Healthy You

SEPTEMBER/OCTOBER 1999

Lehigh Valley Hospital and Health Network is 100 years old this year: Celebrate with us!

The festivities include:

- Lehigh Valley's information and entertainment fair for people 50 and over
- A Walk Through History of the hospital and our local communities
- Bobby Mercer's 100 Years of American Music
- A chance to win a trip to Cancun, Mexico

Wednesday, Sept. 15
10 a.m. - 8 p.m.
Thursday, Sept. 16
10 a.m. - 4 p.m.

Agricultural Hall,
Allentown Fairgrounds
17th & Chew Streets, Allentown
An information and entertainment fair for people ages 50 and over. Highlights include:

- **Seniors’ Horizons Volunteer Awards** – recognizing local men and women
- **Local resources** – more than 100 exhibits with information on products, housing options, support groups and other services available to you
- **Entertainment** – music, fashions, magic, wildlife and more
- **Legislators’ forum** – discussing local issues
- **Exercise** – sample Exercise for Life, Prime Time Health and Fitness, Tai Chi, yoga
- **Wellness screenings**
- **Refreshments** – and the lunchtime hot dogs are free!

Visit the Seniors’ Horizons website at [www.lvhhn.org/seniorshorizons](http://www.lvhhn.org/seniorshorizons)

**Schedule of Events**

**September 15 • 10 a.m.—8 p.m.**

11 a.m.  
*Glenn Miller “The Big One Man Band”*

12 p.m.  
Magic by Joe Keppel

1 p.m.  
Prime Time Health & Fitness Workout by Lehigh County Senior Centers

2 p.m.  
Lehigh Valley Harmonica Club

3 p.m.  
Fashions by Talbots of Bethlehem, Bethlehem Senior Citizens’ Council

4 p.m.  
Birds of Prey - Game Preserve

5 - 8 p.m.  
“100 Years of American Music”

**September 16 • 10 a.m.—4 p.m.**

10:15 a.m.  
Exercise for Life offered by Lehigh Valley Hospital and Health Network

11 a.m.  
Bethlehem M.O.R.A. Club Singers

12 p.m.  
Moravian Academy Handbell Choir

1 p.m.  
Pennsylvania State Legislators’ Forum

1:45 p.m.  
Seniors’ Horizons Volunteer Awards

2:15 p.m.  
Tai Chi Demonstration

3 p.m.  
The Joe Reichel Band

Seniors’ Horizons is a community service of Vitality Plus, AARP, and the Lehigh County and Northampton County Area Agencies on Aging. For more information, call 1-888-584-PLUS (7587).

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Agricultural Hall, Allentown Fairgrounds, 17th & Chew Streets, Allentown
Do You Have a Fire Safety Plan?
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Your youngster may not be using alcohol or marijuana, but could be experimenting with something potentially more deadly: common household products. Inhaling, or “huffing,” fumes from products such as hairspray, nail polish and spray paint is so popular, nearly one in five children has done it by eighth grade, according to the National Inhalant Prevention Coalition.

“Boys and girls can die the first time or the 10th time they try inhalants,” says Diana Heckman, executive director of the ALERT Partnership for a Drug-Free Valley. “Because the substances are legal, inexpensive and easy to obtain, children think they’re harmless. Unfortunately, adults do, too.”

Talk with your son or daughter about inhalants, and be alert for signs of abuse:
- Holding a pen or marker near the nose
- Constantly sniffing the sleeves of clothing
- Paint or stains on body or clothing
- Rashes or sores around the mouth
- Red or runny eyes or nose
- Chemical breath odor
- Hiding rags, clothes or empty containers of potentially abused products in closets or drawers
- Drunk, dazed or dizzy appearance
- Nausea and loss of appetite

**Want to Know More? For more information for parents on inhalants, call 610-402-CARE.**

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**New Vaccines Recommended**

When you talk to your child’s doctor this fall about vaccinations, don’t be surprised if the list is a little longer. Here’s a look at the newer vaccines being recommended:

**Chicken Pox:** Pediatrician Scott Rice, M.D., of Lehigh Valley Hospital and Health Network, recommends this effective, safe vaccine not only to prevent discomfort for children and inconvenience for parents, but also because disease complications result in 100 to 200 deaths and up to 12,000 hospitalizations in the United States each year.

**Hepatitis B:** Every child (and adult) over six months of age should have this three-dose vaccine to prevent the hepatitis B virus, which can cause liver failure and death, Rice says. The vaccine can be started in the first weeks of life if it does not contain thimerosol, a common preservative in vaccines. The targeted group for this vaccine includes older children born before it was given routinely to infants. (For more information on hepatitis, see article on page 12.)

**Meningitis:** Some colleges are offering incoming students vaccines for meningococcal disease, which has caused fatal cases of meningitis at area colleges and universities.

**Want to Know More? For a complete guide to immunizations, call 610-402-CARE.**
Women's 5K Classic
3.1 miles running/walking
Saturday, Oct. 23; 10 a.m.
Lehigh Parkway, Allentown

This all-female event was created by the Lehigh Valley Road Runners to raise money and awareness for the fight against breast cancer.

Since it began in 1993, the event has grown from 250 to 2,200 runners/walkers and has raised more than $90,000 to fund programs including Support of Survivors helpline, initiated by Breast Health Services at Lehigh Valley Hospital. There will be a health expo the evening before the race on Friday, Oct. 22 from 4-8 p.m. at the new Jaindl Pavilion at Lehigh Valley Hospital, Cedar Crest & I-78.

For information/application, call 610-402-CARE.

Koola Bear's Fire Safety House Program

Improve your child's self-confidence and response in the event of fire or a burn. Children ages 6 to 8 will learn and practice life-saving skills with the help of local firefighters. For more information, call 610-402-CARE.

- Saturday, Oct. 2; 10 a.m.-6 p.m.
- Sunday, Oct. 3; 10 a.m.-6 p.m.
- Dorney Park & Wildwater Kingdom
- Saturday, Oct. 9; noon-5 p.m.
- Lehigh Valley Mall, Whitehall
- Sunday, Oct. 10; 1-5 p.m.
- Forks Twp. Municipal Building, Easton
- Saturday, Oct. 23, 10 a.m.-4 p.m.
- Sunday, Oct. 24, 10 a.m.-4 p.m.
- Grim's Greenhouse & Farm Market, Breinigsville

Visit the newest section of our web site—Spirit of Women. Here you will find general information about women's health issues, resources available for you at Lehigh Valley Hospital and Health Network and information about the Spirit of Women program, including specifics for this year's local conference, last year's winners and much more.

When you log on to www.lvhhn.org, click on Your Care and then Spirit of Women.

Spirit of Women is...
a grassroots program for women and by women that began in the Lehigh Valley and now extends across the country. Its goals: to inspire women of all ages to make positive changes in their lives, and to raise awareness and advocacy for women's health initiatives and research. Through conferences, awards, education and preventive health services, Spirit of Women supports your total well-being—body, mind and spirit.
Install smoke alarms outside each sleeping area and on each level of your home. If you sleep with bedroom doors closed, make sure everyone can hear the smoke alarm. Change the batteries twice a year when you change the time on your clocks.

Because thick, black smoke blocks vision, practice escaping from your home with the lights out. Crawl low in hallways and on stairs—the clearest air is close to the floor. As you exit, close all doors behind you to slow the spread of smoke or flames. Once you’re out of the house, stay out!

Choose a safe place outside for everyone to meet after escaping. Meeting in front of the home will make it easier to advise firefighters if anyone else is inside.

Draw a floor plan of your household and mark two ways out of every room. Windows can be alternative escape routes; you can signal for the fire department from a roof, balcony or porch if you’re unable to get out of the house.

Want to know more? For a flyer to help you create a fire escape plan, call 610-402-CARE. Those who mail or fax their completed plan to the Burn Prevention Foundation will receive a free family coupon package from Dorney Park & Wildwater Kingdom and Pizza Hut.

www.lvhhn.org Healthy You
Has the abundance of fast food and pre-packaged snacks made people look past the importance of eating a balanced diet? Michael Kramlich, executive chef for Lehigh Valley Hospital and the Wood Company, thinks so. That's why he's offering a Healthy Snacking class this fall for kids and their parents.

"I want to make kids and their parents aware of what they're eating so they can put together healthy meals and snacks, especially during those busy midday hours," Kramlich says. The class will explain the basics of the different food groups and how they work together in a healthy diet.

Healthy Snacking for Kids, offered Oct. 16 and 30, is a collaboration of Lehigh Valley Hospital and Health Network and The Chef and Child Foundation, a program of the American Culinary Federation that fights hunger and helps kids learn how to cook and choose healthful foods.

For more information or to register for this class, see page 24 and also see Healthy Lunches for Kids on page 5.

CableFest '99

Lehigh Valley Hospital and Health Network is one of the non-profit sponsors of CableFest '99, a first-of-its-kind family event on Oct. 9 at Stabler Arena, Bethlehem. Eighteen national cable networks will offer activities including Rugrats characters, professional WCW wrestlers, golf lessons from the Golf Channel, an actual CNBC news set, and the chance to try out as a weather forecaster for the Weather Channel.

For more information, call 610-402-CARE.

Cancer Care for Children

The partnership between Lehigh Valley Hospital and Health Network (LVHHN) and The Children's Hospital of Philadelphia has reached its first milestone - a Lehigh Valley care location. Pediatric oncologist/hematologist Julie Stern, M.D., of Children's medical staff, has opened a full-time practice in cooperation with LVHHN at the Allentown Medical Center, 401 N. 17th St.

It is the first time services of this kind have been offered in the Lehigh Valley. About 20 local children with cancer and blood diseases who received care at Children's Hospital have been identified to receive care close to home.

"We want to help these children get well and make their lives as normal as possible - and that doesn't include riding to Philadelphia on a daily basis," Stern says.

Children can receive outpatient chemotherapy and radiation therapy at 17th Street, and inpatient care at Cedar Crest. "The Children's Hospital of Philadelphia is a recognized national leader in caring for children with cancer," says John VanBrakle, M.D., chair of pediatrics at LVHHN. "This is a major step toward enhancing the scope and caliber of children's health care in our community."
Packing your child a nutritious school lunch doesn’t mean you can’t make it fun and interesting, says Mildred Bentler, Lehigh Valley Hospital and Health Network registered dietitian. She recommends including something from each of the first three levels of the food pyramid—grains, fruits and vegetables, and meats or milk—but offers these tips to make sure the lunch gets eaten.

Mix it up. Face it, children get tired of sandwiches every day, and those prepackaged lunch meals are full of fat and sodium. “Use a thermos for their favorite soup or leftovers,” Bentler says. “Or make your own fun lunch pack by cutting up or rolling low-fat cold cuts and adding healthy crackers.”

Accept the bad with the good. It can help ensure that your children get the proper nutrients. Pudding, chocolate milk and flavored yogurt have some sugar, but they’re great sources of calcium. And, some salad dressing or dip will help them eat those raw carrots.

Let children make their own. If they’re old enough, children can prepare their own lunch—and they’ll be more apt to eat it. Tell them they can pack whatever they want as long as there’s an entree, treat and beverage that cover the three main food groups. “Just make sure there is a fruit or vegetable daily and something with calcium at least three times a week,” Bentler says.

Avoid pure sugar. When you pack a drink or snack, make sure you’re giving your children some nutritional value. Choose juice boxes with real juice; otherwise, they’re just sugar and water. Avoid empty “fruit” snacks and candy in favor of the best naturally sweet snack—real fruit. If your kids won’t eat a whole piece, try cutting it up and putting it in containers.

Want to Know More? For more healthy lunch tips and a copy of the new food pyramid, call 610-402-CARE. See page 24 for information on a Healthy Snacking for Kids class for kids and their parents.

Pack in a little variety to make sure they get needed nutrients.

It’s more fun to eat when you make it yourself. Michael, a local first-grader, creates a lunch pack with cold cuts, fruit and crackers.
There's always a new fad diet to help take off a few pounds, but to keep weight off, you need to make changes that will last a lifetime. Begin by establishing a healthy eating pattern with satisfying foods and lots of choices. Then add exercise to burn calories.

"It's a matter of looking at the calories you take in and the calories you burn," says Kutztown family practice physician Frank Finch, M.D., of Lehigh Valley Hospital and Health Network. "Everyone can do something to take in fewer calories and burn more. You just have to find a way that works for you."

Here are the stories of three people—including Finch himself—who found their own formula to lose weight and keep it off.

A low-tech "exercise machine"—the jump rope—helps Frank Finch, M.D., stay thin.

At 195 pounds, Frank Finch, M.D., knew he was overweight for his 5-foot 8-inch frame, putting him at risk for stroke, high blood pressure and heart disease. It also made his snoring worse—so bad, in fact, that he was considering surgery to reduce the fatty tissue around his throat.

"I got so heavy I didn't recognize myself anymore," Finch says. "I'd developed bad eating habits in my 30s, particularly when I was working long shifts in the hospital."

Finch, now 40, took a look at the calories he was taking in and burning. He replaced sugary drinks with water, cut out between-meal snacks and, most importantly, reduced his portion size. "I was eating cereal in the morning with 1 percent milk, but I was having three bowls," he says.

He works out 10-15 minutes every day, including sit-ups,
Success Stories
Three people tell how they trimmed pounds—and kept them off

jump-roping and use of a home exercise resistance machine.
“Holidays, guests—nothing keeps me from working out,” he says. “I’ve created a consistent program that reminds me it’s a lifelong effort to maintain an ideal body weight.”

Finch lost 50 pounds in six months and has kept it off. His total cholesterol has dropped to 140, his triglycerides are down significantly, and his blood pressure is now a healthy 120/70. And he no longer snores. “I feel as good now as I did when I was 20,” he says.

Josephine Iacoviello

With great food available 24 hours a day, there’s no place like a cruise ship to gain weight. That’s why Josephine Iacoviello of South Whitehall Township points to her April 1999 cruise vacation as a weight-loss milestone. She actually lost a pound.

After surgery a few years ago to correct blocked arteries, Iacoviello, 70, lost 20 pounds. But she needed to lose more. So last summer she agreed eagerly when her physician referred her into a new study at Lehigh Valley Hospital and Health Network called LOVAR (Lowering of Vascular Atherosclerotic Risk). LOVAR is evaluating the effectiveness of lifestyle changes in preventing heart disease and stroke.

LOVAR dietitians educated Iacoviello about nutrition and gave her the skills to maintain a healthy diet. She cut out most meat, and today eats only chicken and fish. Her staples are multi-grain bread, fat-free cheese and milk, low-fat cottage cheese and yogurt, and lots of fruits and vegetables. “It’s not a diet,” she says. “It’s a way of life.”

Iacoviello, who also has diabetes, keeps a food diary to track the impact of her diet on her weight. But she doesn’t worry about the occasional slips. “They teach us that a few mistakes are okay. You just get back on a healthy track the next day,” she says.

Continued on next page
She's now 55 pounds lighter than when she started. Walking has helped Iacoviello keep the weight off and build endurance. "If I hadn't lost weight, I don't know how I would've walked as much as I did on the cruise," she says. In fact, this successful dieter has made cruises a part of her long-term "maintenance" strategy: she already has two more planned.

Elise McCommons of
Allentown knows pregnancy is a prime time for women to add pounds that are difficult to lose. That's why the mother of three ate right and exercised during and after each pregnancy.

She took classes in floor and water aerobics before the first two births, then continued with postpartum exercise classes. In her third pregnancy (due date: late August this year), she stepped up her exercise, adding weights to strengthen her back. "I heard the pounds go on quicker with each child so I began exercising right away," she says.

McCommons, 35, avoids overindulgence, maintaining a healthy, balanced diet she and her family can enjoy every day. She's breast-fed each of her babies and has had no trouble dropping her weight post-pregnancy. "I lost weight while nursing by eating tiny meals throughout the day and drinking lots of water," she says.

With her first pregnancy, McCommons gained 42 pounds and lost it all afterwards. With the second, she gained 41 pounds and lost all but seven. In her third pregnancy, she was diagnosed with gestational (pregnancy-related) diabetes, a condition that, properly managed, usually disappears when the baby is born. To help control the diabetes, she has continued her usual healthy diet, choosing water over sugary drinks, and fruits and vegetables over fatty foods. McCommons is on track to lose all of her pregnancy weight gain this time.

Want to Know More? For a copy of the new food pyramid and more information on weight loss, call 610-402-CARE.

She stayed trim after her pregnancies with Kelly, 6, and Colin, 2, and Elise McCommons (eight months pregnant in this photo) plans the same for baby number three.
Preventing Golf Injuries

If you’re one of the 25 million golfers enjoying America’s fastest growing sport, pay attention to more than your handicap. Golf injuries are frequent, even as the season comes to a close—but often preventable if you stick with a simple conditioning program and proper precautions.

The most common injuries affect the lower back, shoulder, elbow and wrist, says Rob Donati, physical therapist at Muhlenberg Hospital Center, which operates a golf conditioning clinic called Back to Par. These injuries often result from overuse of muscles, poor conditioning and muscle imbalances—when muscles in one part of the body are disproportionately strong or weak compared to other muscles.

“Muscle imbalances can cause tightness that will prevent you from getting the proper motion in your joints,” Donati says. “That can force the lower back, hip or shoulder to work harder, causing strains.”

To prevent these injuries, Donati recommends a program of strength training, conditioning and stretching to build endurance, flexibility and strong, balanced muscles. Proper technique with your golf swing also can help prevent injuries.

When you get to the golf course, take time to stretch. “Some people just get out of the car and tee off, but that is a mistake,” Donati says. He also advises golfers who are able to walk, not ride, around the course. “Your round of golf then becomes an excellent source of exercise.”

Want to Know More? For an illustrated guide to stretching exercises before you golf or for more information about Back to Par, call 610-402-CARE.

Common Golf Injuries

Shoulder: Inflammation of the rotator cuff can be caused by the bones of the shoulder pinching tendons, and is felt at the finish of the swing. Prevent by strengthening shoulder muscles.

Lower back: Poor flexibility and muscle weakness can put stress on the lower back when you swing, causing strain. Prevent by stretching and strength training.

Elbow: “Golfer’s elbow” is an inflammation of tendons on the inside of the elbow and wrist. It’s caused by the elbow absorbing the club’s impact into the ground (such as when taking a divot) and by flexing the wrist when you swing. Prevent by building strength and flexibility in wrists and elbows.
A hundred years ago, you had to be very sick before a surgeon would remove your gall bladder. More than likely, if you suffered gallstone-like symptoms (nausea, vomiting, pain in the upper right side), you'd simply live with them. Diagnostic techniques were so limited, your doctor couldn't be sure what was wrong.

If you lived in the Lehigh Valley in the early 1900s, your chances of gall bladder disease were (and still are) higher than average, thanks to our region's fondness for fatty foods. On the plus side, you'd have William Barr, M.D., who came to Allentown (now Lehigh Valley) Hospital in 1923 as its first gastroenterologist.

“My father specialized in gall bladder disease,” says internist Gavin Barr, M.D., also of Lehigh Valley Hospital and Health Network. The elder Dr. Barr, now deceased, would diagnose a patient by giving him or her some oil to stimulate the flow of bile and having the patient swallow a tube to collect the bile. “Then he would analyze the secretions in the lab,” Gavin Barr says. “He was in such demand, he had a clinic in his home.”

Patients who needed surgery were fortunate to live in a time when general anesthesia was pretty well established. (Queen Victoria had popularized ether by using it for childbirth.) But sterile technique was another matter. Antiseptics had been discovered by British surgeon...
Joseph Lister, but aseptic technique did not come into wide enough use to eliminate the risk of infection in the operating room until after World War I.

And what of the surgeon's know-how? “In the old days, surgeons sometimes removed just the gallstones instead of the entire gall bladder,” says surgeon Marian McDonald, M.D., of Lehigh Valley Hospital and Health Network. “The stones almost always came back.” In any case, gall bladder surgery was “a very big operation,” she says. “The incision was painful because it cut through muscle. The patient was hospitalized for a week or two, and out of work for up to two months.”

And that’s how gall bladder surgery remained for many decades. Then along came the endoscope, a flexible tube created in the 1950s to allow physicians to look inside the body. Today’s sophisticated fiber optic scopes are computerized and equipped with tiny video cameras and surgical instruments. The laparoscope (for abdominal procedures) has revolutionized gall bladder surgery.

It got off to a rocky start, McDonald says: “A German surgeon was called a disgrace and a danger to medicine for performing laparoscopic gall bladder removals in the 1980s. When one of his patients died of unrelated causes, he was charged with murder.” Surprisingly, gynecologists had been using laparoscopy for over a decade.

Once its value was recognized, laparoscopic gall bladder surgery proved a boon to patients. In this new “minimally invasive” approach, the major incision is replaced by four tiny ones, “and pain, scarring and recovery time are dramatically reduced,” Barr says. Diagnosis, too, has improved with sophisticated technologies like ultrasound, which McDonald uses as a faster, more economical and radiation-free alternative to dye studies of the common bile duct.

The very fact that Marian McDonald has a surgical career is a major change from the old days. “Women have always been skilled seamstresses, but for generations were excluded from the surgical realm,” she says. “As late as the 1980s, only two women in my medical school class wanted to be surgeons, and I’m the only one who made it through the rigorous training.”

Surgery will be a more diverse field in the future. But the big technology revolution—to minimally invasive surgery—has already taken place, McDonald says. One new development to watch is teledicine. Surgeons at Lehigh Valley Hospital are using it to teach new techniques. “It’s also used on naval ships, where an experienced surgeon on land performs ‘virtual’ surgery using remote control equipment,” she says.

Miraculous as such robotic procedures may appear, McDonald doubts they’ll ever take the place of live surgery. “There’s more to surgery than technology,” she says. “A lot is in the art of judgment, and the human touch. Nothing will ever replace the surgeon’s hand.”

Want to Know More? For an article featuring Lehigh Valley Hospital physicians’ historic reflections, call 610-402-CARE.

www.lvhhn.org

1902 - French surgeon Alexis Carrel develops new method of suturing cut blood vessels.
1914-1918 - World War I stimulates many developments in plastic surgery to repair facial injuries.
1944 - Open heart surgery successfully treats “blue baby” syndrome (defects that prevent blood from reaching lungs).
1950 - First kidney transplant performed.
1953 - Heart-lung machine comes into use. Before, heart surgeons had to complete their work within 10 minutes or risk brain damage to the patient.
1964 - Laser surgery first used to reattach a detached retina.
1967 - First successful heart transplant by Christiaan Barnard.
1968 - Japanese surgeons perform first successful microsurgery.
1972 - Commercial CAT scanner introduced, enabling 3D planning of surgery.
1994 - First fetal surgery corrects diaphragmatic hernia in an unborn baby.
Hepatitis C has been called a silent killer. It passed undetected through blood transfusions during the 1970s and 1980s, and lives inside its carriers for decades before symptoms appear, often creating serious liver damage. Today, the medical community is trying to break the silence of this disease that affects an estimated 4 million Americans—four times as many as have AIDS—and kills as many as 10,000 each year.

Many people with hepatitis C are unaware they have it. Unlike hepatitis B, there is no known vaccine. Hepatitis C is discovered only in its later stages, possibly through blood screenings required by insurance companies or to be a blood donor, says internist Thomas Dotson, M.D., of Lehigh Valley Hospital and Health Network.

How it spreads

Once known as “non-A, non-B” hepatitis, hepatitis C is caused by a virus carried in and spread by human blood. For this reason, health care workers are considered at risk of infection. Because the blood supply was not screened for the virus before 1992, hepatitis C was
once contracted through blood transfusions. That is not the case today, but the virus can be spread when infected instruments are used in intravenous drug use, tattooing and body piercings. It has not been absolutely proven that hepatitis C is spread through sexual contact, though many believe it may be. Dotson says more research needs to be done.

Hepatitis C may cause some nausea and vomiting, but usually there are no symptoms until the later stages—10 to 40 years after infection. In most infected people, the virus will eventually damage the liver. Many develop liver disease, including about 20 percent who develop cirrhosis, or scarring of the liver. The symptoms of cirrhosis include jaundice (yellowing of the skin and eyes), fatigue, drowsiness and weight loss. A smaller percentage develop liver cancer. In their latter stages, these serious diseases require a liver transplant. In fact, hepatitis C is the number one cause of liver transplants in the United States.

How it is treated

When hepatitis C is diagnosed, Dotson says, patients are evaluated for the level of the virus in their blood. Some may have levels so low that treatment is not necessary. Others are treated with a combination of the drugs interferon and ribaviron, a six-month process that is effective in one out of four people. “The treatment produces side effects including fever, chills, nausea and vomiting that can be so severe, some people decide to live with the disease,” Dotson says.

Scientists, medical professionals and drug companies have stepped up efforts to find a vaccine and new treatments for hepatitis C. If you believe you are at risk of having contracted the disease, Dotson says, call your doctor for testing. The government recently approved the first at-home hepatitis C test.

A, B or C?

Hepatitis is a disease of the liver caused by one of several viruses carried in the bloodstream. 

Hepatitis A is the least serious, contracted by eating food or drinking water contaminated with human excrement. It usually resolves itself in about six months, not developing into a chronic disease.

Hepatitis B is a serious and sometimes fatal disease that can be spread through unprotected sex and contact with infected blood. It may produce severe, sometimes fatal, attacks characterized by jaundice and fatigue that can last for weeks. It also causes long-term liver damage, including cirrhosis and cancer. There is a vaccine (see story on page 1).

Hepatitis C is spread through contact with infected blood and often produces no symptoms for decades. It can destroy the liver, causing cirrhosis and liver cancer. There is no vaccine, but new treatments are helping about 25 percent of those infected.

How Hepatitis Is Transmitted

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Source: American Liver Foundation

Want to Know More? For a brochure on hepatitis A, B and C, call 610-402-CARE.

www.lvhhn.org Healthy You 13
Have a Health Concern?
Educate Yourself!

Learning about an illness (or how to stay well) helps you feel empowered and work as a partner with your doctor.

When he first learned that he had prostate cancer, Ed Alexander of Coopersburg was the typical patient: “I did what I was told to do.” But when the disease recurred a couple of years later, the retired engineer decided it was time for some self-education.

He read as much as he could about prostate cancer and the treatment options, and uncovered an alternative to the testosterone-suppressing drug therapy that had seemed his only choice. Today he’s undergoing intermittent, not constant, therapy. The technique is still in the trial stage, but he says it offers him a far better quality of life.

Alexander, who’s been a Lehigh Valley Hospital volunteer since he retired from Bell Labs five years ago, now helps other people learn to do what he’s done. Through the new Internet Ambassadors program in the Health Library and Learning Center (HLLC) at Trexlertown, he and other computer-savvy volunteers are available to coach newcomers. “When you know how to search the Internet, you can learn an amazing amount,” he says.

HLLC coordinator Sharnee Cederberg, R.N., sees “more and more people taking an active interest in their health care.” Whether it’s due to medical advances, the news media or just because we’re living longer, the trend is unmistakable. Health libraries fill a growing need—and an important one. “When you take time to learn about your condition, you feel more in control, like a partner in your health care,” she says.

Alexander agrees. “Learning helps you understand what you’re dealing with and talk with your doctor knowledgeably,” he says. “That’s an advantage for you and your doctor.” It may even be an advantage in getting or staying well. “We’re talking about the immune system,” Alexander says. “I believe a positive, take-charge attitude is part of that.”

Want to Know More about educational resources in the Health Center at Trexlertown? Check the class schedules beginning on page 25, or call 610-402-CARE.
What are the changes you face in the new millennium? Starting a new job, going through a divorce, moving to another town, seeing your children leave home—whatever you anticipate, it's natural to feel a bit fearful.

"When people go through changes, even ones they've sought, it causes a grief reaction," says Rev. Anne Huey, manager of spiritual care at Lehigh Valley Hospice and a former Spirit of Women speaker. "Letting go of familiarity and venturing into the unknown is fearsome. But facing transition and becoming more flexible is a necessary part of human growth."

In a future that's uncertain, the one thing that won't change is change itself. "It will always be there," Huey says. To help make change a positive growth opportunity, here are her strategies:

- **Name your feelings.** "How you feel is part of who you are, and accepting that allows you to 'disarm the dragon.'"
- **Have a sense of humor.** "Laughing helps you speak openly about what is scary."
- **Find a mentor.** "She can teach you the core values that helped her survive and guide you to find the same spirit within yourself."
- **Be a mentor.** "Use your experience in handling change as an opportunity to coach others. It will help reinforce your confidence in your own choices."
- **Write in a journal.** "By putting your feelings on paper, you'll gain new insights. You can also look back at your writing, see how you've changed and learn from yourself."

**W**ant to **K**now **M**ore about embracing change? Attend the Spirit of Women 1999 conference. For a brochure, call 610-402-CARE.

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**Embracing Change in the New Millennium**

**Keynote speaker**

Judith Briles, Ph.D.

Tuesday, Nov. 9

7:30 to 9 p.m

Holiday Inn, Route 100 & I-78, Fogelsville

**Free**

Author Judith Briles is candid about her life—she has "had everything and lost everything," and has found strength in ambiguity and change. Briles, who has written 20 books on women's issues, empowers women to identify their resistance to change and create an action plan to grow through it and thrive. She has appeared on television programs including Oprah, CNN and Good Morning America.

Conference includes presentation of 1999 Spirit of Women Awards

[www.lvhhn.org](http://www.lvhhn.org) Healthy You 15
Are you at risk of breast cancer? Of course. Every woman is. The issue is how much—and if you’re like most women, you don’t have a clear idea. Some new tools can help you and your doctor assess your risk more accurately. For those at high risk, there are also some new options.

Researchers haven’t yet discovered all the factors involved in breast cancer, says Elisabeth Crago Ladd, R.N., program director of Breast Health Services at Lehigh Valley Hospital and Health Network. But we do know these:

**Breast cancer risk factors**

- **Age.** Breast cancer risk rises with every decade of a woman’s age. The greatest number of cancers occurs in women over age 60.

- **Family history.** Risk rises for each close relative (especially first-degree relatives: mother, sister, daughter) who had the disease, particularly if she had it before menopause.

- **Breast cancer genes.** Genetic testing can identify mutations in two genes related to breast cancer risk, an extremely rare condition that may raise lifetime risk to as high as 80 percent.

- **Previous biopsies** for certain types of breast disease (not all) associated with increased cancer risk.

- **Estrogen-related factors.** While estrogen does many good things for you, the more monthly cycles you have in a lifetime—due to early menstruation (before age 12), late menopause or no children—the higher your breast cancer risk. First pregnancy after age 30 also raises the risk.

If you want to calculate your risk, you may have heard of the National Cancer Institute’s “risk disk” questionnaire. It’s a useful tool, says Ladd, provided you correctly interpret the results. Some women’s situations don’t fit the criteria used in this particular risk model. She points to the case of a woman whose mother hadn’t had breast cancer, but each of her mother’s six sisters had. “The questionnaire did not accurately capture this woman’s risk because it looked only at first-degree relatives,” she says.

For most women, the problem isn’t underestimating but overestimating breast cancer risk. One reason is the well-publicized statistic: “One in eight women will get breast cancer.” This figure refers to the cumulative lifetime risk for women who live past age 85. For most of your life, your risk is far lower (see chart at left). “But that doesn’t mean you shouldn’t take breast cancer seriously,” Ladd says. “There are important preventive actions every woman should take.”
Cancer Risk—
Can Do About It

**Action steps for everyone**

- **Have a mammogram every year** beginning at age 40 (earlier for some women at increased risk; ask your health provider).
- **Do monthly breast self-exams.**
- **Have a professional breast exam every year.**
- **Watch your diet.** Breast cancer has been linked with obesity and fat consumption. Avoid saturated fats and "hydrogenated" products. Limit alcohol and eat plenty of fresh fruits and vegetables. These habits protect against heart disease as well as cancer.
- **Exercise regularly** to control weight and reduce stress, and for general good health.

**For those at high risk**

“Seek counseling from a health provider knowledgeable about breast cancer risk,” Ladd says. “He or she can help you with genetic testing if appropriate, and can also help you calculate the risks and benefits of other options.” These include:

- **Tamoxifen.** Research to date has shown a 44 percent decrease in incidence of breast cancer in high-risk women taking this breast cancer treatment drug. But the data are based on just seven years; longer-term studies are needed.
- **Preventive mastectomy.** Some women at very high risk choose to have their breasts surgically removed (usually with immediate reconstruction). “Although recent reports show that this approach dramatically reduces the expected breast cancer incidence in women who have the surgery, there remains up to a 10 percent risk of developing breast cancer despite preventive surgery,” Ladd says. “Obviously, such a decision should be made with extreme care.”

**What about hormone replacement therapy (HRT)?**

“The link between HRT and breast cancer is complex,” Ladd says. “Long-term HRT use may be associated with increased breast cancer risk. However, using HRT may decrease the risk of osteoporosis and of dying from heart disease. Carefully weigh any decision about HRT with your doctor.”

**Want to Know More?** For information on breast lumps and how to do a breast self-exam correctly, or for referral for testing or counseling, call 610-402-CARE.

**A New Breast Cancer Prevention Study**

The first trial, which ended a year ago, showed the value of the drug tamoxifen in reducing the risk of getting breast cancer in high-risk women. A new Breast Cancer Prevention Trial will test the effectiveness of tamoxifen versus raloxifene, a drug used to treat and prevent osteoporosis.

Part of the latest national trial that involves 400 medical centers, Lehigh Valley Hospital and Health Network is operating the Study of Tamoxifen and Raloxifene (STAR) at the John and Dorothy Morgan Cancer Center, Gnaden Huetten Memorial Hospital, Hazleton General Hospital, Hazleton-St. Joseph Medical Center and Muhlenberg Hospital Center. It is the first trial to compare a drug proven to reduce breast cancer risk with another that has the potential to reduce risk. All participants will receive one or the other drug for five years. For a brochure about the study, call 610-402-CARE and to find out if you are eligible, call toll-free 1-877-548-3805.

www.lvhhn.org Healthy You

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Two new drugs are turning life around for those with shingles, diabetic neuropathy

At first, Susan Reiss of Bethlehem didn't realize it was diabetes that was causing the pain in her feet. She'd had the disease for several years with no foot problems. Now, suddenly, there were burning sensations and "a feeling like I'd stepped on something sharp." Ironically, the problem was worse when she was off her feet.

Nerve studies at Lehigh Valley Hospital revealed that Reiss, 45, suffers from diabetic neuropathy. The condition causes chronic nerve pain and until recently, there was little medical science could do about it. Today, new drugs are turning life around for the hundreds of thousands like Reiss who suffer from nerve-generated pain.

"The most common causes of this pain are diabetic neuropathy and shingles, the infection caused by the herpes zoster virus," says John Castaldo, M.D., director of neuroscience research at Lehigh Valley Hospital and Health Network. "Nerve pain also can arise from cold exposure, trauma, back disease such as herniated discs, and connective tissue illnesses such as rheumatoid arthritis."

Whatever the cause, neuropathic pain affects men and women of all ages and can be devastatingly severe, says anesthesiologist Bruce Nicholson, M.D., director of pain management at Lehigh Valley Hospital and Health Network. "Some of these patients can't even tolerate a sheet on their legs at night," he says. "Pain from shingles is one of the major causes of suicide in the elderly."

Reiss discovered her problem at just the right time; a new drug named gabapentin had just become available. Gabapentin was created not for pain but to control epileptic seizures. "It wasn't a good epilepsy drug," Castaldo says, "but neurologists around the country who were trying it discovered their patients got such relief from nerve pain that they were able to go back to work."

Before gabapentin, Reiss' only choices would have been antidepressants and other older drugs that could mask the pain in some cases, but tended to be slow-acting and to produce annoying, and sometimes serious, side effects.

She did get relief with gabapentin—but there was a problem. "I was constantly having to increase the dose," she says. "I wondered, 'How high can I go?' And I was still waking up at night, wanting to get up and walk because that was the only thing that would ease the pain."

Reiss looked into a research study at Penn State Hershey Medical Center (Lehigh Valley Hospital's educational partner). But it would have involved surgery and other requirements that

These drugs work by quieting the static generated by nerves that misfire. The relief is almost immediate.
were impossible for the busy insurance manager and mother of two. "Then Dr. Castaldo said, 'I have something else for you.'"

Castaldo and his colleagues were about to begin a clinical trial of an even more potent next-generation drug. It was developed for those who can't take gabapentin or, like Reiss, get only partial relief, but it’s expected to be of great value for anyone with neuropathic pain. "Both drugs work by quieting the 'static' generated by nerves that misfire, carrying inappropriate pain signals to the extremities," Castaldo says. "The relief is almost immediate."

And so it was for Reiss. "I can't say the pain is completely gone, but most days it's about 70 percent improved," she says. Being in the trial has been a godsend from that standpoint ("I was getting desperate," she says). But it's gratifying for other reasons as well. "Most people with diabetic neuropathy are older than I am, and many of them have so many other medical problems they wouldn't be eligible," she says. "I'm doing this for all of them."

Gabapentin has already made an enormous difference for nerve pain sufferers, and when studies are completed on the new drug, physicians will have two options. "These medications," Nicholson says, "are truly changing the way we practice pain management." ●

Want to Know More about care of the feet for those with diabetes? For information from Lehigh Valley Hospital's Helwig Diabetes Center, call 610-402-CARE.

Finally able to put her feet up in comfort, Susan Reiss enjoys a quiet read. New drugs eased the foot pain caused by diabetic neuropathy.
If you lived in Germany today and went to your doctor complaining of depression, chances are you’d wind up not with Prozac but with an ancient herbal preparation. “About half the prescriptions written for depression in Europe are for St. John’s wort,” says clinical pharmacist Joe Ottinger of Lehigh Valley Hospital and Health Network.

This shrubby perennial with bright yellow flowers (shown in photo) has a long history as an herbal remedy. Modern researchers are finding that its active ingredient, hypericin, works well at relieving mild depression. “If you are diagnosed with moderate to severe depression, you’re probably better off with an FDA-approved medication,” Ottinger says. “Generally, there is more scientifically proven information about FDA-approved products.”

And therein lies the problem with St. John’s wort and all other herbal products in the United States: the FDA treats them as supplements, so there’s no control over their manufacture or their claims. If you want to try St. John’s wort, here are Ottinger’s suggestions.

- **Pay careful attention to the label.** Each 300-milligram tablet (you generally take three a day) should contain 0.3 percent hypericin. Try to buy from a reputable manufacturer; ask someone knowledgeable at your pharmacy or health food store. Some of the major drug companies are now looking into alternative medicine; given their expertise, these should be quality products.

- **Give the product time to work.** It takes several weeks for any antidepressant to take effect.

- **Recognize that no remedy works for everyone.** If you don’t start seeing an effect after six to eight weeks, St. John’s wort may not be the right answer for your individual body chemistry.

- **Use sun protection.** St. John’s wort sometimes causes sun sensitivity, as well as fatigue, upset stomach, dry mouth or itchy skin. These side effects are uncommon and much milder than those of other antidepressant drugs.

- **Don’t use St. John’s wort if** you’re pregnant or are taking antidepressants such as Prozac.

- **Avoid alcoholic beverages and kava,** a food supplement used for relaxation that can interfere with St. John’s wort.

- **If your depression is prolonged or severe** enough to interfere with daily functioning, see your doctor.

Want to Know More? For more information on antidepressants, call 610-402-CARE.
Colorectal Cancer Screening Saved Ben Gerhart’s Life

Ben Gerhart of Emmaus is forever grateful he has a doctor in the family. In 1988, as he was preparing to retire, he got a very important reminder from his nephew, gastroenterologist Glenn Short, M.D., of Lehigh Valley Hospital and Health Network.

“I reminded him that the American Cancer Society recommends early colorectal cancer screening for anyone with a family history of the disease,” Short says. Gerhart’s mother had died of rectal cancer. He’d had stool tests over the years with no problems, but he was overdue for a more thorough exam.

A colonoscopy revealed a cancerous tumor and many pre-cancerous polyps. Within days, Gerhart was in the hospital having all but 11 inches of his colon surgically removed. Since then, he’s been faithful about follow-up testing—and the results have been encouraging.

Gerhart also has been a faithful volunteer, first for the American Cancer Society and now at Lehigh Valley Hospital’s John and Dorothy Morgan Cancer Center. “I told my wife, ‘I’m going to dedicate my life to this,’” he says. In fact, he’d already put in years as a volunteer for many community causes.

Gerhart is living proof that “finding out you have cancer does not mean it’s the end.” Thanks to a screening test (and a doctor in the family), “I have a lot to look forward to,” he says.

Want to Know More about a new, minimally invasive colorectal surgery technique? Call 610-402-CARE.

Vital Testing—What You Should Know

Colorectal cancer is the second leading cause of cancer death in America. That statistic would change if more people got the screenings they need (fewer than one in five do).

“Regular screenings cut the death rate by a third,” says colorectal surgeon Lester Rosen, M.D., professor of clinical surgery at Lehigh Valley Hospital and Health Network, who helped develop the national guidelines. Screening tests include:

• **Fecal occult blood test**, a kit your doctor gives you to collect stool smears and to send them back to be analyzed.

• **Flexible sigmoidoscopy**, in which a tube is threaded into the rectum to check the lower third of the colon. For most people, this important test involves little or no discomfort.

• **Colonoscopy**, a more thorough version of the sigmoidoscopy in which the patient is sedated.

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**SCREENING GUIDELINES**

If you’re at average risk—

• Begin screenings at age 50

• Fecal occult blood test (stool smears) every year

• Sigmoidoscopy every three to five years

If you have a family history of colorectal cancer—

• Begin screenings at age 40

• Ask your doctor which tests you need

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Ben Gerhart covers many miles in his cart as a volunteer at the John and Dorothy Morgan Cancer Center.
It was a cruel irony that my brother, a boy with a speech problem, was named Chuck Stephens. Chuck struggled to pronounce "Ch," "K," "St," "V" and "S" sounds. He blushed as listeners—most well-meaning, some cruel—tried to decipher his words. Although speech therapy eventually corrected the problem, he always dreaded public speaking.

Chuck's experience sharpened my sensitivities so that when my 3-year-old son Andrew was not speaking clearly, I became concerned—and determined to help him before his friends' teasing grew hurtful. Andrew's doctors suggested I have him evaluated. This qualified him for weekly lessons in a nearby school's early intervention program.

"The earlier you identify a speech/language disorder and begin therapy, the better the outcome," says Jennifer Mercier, pediatric speech and language pathologist with Lehigh Valley Hospital and Health Network. Professional evaluation also is important because speech and language disorders in young children can signal more serious problems including autism and attention deficit disorder.

We're glad we sought help early for Andrew. He received in-school instruction in kindergarten and has improved greatly. Recently, he participated in a Sunday school competition with about 150 people watching. When asked what shepherds care for, Andrew called out confidently and clearly, "Sshhheeeepp."

**Is Your Child a Late Talker?**

Speech and language disorders, which afflict 14 million Americans, come in different types. Some children, like Andrew, need help learning to articulate. Others don't talk at all.

The fact that your 2-year-old doesn't spout sentences like the youngster next door doesn't necessarily indicate a problem; children progress at different rates. But seek professional help if by age 2, your son or daughter cannot:

- be understood at least 70 percent of the time
- comprehend simple commands
- use a vocabulary of at least 50-75 words
- begin to put two words together
- understand at least 75 words.

**Want to Know More about late talkers, speech and language disorders, and local resources for evaluation and therapy? Call 610-402-CARE. Also see page 28 for details on a Late Talkers presentation.**
HealthyYou
Health Improvement Classes

September-November 1999

What's New and Notable

Healthy Eating
- Nutrition for Performance
- Healthy Snacking for Kids (Also see article on page 5.)

Parenting
- Tracking Your Child's Development
- 1, 2, 3, 4 Parents!
- Late Talkers (Also see article on page 22.)

Mind and Body
- Power of Breathing
- Meditation for Health
- Polarity Therapy
- Movement and Massage
- Tai Chi Open House
- Partner Massage

Men's Health
- Improving Your Prostate Health
- Impotence: A Treatable Condition

Women's Health
- How to Develop Self-Esteem
- Measurable Results Workshop for Women
- Current Treatment Options for Infertility
- Growing Your Emotional Well-Being
- Coping With Incontinence
- Personal Protection and Safety for Women

Disease Care
- Safety Passport
- Living Well With Congestive Heart Failure
- Do You Have Asthma?
- Exercise and Heart Disease

50-Plus
- Options in Joint Replacement
- Computer Classes at Penn State Lehigh Valley
- Chi Kung: Self-Healing for Arthritic Conditions
- New Arthritis Medications
- Are You at Risk for Stroke?
- Your Aging Eyes
- Health Fair

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Free Offerings
Some HealthyYou classes and lectures have a registration fee (fees are per person unless otherwise noted), but many are provided at no cost. Check each listing.

Registration required
Class space is limited. You must register in advance for classes.
Call 610-402-CARE or see the registration form on page 36 for other ways to register.
Healthy Eating

Nutrition for Performance  NEW
Trying to run faster, play harder, be stronger? Learn how nutrition affects your performance and how you may be able to improve your game with the proper foods.
$5
• Thursday, Sept. 30; 7-8 p.m.
  Class meets at CC, Classroom 1.
  Elizabeth Brown, registered dietitian, sports nutrition specialist

Healthy Snacking for Kids  NEW
Parents and kids -- learn how to cook and choose healthful foods together in a fun class. Join Chef Mike in this session, co-sponsored by The Chef and Child Foundation, a program of the American Culinary Federation.
Free
• Saturday, Oct. 16; 9:30 a.m.-noon
• Saturday, Oct. 30; 9:30 a.m.-noon
  Class meets at CC, Classroom 1, 2 and 3.
  Michael Krauslich, executive chef

Heart-Smart Shopping
Make a spectacular fall meal using in-season produce and heart-healthy cooking methods. Watch an in-store cooking demonstration and take a store tour to discover foods that help make delicious fiber-rich, low-fat meals.
$10
• Wednesday, Oct. 6; 7-8:30 p.m.
  Class meets at Wegmans, 2nd floor cafe.
  Cindy L. Gruman, chef, cooking coach coordinator
  Amy Virus, registered dietitian

Culinary Adventure Series
Need an idea on a new way to cook vegetables? Ever wonder how to make squash or eggplant? Find out about these and more as our chef helps you create wonderful side dishes and main meals using vegetables.
$5
• Thursday, Oct. 21; 7-8 p.m.
  Class meets at TX.
  John Houanac, executive chef

Eating to Lower Your Cholesterol
Cholesterol level too high? Come learn about the three keys of cholesterol control and take home some practical tips to help you lower your cholesterol. Please bring your latest cholesterol test results with you.
Free
• Wednesday, Oct. 13; 7-8 p.m.
  Class meets at CC, Classroom 1.

Nutrition Prescription
Do your food choices measure up to your health needs? Meet one-to-one with a registered dietitian to assess your calories, vitamins and minerals, and receive a personal eating plan for weight management or healthy nutrition. A body composition analysis is included.
$95
• Daytime and evening appointments available
  Sessions held at TX.

How Do I Get There?
Classes and lectures are held at many hospital and community locations. Here’s a complete list, keyed to the abbreviations you’ll find in each class listing. Questions? Call 610-402-CARE.

Lehigh Valley Hospital and Health Network Locations
CC • Lehigh Valley Hospital, Cedar Crest & I-78, Allentown
17 • Lehigh Valley Hospital, 17th & Chew Streets, Allentown
MHC • Muhlenberg Hospital Center, 2545 Schoenersville Rd., Bethlehem

Community Locations
Allentown Jewish Community Center
702 N. 22nd St., Allentown

Lehigh County Senior Citizens’ Center
1633 Elm St., Allentown
St. John’s UCC
183 S. Broad St., Nazareth

Wegmans
3900 Tilghman St., Allentown
Whitehall Township, Zephyr Park
Schaadt Avenue and Campus Drive
**Classes — Sept.-Nov. 1999**

**“Exercise for Life” Classes for Adults**
If you’ve neglected physical activity, these classes are a great way to get started. Offered at various times; for information, call 610-402-CARE.

**Thirty “Healthy” Minutes Classes**
Thirty-minute classes can lower blood pressure, reduce cholesterol, help prevent osteoporosis, heart disease and adult-onset diabetes, improve heart attack recovery and ease arthritis.

**Sixty “Fitness” Minutes Classes**
Move up to 60 minutes and you’ll improve heart/lung capacity for more energy, build up lean muscle, stretch your limits and improve well-being.

**Monthly fees:**
- $22 for unlimited 30-minute classes at any location
- OR
- $28 for unlimited 60-minute classes at any location

**Locations:**
- Allentown Jewish Community Center
- Health Center at Trexlertown
- Muhlenberg Hospital Center
- Whitehall Township, Zephyr Park

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**Fitness**

**Exercise for Life Free Tryout**
Want to see if Exercise for Life is for you? Try it on for size in a free 30-minute exercise session, followed by a 30-minute educational program with a fitness expert.

- Free
- Thursday, Oct. 21; 6:30-7:30 p.m.
- Thursday, Nov. 11; 6:30-7:30 p.m.
- Class meets at MHC, Banke Family Community Center.

**Meditation for Health**
Tap into your own natural resources and draw mental energy from within. Meditation can reduce stress and promote clarity and peace of mind. Bring a pillow.
- $15
- Sunday, Oct. 3; 1:30-3 p.m.
- Class meets at TX.
- Jeffrey J. Budzek, R.N., certified yoga instructor

**Polarity Therapy**
This hands-on healing art is based on human energy flow. Learn self-help techniques to keep yourself in balance. Experience a polarity therapy demonstration.
- $10
- Thursday, Oct. 14; 7-8:30 p.m.
- Class meets at TX.
- Brian H. Kinsman, registered polarity practitioner

**Movement and Massage**
Gain a greater understanding and acceptance of your body in this healing session. You’ll learn to honor your femininity through music, movement and massage techniques. Learn to express yourself.
- $20
- Sunday, Oct. 17; 1-3 p.m.
- Class meets at TX.
- Juanita Carra-Budzek, R.N., certified massage therapist

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**Mind and Body**

**Power of Breathing**
Learn how powerful breathing techniques can change your energy level, mood and mental clarity. Nourish your body, relax and create inner peace. Bring a pillow.
- $15
- Sunday, Sept. 26; 1:30-3 p.m.
- Class meets at TX.
- Juanita Carra-Budzek, R.N., certified yoga instructor

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To register, call 610-402-CARE Healthy You 25
Tai Chi Open House  NEW

**Spirit of Women**
Come join us for a Tai Chi experience. Realize for yourself the benefits of this ancient art of moving: improved balance and coordination, decreased blood pressure, increased muscle mass and endurance. Please be ready to participate.

Free
- Tuesday, Oct. 26; 7-8 p.m.
Class meets at TX.
Brian H. Kunsman, Tai Chi instructor

**Partner Massage**  NEW
Massage is an excellent way to build awareness and sensitivity in partners. In a relaxed environment, you'll learn how to give and receive a variety of massage touches and techniques. Bring one pillow and blanket per couple.

$35 per couple
- Sunday, Nov. 7; 1-3:30 p.m.
Class meets at TX.
Jeffrey J. Budzcek, R.N., and Juanita Corra-Budzcek, R.N., certified massage therapists

Healing Movements for the Season: Fall

**Spirit of Women**
A gentle series of movements based on martial arts and Oriental health five-element theory will aid you in balancing your body during this season. No experience needed; wear loose, comfortable clothes.

$15
- Thursday, Oct. 28, 7-8:30 p.m.
Class meets at TX.
Brian H. Kunsman, Tai Chi instructor

Mind/Body Medicine Series

**Spirit of Women**
This series will teach you how "complementary" medicine can work hand-in-hand with mainstream medicine to help you prevent disease, stay young and have a healthy life.

$5 per session
- Wednesdays, 7-8:30 p.m.
- Oct. 6: Mind/Body Type and How It Affects You
- Oct. 13: Balanced Nutrition, Supplements and Herbs
- Oct. 20: Aromatherapy and Light Therapy, Guided Imagery, Biofeedback
- Oct. 27: Yoga and Meditation
Class meets at TX.
T. A. Gopal, M.D., ob/gyn

Yoga Moves

This class for novice students provides safe and gentle exercise with an emphasis on external body stretches. You can reduce anxiety, improve circulation, build muscle and enhance well-being. Bring a pillow and blanket. Medical history questionnaires are required in advance of class participation.

6 classes • $36
- Tuesday, Nov. 2; 5:45-6:45 p.m. (first session)
Classes meet at Allentown Jewish Community Center.
- Thursday, Nov. 4; 6:45-7:45 p.m. (first session)
Classes meet at TX.

Kripalu Yoga

This yoga of compassion relaxes the body, calms the mind and soothes emotions. Join us to release stored tension, breath and stretch and increase flexibility. Bring a pillow, blanket or mat. Medical history questionnaires are required in advance of class participation.

6 classes • $46
Novice students can choose from 3 sessions:
- Begins Monday, Nov. 1; 6:00-7:15 p.m. (gentle)
- Begins Wednesday, Nov. 3; 10:30-11:45 a.m. (gentle)
Classes meet at TX.
- Begins Wednesday, Nov. 3; 10:30-11:45 a.m. (gentle)
Classes meet at Allentown Jewish Community Center.

Experienced students can choose from 3 sessions:
- Begins Monday, Nov. 1; 6:00-7:15 p.m. (vigorous)
- Begins Wednesday, Nov. 3; 7:30-8:45 p.m. (deep)
Classes meet at TX.
- Begins Thursday, Nov. 4; 6:30-7:45 p.m. (deep)
Classes meet at MHC, Banko Family Community Center.
Foot Massage
A systematic massage of the feet concentrating on the
reflex points to balance energy and reduce stress.
Stretching, range-of-motion, compression and
Swedish massage are used.
$30 per half-hour
Sessions held at TX.

Aroma Massage
A light massage of the back using aromatic oils, moist
heat and Swedish massage. The four types of oils used
will promote relaxation, stress relief, invigoration or
meditation.
$30 per half-hour
Sessions held at TX.

Individual Massage Therapy
Massage therapy improves circulation, relaxes the
muscles and soothes the body and mind. It's a great
way to nurture yourself.
$25 per half-hour session
$45 per one-hour session
$65 per 90 minute session
Sessions held at TX and MHC, Bauko Family
Community Center.
All massages provided by certified massage therapists.

Men's Health

Improving Your Prostate Health
A range of problems can be at the root of prostate
discomfort. We'll discuss prostate anatomy, medical
evaluation, and surgical and nonsurgical options for
improving your prostate health.
Free
• Thursday, Sept. 30; 9:30-10:30 a.m.
Class meets at TX, Room 6.
Kathleen D. Post and Debra A. Bidchazy, certified
registered nurse practitioners

Impotence: A Treatable Condition
Impotence affects 10 to 20 million men in the
United States. Learn about the causes and treatment
options available for impotence.
Free
• Thursday, Nov. 11; 9:30-10:30 a.m.
Class meets at TX, Room 6.
Kathleen D. Post and Debra A. Bidchazy, certified
registered nurse practitioners

Health of Women

How to Develop Self-Esteem
This interactive women’s support group will enable
you to change the way you feel about yourself.
Developing self-esteem helps you become more
effective in dealing with situations and people, and
you’ll experience greater joy everyday.
10 sessions • $70
• Tuesdays, Sept. 21-Nov. 23; 7-9 p.m.
Classes meet at TX.
Marcia Fulker, counselor

Measurable Results Workshop
for Women
For women who would like to look and feel their
best, this practical workshop includes confidential
health assessments and sessions to help improve your
chances of living a long and healthy life. Enjoy health
benefits you can see and feel:
$20 (includes year-long follow-up)
• Thursday, Oct. 7; 7-9:30 p.m.
Class meets at TX.
• Monday, Oct. 18; 7-9:30 p.m.
Class meets at St. John’s UCC, 183 S. Broad
St., Nazareth.

Growing Your Emotional Well-Being
Do you take care of your emotional well-being? Join
us for a series of talks addressing common challenges
to a woman’s sense of emotional well-being. The first
program, Women and Power, will help you to under-
stand power and control challenges in your work and
family relationships.
$10
Women and Power
• Thursday, Oct. 21; 7-8:30 p.m.
Class meets at TX.
Susan D. Wiley, M.D., psychiatrist,
Susan Klein-Groz, licensed social worker
For upcoming dates, topics and available group
therapy sessions, call 610-402-CARE.

To register, call 610-402-CARE Healthy You 27
Coping With Incontinence **NEW**

One in three women deals with incontinence or lack of bladder control. Learn ways to help regain control. Your bladder will no longer determine the quality of your life.

- **Free**
- Thursday, Oct 14; 9:30-10:30 a.m.
- Class meets at TX, Room 6.
- Kathleen D. Put and Debra A. Birnson, certified registered nurse practitioners

Personal Protection and Safety for Women **NEW**

Learn how to protect yourself. This session will give you practical how-to’s, including hands-on demonstrations of self-defense techniques. Please dress casually.

- **$10**
- Tuesday, Nov. 2; 7-9:30 p.m.
- Class meets at TX.
- Gerald Kreege and Francis Paulson, security professionals

Osteoporosis Lecture Series

Discover how to reduce your risk for osteoporosis, and how to talk to your doctor about your questions and concerns.

- **Free**
- **IMPORTANCE OF EXERCISE**
  - Tuesday, Sept. 21; 1-2:15 p.m.
  - Dean Dammack, M.D., endocrinologist
- **CURRENT AND FUTURE THERAPIES**
  - Tuesday, Oct. 19; 1-2:15 p.m.
  - Donald Barilla, M.D., endocrinologist
- **BONE DENSITY TEST: What It Is, How It's Done, What It Means**
  - Tuesday, Nov. 16; 1-2:15 p.m.
  - Ellen Field-Munves, M.D., rheumatologist
- Class meets at TX.

Tai Chi for Women’s Health

Experience how this dynamic yet gentle art of movement increases your energy, balances you, reduces stress and encourages greater health and well-being. Please wear loose and comfortable clothing.

- **6 sessions • $55**
- For beginners:
  - Tuesday, Sept. 14; 6:30-8 p.m.
  - Saturday, Oct. 30; 10:30 a.m.-noon
  - Tuesday, Nov. 2; 6:30-8 p.m.
- **Classes meet at TX.**
- For intermediates:
  - Monday, Sept. 20; 6-7:30 p.m.
  - Monday, Nov. 8; 6-7:30 p.m.
- **Classes meet at MHC, Banko Family Community Center.**

Tracking Your Child’s Development **NEW**

If you’d like some feedback on your child’s development, come participate in this special screening. We’ll offer screenings for gross and fine motor skills, speech and hearing for 2- to 6-year-olds.

- **Free**
- Wednesday, Oct 13; 4-6 p.m.
- Screenings at MHC, Banko Family Community Center.

1, 2, 3, 4 Parents! **NEW**

In three sessions, this practical guide to positive parenting will teach you important skills to help you parent your child. Learn discipline methods that work, how to care for your child at different ages and stages, ways to prevent tantrums, and more.

- **$25 per person • $30 per couple**
- Saturday, Nov. 20; 10 a.m.-noon
- **Classes meet at MHC, Banko Family Community Center, Rooms 1 and 2.**

Late Talkers **NEW**

Come and learn the signs and symptoms of a late talker. You’ll discover when to seek help and what you can do as a parent.

- **Free**
- Saturday, Nov 20, 10 a.m.-noon
- **Classes meet at MHC, Banko Family Community Center, Rooms 1 and 2.**
Early Pregnancy

Pregnancy Massage
As one aspect of your prenatal program (it doesn’t replace medical care), after your first trimester, pregnancy massage can relieve stress, aches and pains, and meet your special need for touch and support during your nine-month journey. Bring your partner, two pillows and wear comfortable clothes.
$20
• Thursday, Dec. 16; 7-8:30 p.m.
Class meets at TX.
Marianne Bergmann, certified massage therapist

Sibling Classes
Help brothers and sisters prepare for the newborn. Activities and refreshments. Parents’ attendance required.
$10/child, $15/2 or more children
Ages 3-4
• Wednesday, Oct. 6; 6-7:15 p.m.
• Wednesday, Nov. 3; 6-7:15 p.m.
Class meets at TX.
Ages 5-9
• Wednesday, Oct. 13; 6-7:15 p.m.
• Wednesday, Nov. 10; 6-7:15 p.m.
Class meets at TX.

Childbirth Preparation

Maternity Tours
Expectant parents/family members can tour the maternity unit at Lehigh Valley Hospital. Adult tours are held selected Mondays and Saturdays. Sibling tours are offered several times a month.
For dates, times and locations, call 610-402-CARE.

Prepared Childbirth (Lamaze) Series
Information about relaxation and Lamaze breathing techniques, stages of labor, medications, cesarean birth, feeding options and caring for your newborn.
For dates, times and locations, call 610-402-CARE.

“Just Breathing” Class
If you’ve had a prepared childbirth class in the past three years, take this class for a review of the stages of labor, breathing and pushing techniques.
$30
For dates, times and locations, call 610-402-CARE.

Become a Family
Join other parents-to-be for an introduction to the physical and emotional changes of pregnancy, tests you need, nutrition and other health needs, and what to expect when you deliver. Refreshments and other door prizes.
For dates, times and locations, call 610-402-CARE.

Breastfeeding Classes
Get off to a good start by understanding breastfeeding and how it benefits your baby.
$20
For dates, times and locations, call 610-402-CARE.

One-day Lamaze
Same topics as Prepared Childbirth Series (see left), geared for couples whose schedules won’t accommodate a six-week course.
$125 includes continental breakfast and lunch.
For dates, times and locations, call 610-402-CARE.

Infant/Child CPR
Instruction and hands-on practice in infant/child safety and emergency care. Designed for expectant parents.
$25/person or $35/couple
• Tuesday, Oct. 19; 6-9 p.m.
• Tuesday, Oct. 26; 6-9 p.m.
Classes meet at TX.

“Just Breathing” Class
If you’ve had a prepared childbirth class in the past three years, take this class for a review of the stages of labor, breathing and pushing techniques.
$30
For dates, times and locations, call 610-402-CARE.

To register, call 610-402-CARE
**Analgesic Options in Childbirth**

Today there are new options, including patient-controlled anesthesia and “walking” epidurals, that help make childbirth more comfortable. Learn more about these and other choices available to you. Optional tour of maternity unit offered following the talk. Pre-registration for the tour is required as space is limited.

*Free*
- Thursday, Nov. 11; 6-7 p.m.
- Class meets at 17, Auditorium.

John Collins, M.D., obstetrical anesthesiologist

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**Stay Fit Throughout Your Pregnancy (Prenatal Fitness Program)**

Have fun and exercise safely throughout your pregnancy. Tone muscles with light weights and maintain stamina with low-impact aerobics (follows the American College of Obstetricians and Gynecologists guidelines). Plus discussions on important pregnancy concerns.

- 12 sessions • $45
- 2 sessions per week for 6 weeks
- 6 sessions • $22.50
- 2 sessions per week for 3 weeks
- Mondays and Wednesdays, Oct. 25; 6:30-7:45 p.m. (first session)
- Classes meet at TX.
- Tuesdays and Thursdays, Oct. 5; 6:30-8 p.m. (first session)
- Classes meet at MHC, Cardiopulmonary Rehab Dept.

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**Healthy Beginnings Labor and Delivery Series**

Labor and delivery information with relaxation and breathing techniques, medications and cesarean birth outlined.

For dates, times and locations, call 619-402-CARE.

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**Healthy Beginnings Parenting Newborn Series**

Expectant parents receive information about feeding, safety, immediate health problems, newborn and well child care, and local resources.

For dates, times and locations, call 610-402-CARE.

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**Refresher Classes**

If you've already had a baby or attended a Lamaze program, this is a review of the basics plus sibling concerns and Vaginal Birth After Cesarean (VBAC).

For dates, times and locations, call 610-402-CARE.

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**Postpartum Programs (After the Baby Is Born)**

**Baby and You: Fitness for Two**

Here's a great way to condition yourself to restore stamina, strength and muscle tone—and for your baby to enjoy some gentle exercise and massage. A twice-monthly “moms group” meets after class to discuss infant care.

- 12 sessions • $45
- 2 sessions per week for 6 weeks
- 6 sessions • $22.50
- 2 sessions per week for 3 weeks
- Mondays and Wednesdays, Oct. 25; 10:30-11:30 a.m. (first session)
- Classes meet at 1243.

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**Pregnancy: Options and Choices**

**Nurse-Midwives and Your Pregnancy**

Midwives offer skilled and loving care for new and growing families. Here, they describe how they work and answer questions such as how to reduce your risk of cesarean section, how to avoid an episiotomy, and more.

*Free*
- Wednesday, Oct. 20; 7-8 p.m.
- Class meets at 17, Conference Room A.

Laurice Dunning, Kerri Hoyt, Tina London, certified nurse-midwives

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**Age 50-Plus**

**Health Fair**

Join Vitality Plus at the primary care practice of Sam Bub, M.D., for an informative health fair with bone density screenings, cholesterol testing and many other free wellness screenings.

*Free*
- Saturday, Sept. 18; 1-5 p.m.
- 619 Dalton St., Emmaus.

To register, call 610-402-CARE.
**Health Screenings**
For information, call 610-402-CARE.

**TREXLERTOWN SCREENINGS**

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| Blood Pressure Screenings | Free | Tuesday, Oct. 11 | 8:30-9:30 a.m. |
|                          |       | Monday, Nov. 8 | 8-9:30 a.m. |
|                          |       | Tuesday, Nov. 9 | 5-6 p.m. |

| Health Profiles | Fee $5 | Monday, Sept. 20 | 8:30-11 a.m. |
|                |        | Wednesday, Oct. 13 | 8:30-11 a.m. |
|                |        | Monday, Oct. 18 | noon-2:30 p.m. |
|                |        | Wednesday, Oct. 20 | 5-7:30 p.m. |
|                |        | Thursday, Nov. 4 | 5-7:30 p.m. |
|                |        | Wednesday, Nov. 10 | 8:30-11 a.m. |
|                |        | Wednesday, Nov. 17 | noon-2:30 p.m. |

**LEHIGH VALLEY MALL SCREENINGS**

| Blood Pressure Screenings | Free | Tuesday, Sept. 21 | 8:30-10 a.m. |
|                          |       | Tuesday, Oct. 19 | 8:30-10 a.m. |

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**Your Aging Eyes: What to Expect**

An ophthalmologist discusses the normal vision changes of aging, the latest surgical techniques for common problems and how to keep your eyes healthy. Free vision screening by appointment only. Screenings conducted by the Association for the Blind and Visually Impaired.

- Free
- Thursday, Sept. 23; 9-11 a.m.
- Lehigh County Senior Citizens’ Center, 1633 Elm St., Allentown.
- Glen L. Oliver, M.D., ophthalmologist

**Are You at Risk for Stroke?**

Whether you are at risk for stroke or have already had a stroke, you and your family will benefit from this informative session with a board-certified neurologist, an expert in stroke prevention. Free blood pressure screening and stroke risk assessment.

- Free
- Tuesday, Oct. 19; 6:30-8:30 p.m.
- Class meets at CC, Auditorium.
- John E. Castaldo, M.D., neurologist

**Options in Joint Replacement**

Learn from an orthopedic surgeon about the latest advances in artificial joints, primarily total hip and knee replacements.

- Free
- Monday, Oct. 25; 7-8 p.m.
- Class meets at CC, Auditorium.
- Peter A. Kéblis Jr., M.D., orthopedic surgeon

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**SENIORS’ HORIZONS**

Join us for this two-day information and entertainment fair for people 50 and over. This year’s event will feature a walk-through history exhibit as part of Lehigh Valley Hospital’s 100th anniversary, “A Celebration of Community - 100 Years.”

- Free
- Wednesday, Sept. 15; 10 a.m-8 p.m.
- Thursday, Sept. 16; 10 a.m-4 p.m.
- Agricultural Hall, Allentown Fairgrounds, 17th and Chew Sts.
Chi Kung Open House  **NEW**
Join other beginners to learn what the gentle form of fitness Chi Kung can do for your physical and mental well-being. A demonstration of movements will be given with optional audience participation. Wear comfortable clothing and shoes.

*Free*
• Wednesday, Sept. 8, 7-8 p.m.
Class meets at MHC, Banko Family Community Center.
Brian H. Kunsman, practitioner of Pai Lunn martial arts

**New Arthritis Medications**  **NEW**
A clinical pharmacist discusses new drugs available to treat arthritis, as well as the advantages, side effects and cost of each. Learn who can benefit most from which medications.

*Free*
• Monday, Oct. 4, noon-1 p.m.
Class meets at CC, Auditorium.
Howard C. Cook Jr., clinical pharmacist

**Vitality Plus Open House**
Learn how Vitality Plus can help you stay healthy and active, enjoy special discounts and meet great people! Dress casually for a mini-exercise session.

*Free*
• Wednesday, Sept. 22, 6:30-7:30 p.m.
• Wednesday, Oct. 6, 10-11 a.m.
Meets at MHC, Banko Family Community Center.
• Tuesday, Nov. 16, 10-11 a.m.
Meets at SON, Auditorium.

**At a reduced rate or free for GOLD Members**

**Chi Kung: Self-Healing for Arthritic Conditions**  **NEW**
Chi Kung is a self-healing art that combines movement and meditation to help manage aches and pains in your joints. The Chinese method of healing and alleviating the pain of arthritis will be explained.

3 sessions • $40, Vitality Plus GOLD members
• $50, others
• Wednesday, Sept. 15; 10:30 a.m.-noon (first session)
Classes meet at MHC, Banko Family Community Center.
• Wednesday, Oct. 13; 7-8:30 p.m. (first session)
Classes meet at SON, 2nd floor.

Brian H. Kunsman, practitioner of Pai Lunn martial arts

**55 Alive**
Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Reduce your risk of accidents and save money on your auto insurance. A community education service of Lehigh Valley Hospital's Trauma Department.

Free for Vitality Plus GOLD members
• Non-members pay $8 (check made payable to AARP)
• Wednesday & Friday, Oct. 13, 15; 12:30-4:30 p.m.
• Wednesday & Friday, Nov. 3, 5; 9 a.m.-1 p.m.
Classes meet at SON, Third Floor Conference Room.

**Tai Chi for People Over 50**
The slow, gentle movements of Tai Chi improve muscle tone, flexibility, sense of balance and reduce the risk of falling. Wear loose clothing and sneakers.

6 sessions • $45, Vitality Plus GOLD members
• $55, others
• Monday, Sept. 13; 10:30 a.m.-noon (first session)
• Saturday, Oct. 30; 10:30 a.m.-noon (first session)
Classes meet at TX.

**Tai Chi Open House**  **NEW**

**Spirit of Women**
Come join us for a Tai Chi experience. Realize for yourself the benefits of this ancient art of moving: improved balance and coordination, decreased blood pressure, increased muscle mass and endurance. Please be ready to participate.

*Free*
• Tuesday, Oct. 26, 7-8 p.m.
Classes meet at TX.
Brian H. Kunsman, Tai Chi instructor
**VOLUNTEERS NEEDED!!**

- Do you live successfully with a chronic illness?
- Do you have wisdom and experience to share with others?

If so, we are looking for you! Volunteer teachers are needed for the Chronic Disease Self-Management Program. You don’t need to be a professional instructor, just an experienced person interested in helping others better cope with a chronic condition. For more information about teaching in this unique program, call 610-402-CARE.

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**Computer Classes**

**Vitality Plus** is pleased to announce a partnership with Penn State Lehigh Valley for computer classes to be held at the Fogelsville campus. All fees include textbook. **Vitality Plus GOLD members** will receive a discount on the following classes:

- **Introduction to the Internet**
  - This course will provide an overview of the Internet and its resources. Learn how to use different software tools to gain access to Internet information and how to access the Internet through your home computer.
  - 2 sessions • $50, Vitality Plus GOLD members; $65, others
  - Saturday, Sept. 18, 25; 9 a.m.-noon
  - Tuesday, Thursday, Sept. 21, 23; 9 a.m.-noon

- **Internet for Seniors**
  - Learn how to browse and search the Web with Netscape Navigator and Internet Explorer and discover the best senior sites for senior-specific views and up-to-the-minute health news.
  - 2 sessions • $50, Vitality Plus GOLD members; $65, others
  - Tuesday, Thursday, Sept. 28, 30; 9 a.m.-noon
  - Tuesday, Thursday, Oct. 19, 21; 9 a.m.-noon

- **Computer Basics**
  - This hands-on, user-friendly course is designed for those with little or no computer experience. Topics include how computers work, computer technology, hardware and software, and using Windows.
  - 2 sessions • $50, Vitality Plus GOLD members; $65, others
  - Tuesday, Thursday, Sept. 14, 16; 9 a.m.-noon

- **Word for Windows 97, Introduction**
  - Basic word processing concepts using Word for Windows is the focus of this course. You will learn how to create, save, edit and print a document or letter, as well as formatting and graphic techniques.
  - 3 sessions • $90, Vitality Plus GOLD members; $120, others
  - Tuesday, Oct. 26, Nov. 2 and 9; 9 a.m.-noon

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Students will benefit from Penn State Lehigh Valley's state-of-the-art library providing access to print and electronic resources including the Internet. The campus, located at 8380 Mohr Lane in Fogelsville, serves over 4,000 students. Have your Vitality Plus membership card handy. Refunds available only if cancellation is made seven days before the class begins. To register or for more information, call 610-285-5058.
Medicare Counseling

Current Medicare beneficiaries and those about to retire are invited to make an appointment for free, confidential counseling related to alternate forms of participation in Medicare, your rights as a patient, Medicare coverage, billing issues and claims. Counselors are trained Apprise volunteers from the Lehigh County Area Agency on Aging. For an appointment, call 1-888-584-PLUS (7587) or visit a counselor during walk-in hours, most Wednesdays, 10 a.m.-noon at the Health Center at Tredgertown.

Your Future in Social Security

What benefits can you expect when you retire? Social Security experts explain how the program works, how monthly payments are computed and what the future holds. Bring your questions!
Free
• Tuesday, Sept. 28; 7-8:30 p.m.
• Wednesday, Nov. 10; 7-8:30 p.m.
Class meets at MHC, Banko Family Community Center, Classroom 1.
• Thursday, Oct. 21; 7-8:30 p.m.
Class meets at 17, Auditorium.

Do You Have Asthma? NEW

If you think you or your child may have asthma, meet with experts from our respiratory therapy and pharmacy staffs for an asthma screening and/or consultation. They can answer your questions about asthma medications.
Free
• Wednesday, Oct. 13, 10 a.m.-2 p.m.
Class meets at 17, Conference Room A.
• Thursday, Nov. 18, 5-9 p.m.
Class meets at TX, Room 5.
You must register for a 20-minute time slot.

Exercise and Heart Disease NEW

What can you really expect from a consistent exercise program? We'll explain the myths and realities of exercising with heart disease and help you understand your risk factors.
Free
• Wednesday, Oct. 27; 7-9 p.m.
Class meets at MHC, Banko Family Community Center, Rooms 1 and 2.
Ian Chan, M.D., cardiologist

Living Well With Asthma

Learn how to live healthier with asthma. A team of respiratory therapists, pharmacists and other health professionals will give you the latest information on managing asthma so you and your children can live active, healthy lives.
Free
PEDIATRIC CLASSES: Parents and children invited to come together; includes break-out sessions for kids.
• Monday, Sept. 27; 7-8:30 p.m.
Class meets at SON, Auditorium.
• Tuesday, Oct. 26; 7-8:30 p.m.
Class meets at TX.
ADULT CLASSES
• Tuesday, Sept. 21; 7-8:30 p.m.
Class meets at SON, Auditorium.
• Tuesday, Oct. 19; 7-8:30 p.m.
Class meets at TX.

Safety Passport NEW

For those with Alzheimer's disease and their caregivers: create a "passport" for the patient, a photo of the person with Alzheimer's along with pertinent information. Should the person wander from home, the family has identification to help locate their loved one. A copy of the photo also will be on file with the Allentown police department.
Free
• Tuesday, Sept. 21; 10 a.m.-noon
and 6:30-7:30 p.m.
Photos to be taken at TX.
For other available times and more information, call 610-402-CARE.

Living Well With Congestive Heart Failure NEW

Although there is no cure for CHF, its symptoms can be controlled. Learn how medication, diet, exercise and stress management can help those with CHF live active lives.
$10; no charge for other accompanying guest • $5, Vitality Plus GOLD members; no charge for guest
• Thursday, Oct. 7; 7-9 p.m.
Class meets at CG, Auditorium.
Eugene Orbay, M.D., cardiologist
Darlene Gowan, exercise physiologist
Joe Tomko, pharmacist
Cara Dettenrodt, R.N., psychiatric nurse specialist
William Whipple, registered dietitian

Healthy You Classes
Quit Smoking

QuitSmart®
Gain freedom from the smoking habit! Learn simple new methods to help overcome the addiction and dependence on cigarettes.
4 sessions • $85
• Monday, Oct. 4; 7-8:30 p.m. (first session)
Class meets at MHC, Banko Family Community Center.
• Monday, Nov. 1; 7-8:30 p.m. (first session)
Class meets at TX.

Individual Tobacco Use Cessation Counseling
Meet one-on-one with a health improvement counselor to develop a plan to help you become tobacco-free.
For information and to schedule an appointment, call 610-402-CARE.

CPR
All CPR classes meet at 1251, Suite 308C.

Adult (Course A)
One-person adult heart-saver CPR. Includes clearing a blocked airway.
$25
• Monday, Oct. 25, 7-10 p.m.

Adult-Child-Infant (Course C)
One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing a blocked airway.
3-part course • $40
• Monday, Sept. 27, Oct. 4 and 11, 7-10 p.m.
• Monday, Nov. 1, 8 and 15, 7-10 p.m.
For information on achieving CPR provider status, call 610-402-CARE.

Course C Renewal
To attend you must have a current Course C card.
Renewal • $25
• Monday, Oct. 18, 7-10 p.m.

Infant-Child (Course D)
Infant and child CPR and how to clear a blocked airway.
$25
• Monday, Nov. 22, 7-10 p.m.

Diabetes Education
The Helwig Diabetes Center of Lehigh Valley Hospital and Health Network offers a series of programs for adults with diabetes in such areas as diet, exercise, medication and home testing. Family members/friends are welcome at no additional charge.
For additional information, call 610-402-CARE.

Support Groups
Lehigh Valley Hospital and Health Network offers a variety of support groups for people who share similar experiences, concerns or health conditions. Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of acute, chronic or terminal illness.
Many support groups are tailored to audiences with special needs; for example, breast cancer, prostate cancer or osteoporosis.
For more information, call 610-402-CARE or visit the on-line searchable directory of support groups and national health organizations at http://www.lvhhn.org/ademics/support_search.html

Speakers' Bureau
Learn about advances in breast disease evaluation from the staff of Breast Health Services physicians and nurses. Topics include:
• Breast cancer risk: evaluation and intervention
• Advances in mammography and breast imaging
• Breast self-examination instruction
• Current topics in breast cancer treatment
For more information, call 610-402-CARE.

DOWN SYNDROME SUPPORT SERVICES
For parents, friends and others caring for a child with Down syndrome, information is a phone call away. The Down Syndrome Parent Network (DSPN) provides a toll-free telephone service, as well as organizing get-togethers and other events for parents of children newly diagnosed with Down syndrome. DSPN works cooperatively with the recently opened Eastern Pennsylvania Down Syndrome Center (EPDSC) located in the Health Center at Tredyffrin. For information, call 610-402-CARE.

To register, call 610-402-CARE Healthy You
Become part of the Spirit! Join us on Nov. 9 for the 1999 Spirit of Women Conference presented by Lehigh Valley Hospital and Health Network.

This conference focuses on the changes women experience in a lifetime. A new job, a move to a new house, growing older—change can be intimidating.

Author Judith Briles, Ph.D., will talk about “Embracing Change in the New Millennium.” She has appeared on television programs including Oprah, CNN and Good Morning America.

The 1999 Spirit of Women awards will also be presented at the conference.

Nov. 9; Holiday Inn, Route 100 & I-78, Fogelsville 7:30-9 p.m. Admission is free.

For a conference brochure or to register, call 610-402-CARE.
Walk Through History –
A Look Back and Ahead

Take a walk through history
This walk-through exhibit features the history of the Allentown Hospital (now Lehigh Valley Hospital) and our local communities. The exhibit is in Agricultural Hall and includes photographs, newspaper articles and much more. You'll see what daily life was like in decades past, including fabulous historic automobiles from a local private collection.

Swing down a musical “memory lane”
On Wednesday evening (5-8 p.m.), Bobby Mercer takes you through 100 years of American music.

Celebrate a community partnership concerned with YOUR future
Lehigh Valley Hospital and Health Network has worked closely with many community partners since 1899. We formed our Department of Community Health and Health Studies 10 years ago to focus on improving the health and well-being of every citizen in our region.

We've made important strides—and together, we and our partners will keep working toward that goal in the new millennium. Our partners in community health include:

- AIDS Activities Office
- ALERT Partnership
- Burn Prevention Foundation
- Coalition for a Smoke-Free Valley
- MESH initiative (Measurable Enhancement of the Status of Health)

Wednesday, Sept. 15, 10 a.m. - 8 p.m. and Thursday, Sept. 16, 10 a.m. - 4 p.m.
Agricultural Hall, Allentown Fairgrounds, 17th & Chew Streets, Allentown
Win a Trip for Two to Cancun!

Come to our celebration and you'll be eligible to win a fabulous Mexican holiday for two!

- Four days and three nights at the deluxe oceanfront Fiesta Americana Condesa Cancun Hotel
- Round-trip airfare (Travel Impressions charter) from Newark (NJ) International Airport
- Prize package donated by AAA vacations, The Travel Store

Fill out this coupon and bring it with you Sept. 15 or 16.

Cancun Holiday
Win a 4-day/3-night stay for two at the deluxe oceanfront Fiesta Americana Condesa Cancun Hotel

Fill out this coupon and bring to Seniors' Horizons and Celebration of Community events. Sept. 15 and 16, 1999

Name
First
Last

Address

City, State, Zip

Phone

Birth Date
Month
Day
Year

e-mail address

Travel is valid through Dec. 23, 1999. Travel is subject to availability. Travel is prohibited during holidays. Personal amenities such as valet, room service, food and beverages, etc. are not included. The trip has no cash value and is not transferable. The prize is applicable to one double room only. Reservations must be requested at least four to six weeks prior to travel.

Lehigh Valley Hospital
PO Box 7017
Allentown, PA 18105-1556

If you have received an extra copy of this publication, please share it with a colleague or friend. If the mailing information (above) is incorrect, please notify us by calling 610-402-CARE (402-2273).