a humidifier and drink lots of fluids. Don't be surprised if you start snoring.

Saliva factory—You may develop an uncontrollable urge to spit, as you produce more saliva during pregnancy. Taking vitamin B6 and avoiding acidic foods can help.

Big hair—Your hair goes through a natural cycle of growing and falling out. During pregnancy, it skips the falling-out phase, resuming (sometimes in clumps) about three months after delivery. Don't panic; it's normal.

Raccoon mask—The skin across your cheeks and nose may darken, creating the "mask of pregnancy." Higher estrogen levels boost melatonin, the darkening agent in skin. Wear a hat and sunscreen if you must be in the sun.

Bigger breasts—Your breasts will ache and grow a whole cup size or more. For better support, try a maternity bra with wide straps and back adjustment.

Popped belly—If your belly button changes to an "outie," tell your doctor. You could have a hernia. If it doesn't disappear after delivery, it will need to be surgically corrected.

Cramps, again?—You thought they disappeared with your period, but they can occur during pregnancy if you're dehydrated. Drink at least eight glasses of water daily. If cramps persist, tell your doctor.

Varicose veins—They're uncomfortable and can develop on your legs and even your labia due to increased pressure in your veins. While there's no preventing them, ice may provide comfort.

Dreaded discharge—Hormone changes cause a clear, white or yellow discharge that can't be prevented. If it darkens, itches, burns or has an odor, tell your doctor; you could have a vaginal infection. Meanwhile, wear panty liners and change them frequently.

"Fankles"—Also known as fat ankles, these occur as your body retains fluid, especially in summer. In fact, swelling all over your body is normal. Drink lots of water. For severe swelling, ask your doctor about compression stockings.

Emotional roller coaster—If you cry at the drop of a hat, blame the hormone changes of pregnancy and your natural anxieties about having a child.

Want to Know More about how to prepare your body for childbirth? Call 610-402-CARE or visit lvh.org/healthyyou.

The happy outcome—All the uncertainties and changes of pregnancy are forgotten in the joy of baby's arrival, as Sally Gilotti of Lehighton (the author of this story) and 4-month-old Madison demonstrate.
Who’s Interpreting Your Mammogram?

You know you need to schedule a yearly mammogram beginning at age 40* for early detection of breast cancer. But that’s only the beginning. It’s also important to consider the skill of the radiologist who reads your mammogram.

Your radiologist should have the experience and eye to recognize subtle signs, says oncologist Gregory Harper, M.D., of Lehigh Valley Hospital and Health Network. “The most serious changes can be the most difficult to find,” says Kenneth Harris, M.D., a breast radiologist at the hospital. “We look for masses, distortions, irregular patterns and pin-sized calcifications, comparing current and previous studies to find even the smallest changes early.”

To ensure you’re getting an expert reader, ask these questions when scheduling your mammogram:

- Is the radiologist certified by the American College of Radiology and the U.S. government’s Mammography Quality Standards Act?
- Is the radiologist a breast specialist? “Some radiologists evaluate brain scans one day, breast scans the next,” Harris says. “Look for someone who specializes in breast imaging.”
- Is the radiologist highly experienced? National standards require radiologists to read at least 470 scans a year. Harper advises looking for a radiologist who evaluates at least 1,000 a year.
- Will the radiologist use the latest technology? If your mammography center is equipped with digital mammography, the radiologist can read sharper images and manipulate them more easily. “Digital images also detect changes earlier in the dense tissue of women younger than 50,” Harris says. In mammography centers with computer-aided detection, the radiologist takes advantage of an additional computer-aided reading to ensure all areas of concern have been identified and addressed.
- Is there a team of breast health specialists? Radiologists benefit from collaborating with other radiologists, breast oncologists, surgeons, genetic counselors and nurse specialists to ensure you’ll get the best results.

Types of Breast Tests

Mammogram—Detects changes in breast tissue, the best screening test for breast cancer.

Breast MRI—Uses radio waves and magnetic fields to evaluate breast tissue.

Ultrasound—Uses sound waves to determine whether masses are fluid or solid (a sign of cancer). Used if further evaluation is needed after a mammogram, particularly for younger women with dense breasts.

Each breast radiologist at Lehigh Valley Hospital and Health Network is required to interpret at least 1,200 digital mammograms a year. That’s more than double the national benchmark.
Healthy and Happy at 100
If that’s your goal—and it’s a good one—start preparing now!

A peaceful spirit at age 100

Faith is an important part of life for Sara Miller of Allentown, who attended Sunday school throughout her childhood, sang in her church choir and still attends services regularly. She’s also an avid reader. While in high school, she’d use her mother’s library card to check out her favorite fairy tales; today, she reads “most anything” from fiction to current events. A mother of two, grandmother of four and great-grandmother of five, Miller feels there’s no particular secret to her long life. “I just did what I had to do,” she says.

Many Americans are now living to be centenarians. But the quality of your life when you reach 100 often depends on choices you make today, according to a trio of geriatricians (specialists in aging) at Lehigh Valley Hospital and Health Network. “Longevity is about 30 percent genetics and 70 percent how well you take care of yourself,” says Francis Salerno, M.D.

Lay the groundwork by having a sense of purpose. “You want to wake up each morning with a goal and a plan to accomplish something, whether it’s visiting a friend, working on your model train, or improving your golf score,” says Brooks Betts, D.O.

Also key to successful aging is building a strong social network, says Glenn Kratzer, M.D.: “One way to make sure you still have friends at 100 is to befriend younger adults and children.” Get to know families in your neighborhood, at your place of worship and through volunteering. Heal any frayed connections with your siblings and children.

Physically, your top priorities are getting regular exercise (an hour a day), keeping your weight down, eating healthfully and quitting smoking. You probably already knew that. Here are some less familiar—but no less vital—strategies for a long and healthy old age...

- **Take care of your feet.** It’s hard to get regular exercise if your feet hurt or feel numb due to poor circulation. Excess weight, tight shoes and high heels can ruin your feet.
- **Keep your bones strong** with weight-bearing exercise and strength-training. Ask your doctor about a bone density scan. Osteoporosis is common in older men as well as women, and if it’s not detected and treated, the result can be a disabling fall.
- **Preserve your brain function.** Reduce your risk for dementia with daily mental as well as physical exercise. For example: learn to dance or play an instrument, join a book group or take a Spanish class.
- **Give your skin some love.** It’s the largest organ of the body and deserves coddling. Aging skin gets thinner and drier, so it’s more easily bruised and cracked (creating entry points for infection). Protect skin by moisturizing; drinking plenty of water; minimizing exposure to sun, wind and extremes of temperature; and getting regular skin cancer checkups.
- **Don’t forget your teeth.** Besides brushing and flossing daily, see your dentist twice a year to help prevent gum disease (which is linked to heart problems) and loss of that pretty smile. Replacing teeth is costly.

20 Healthy You
Intellectually curious at age 91

Ever since he retired as a life insurance agent, David Aldrich has "looked for ways to keep my brain active." Through The Institute for Learning in Retirement at Cedar Crest College, he's studying everything from the Russian Empire to contemporary religion. He enjoys quiz games at Allentown's Luther Crest Retirement Community, where he lives. And he's a self-proclaimed daily "newspaper nut." Also active in the community and with his family, Aldrich says, "I'm lucky to still have the physical ability to do things many other people my age can't." That helps him treat each day as an opportunity to discover and learn.

- Protect your vision and hearing. Have your eyes checked annually for glaucoma, macular degeneration, cataracts or changes in depth perception. Preserve your hearing by avoiding long exposure to very loud noise. If you're having hearing problems, see a professional; it may be as simple as excess ear wax.
- If you haven't already, establish a relationship with a primary care physician. Someone familiar with your health history can be an invaluable ally as you get older.
- Keep up with immunizations and screenings. Get an annual flu shot and a tetanus booster every 10 years. At age 65, get vaccinated for pneumonia and (if you've ever had chicken pox) for shingles. Screenings include mammograms, Pap tests, colonoscopies, prostate and breast exams, and blood pressure, cholesterol and blood sugar tests.
- Think ahead. Keep your will current and prepare an advance directive for medical care. Make sure your family knows where these documents are.

Want to Know More about how to live to a healthy old age? Francis Salerno, M.D., has written a book on it, and we're giving away 10 free copies. To enter the drawing, call 610-402-CARE or go to lvh.org/healthyyou and tell us your best personal tip for healthy aging. But don't wait; the deadline for entries is Jan. 31.

Yes, I Can

Sing a Capella

People who age well are curious, active and always learning. Here's one great example:

Who: Linda Strouse, 53, Northampton

What she did: Eleven years ago, Strouse had a spinal cord tumor removed. Because of neurological damage to her legs, she had to give up hobbies she really enjoyed, like tennis. To overcome that disappointment, she pursued a new hobby: singing in a female barbershop-style group called the Sweet Adelines International.

Hurdle: "I hadn't sung since high school—other than in the shower or at church—but I took the leap and am so glad I did."

Going for it: "It showed me that even though one door may close, another will open. Sometimes you have to be brave enough to try something totally new."

Reward: "Learning the music is great mental exercise, and singing gives me so much joy and a new sense of freedom and pride. I also love being part of this wonderful sisterhood."

Do you know someone who said, "Yes, I can" to a new activity? Give us his or her name (and read about others) by calling 610-402-CARE or visiting lvh.org/healthyyou.

Belting it out—Linda Strouse (in green) and fellow members of her quartet have fun performing a song called "Bifocal Eyes." The others (l to r) are Anita Muth of Wescosville, Linda Wojciechowski of Macungie and Robin Matthews of Quakertown.
Hometown happiness depends on your ability and willingness to adapt

Things aren't like they used to be. Chances are your community is growing and changing, and you're seeing increased traffic, higher prices and more reports of crime on the news.

Even if you pride yourself on being flexible, your ability to accept change is affected by age. "As we get older, we can become more set in our ways, making it more difficult to get around life's obstacles, especially the new ones," says geriatrician Anne Yawman, M.D., of Lehigh Valley Hospital and Health Network.

That doesn't mean you have to become a hermit or move out of town if you're having trouble coping. What you do need is an open mind. "Your willingness to find ways to adapt to change has a direct effect on your emotional health," says Yawman's colleague, psychiatrist Susan Wiley, M.D.

Julie Testen, R.N., St. Thomas More parish nurse, and Val McKay, program supervisor for the Center for Humanistic Change, help people cope with adversity every day. Here are their tips on adjusting to change in your community:

If you're afraid to drive because of too much traffic...
- Take a driver's training course. (AARP's Driver Safety Program is free to Vitality Plus GOLD members.)
- Use public transportation. Senior citizens can ride LANTA buses free anytime.

If you don't feel safe walking the streets...
- Call your local police department and ask about joining or starting a neighborhood crime watch.
- Walk with a friend or join a walking club. You'll feel safer in a group.

If negativity in the news makes you depressed...
- Remember that there are more good things happening in your community than bad.
- Volunteer with an agency where you can use your skills to make your community a better place.
- If you feel depressed more days than not, see your doctor.

If rising costs are becoming overwhelming...
- Talk to your utility companies about setting up a budget that allows you to pay a set fee each month.
- Make a seven-day menu before you go food shopping and only buy for that menu. You'll cut down on impulsive purchases.
- Ask your doctor about generic medications.

If you have problems and don't know where to turn...
- Talk to the leader of your faith congregation.
- Visit your local government offices and ask about resources in your community.

Remember that community change isn't all negative. It can create a melting pot of culturally, economically, politically and generationally diverse people living with and learning from one another. A larger community also offers more choices for dining, shopping and entertainment. "By embracing change in your community," Wiley says, "you help make it a better place to live." •

Want to Know More? To sign up for the Driver Safety Program or receive a community resource guide from the Lehigh Valley Alliance on Aging, call 610-402-CARE or visit lh.org/healthyyou.
Healthy You

Health Improvement Programs

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

Aging Well

NEW Tax-Aide
AARP Tax-Aide provides tax form assistance for middle- and low-income taxpayers. FREE
• Tues. and Thurs., Feb. 5-April 15; 1-4:30 p.m.
At LVH-17, CHA
For details, call 610-402-CARE.

Managing Your Weight

Managing Your Weight Services

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 to weight loss.
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.

Medicare Counseling FREE
• Walk-in hours most Fridays; 1-3 p.m.
At LVH-17, CHA
For details, call 610-402-CARE.

Benefits CheckUp FREE
• First, third Mon. of month; 1-3 p.m.
At LVH-17, CHA
For details, call 610-402-CARE.

Body Composition Analysis—Learn your body fat percentage.$13.50
For details, call 610-402-CARE.

Eating Healthy

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

Bounce Back to a NEW You—After weight-loss surgery, get back on track to goals. 4 weekly classes, 5 months follow-up. $150
For details, location and registration.
Join the Healthy You Fitness Center

Make your fitness goals a reality

This state-of-the-art, completely renovated facility features:
- Cardiovascular equipment, including treadmills, ellipticals, stationary bikes, rowers and stairmasters
- Group fitness room featuring classes in:
  - Aerobics
  - Pilates
  - Yoga
  - Stretching
  - Balance
  - Strength-training
- Free weights
- Complete weight-machine circuit
- Plasma flat-screen TVs and state-of-the-art sound system
- Fitness assessments by an exercise physiologist on enrollment and again every 12 months
- Varied, customized fitness programs updated every 12 weeks to meet your unique needs

5 a.m.-9 p.m. Monday-Friday
7 a.m.-5 p.m. Saturday
Closed Sundays

Healthy You Fitness Center
1243 S. Cedar Crest Blvd., Lower Level
Allentown

Sign up today and schedule your personalized assessment session to get started on your goal of a healthier you.

For more information, call 610-402-CARE.

Ongoing programs

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 Healing 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.

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

Cardio Fit
Recreational water class builds cardiovascular fitness. Appropriate for post-cardiac recovery.
12 classes/6 weeks • $65;
8 classes/4 weeks • $50 with Vitality Plus GOLD

• Thu., starting Feb. 14; 11:15-12:15 p.m.
At Rodale Aquatic Center, Cedar Crest College

Belly Dancing for Fun and Fitness
Belly dancing stimulates senses, tones muscles, builds coordination, boosts creativity.
8 classes • $60

AFr., starting Feb. 26; noon-1 p.m. (A)
Fri., starting Feb. 27; noon-1 p.m. (A)

Level II
Fri., starting Feb. 25; 1:15-2:15 p.m. (A)

Belly Dance Elite
Intro and Level II prerequisites
Thu., starting Feb. 28; 1:15-2:15 p.m.
Tabya, dance instructor

Get on the Ball
An inflated exercise ball enhances your balance, stability, core strength. For all adult fitness levels.
8 classes • $56

Mon., starting Jan. 30; 7:45-8:45 a.m. (A)

Cardio Kickbox
A high-powered routine strengthening body and mind.
8 classes • $56

Mon., starting March 16; 7-8 a.m. (A)

PUMP
Challenging muscle strength/endurance workout targets major muscle groups using progressive resistance.
8 classes • $64

Wed., starting Jan. 30; 6:30-7:30 p.m. (A)
Sat., starting Feb. 2; 7:45-8:45 a.m. or 9-10 a.m. (A)

At Human Performance Center

Interval Express
LaCie of time? Alternated short bursts of intense cardio moves with active recovery in 45-minute workout.
16 classes/8 weeks • $64

Mon. and Thu., starting Jan. 28; 4:45 p.m. (A)

Body Wedge 21
Rep the major fat-storage areas and muscle groups.
8 classes • $66

Thu., starting Feb. 14; 6-6:45 p.m. (A)
Caring for Mind and Body

Ongoing programs

Mindfulness-Based Stress Reduction—Reduce stress using group support, improved communication and deep relaxation through yoga and meditation. Nationally recognized program has 23-year history.

- **FREE Introductory Session**
  - Tue., March 11; 6-7:30 p.m.
  - At LVH-Muhlenberg, Banko Center
  - Scott Pellington, Reiki master/teacher

Reiki Workshop I—Become a Reiki practitioner and learn its history, what it can and can’t do, and its benefits.

- $100
  - Sat., March 15; 11:45-2:15 p.m.
  - At LVH-Muhlenberg, Banko 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**
  - Mon., March 3; 7-8 p.m.
  - At LVH-Muhlenberg, educational conference center
  - Scott Pellington, certified massage therapist

The Health of Touch (Partner Massage I)—Hands-on workshop for couples to learn correct massage techniques to reduce everyday stress.

- $85/couple
  - Sat., March 19; 11:45-2:15 p.m.
  - At LVH—Muhlenberg, Banko Center
  - Scott Pellington, certified massage therapist

Intro to Rhythms—Frame Drum Class—Discover the joyous, healing and mystical aspects of the ancient frame drum.

- 8 classes • $56
  - Mon., starting March 10; 5:15-6 p.m.
  - At LVH—Muhlenberg, Banko Center
  - Tayba, dance instructor

Discover Relaxation Within, Parts 1 & 2—Learn to ease your stress through a variety of relaxation techniques.

- 4 sessions each • $50 per part
  - For details, including possible tuition discounts, call 610-402-CARE.

Massage Therapy—Options include: relaxation, pregnancy, and hot and cold stone. Prices $30-$120. Gift cards available.

- At LVH—Muhlenberg, Youthful You Institute; Healthy You Center; LVH—Cedar Crest; Janet Pavilion; Health Center at Trexlertown

Everyday Tai Chi—Focus on graceful, flowing movements combined with breathing.

- 8 weeks • $76; $66 with Vitality Plus GOLD
  - Wed., starting March 5; 10-11:15 a.m.
  - At Healthy You Center

Yogalatte—Add Pilates to yoga for core-conditioning.

- 8 classes • $48
  - Tue., starting Feb. 1; 4-5:15 p.m.
  - At Healthy You Center

SCREENINGS

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

LVH—Muhlenberg
Osteoporosis **FREE**
- First Thu. of each month; 4-6 p.m.

LVH—17, AIDS Activities Office

LVH—17, CHA

Vascular Screenings—Painless testing for vascular disorders in those age 60+ with high cholesterol, high blood pressure or family history of vascular disease.

- Stroke • $40
  - Abdominal Aortic Aneurysm • $40
  - Peripheral Arterial Disease • $15
  - Wed., March 26
  - To register, call 610-402-CARE.

Looking Good

Healthy Hands and Nails—Your hands deserve some TLC. Preview our moisturizing and strengthening education program.

- **FREE**
  - Tue., Jan. 22; 2-3 p.m.
  - At LVH—Muhlenberg, South Entrance, 1st floor conference room
  - Laura Trammell, licensed teacher of cosmetology, Youthful You Institute

Corrective and Protective Skin Care—Class focuses on skin problems of aging and solutions for your skin type.

- **FREE**
  - Tue., Feb. 19; 2-3 p.m.
  - At LVH—Muhlenberg, Banko Center
  - Nayas Patel, M.D., interventional cardiologist

Just for Women

**NEW** Wishful Hearts
Women’s heart disease can be different from men’s. Cardiologists will discuss what research and experience have taught us about a woman’s heart and what still needs to be explored. Women will share their personal accounts. Wear red to honor Go Red for Women day.

- **FREE**
  - Fri., Feb. 1; 6-7:30 p.m.
  - At LVH—Cedar Crest, auditorium

**NEW** Prevention Now or Heart Attack Later
Take charge of your heart health and bring along your questions for our experts. Prizes for spinning the health-risk wheel.

- **FREE**
  - Wed., Feb. 20; 7-8 p.m.
  - At East Allen Twp. Building

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

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

**Ongoing programs**

**Refocusing Children’s Behavior (RCB) Series**

Enjoy a peaceful home with responsible children. Five-week course to be a more effective, calmer parent to toddlers through teens. $199/person; $250 couple.

**Workshops**

These two-hour sessions apply the RCB philosophy to some hot parenting topics. $25/person; $30/couple per workshop.

- **Power Struggles**
- **Parenting as a Team**
- **Teen Workshop**

For details, call 610-402-CARE.

**Nutrition and lifestyle change for 8-12-year-olds and their parents.** $81.

**Happiest Baby on the Block**

Learn step-by-step how to help baby sleep longer, and soothe even the fussiest infants in minutes. $50/couple includes DVD/CD Parent Kit.

At Healthy You Center. For details, call 610-402-CARE.

**Protecting Your Health**

**NEW** melanone—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**

**Coalition for a Smoke-Free Valley**

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

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

For details, call 610-402-CARE.

**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.

**Steps to a Healthier You**

Your risk. • Thu., Jan. 24; 4-5 p.m.

Nutrition for Your Good Health. • Wed., Feb. 13; 4-5 p.m.

**Choose from:**

- Healthy Living: Reducing Your Risk
- De-stress for Success
- Blood Pressure Makeover
- High Cholesterol: A Sticky Situation

For dates, times, fees and registration, call 610-402-CARE.

**Choosing a Family**

Enjoy a peaceful home with responsible children. Five-week course to be a more effective, calmer parent to toddlers through teens. $199/person; $250 couple.

Workshops

These two-hour sessions apply the RCB philosophy to some hot parenting topics. $25/person; $30/couple per workshop.

- **Power Struggles**
- **Parenting as a Team**
- **Teen Workshop**

For details, call 610-402-CARE.

**Happiest Baby on the Block**

Learn step-by-step how to help baby sleep longer, and soothe even the fussiest infants in minutes. $50/couple includes DVD/CD Parent Kit.

At Healthy You Center. For details, call 610-402-CARE.

**Heart Health Programs**

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**

**HOPE for Osteoporosis**—6-week prevention/management program with exercise, nutrition, treatment options. $75.

- **Mon., starting Jan. 21, 4-6 p.m.**
- **At LVH—Cedar Crest**

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.

**Healthy Living: Reducing Your Risk**

- Thu., Jan. 24; 4-5 p.m.

**Nutrition for Your Good Health**

- Wed., Feb. 13; 4-5 p.m.

**Steps to a Healthier You**

- Your risk.
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- High Cholesterol: A Sticky Situation

**Choose from:**

- Healthy Living: Reducing Your Risk
- De-stress for Success
- Blood Pressure Makeover
- High Cholesterol: A Sticky Situation

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

NEW All About Stroke
For those who have suffered a mild stroke, learn about risk factor reduction, medications and symptoms. FREE
• Thu., Feb. 14; 9:10 a.m.
At LVH—Cedar Crest

Look Good, Feel Better
Cancer treatment can affect a woman’s self-esteem. Learn from cosmetology professionals. Includes free makeup kit, refreshments. FREE
• Mon., Jan. 28; 1:30 p.m.
At LVH—Cedar Crest
Sponsored through the American Cancer Society

Ongoing programs

Joint Replacement Preparation
For those scheduled for total knee or hip replacement surgery. What to expect in hospital, during rehabilitation. FREE
• Tue., Jan. 15; Feb. 5; March 4; 9:30-11 a.m.
• Thu., Feb. 21; 2:30-4 p.m.
At LVH—Cedar Crest

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

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.

For Diabetes Patients and Their Families
Pre-Diabetes—Learn to prevent or delay diabetes through modest lifestyle changes.
Type 1 Self-Management—Education and counseling.
Type 2 Comprehensive Self-Management—Weekly 2-hour sessions teach you to live well with diabetes.
Type 2 Diabetes Follow-up—2-hour class updates self-management strategies and troubleshooting. Recommended yearly after “comprehensive,” above.
Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet with a dietitian.
Intro to Insulin Pump Therapy—Learn about the various pump options to see if this approach is right for you.
Insulin Pump Training—Hands-on instruction and troubleshooting.
Insulin Pump Follow-up—Learn advanced features of the pump.
Intensive Management Education—Learn to fine-tune your diabetes control (injections or pump) and balance insulin needs.
Diabetes in Pregnancy—Education and support, preconception through pregnancy.
Adult Diabetes Support Group
• Third Thu. of month; 6:30-8 p.m.
Insulin Pump Support Group
• Third Mon., every other month; 6:30-8:30 p.m.
Teens With Type 1 Diabetes Support Group (ages 12-15)
• First Thu. of month; 5:30-7 p.m.
Sugar-Free Kids Support Group (ages 6-12) and their parents
For details, call 610-402-CARE.

For Cancer Patients and Their Families
Psychotherapy to Manage Insomnia—Strategies, skills for those with cancer suffering from insomnia.
Preparing for Breast Cancer Surgery—Learn what to expect after surgery and how to better prepare through exercise.
Lehigh Valley Chapter of the National Ovarian Cancer Coalition—Promotes education, awareness and advocacy.
Bereavement Support Group—For family and friends coping with a death. Monthly topics vary.
Adolescent Support Group—For teens who have lost a loved one to cancer.
Men Facing Cancer—Discussion group on prostate, bladder or genito-urinary cancer; partners/friends welcome.
Support of Survivors—A 24-hour phone line staffed by breast cancer survivors to help recovering women.
610-402-6304 (4767). • Support group meets first Mon. of month.
For details, call 610-402-CARE.

Keeping Up to Date

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

FREE

Drawing Plans for 3-D Projects
Learn to use simple drawing tools and easy techniques to make sketches and scale plans for 3-D craft or home improvement projects.
$5 for materials
• Mon., Feb. 4; 2-4 p.m.
At LVH—17, CHA
Liz Bradbury, master of fine arts

FREE

There’s a Message in the Song
With an audience-interactive performance, Roberta Meek, an accomplished vocalist, takes you on a journey through the Civil Rights Movement in the United States. Appropriate for all ages.
• Mon., March 3; 2-4 p.m.
At LVH—17, CHA
NEW Walk and Talk for a Healthy Lifestyle
Learn how exercise can help you live a healthier life and get fit, educated and connected with others in the process. Prizes for participating. FREE
Focus on stroke prevention
• Wed., Jan. 16; 7 p.m. talk; 8 p.m. walk
At Bethlehem Twp. Community Center
Claranne Matrisen, R.N., advanced practice nurse, Stroke Center
Snuan Nicolas, R.N., stroke coordinator, Stroke Center
Stuff from Bethlehem Twp. Community Center
Focus on living a healthier lifestyle based on what, "Momma says"
• Mon., Feb. 4; 6:30 p.m. talk; 7:30 p.m. walk
• Mon., Feb. 11; 8:30 a.m. talk; 9:30 a.m. walk
At Hanover Twp. Community Center
Richard Boulard, M.D., gynecologic oncologist
NEW Metabolism Matters
Learn what it is, how it's measured and what you can do to boost yours to maintain a healthy weight. Prizes for participating. FREE
• Tue., Jan. 22; 7-8 p.m.
At Lower Macungie Twp. Community Center
Jennifer Accredo, registered dietitian
See related article on page 9.
NEW Respiratory Rally
Discover better ways to manage lung conditions. Medical experts will discuss topics like COPD, lung cancer and asthma. FREE Alpha-1 testing. FREE, registration required.
• Sat., Feb. 23; 9 a.m.-1 p.m.
At LVH—Muhlenberg
Sponsored by the American Lung Association of PA and the Respiratory and Allergic Disease Foundation
Jeffrey Mark, M.D., pulmonologist
Michael Sezemen, M.D., cardiothoracic surgeon
Mark Shumpert, M.D., allergist
Karen Landis, C.K.N.P.
For details and to register, call 610-402-CARE.
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. FREE
• Wed., April 2, 9, 16, 23; 6:30-9 p.m.
At LVH—Cedar Crest, auditorium
For details, call 610-402-CARE.
Behind the Scenes
On this hour-long tour, learn about food service, pharmacy, outpatient and emergency care, and more. Ages 13 and over; under 16 requires adult. LVH—Muhlenberg. FREE
Need a Speaker?
Our professionals can speak on a variety of health-related topics. FREE
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 these information sessions.
FREE
• Mon., Jan. 21, Feb. 18, March 17; 2-4 p.m.
At LVH—CHA
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.

Healthy You Programs • January-March 2008

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.
Could Your Next Mammogram Detect a Future Heart Problem?

If you’re scheduled for a routine mammogram or are making an appointment soon, you may be able to participate in a new research study at Lehigh Valley Hospital and Health Network. The study is examining if there is a link between breast artery calcification and coronary artery disease. To learn more about the study and find out how to be a participant, call 610-402-CARE.
Almost Every Heart Attack Has Warning Signs

Many heart attack deaths happen because people don't take symptoms seriously. That's why it doesn't make sense to "wait to see if I feel better."

Know the warning signs of a heart attack, and call 9-1-1 immediately if you have one or more.

Don't wait more than five minutes after symptoms start. You might feel an "elephant on your chest," but many people have milder symptoms. If you're a woman, it's especially important to pay attention to less obvious signs, like shortness of breath, nausea, and back or jaw pain.

When you call 9-1-1, be sure to say you think you are having a heart attack. Lehigh Valley Hospital has educated most paramedics to diagnose heart attacks in the field. That means our treatment begins on the way to the hospital, and our MI Alert for Heart Attacks team is ready for you when you arrive.

Daniel Sachs didn't ignore the signs of a heart attack. He called 9-1-1 right away. Read his story on page 4.