Healthy You

• Care for the Caregiver
• Young Body Builders Beware
• Lower Your Diabetes Risk
• How Big Is Your Plate?

Diet and Exercise — What’s New?
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The Next Generation of Care Brings First Baby

Little Theodore Pierfy made history on Jan. 14 at 10:28 a.m. as the very first baby born in the brand new Jaindl Family Pavilion’s Center for Mother and Baby Care. Pictured below, big brother Phillip, 2, mom Kathy and dad Tony of Williams Township, coddle the little fella — born at 8 pounds, 8 ounces — in the home-like comfort of a private family room.

The next generation of care also features a massage tub to help ease labor pains, seated showers for more comfortable bathing, sleeping chairs that recline into beds for dads, a cozy room to relax with visitors, bedside teaching by experienced maternity nurses and more.

Want to Know More? Expectant families can tour the Center for Mother and Baby Care. Call 610-402-CARE.

The ‘Obesity Epidemic’

The 1990s may go down in American history as the obesity era. A new study finds that 63 percent of men and 55 percent of women are “overweight”—defined as anyone with a body-mass index (BMI) of 25 or higher.

Of those, a growing number are “obese,” with a BMI of 30 or higher. Between 1991 and 1998, the prevalence of obesity rose from 12 percent to nearly 18 percent and crossed gender, race, age, location and educational levels.

“The increasing prevalence of obesity is a major public health concern,” states the Journal of the American Medical Association. In a special issue on obesity (Oct. 27, 1999), the Journal cites data showing that the greater the weight, the greater the incidence of type 2 diabetes, coronary heart disease, herniated discs, osteoarthritis, gall bladder disease and impaired quality of life.

To find out your BMI, multiply your weight in pounds by 705, divide by your height in inches, then divide by your height again. BMI doesn’t tell the whole story; for example, your heart disease risk is lower if your weight is mostly muscle, not fat—and higher if you’ve gained more than about 10 pounds as an adult or have more fat around your belly than your hips and thighs.

www.lvhhn.org

Healthy You

Interested in topics about diet and exercise?

Call 610-402-CARE for free article reprints, or visit us on our web site at www.lvhhn.org

You’ll find timely topics like:

• Weight Loss Success Stories
• Which Exercise Machine Is for You
• The Weeds You Need—Leafy Greens
• Exercising Your Joints
• Fighting Middle-Age Weight Gain
• Garlic—It Does the Body Good
Do You Need a Cholesterol Check?

If you don't know what your cholesterol level is, you do need a screening, says family physician Chris Sorensen, M.D., of Lehigh Valley Hospital and Health Network. "Elevated cholesterol increases the risk of heart disease, stroke, kidney disease, impotence, vision problems and other conditions," he says.

Generally, total cholesterol is considered high if it's above 200. "With a reading in that range, we would do more complete tests including LDL ('bad' cholesterol) and HDL ('good' cholesterol)," Sorensen says. "High cholesterol can often be corrected through diet and exercise, and we have good medications if lifestyle change is not enough. But first, you have to detect the problem—and a lot of people, especially younger people, have never been tested."

Here are the current guidelines:
- Have a basic cholesterol screening every five years beginning at age 20 or 21.
- If your family has a history of high cholesterol, begin screenings in childhood.
- Get more frequent screenings if you or your family have high cholesterol or coronary artery disease, or if you smoke or lead an inactive lifestyle.
- "Ask your doctor what schedule is appropriate for you," Sorensen says.

Want to Know More?
For information on women and cholesterol or to schedule a cholesterol screening, call 610-402-CARE.

Spirit of Women Awards Program
Seeking Nominations

Do you know a woman who is the ultimate role model—energetic, inspiring, dedicated? If so, nominate her for a Spirit of Women award!

The Spirit of Women awards are given to local women, age 14 and older, who serve as mentors and have made contributions in the areas of work, family or health.

Each honoree will be recognized during the Spirit of Women 2000 conference, "Women Mentoring Women: Sharing Life's Experiences," on Oct. 10 at Lehigh University's Zoellner Arts Center, and will be eligible for national Spirit of Women recognition.

Spirit of Women is a project of Lehigh Valley Hospital and Health Network and its community partners. Become a part of the spirit by calling 610-402-CARE to nominate an award winner and learn more about next fall's conference!

No More Pap Tests?

It's a possibility for the future

A test for the human papilloma virus (HPV) that doesn't require a pelvic exam could someday replace the Pap test as an accurate way of screening for cervical cancer and precancerous conditions in the cervix.

"Even though the HPV test appears to produce more false-positives, recent studies show promise in its ability to screen more specifically than the Pap test," says Vincent Lucente, M.D., acting chair of obstetrics and gynecology, Lehigh Valley Hospital and Health Network. "A Pap test simply detects cellular changes that are often a result of cervical disease, whereas the HPV test detects viruses that cause those changes."

An added benefit: Women themselves can collect a sample of cervical tissue at a doctor's office using a small brush or cotton swab, alleviating the discomfort some may experience from a Pap test.

However, if the HPV test is approved, "routine pelvic exams will still be important for gynecologic care," Lucente says. "Physical exams help detect ovarian changes, tumors and other abnormalities."
A National First in Emergency Medicine

Lehigh Valley Hospital is the first in the country to monitor emergency heart, stroke and trauma patients and transmit the data wirelessly from the moment ambulance personnel arrive on the scene through transport to the hospital.

Lehigh Valley Hospital has equipped Cetronia Ambulance Corps vehicles with new Mobimed System units that function as both a patient monitor and an information technology workstation. They can be used in or outside ambulances, or even in a patient's home. The units display electrocardiogram, pulse and blood pressure, do automatic computerized analysis, and transmit the information to a hospital, doctor's office or other location using wireless digital communication networks.

Until now, even wireless products that monitor patients during ambulance calls have been unable to transmit clear, quality data consistently to the hospital, especially in a moving ambulance. "Mobimed dramatically reduces the time it takes to make a diagnosis and begin treatment," says Michael Weinstock, M.D., chair of emergency medicine at Lehigh Valley Hospital.

Besides the ambulances, a Mobimed unit is also being used on board the hospital's University MedEvac helicopter (see related story on page 11).

STUDYING NEW TREATMENT FOR DEPRESSION

If you are experiencing signs of depression, you may be interested in a national study of a new treatment. Lehigh Valley Hospital and Health Network is currently enrolling adults with symptoms of depression in a clinical trial for an investigational drug. After a free depression screening and medical evaluation, qualified participants will receive the drug and study-related medical attention for one year. For a depression questionnaire or to learn more about the study, call 610-402-CARE.

BREAST HEALTH SERVICES OF LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK PRESENTS...

Stephanie
A PHOTO DIARY OF ONE WOMAN'S JOURNEY WITH BREAST CANCER

In celebration with Spirit of Women

April 26-July 2
Allentown Art Museum, Rodale Gallery
Fifth and Court streets

At age 30, Stephanie Byram was diagnosed with highly aggressive breast cancer and had surgery to remove both breasts. Finding courage and strength in the experience, Stephanie tells her story with photographer and friend Charlee Brodsky. Together, the two Pittsburgh women reveal hopefulness and transformation through an inspiring and powerful exhibition.

Call 610-402-CARE to learn about upcoming "Stephanie" events.

www.lvhhn.org Healthy You
The doctor tells you the news you've waited a lifetime to hear: “You're pregnant!” In the flurry of excitement, your mind races with baby names, colors for the nursery, a gift list for your shower...

Slow down. Have you thought about the “birth day” itself?

“Pregnancy is a nine-month education and planning process, and part of the planning should be about labor and delivery,” says Lehigh Valley Hospital and Health Network obstetrician/gynecologist Patrice Weiss, M.D. “Ask your health care provider about options such as pain relief during labor, ways to deliver, fetal monitoring and breastfeeding.”

Together, you and your provider can develop a “wish list” of your preferences during labor and delivery and after birth. If you desire, write down your wish list. But keep it short and simple and use it as a script for discussion with your birth team: your obstetrician or midwife, pediatrician, the nursing staff, and your partner or a coach such as a doula (see box at right).

“It’s important to talk with your team to personalize your birth,” says Renee Gombert, R.N., director of the Center for Mother and Baby Care at Lehigh Valley Hospital and Health Network. “For example, if you communicate your wish not to have any type of anesthesia, the nurses can guide you through ways to relieve the pain. They may encourage walking, showering or breathing techniques.”

But remember, “labor is not black and white like ink on paper,” says Weiss, herself a mother of two. “It’s a series of changing events, and at times medical necessity requires deviation from the plan.”

A classic example: you’re set on natural childbirth. However, if your baby moves into the wrong position, a Cesarean section could be the only option for a safe delivery. “If your plan is too rigid, you may set yourself up for disappointment,” Gombert says. “A C-section does not mean that you failed. If you deliver a healthy baby, you’ve achieved the most important of your goals.”
The best way to prepare for all the possibilities? Take childbirth education classes, read recommended books, visit web sites, tour your childbirth unit and ask questions of your anesthesiologist, pediatrician and nurses—not just your primary provider—early in pregnancy. “If there are several obstetricians in your doctor’s office, talk to each one about your wishes and his or her philosophy of care,” Weiss says. “Any one of them could deliver your baby.”

Though childbirth may be a new experience for you, “it’s not one you have to go through alone,” Weiss says. “The birth team is there to support you, and we all have the same responsibility: to do everything possible to guarantee a healthy mom and baby.”

Want to Know More?
For a worksheet to help plan your wish list, call 610-402-CARE. Visit our web site at www.lvhhn.org to register for childbirth classes or for a tour of the Jaindl Family Pavilion’s Center for Mother and Baby Care.

Mothering the New Mother
Doulas are an option for your birth team

Sarah King and Marlene Gubler say they’re the “modern-day Ma Ingalls.” As everyone who’s read Little House on the Prairie knows, “Ma would bring the pie to the neighboring farm. We bring education and support to the pregnant, laboring or new mom,” King says.

King and Gubler are doulas, professionals certified in childbirth education and by the Doulas of North America to “mother the new mother.” Although they’re not providers of medical care, doulas can be key to the birth team, “especially for single mothers, dads who need guidance or those without family support,” says Lehigh Valley Hospital and Health Network perinatologist Orion Rust, M.D. “They have tremendous experience with women going through the birthing process.”

What exactly do doulas do? “If a pregnant woman has questions, we research the answers,” Gubler says. “If she needs comforting during labor, we get her ice chips or pull out our ‘Mary Poppins bag’ (complete with music and a ‘sock buddy’ hot compress). After birth, the doulas cook meals, do laundry and assist in baby care. The cost of a doula is typically $14 to $16 per hour and is not covered by insurance. A sliding fee scale is available. For more information on doulas, call 610-402-CARE.

“Mothering the New Mother” and “What are our preferences? Expectant parents Heather and J.J. Britland of Whitehall talk about the upcoming “big event” with their obstetrician, Patrice Weiss, M.D.
Is Bigger Better?

Not for Kids!

The dangers of turning to 'andro' or steroids to 'bulk up'

We heard it from our parents, and it's a good bet we preach it to our own children and grandchildren: "Eat your vegetables and drink your milk so you'll grow up big and strong."

But growing big and strong can be dangerous the way some young people and many adults are going about it. To gain an edge on the competition, athletes of all ages are turning to vitamin supplements and steroids.

"Social image gets kids started," says Mitchell Cooper, M.D., director of sports medicine for Muhlenberg Hospital Center and team doctor of the Pennsylvania ValleyDawgs professional basketball team. "I've seen surveys that indicate 45 percent of high school males think their body size is too small." And kids are taking action at ever-younger ages. In one survey of seventh-graders, almost 5 percent of males and more than 3 percent of females admitted steroid use.

Cooper also connects the use of body-building enhancers to publicity about baseball home-run king Mark McGwire's previous use of androstenedione. "Andro," as it's known, was legal for McGwire, but is banned by several major sports organizations because research has shown that it converts to testosterone in the body. Its potential benefits and drawbacks have not been proven.

Here's some information that should help you to distinguish steroids from dietary supplements and to understand what taking steroids could mean:

**Warning Signs of Steroid or Supplement Use**

- Rapid physical development
- Rapid weight gain
- Puffy face
- Mood and personality shifts
- Increased acne
- Deepening of the voice in females

If you suspect a problem, talk to your family doctor or your child's coach.

**Anabolic steroids**

Anabolic steroids are derivatives of the hormone testosterone, which is responsible for the growth and development of the
male sex organs. In normal amounts, steroids neither strengthen muscles nor enhance performance. In the massive doses—10 times normal—sometimes taken by athletes, steroids have been proven to boost endurance, strength and muscle development. But steroids can be dangerous. Side effects range from sexual dysfunction in the short term to liver, heart and nervous system damage over time. Steroids are classified as a controlled substance by the federal government, meaning they can only be obtained with a prescription.

**Androstenedione (‘Andro’)** Some claim andro is an anabolic steroid because it is a “precursor” to testosterone—a chemical that's broken down in the body into testosterone. Research shows that the side effects from increased hormones include emotional outbursts, acne, early puberty, stunted growth, hair loss and possibly breast development and decreased testes size. While the supplement is available over the counter, its use is banned by the U.S. Olympic Committee, the National Collegiate Athletic Association and the National Football League. “In the short term, andro might increase body mass, power, strength and aggression,” Cooper says. “But without any long-term studies on the potential for harmful side effects, I would not approve its use for adolescents.”

**Creatine** Creatine is a natural compound produced by the body, which we consume in our diets in animal products like meat and fish. Unlike andro, creatine is not a precursor to testosterone and is not banned by any sports governing body. While research has shown power, strength and sprinting benefits, no long-term studies exist as proof that the over-the-counter supplement enhances performance. Adverse reactions to creatine include muscle cramping, gastrointestinal distress and stress to the kidneys.

Steroids and supplements can be beneficial when used properly under a doctor's care, Cooper says. They're a valuable tool for treating hormone imbalances and helping people with nutritional problems to gain weight.

But those who just want to run faster or jump higher should heed this caution from the American Academy of Pediatrics: “The medical dangers of steroid use far outweigh the advantage of gains in strength or muscle mass.”

**Want to Know More?** For a list of the side effects of the most common steroids and supplements, call 610-402-CARE.

**How Safe Is Weight Training for Kids?**

Steroids and supplements are not a good idea for youngsters, but what about strength training? If your adolescent with Olympic dreams is keen to start lifting, begin with very light resistances, such as a broom handle or lightweight barbell, says certified strength and conditioning specialist John Graham, director of the Human Performance Center at the Allentown Sports Medicine and Human Performance Center. “Children should progress with added resistance slowly,” he says, “and focus on proper techniques prior to reaching puberty.” Many specialists, including Mitchell Cooper, M.D., recommend waiting until the early teens because of the potential injury to growing bones.
Mental Health Hazards of Your Computer

There's no question it's a marvelous tool, but does that computer also have a dark side? Will it transform you or someone you love into a social recluse, compulsive shopper or game addict?

"It depends what type of person you are," says psychiatrist Joel Lerman, M.D., medical director of Muhlenberg Behavioral Health. "For curious people with an interest in learning, a computer is a never-ending well of information. For those with addictive tendencies, it opens new avenues to act out those characteristics."

Getting hooked

Your husband (wife, teen-ager) spends hours each evening in front of the monitor. Whether he's surfing the web, taking part in a chat room or playing games, he's not relating to you—and you feel abandoned.

"I've treated this type of pattern in couples counseling," Lerman says. "It's not addiction in the sense of alcohol or drugs, because there is no substance causing a physiologic change. But some people are more prone than others to addictive or compulsive behavior." Placed in front of a computer, this kind of person may feel driven to visit just one more web site or play endless games of Hearts.

Kids and Computer Violence

Is your child's favorite computer game damaging his psyche? Although not all experts agree, says psychiatrist Joel Lerman, M.D., the answer is probably no. "While killing someone over and over onscreen certainly isn't enriching, it's not that different from Tom and Jerry cartoons 40 years ago. I think most kids realize it's not real life." But if your child has violent tendencies, "the web is a bottomless pit of extraordinary destructive material, and parents should monitor it carefully," he says.

For those with a history of other addictions—compulsive shopping or phone sex, for example—the Internet is a potential minefield. "Shopping online really saves time, but in a couple of clicks you can spend an awful lot of money," Lerman says. The immense number of pornographic sites attests to the allure of sex on the Internet. And despite the well-publicized dangers of day trading, compulsive gamblers continue to click their life savings away.

One reason the Internet draws people in, Lerman says, is the unpredictability. "In the laboratory, it's called variable reinforcement. A rat who gets a reward each time he presses a bar will stop when he's had enough. But if he's only rewarded sometimes, he'll keep on pressing. Going on the web—sometimes finding something, sometimes not—is like a slot machine in this regard."
When there's a problem

At what point does computer use become abuse? People who are new to computers or the Internet often go through a phase of overuse, Lerman says. "Just as with any new experience, the novelty draws them in. Gradually, they take control and put limits on themselves." For some, though, the call of the computer begins to interfere with sleep, work and family, not to mention the family finances.

"Sometimes the person will recognize the problem and seek help," Lerman says. "But often it takes a spouse or coworker to point it out." Generally, he says, wondering if you might have a problem with computer use is a good clue the problem exists.

The most effective form of treatment is counseling, Lerman says, since computer-related compulsions often extend to other life issues as well. On the preventive side, these strategies can be helpful:

- Keep the computer in a visible place, not tucked away where it can’t be observed.
- Help the person set limits on computer use—for example, an hour an evening.
- Get the person involved in real-world interactions and activities.
- Know what games and web sites your child is using and use lock-out programs to prevent access to undesirable areas.
- Surf the web with your child, to show constructive ways to use the computer.

Want to Know More? For more information on Internet addiction and how to spot it, call 610-402-CARE.

Internet Romance

Meeting someone online is anonymous, and that's both good and bad. "On the plus side, you can express yourself more freely," says psychiatrist Joel Lerman, M.D. "But you can also present a totally false picture. And if you're prone to social anxiety, online relationships can be a way of avoiding real, flesh-and-blood ones." Go ahead and use the Internet as a way to make connections, he says. "We all know cases where it's led to a long-term relationship. But be extra cautious: meet in public, have your own transportation and tell someone where you'll be. This is a blind date and then some."
Michael Sinclair, M.D., has been back in his familiar surroundings in the operating room at Lehigh Valley Hospital for about six months. But his career as a heart surgeon was in jeopardy last August after he fell 25 feet onto a ledge while mountain climbing with a friend.

Sinclair, a climbing enthusiast, fell during an ascent of Mount Minsi at the Delaware Water Gap National Recreation Area. He didn’t know the severity of his rib, neck and lung injuries at the time, but he says, “I was fully alert sitting on that ledge and completely confident that the rescuers would get me down safely.”

One of those rescuers was Gina Natale, a flight nurse with Lehigh Valley Hospital’s University MedEvac helicopter. From the start, Natale knew this would be a tough assignment. “Because of the treacherous environment,” she says, “it was the most strenuous rescue in my 18 years on the job.” Fortunately, she and her partner had an advanced procedure used only by air emergency responders. “Rapid sequence induction” chemically paralyzes the patient and controls breathing to prevent further injury during transport. In Sinclair’s case, it may have been what saved his career.

When Natale and flight paramedic Timothy Snyder arrived on the scene, they were told Sinclair was awake and talking. The terrain kept them from reaching their patient right away, and when they finally did get to Sinclair, he had to be lowered 130 feet to a five-foot-wide ledge before they could administer care.

As rocks fell from above, Natale and Snyder had to use great caution treating Sinclair and bringing him down the mountain. Adding to the difficulty was the amount of time he’d been on the mountain in extreme heat. “We felt the only way to transport him safely and avoid further injury was to use rapid sequence induction,” Natale says. She and Snyder gave Sinclair a series of med-
ications (formerly used only in operating rooms) to relax him to the point where he could still feel, but not move. Then they inserted a breathing tube.

As the team made its way down the mountain, Snyder manually operated an oxygen device that breathed for Sinclair. That part of the journey took about 45 minutes. To Natale, “it felt like days.” And indeed, by MedEvac standards—an average of six to eight minutes on location—Sinclair’s rescue lasted an eternity of six hours. But the proper use of that time by park rangers, police and emergency responders helped get Sinclair up and around in a few weeks, and back in the operating room in about two months.

Sinclair and his wife, Phyllis, will never forget the attention and care they received. “We are grateful to the people from all walks of life who individually or collectively helped us enormously,” he says.

The physician has now experienced firsthand what he says he always knew about Lehigh Valley Hospital’s Level I Trauma Center team: “It was reassuring to see and hear MedEvac waiting in the distance. I knew I was headed to the best trauma care available anywhere.”

Members of the MedEvac crew downplay the praise, choosing instead to commend the park rangers and police who were on the scene first and took charge. “The MedEvac helicopter is visible and intriguing to the public,” Natale says, “but the crews who are there before we arrive deserve so much credit. Their work makes our job a lot easier.”

Want to Know More about University MedEvac and tours of the helicopter for children? Visit the Lehigh Valley Hospital and Health Network web site at www.lvhhn.org and click on Kid Zone and the flying helicopter. Or call 610-402-CARE.

New Helicopter Will Speed Response Time

To further improve response time and survival rates for victims of trauma, Lehigh Valley Hospital and Health Network is now flying a faster helicopter that can also respond in bad weather. The new Sikorsky S-76 University MedEvac went into service in February.

“The S-76 is about 35 mph faster than our previous aircraft (175 mph compared to 140 mph),” says Harold Spatz, director of University MedEvac. “The added speed allows us to respond to more incidents.” For example, a 23-mile flight from the helicopter’s base at Muhlenberg Hospital Center to Monroe County, which formerly took 12 minutes, takes just nine minutes now. The new helicopter also has nearly 20 percent more cabin and equipment space and can fly on instruments in poor weather, not possible with the previous machine.
New study shows physical activity substantially reduces risk of type 2 diabetes

If one or both of your parents have type 2 (adult onset) diabetes, you’re at risk of developing the disease—and your risk goes up with age and excess weight. But there’s good news from a new Harvard study published in the *Journal of the American Medical Association*: If you’re physically active, you can lower your risk substantially.

The best part is that the activity needn’t be Schwarzenegger-style workouts at the gym. “Gardening, walking, housework—any type of activity can make a big difference compared with a sedentary lifestyle,” says endocrinologist Larry Merkle, M.D., a diabetes specialist with Lehigh Valley Hospital and Health Network’s Helwig Diabetes Center.

In people with diabetes, the insulin in the body doesn’t work efficiently in the muscles to process glucose (sugar) into fuel. “You can help to bypass this problem by using your muscles,” Merkle says.

The Harvard study of more than 70,000 women ages 40 to 65 found that the more vigorous the activity, the better it worked in lowering diabetes risk. Activities like aerobics, jogging and tennis yielded the greatest reduction in risk. But even women whose only activity was walking did their health a big favor. Those who walked at an average pace (between 2 and 3 miles per hour) lowered their diabetes risk by almost 30 percent, and those who walked at a brisk pace (over 3 miles per hour) lowered their risk by nearly 60 percent.

How much walking should you do? The U.S. Centers for Disease Control and Prevention recommend 30 minutes a day. “The activity can be all at once or in shorter pieces; it’s equally effective however you do it,” Merkle says. “And you can sneak it in by taking the stairs instead of the elevator or parking a few blocks from the store. Just make the effort. It’s hard to overstate how valuable an active lifestyle is in preventing diabetes.”

Want to Know More? For a past Healthy You article on diabetes risk, call 610-402-CARE. For more on Helwig Diabetes Center services, see pages 2 and 3.
If you’re watching what you eat, don’t forget to watch how much you eat. Overeating is one of the main causes of obesity, says family practice physician Thomas Young, M.D., of Lehigh Valley Hospital and Health Network.

“There are three basic reasons people become obese—overeating, inactivity and metabolism,” Young says. “The one factor you can’t control is your basic metabolism. Some of us are born with a slower food-burning mechanism than others. But even then, you can maintain a healthy weight through fitness and calorie control.”

It’s not necessarily easy. “For many people today, overeating is a real problem because we’ve grown up in a country where more is better,” Young says. “But that’s not true with food. Only a few hundred calories a day can make the difference between a healthy weight and obesity.”

One of the challenges to healthy eating is figuring out proper portion sizes, says registered dietitian Amy Virus of Lehigh Valley Hospital and Health Network. She recommends reading labels and learning to estimate. Her portion control tips:

- **Use a smaller plate.** “Plates are made 20 percent larger than they used to be,” Virus says. “If you use a smaller plate, you’ll put less on it.”
- **Eat slowly.** Taste every bite, put down your fork between bites and pause from time to time during the meal.
- **Don’t clean your plate.** No matter what your mother told you, you don’t have to. When you’re full, stop eating.
- **Avoid seconds.** Removing dishes from the table after the first serving helps take away the temptation.
- **Focus attention on the meal itself.** If you watch television or talk on the phone at mealtime, you may overeat without realizing it.
- **When dining out, avoid anything with the “supersized” label.** “You don’t need to eat or drink anything that big,” Virus says.
- **If you’re served a large portion,** have your server put half into a doggie bag immediately (before the meal, not after).

Want to Know More? For a guide to what counts as a serving and how to “guesstimate” portion size, call 610-402-CARE.

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Is the new vaccine for Lyme disease worth getting?
Yes and no. The vaccine is recommended for people in high-risk areas, but doctors caution it's not completely effective and precautions are still needed.

Lyme disease, named for the Connecticut town where it was discovered, is a bacterial infection caused by tiny deer ticks. Those most at risk, says rheumatologist Albert Abrams, M.D., of Lehigh Valley Hospital and Health Network, are landscapers and others in outdoor occupations as well as hunters, campers, hikers and children who play in wooded or grassy tick-infested areas.

If you're in one of those categories and between the ages of 15 and 70, the vaccine may be a good idea. It's also recommended for those previously infected with the disease. A children's dosage is still in development.

The vaccine, called Lymerix, is given in three doses beginning any time of the year; the second dose is given after one month and the third after 12 months. It's vital to take all three doses, Abrams says: "Studies show the vaccine is 47 percent effective the first year and up to 76 percent effective the second year."

He advises people living in tick-infested areas to keep taking precautions and to protect themselves not only from Lyme but also from other tick-borne diseases. Here's how:

- When going into wooded areas, use tick repellent and stop every two hours for a "tick check."
- Wear long pants and long-sleeved shirts.
- Tuck the bottoms of pants into socks.
- Wear light-colored clothing to make ticks easier to spot.

While pinhead-size deer ticks can be hard to find, the early symptoms of Lyme disease are fairly easy to recognize: a flu-like illness, in some cases accompanied by a bull's-eye rash.

Call the doctor, Abrams says, if you or your child:
- find a tiny tick attached to the skin or a ring-shaped rash anywhere on the body.
- develop a fever, headache, swollen glands, red eyes, stiff neck, problems moving facial muscles, tingling or numbness, joint or muscle aches, or irregular heartbeat.

Treatment with oral antibiotics is effective in almost all cases. But if the disease progresses undiagnosed, it can cause chronic arthritis and nerve damage.

Want to Know More? For more information on prevention and warning signs of Lyme disease, call 610-402-CARE.
Mary Nasuti of Montgomeryville entered her 50s in great physical shape. She was flexible and strong from her job as a cardiovascular technician, and after-hours she enjoyed long, brisk walks. Then the back pain started.

At first, she and her doctor put it down to job-related muscle strain. “I kept telling myself, ‘It’ll go away,’” Nasuti says. But the pain didn’t respond to muscle relaxants or physical therapy. Tests revealed a soft-tissue cyst, but that alone wasn’t enough to account for her discomfort—which grew so severe even steroid injections brought no relief.

“It took every ounce of energy to put one foot in front of the other,” Nasuti says. “No matter what I did, the pain was horrible. By the time I got home from work each day I’d be in tears.”

Enter James Weis, M.D., Lehigh Valley Hospital and Health Network orthopedic surgeon, known for his back expertise. When Nasuti’s Philadelphia-area orthopedist referred her to Weis, “friends asked why I wasn’t going to Philadelphia,” she said. The fact was, specialists from that city were going to Allentown to train with Weis, one of a handful of surgeons regionally who were practicing a new spinal fusion technique called laparoscopic interbody fixation.

The new surgery is performed through the abdomen, not the back, with several small incisions rather than one large one. The surgeon first inserts a tiny camera on a scope to guide the procedure and magnify it on monitors. Through other puncture points, he removes the degenerated disc material and inserts in its place a lightweight titanium implant. A small amount of bone from the patient’s hip is pulverized and inserted into the implant. Over time, the spinal bone grows into and around the device, stabilizing the spine.

Continued on next page
Low-back pain is one of the most common health complaints. But the vast majority of the time, even when the problem is disc-related, the back will heal itself. "A ruptured disc causes pain because it leaks enzymes that irritate nerve endings," says back surgeon James Weis, M.D. "But like a torn ligament, it usually heals. For 80 percent of people with acute back pain, the problem resolves itself in a couple of months."

To help things along, keep moving. "Don't bend or lift, but otherwise, studies show that bed rest is not the right approach," Weis says. If the pain lasts more than two months or if you're over 50, he says, see your doctor.

What are the benefits? Spinal fusion is not a new procedure. What's new about Weis' technique is the titanium implants (originally developed for racehorses) and tiny incisions. "These implants do a better job maintaining spacing between the vertebrae," he says. "And with laparoscopy, patients have less scarring and recover much faster than with traditional surgery." Weis and his colleague, general surgeon Richard Boorse, M.D., have performed more than 60 of the procedures at Lehigh Valley Hospital since late 1997.

Who is a candidate for this type of fusion? Only those with severe, disabling back pain that lasts at least six months and doesn't respond to non-surgical treatment, Weis says. Tests must confirm that the pain is disc-related. Nasuti underwent a discogram (injection of dye) to reveal the leakage in her discs and reproduce the pain she was feeling.

Nasuti's surgery was a double implant, replacing two ruptured discs in her lower spine. The procedure can involve only one or at most, two neighboring discs, Weis says, and works best in a specific area of the lower back. Also, the patient needs to have good bone quality—the reason most of his patients are in their 30s and 40s. Nasuti, 53 at the time of her surgery in September 1998, did well because of her otherwise vigorous health.

That's not to say her recovery was pain-free. "To be honest, the first month was pretty rough," she says. "But after that, I could tell the problem was gone and the pain I felt was healing pain."

The surgery did not restore her to a fully functioning spine; no fusion can do that, Weis says. But today, she's back at work and can do pretty much anything she wants. "My back tells me if I've overdone it, but compared to what I suffered in 1998, this is a minor annoyance," she says. "I had no life for a year, and Dr. Weis gave it back to me."

Want to Know More? For more information on preventing and treating back pain, call 610-402-CARE or visit www.lvhh.org. Also see page 34 for information on presentations for treating back and neck pain.
If you're a smoker, your son or daughter is one, too. "Every time you light up at home or in the car, your child or grandchild also breathes in that smoke," says Patti Sherwood, advocacy coordinator for the Coalition for a Smoke-Free Valley (a program funded in part by Lehigh Valley Hospital and Health Network). "And the effects can be deadly."

Research shows that secondhand (or "environmental") tobacco smoke is linked to:
- **respiratory infections** including bronchitis and pneumonia, which can be fatal to young children. One study found that children of smokers are 57 percent more likely than non-exposed children to get such infections in the first three years of life.
- **higher risk of asthma**, as well as more severe symptoms and poorer lung function in those who have the disease.
- **middle-ear disease**, both effusion (fluid inside the eardrum, the major cause of childhood deafness) and recurrent middle-ear infections.
- **sudden infant death syndrome** (SIDS), the most common cause of death in infants ages 1 month to 1 year.

"Many people think secondhand smoke is less dangerous than direct smoking," Sherwood says. "But it's just as bad. Secondhand smoke is classified by the government as a Group A carcinogen. There is no safe level of exposure."

Parents who smoke not only damage their children's health, they raise the odds of the children becoming smokers themselves, Sherwood says. "Even if you only smoke outside the home, you're still a role model."

There's a lot of talk today about the "right to smoke." Fine, Sherwood says, but consider your children's rights as well. "We all have the right to grow up in a clear, smoke-free, non-carcinogenic environment."

Want to Know More? For a list of local resources to help you quit, call 610-402-CARE.

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**What About Day Care?**

Smoking is not permitted in licensed centers or registered family and group day-care homes. But if your child is cared for in an unregulated home, it's up to you to find out if smoking is allowed. If so, make sure it only occurs out of doors when children aren't present.
If every woman victimized by domestic violence last year were to join hands, the chain would extend from New York to Los Angeles and back again.

"Chances are, you would know one of those women," says Pam Pillsbury, director of community education for Turning Point of the Lehigh Valley, which assists victims of domestic violence through counseling and shelter. "Domestic violence crosses all racial, economic and social barriers. Breaking the cycle requires help from everyone in our community." What can you do?

Recognize the signs of abuse

Recognizing abuse can be tricky. An abuser often appears to be a "nice guy," is respected in his job and may act charming in a new relationship.

"The whirlwind romance can be a setup for later abuse," says Lehigh Valley Hospital and Health Network family physician Julie Dostal, M.D., a member of Turning Point's board. "Soon the partner controls the woman's money, where she goes and whom she sees. It's a gradual process, and the victim doesn't realize it's happening."

Eventually the woman withdraws from people she cares about "and loses her identity," Pillsbury says. If the abuse is physical, she may wear inappropriate clothing to cover it up—such as a turtleneck in mid-summer—or call herself accident-prone.
BREAK THE CYCLE OF DOMESTIC VIOLENCE?

Get her to talk

Ask the victim about her safety, “but avoid the word ‘abuse’ and don’t bad-mouth her partner,” Pillsbury says. “If you do, she’ll use the excuse that ‘you just don’t like him.’ Instead, say: ‘I’m concerned about the way your partner talks to you.’”

Although she may defend him, “research shows that after being asked five to seven times—by the same person or different people—she’ll talk about the problem,” Dostal says.

Take steps to safety

The next step: Encourage her to call a resource like Turning Point—even if it’s anonymously—and learn what her options are. Many people say, “Why don’t you just leave him?” But it’s not that easy. “The victim is most vulnerable to life-threatening injury at the time she leaves her abuser,” Dostal says. Also keep in mind the victim wants the violence to end but not necessarily the relationship. After an abusive episode, he may be very apologetic and they may go through another honeymoon stage.

If she eventually chooses to leave, “she may not want to tell the abuser of her plans,” Pillsbury says. “Turning Point can help with safety planning and secure shelter.” Another option is a protection from abuse (PFA) legal order mandating that the alleged abuser not harm the victim. “If the abuser does jail time for violating a PFA and realizes his behavior is not accepted by his employer or other authority figure, he might change,” Dostal says. “Abusers usually respect authority figures.”

Should a friend encourage counseling for the couple? It may not be a safe option,” Pillsbury says. “If the victim is honest in counseling and angers the abuser, who’s going to protect her in the parking lot?”

Instead, Pillsbury recommends counseling apart from the abuser for the victim and group “batterer counseling” for the abuser. Convincing the partner to enroll, however, can be challenging. “Just like an alcoholic, the abuser has to hit rock bottom,” Pillsbury says. “He has to recognize the problem and want to change himself.”

It can be a long process to stop abuse, but a friend can play an important role in reassuring the victim of her self-worth. “She’s experiencing a great loss,” Dostal says. “If she chooses to leave, she’s lost her dream of having a family and a life with that person. If she stays, she’s lost her dream of a safe home.”

Want to Know More? A victim’s denial often gets her stuck in the “cycle of violence.” To learn more about the cycle and how to be supportive, or to receive a list of community resources, call 610-402-CARE.

Upcoming Programs

Interested in leading the effort against family violence? Attending the following programs is a way to get started:

- **Children, too, can be victims of domestic violence**—some suffering from physical abuse, others from the psychological pain of witnessing abuse. Pediatrician Lawrence Kleinman, M.D., chief of Lehigh Valley Hospital and Health Network’s department of community health and health studies, and family physician Julie Dostal, M.D., will give a presentation on family violence and what you can do to help on Thursday, April 27 (see page 30 for details).

- **Health care providers, educators, clergy, law enforcement, legislators and community members are invited** to join the Sexual Assault and Domestic Violence Coalition conference on Thursday, April 6 at First Presbyterian Church in Bethlehem from 8 a.m. to 4 p.m. Sandra Bloom, author and chair of the state attorney general’s Family Violence Task Force will help coordinate community response to family violence. Cost is $20. For more information or to register, call 610-402-CARE.

www.lvhhn.org Healthy You
Care for the Caregiver

If you don't take care of yourself, you can't take care of them

Can Dad still fix his own meals? Will Grandma have an accident if she's home alone during the day? Does Aunt Liz need a nursing home after her hip surgery?

For years, Joan Schultes, R.N., case manager at Muhlenberg Hospital Center, helped family caregivers cope with such questions. Then suddenly, the tables turned. In the space of a few weeks in 1998, Schultes' teen-aged son, Adam, was rushed to the emergency room, her mother suffered a stroke, and Adam was re-hospitalized with the threat of lymphoma.

Adam is fine now and Schultes' mother, G. Stella Unger, suffered no severe stroke damage. But the experience was “an eye-opener” for Schultes, who learned for the first time how it felt to be a caregiver in a crisis. “Some nights I just came home and cried,” she says.

Caregiving isn’t as simple as it was in the days of the full-time homemaker. The majority of caregivers are still women—but they’re in a “catch-22” today, says social worker Laurene Roth of the Center for Healthy Aging at Lehigh Valley Hospital and Health Network. “Women are encouraged to have careers, manage multiple responsibilities and still be available to act as caregivers,” she says. “This can make them feel torn between their personal and professional obligations. Some even quit their jobs to care for a loved one, sometimes causing financial burdens to themselves.”

The stress of juggling everyone else’s needs can have serious consequences, says Joseph Antonowicz, M.D., Lehigh Valley Hospital and Health Network psychiatrist. “Particularly if your relationship was difficult to begin with, having someone dependent on you can cause frustration and resentment. If you don’t learn to handle those feelings, it can lead to depression, substance abuse and even abuse of the person you’re caring for.”

Fortunately, most caregivers find ways to be loving and supportive without losing their sense of self. “As I remind them,” Antonowicz says, “you’ll be rewarded in heaven for this job.”
Some suggestions for doing it right:

**Ask for help.** "This is seen as a sign of weakness in our culture," Schultes says. "Not in my opinion. It takes a big person to say, 'I'm struggling.'" Get over your pride or reluctance and assertively tell the rest of the family, "I can't do this alone!"

Siblings need to accept joint responsibility in developing a plan, Roth says. Even those who live far away can contribute financially or have Mom visit for a week.

**Take regular time outs.** "Respite care is critical to keep the caregiver from burning out," Antonowicz says. Whether you rely on family, a neighbor or programs like adult day care, "it's worth beating the bushes to find a suitable arrangement"—and doing it regularly.

**Plan ahead.** "You can become almost paralyzed with the thought, 'What if I get ill? Who'll take care of her then?'" Schultes says. To counter this fear, make backup plans.

**Adjust your standards.** "Maybe nobody can make Grandma's tea quite as well as you, but you can't do it all," Roth says. Adjust everyone's expectations—including your own. Caring for her mother and two teen-agers, Schultes soon realized that "it was more important to spend time with my daughter than vacuum the carpets."

**Let out your feelings.** Whether it's a friend, a colleague or a formal support group, "you need someone you can open up with," Roth says. "Keep those personal 'lifelines' open."

**Laugh often.** Schultes lives in "a family of clowns" and found this a saving grace when times got tough. Humor lightens life for everyone, including the patient.

**See to your own needs.** Caregivers have been known to neglect their own nutrition, fitness and even doctor appointments. "If you don't take care of yourself, you can't take care of them," Roth says. Set aside some "me time," even if it's brief. "The caregiver's energy is a valuable resource," Antonowicz says. "It needs to be recharged."

**Want to Know More?** For a list of local resources for caregivers and a copy of "Caregiver Affirmations" (Vitality Plus, April/May '00), call 610-402-CARE.

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How Friends Can Help

- Offer to pitch in—running errands, staying with the person who needs care, etc.
- Don't offer more than you can actually do.
- Rally the support of others—but first check on what's needed. A coordinated approach is best.
- Be there to listen.
- Give the caregiver frequent pats on the back for doing an important job.
Fifty-year-old Marie Smith of Quakertown didn’t want a hysterectomy, so she gritted her teeth and bore the pain and bleeding of fibroid tumors. “I felt that surgery to remove my uterus would be very intrusive, and I just wanted to avoid it,” she says.

As many as half of all women may have fibroids, says gynecologist and pelvic pain specialist Craig Sobolewski, M.D., of Lehigh Valley Hospital and Health Network. And though only 25 percent require treatment because of symptoms, these non-cancerous growths are a very common reason for hysterectomy.

But hysterectomy is not the only treatment option for fibroids today. Smith’s tumors were too large for alternatives such as drug therapy, surgical removal or a technique to “shave” them away with electric current, all of which preserve the uterus.

Frustrated with her lack of options, she talked to Vincent Lucente, M.D., acting chair of obstetrics and gynecology at Lehigh Valley Hospital and Health Network. His recommendation: a new therapy called uterine artery embolization.

Through a tiny incision in the groin, a radiologist passes a catheter through the uterine artery and releases tiny particles of plastic or gelatin to stop blood flow to the fibroids, causing them to shrink.

There’s an 80 to 95 percent chance of relief from pain or other symptoms, according to interventional radiologist Darryn Shaff, M.D., of Lehigh Valley Hospital and Health Network. “Studies have shown only about a 10 percent recurrence rate. There is a small possibility of infertility, and there may be significant pain following the procedure. But it can be controlled in most cases, and the patient can go home the same day or the next day.”

If her fibroids cause problems again, hysterectomy may be Smith’s only option — but thanks to the embolization, it could be a much less invasive surgery. “If the fibroids shrink to a small enough size, we may be able to do a laparoscopic hysterectomy through tiny incisions,” Lucente says.

“I’ll be comfortable with that,” Smith says, “because we’ve explored all my options.”

Want to Know More? For a brochure about uterine artery embolization and a list of other alternatives to and options for hysterectomy, call 610-402-CARE. For more information on a presentation about alternatives to hysterectomy, see page 29.
Healthy You
Health Improvement Classes

What’s New and Notable  March-May 2000

Mind and Body
- Partner Massage—The Joy of Touch NEW Page 25
- Acupuncture and Oriental Medicine NEW Page 25

Parenting
- Spring Time Book Fair NEW Page 30
- Family Violence NEW Page 30
  (Also see article on page 18.)

Exercise and Movement
- World Tai Chi Day NEW Page 27
- Healing Movements for the Season: Spring NEW Page 27
- Exercise for Life Free Tryout NEW Page 27

Age 50-Plus
- Preserving Memories NEW Page 32

Disease Prevention and Care
- Empowerment for Those With Chronic Conditions NEW Page 34
- How Strong Is Your Backbone? NEW Page 34
  (Also see article on page 15.)
- Getting a Good Night’s Sleep NEW Page 34

Men’s Health
- Osteoporosis in Men NEW Page 28

Women’s Health
- Osteoporosis Lecture Series NEW Page 29
- Journey to Fertility: Seeking Fertility Treatment NEW Page 29
- Prescription for Ageless Beauty NEW Page 29
- Women’s Self-Defense NEW Page 29
- Alternatives to Hysterectomy NEW Page 29
  (Also see article at left.)
- Managing Perimenopause: The Transition Years NEW Page 30

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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

Hands-on Cooking Workshop

Find out how to select the best equipment and ingredients and put them together to create terrific meals. Come ready to shop, chop and eat. Bring a chef’s knife or purchase a knife the night of the program.

$35

- Thursday, March 16; 6-9 p.m.
- Thursday, April 20; 6-9 p.m.

Class meets at Wegmans.

Joe Krutodrzill, executive chef, Wegmans

HEALTHY BODY SHOPPE

Now you can check your blood pressure, total cholesterol and body fat as you check your weight.

- Non-fasting total cholesterol $5
- Instant body-fat testing $15
- Blood pressure check Free

Learn what steps you can take toward a healthier life. All preventive screenings are provided in an atmosphere of confidentiality and respect for your privacy at the Health Center at Trexlertown.

For a schedule and more information, call 610-402-CARE.

Vitamin Matters

Understand how vitamins and supplements can balance, not replace, your nutrition needs. Each workshop provides current information so you can make intelligent choices about your family’s health.

$10 per class

Athletic Performance

- Wednesday, March 15; 7:15-8:30 p.m.
- Tuesday, May 9; 7-8:15 p.m.

Women’s Well-being

- Saturday, March 18; 10:45 a.m.-noon
- Monday, April 10; 7-8:15 p.m.

Class meets at TX.

Jay Needle, pharmacist

Chris Conway, owner, Great Earth Vitamins

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

MCC • Morgan Cancer Center, Cedar Crest & I-78, Allentown

1243 • 1243 S. Cedar Crest Blvd., Allentown

1251 • 1251 S. Cedar Crest Blvd., Allentown

TX • Health Center at Trexlertown, Trexler Mall, Rt. 222, Trexlertown

Community Locations

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

Bath Community Medical Center, 6549 Chrisphalt Dr., Bath

Bethlehem YWCA, 1475 Roselawn Dr., Bethlehem

MHC - Atria, 1745 W. Macada Rd., Bethlehem

Allentown Sports Medicine and Human Performance Center, 1243 S. Cedar Crest Blvd., Allentown

Saucon Valley High School, 2100 Polk Valley Rd., Hellertown

St. John’s UCC, 183 S. Broad St., Nazareth

Wegmans, 3900 Tilghman St., Allentown

Whitehall Township, Zephyr Park, Schadt Avenue and Campus Drive
“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 ($17, Vitality Plus GOLD members)
- $28 for unlimited 60-minute classes at any location ($22, Vitality Plus GOLD members)

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

To register, call 610-402-CARE

Mind and Body

Partner Massage—The Joy of Touch NEW
Giving and receiving a massage is a wonderful way for couples and friends to express love and caring for each other. This workshop will improve how you relate with one another. Bring a pillow and blanket.
$35/couple
- Saturday, March 25; 1-3 p.m.
Class meets at TX.
- Sunday, April 3; 6:30-8:30 p.m.
Class meets at 17, School of Nursing, Auditorium.
Scott Pellington and Mary Vietch, certified massage therapists

Acupuncture and Oriental Medicine NEW
Learn about this ancient system of healing that aims to treat and balance the whole person—physically, emotionally and spiritually.
$5
- Tuesday, April 11; 7-8 p.m.
Class meets at TX.
David Molony, acupuncturist

Health Screenings
For information, call 610-402-CARE.

LEHIGH VALLEY MALL— upper level
Blood Pressure Screenings-Free
- Tuesday, March 21 8:30-10 a.m.
- Tuesday, April 18 8:30-10 a.m.
Soothing Breathing Techniques
Learn how powerful breathing techniques can change your energy level, mood and mental clarity. Breathing helps decrease anxiety, asthma and stress. Enhance your exercise routine or yoga practice. Bring a bed pillow.
$15
- Sunday, April 30; 1:30-3 p.m.
- Class meets at TX.
  Juanita Carra-Budzek, R.N., certified yoga instructor

Classic Homeopathy
Learn the basics of this natural system of medicine that can boost immune response, build digestive health and improve your overall well-being.
$10
- Wednesday, March 22; 7-8:30 p.m.
- Monday, April 10; 1:30-3 p.m.
- Sunday, May 7; 1:30-3:30 p.m.
- Class meets at TX.
  Suzanne J. Smith, holistic health counselor

Meditation for Health
Tap into your own natural resources and draw energy from within. Meditation can reduce stress and promote clarity and peace of mind. Bring a bed pillow.
$15
- Sunday, March 19; 1:30-3:30 p.m.
- Sunday, April 8; 1:30-3:30 p.m.
- Sunday, May 7; 1:30-3:30 p.m.
- Class meets at TX.
  Jeffrey J. Budzek, R.N., certified yoga instructor

Health and Spirituality
Spirituality is a complement to traditional medicine, not a replacement. You will increase your awareness of your own spiritual heritage and the value of meditation, prayer and relaxation.
$5
- Tuesday, April 4; 10:30-11:30 a.m.
- Class meets at TX.
  Rev. Michael F. Pirozzi
  Rita M. Valenti, psychologist

The Healing Imagination
Guided imagery will help you relax and listen to your body. Stress relaxation involves the whole body – the emotions, the senses, the intuition – and promotes positive performance.
$15
- Sunday, March 28; 1-3:30 p.m.
- Class meets at MHC, Conference Room 1.
  Carol Chinn Saxman, R.N., holistic health practitioner

Natural Holistic Therapy Series
Based on the ancient tradition of mind-body healing, these education programs offer healthy ways to rejuvenate. By focusing your energies inward, you can withstand the rigors of aging and improve quality of life.
$10 • Vitality Plus GOLD members, $5
- Lifestyle Habits (stress, weight management, nutrition)
  - Monday, March 27; 7:15-8:15 p.m.
  - Class meets at 17, Auditorium.
- Healing Therapies (ayurvedic, aroma, massage, light)
  - Thursday, April 6; 7:15-8:45 p.m.
  - Class meets at Saucon Valley High School, Hellertown.
  - Thursday, April 27; 9:15-10:15 a.m.
  - Wednesday, May 3; 7-8 p.m.
  - Thursday, May 4; 9:15-10:15 a.m.
  - Thursday, May 11; 9:15-10:15 a.m.
  - Friday, May 12; 5:30-6:30 p.m.
- Class meets at TX.
  Scott Peaching, certified massage therapist

Intro to Body Rolling
This is a non-exercise class, combining the relaxing, pleasurable effects of massage with the toning effects of exercise. You will release tension, stretch muscles, increase blood flow and promote healing.
$10
- Thursday, March 30; 9:15-10:15 a.m.
- Wednesday, April 5; 7-8 p.m.
- Thursday, April 13; 9:15-10:15 a.m.
- Friday, April 14; 5:30-6:30 p.m.
- Thursday, April 27; 9:15-10:15 a.m.
- Wednesday, May 3; 7-8 p.m.
- Thursday, May 4; 9:15-10:15 a.m.
- Thursday, May 11; 9:15-10:15 a.m.
- Friday, May 12; 5:30-6:30 p.m.
- Class meets at TX.

MASSAGE MADNESS
March
Need a spring tune-up? Save $5 on any massage with one of our male therapists.
April
Wednesdays in April are MARATHON DAYS. Save $5 on all types of massage services. Appointments available from 8 a.m. to 9 p.m. Available only at TX.
May
Any foot or aroma massage for only $20. Save $10. Available only at TX.
For more information, call 610-402-CARE.
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, MHC-Atria and Bath Community Medical Center.

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.
$30 per half-hour session
$40 per one-hour session
$70 per 90-minute session
Sessions held at TX, MHC-Atria and Bath Community Medical Center.
All massages provided by certified massage therapists.

Exercise for Life Free Tryout NEW
Want to see if Exercise for Life is for you? Try it on for size in a free 30-minute educational program with a fitness expert, followed by a 30-minute exercise session.
Free
• Tuesday, April 11; 6:45-7:45 p.m.
• Thursday, May 11; 6:45-7:45 p.m.
Class meets at MHC, Banko Family Community Center, Rooms 1 and 2.
• Thursday, April 13; 6:45-7:45 p.m.
• Wednesday, May 17; noon-1 p.m.
Class meets at TX.

Cardio Kickboxing
Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance and cardiovascular power. Wear loose clothing that allows freedom of movement.
12 classes for 6 weeks • $48
• Tuesdays and Thursdays, May 2; 8:15-9 p.m. (first session)
Classes meet at TX.
Stephen Baer, martial arts instructor

Seated Tai Chi
The “chair” version of Everyday Tai Chi encourages relaxation and develops coordination of the whole body. No matter what your age, these slow and continuous movements can help you maintain health and increase vitality.
6 classes • $48
Vitality Plus GOLD members, $43
• Monday, March 13; 8:45-10 a.m. (first session)
• Monday, May 15; 8:45-10 a.m. (first session)
Classes meet at TX.

Fitness With Forza
Forza means strength and power. Utilizing a safe, wooden sword, this intense program features aerobic work, mental concentration and upper body development.
$20
• Sunday, March 19; 1-2:30 p.m.
• Saturday, April 8; 10-11:30 a.m.
• Saturday, May 6; 10-11:30 a.m.
Class meets at TX.
Scott E. Pellington, martial arts instructor

To register, call 610-402-CARE Healthy You 27
Everyday Tai Chi

Slow graceful movements improve balance, strengthen legs and regulate blood pressure. Tai Chi is especially suitable for the health-conscious and/or those with busy lives who want to relax. A health readiness questionnaire is required of all participants.

6 classes • $48
• Mondays, April 10; 10:15-11:30 a.m. (first session)
• Tuesdays, April 11; 6:45-8 p.m. (first session)
Classes meet at TX.
• Mondays, April 10; 7:45-9 p.m. (first session)
Classes meet at MHC, Banko Family Community Center.

Yoga Moves

This class for novice students provides safe and gentle exercise with an emphasis on stretching. You can reduce anxiety, improve circulation, build muscle and enhance well-being. Bring a pillow and blanket. A health readiness questionnaire is required of all participants.

4 classes • $24
• Mondays, April 24; 8:30-7:30 p.m. (first session)
Classes meet at St. John's UCC.
• Thursdays, April 27; 6:45-7:45 p.m. (first session)
Classes meet at TX.

Staying Strong

Strength-building, resistance training and range-of-motion activities improve muscle tone and slow down the loss of bone density. This exercise prescription will improve the effects of arthritis and osteoporosis. A health readiness questionnaire is required for all participants.

12 classes • $36
• Wednesdays and Fridays, April 12; 10:15-11:15 a.m. (first session)
Classes meet at TX.
• Wednesdays, 7:45-8:45 p.m. and Saturdays, 9-10 a.m., April 15 (first session)
Classes meet at MHC, Banko Family Community Center.
Instructed by certified exercise specialists or personal trainers.

Peak Balance Workout

This integrative and unconventional exercise program will evenly condition the whole body and not just body parts. Increase strength, flexibility and relaxation through cardio-centering, core abdominal and back training, and yoga moves.

$15
• Saturday, March 18; 9:45-11:15 a.m.
• Saturday, March 26; 9:45-11:15 a.m.
• Wednesday, April 12; 8:45-8:15 p.m.
• Saturday, April 15; 9:45-11:15 a.m.
• Wednesday, April 26; 9:45-8:15 p.m.
• Saturday, April 29; 9:45-11:15 a.m.
• Wednesday, May 10; 6:45-8:15 p.m.
• Saturday, May 13; 9:45-11:15 a.m.
Classes meet at TX.

Men's Health

Osteoporosis in Men NEW

Most people consider it a women's disease, but 15 percent of those suffering from osteoporosis are men. This program focuses on the causes, evaluation and therapies.
Free
• Wednesday, May 10; 7-8 p.m.
Class meets at 17 School of Nursing, Auditorium.
Donald Barilla, M.D., endocrinologist

Snoring or Sleep Apnea?

Learn the difference between snoring and sleep apnea, a potentially life-threatening disease. Discussion will include causes, surgical and non-surgical treatment options, and a demonstration of new equipment by Health Spectrum Medical Products.
Free
• Monday, April 10; 7-9 p.m.
Class meets at CC, Auditorium.
John P. Galgau, M.D., and Richard J. Strobel, M.D., certified sleep specialists
Osteoporosis Lecture Series  NEW
Discover how to reduce your risk for osteoporosis, and learn how to talk to your doctor or practitioner about your questions and concerns. The series includes:

Free
Importance of Therapeutic Exercise for Women after Menopause
• Tuesday, March 21; 1-2:15 p.m.
Class meets at TX.
Jamie Giamalis, physical therapist
Natural Therapies for Osteoporosis (benefits and concerns)
• Tuesday, April 11; 7-8 p.m.
Class meets at CC, Auditorium.
Albert Peters, D.O., endocrinologist
Medical Evaluation of Patients With Osteoporosis (importance of history, physical exam and key lab studies)
• Tuesday, April 18; 1-2:15 p.m.
Class meets at TX.
Donald Barilla, M.D., endocrinologist
Nutritional Needs (prevention and treatment)
• Tuesday, May 16; 1-2:15 p.m.
Class meets at TX.
Carol Greenlee, M.D., endocrinologist
Jane Ziegler, registered dietitian
(See page 28 for information on osteoporosis in men.)

Journey to Fertility:
Seeking Fertility Treatment  NEW
Find out about the causes of infertility and new advances in treatment. Join a tour of the new IVF laboratory; please do not wear perfume, cologne or scented body wash.
Free
• Wednesday, March 22; 7-8 p.m.
Class meets at MHC, Outpatient Department
Ambulatory Surgery Unit, 3rd floor
Conference Room.
Albert Peters, D.O., reproductive endocrinologist
Kate Worrillie, Ph.D., IVF lab director

Prescription for Ageless Beauty  NEW
What over-the-counter and prescription products really work to reduce the signs of aging? Find out what's best for your individual skin type. Presented as a partnership between the Executive Women's Council of Lehigh County Chamber of Commerce and Spirit of Women.
Free
• Tuesday, March 28; 7-9 p.m.
Class meets at CC, Auditorium.
Stephen M. Purcell, D.O., and Robert J. Thompson, M.D., dermatologists

Women's Self-Defense  NEW
Maintaining a sense of self-control is key to personal safety. This workshop provides crime prevention tactics, self-defense techniques and information on protective devices. You'll practice what you learn! Wear loose and comfortable clothes.
$20
• Wednesday, March 29; 7-8:30 p.m.
Class meets at TX.
• Tuesday, April 18; 7-8:30 p.m.
Class meets at MHC, Banko Family Community Center.
Aaron Snyder, martial arts specialist
Randall Achey, martial arts instructor

Alternatives to Hysterectomy  NEW
Take time to learn more about available alternatives and options to hysterectomy. Make informed decisions with the most current information.
Free
• Thursday, April 6; 7-8 p.m.
Class meets at CC, Classroom 1.
Larry Glazerman, M.D.

Secretary's Day is April 26.
Mother's Day is May 14.

Here's a great gift for either one.
Reward your hardworking secretary, administrative assistant or other office professionals, or celebrate the mother in your life with a healthy gift that anyone will love.

30-minute Relaxation Massage ($30)
60-minute Therapeutic Massage ($48)
Sizzling Six-Pack of Soap Rolls ($15)
Body Rolling Massage Class ($10)

Stop by the Health Center at Trexlertown or call 610-402-CARE to make your selection. Quantity discounts are available.
Managing Perimenopause—
The Transition Years

Understand the effects of hormonal fluctuations and learn how to manage symptoms during the years (typically late 30s to early 50s) before your menstrual cycle stops. All participants receive The Perimenopause Handbook: What Every Woman Needs to Know.
$20, includes workshop materials
• Wednesday, April 26; 7-8 p.m.
Class meets at CC.
• Wednesday, May 10; 7-8 p.m.
Class meets at TX.
Wendy Grube, R.N., nurse practitioner

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 • $65
• Tuesdays, April 18; 7-9 p.m. (first session)
Classes meet at TX.
Mania Felkey, therapist-counselor

Progress Points for Breast Health

Learn from health experts how improvements in screenings and research have led to enhanced breast health.
Free
• Tuesday, April 4; 7-8 p.m.
Class meets at Saucon Valley High School, Hellertown.
Elizabeth Ladd, R.N.
Deborah Kane, R.N.

Growing Your Emotional Well-being

Women in Transition: The Bumps in the Road, the fourth program in this series, focuses on how life's transitions afford opportunities for emotional growth.
$10
• Thursday, April 13; 7-8:30 p.m.
Class meets at TX.
Lorraine Gynach, R.N.

Facial Therapy - Keep That Healthy Glow

This energetic, hands-on workshop offers you a facial "workout" that will tone and firm facial and neck muscles. You will also learn how to care for your skin and how to keep wrinkles at bay.
$25
• Saturday, April 8; 9:30-11 a.m.
• Thursday, April 20; 7-8:30 p.m.
Class meets at TX.
Joyce Abuisi, aesthetician

Parenting

Spring Time Book Fair
Books are a fun and healthy alternative for filling Easter baskets for kids of all ages. Hop over to our Health Library and Learning Center for an extraordinary selection.
• Tuesday, April 4; 10 a.m.-7 p.m.
• Wednesday, April 5; 10 a.m.-7 p.m.
Book Fair at TX.

Family Violence — What We Can Do to Help!

If someone you know is living with violence, learn what responses are helpful and what resources are available for support in the community.
Free
• Thursday, April 27; 7-8 p.m.
Class meets at 1F, School of Nursing, Auditorium.
Julie Dostal, M.D.
Lawrence Kleinman, M.D.
**Childbirth and Newborn Care**

### Childbirth Preparation

**Maternity Tours**
Expectant parents/family members can tour the Center for Mother and Baby Care at Lehigh Valley Hospital, Cedar Crest & 1-78. Adult and sibling tours are available.
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.
$90
For further information, 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.
$35
Class meets at 17, Auditorium.
For further information, call 610-402-CARE.

**From Here to Maternity**
A new education program for moms-to-be and for new moms. The prenatal series features a twice-weekly movement and relaxation class that includes personal exercises to prepare you for the new birth. Educational support is provided by a childbirth health educator.
The postpartum series offers a twice-weekly exercise class that re-energizes your body and builds friendships with other new moms.

For Moms-to-be
Your physician’s approval is required prior to participation.
7 classes for 4 weeks • $42
Mondays and Wednesdays
• Monday, April 3; 6:30-7:30 p.m. (first session)
• Monday, May 1; 6:30-7:30 p.m. (first session)
Classes meet at MHC, Banko Family Community Center.

For New Moms
It is recommended that you begin these programs following your 6-week checkup with your physician. Please check with your physician.
8 classes for 4 weeks • $48
Mondays and Wednesdays
• Monday, April 24; 10:15-11:15 a.m.
(first session)
• Monday, May 22; 10:15-11:15 a.m.
(first session)
Classes meet at Allentown Sports Medicine and Human Performance Center.

**Becoming a Family**
Join other parents-to-be for an informative insight into the physical and emotional changes of pregnancy: tests you need; nutrition, lifestyle and other health needs; and what to expect when you deliver.
$10 per couple
• Saturday, April 8; 9-10:30 a.m.
Class meets at CC.
• Saturday, June 10; 9-10:30 a.m.
Class meets at MCC, Classroom 1B.

**One-day Lamaze**
Same topics as Prepared Childbirth Series (see above), geared for couples whose schedules won’t accommodate a seven-week course.
Newborn care not included.
$125 includes continental breakfast and lunch.
For further information, call 610-402-CARE.

**Breastfeeding Classes**
Get off to a good start by understanding breastfeeding and all the benefits of your baby.
$20
Class meets at 17, Auditorium.
For further information, call 610-402-CARE.

**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, April 19; 7-8 p.m.
Class meets at CC, Classroom 2.
Cindy Danzinger, Laurence Damning, Kerri Hoyt, Tina London, Carol Macaparle; certified nurse-midwives
Childbirth and Newborn Care

Refresher Lamaze Class
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).

$30
For further information, call 610-402-CARE.

New Mom's Time Out
Learn along with other new moms — our childbirth health educator instructs and provides information on the following topics:

$5 per class

How Your Relationships Change
• Tuesday, March 14; 10-11 a.m.

Calming the Crying Infant
• Tuesday, March 28; 10-11 a.m.

When to Call the Doctor
• Tuesday, April 11; 10-11 a.m.

How Does Your Baby Sleep?
• Tuesday, April 25; 10-11 a.m.

Introducing Solid Foods
• Tuesday, May 9; 10-11 a.m.
Class meets at TX.

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, May 11; 6-7 p.m.
Class meets at CC, Classroom 1.
Jamee Shaheen, M.D.

Age 50-Plus

Preserving Memories NEW
If you have photos stashed away, learn to create beautiful keepsake albums to preserve those memories. Techniques include organizing, cropping, layout mounting and journaling. Bring 8-10 photos; purchase supplies in class.

Vitality Plus GOLD members, $5 • Others, $10
• Thursday, March 16; 6:30-8:30 p.m.
Class meets at 17, School of Nursing, Auditorium, Parlor A.
Kelly Shaak, consultant

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
• Thursday, March 16; 7-8:30 p.m.
Class meets at MHC, Banko Family Community Center, Room 4.
• Thursday, April 20; 7-8:30 p.m.
Class meets at CC, Classroom 1.
• Thursday, May 18; 7-8:30 p.m.
Class meets at 17, Auditorium.

Medicare Counseling
Current and soon-to-be Medicare beneficiaries are invited to make an appointment for free, confidential counseling on Medicare and alternatives, billing issues and claims. Counselors are trained Apprise volunteers from the Lehigh County Area Agency on Aging. For an appointment, call 610-402-CARE or visit a counselor during walk-in hours, most Wednesdays, 10 a.m.-noon at the Health Center at Trenbertown.

Other Classes of Interest
• Exercise for Life (page 25)
• Natural Holistic Therapy Series (page 26)
• Seated Tai Chi (page 27)
• Kripalu Yoga (page 28)
• How Strong Is Your Backbone? (page 34)
These classes offer discounts for Vitality Plus GOLD members.
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, March 15; 10-11 a.m.
• Wednesday, April 5; 6:30-7:30 p.m.
Class meets at 17, School of Nursing, Auditorium.
• Wednesday, May 10; 10-11 a.m.
Class meets at MHC, Banko Family Community Center, Rooms 1 and 2.

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.
Vitality Plus GOLD members, Free
• Non-members, $10 (check made payable to AARP)
• Tuesday & Thursday, March 21 & 23; 9 a.m.-1 p.m.
Classes meet at TX.
• Wednesday & Friday, April 19 & 21; 12:30-4:30 p.m.
Classes meet at 17, School of Nursing, Room 900.

The Web for Seniors
Learn to browse and search the Web and discover senior-specific news and views. Introduction to the Internet is recommended.
2 sessions • Vitality Plus GOLD members, $50
• Others, $65
• Wednesday, April 12, 19; 10 a.m.-noon

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 is located at 8380 Mohr Lane in Fogelsville. To register or for more information, call 610-285-5658. Have your Vitality Plus membership card handy. Refunds only if cancellation made seven days before the class begins.
Take Care of Back and Neck Pain

Understand the prevention and treatment for various pain problems involving the spine, back, legs, neck, arms and/or head. This education series combines chiropractic care with physician expertise to help you achieve your wellness potential.

$5 per class

- **TMJ (Temporal Mandibular Joint) Injury**
  - Saturday, March 18; 9:30-10:45 a.m.
  - Thursday, April 6; 7-8:15 p.m.
  - George Carr, D.M.D.

- **Myofascial Pain Syndrome**
  - Saturday, April 8; 9:30-10:45 a.m.
  - Thursday, April 20; 7-8:15 p.m.
  - Joshua Krazen, D.O.

- **Importance of Rehabilitation**
  - Saturday, April 29; 9:30-10:45 a.m.
  - Thursday, May 11; 7-8:15 p.m.
  - Joshua Krazen, D.O.

- **Carpal Tunnel Syndrome**
  - Saturday, May 6; 9:30-10:45 a.m.
  - Joshua Krazen, D.O.

Class meets at TX.

Back to a Life of Balance

Dizziness or balance problems can affect people of all ages. Learn the latest findings on vertigo, dizziness, balance problems, frequent falls and lightheadedness. Includes a confidential screening.

- Saturday, March 18; 9:30-11 a.m.
- Class meets at TX.
- Monday, March 20; 7-8:30 p.m.
- Class meets at 17, Conference Room A.

Get support from Ethan Hood and Jodene Hamner, physical therapists

Don’t Ignore Your Headaches

If you’ve had headaches that make it difficult to work, socialize or that interfere with normal activity, your problem may be migraine. This program offers the latest facts and current medical and lifestyle options.

- Tuesday, April 4; 7-8 p.m.
- Class meets at 17, Auditorium.
- James Redenbaugh, M.D., neurologist

Support Group

Looking for additional education and support? Join the new monthly adult support group, beginning in May, led by a certified diabetes nurse educator and registered dietitian. Talk with other people in similar situations and discuss challenges with guest speakers such as physicians, psychologists, physical therapists and pharmacists.

For dates and times, or to schedule an appointment, call 810-402-CARE.
**Quit Smoking**

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

**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.*

**CPR**

All CPR classes meet at 1251, Suite 309.

**Adult (Course A)**

One-person adult heart-saver CPR. Includes clearing a blocked airway.

$25

- Monday, April 17, 7-10 p.m.
- Monday, May 8, 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, March 27, April 3 and 10, 7-10 p.m.
- Monday, May 22, June 5 and 12, 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, May 1, 7-10 p.m.

**Infant-Child (Course D)**

Infant and child CPR and how to clear a blocked airway.

$25

- Wednesday, March 29, 7-10 p.m.
- Monday, April 24, 7-10 p.m.
- Wednesday, April 26, 7-10 p.m.
- Monday, May 15, 7-10 p.m.

**Leaders’ 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.*

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**To register, call 610-402-CARE Healthy You 35**
How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call 610-402-CARE.

**HOSPITAL LOCATIONS**
- Lehigh Valley Hospital, Cedar Crest & I-78
- Lehigh Valley Hospital, 17th & Chew
- Muhlenberg Hospital Center
- Morgan Cancer Center, Cedar Crest & I-78
- 1243 S. Cedar Crest Blvd., Allentown
- 1251 S. Cedar Crest Blvd., Allentown
- Health Center at Trexler Mall, Trexler Mall, Rt. 222, Trexler Town

**COMMUNITY LOCATIONS**
- Allentown Jewish Community Center
- Allentown Sports Medicine and Human Performance Center
- 1243 S. Cedar Crest Blvd., Allentown
- Beth Community Medical Center
- Bethlehem YWCA, 1475 Rozelawn Dr., Bethlehem
- Saucon Valley High School
- St. John’s UCC
- Wegman’s, 3900 Tilghman St., Allentown
- Whitehall Township, Zephyr Park

**ABBREVIATIONS**
- CC
- MHC
- MCC
- TX

**FAX**
You can register by fax with payment by MasterCard or Visa. Fax 610-402-2295. Use the registration form below.

**BY PHONE**
You can register with MasterCard or Visa by telephone. Call 610-402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.

**BY MAIL**
Mail the registration form below and payment to Attn: 402-CARE office or Vitality Plus at Lehigh Valley Hospital 17th and Chew, P.O. Box 7017, Allentown, PA 18105-7017

**ON THE WEB**
You can register by MasterCard or Visa by e-mail through the Lehigh Valley Hospital and Health Network website. Go to the calendar of events at www.mhnn.org and use the online registration form.

Class & Lecture Registration Form

**Questions? Call 610-402-CARE**

Participant’s Name ____________________________

Address ____________________________

City ____________________________ State __ Zip ____________

Phone (Home) ____________________________ (Work) ____________________________

Date of Birth ______ Social Security # ____________

Are you a Lehigh Valley Hospital employee? ___ Yes ___ No

**SELECTION:** please refer to the course schedule for class title, date/time and fees. Please print.

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Make check payable to: Lehigh Valley Hospital or Vitality Plus
For Vitality Plus classes make check payable to Vitality Plus.

Charge to my Credit Card
[ ] MasterCard [ ] Visa

CREDIT CARD ACCOUNT NUMBER ____________________________

Signature ____________________________ Exp. Date ____________

**PAYMENT:** Total amount enclosed: $ ____________

Ask whether you are eligible for class discounts.
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**LEGEND:**
(PC) Indicates article produced in collaboration with our partners in PennCARE™ health network.

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**In the Next Issue**
- Men and Aging
- Finding Your Inner 'Jock'
- All About Acne
- Your Medical Family Tree

*If there is another topic you would like to see in an upcoming issue of Healthy You, call 610-402-CARE or e-mail us at 402care@lvhhn.org*
The Lehigh Valley's only Level 1 Trauma Center.

A sudden crash. Life hangs in the balance. The next hour is so critical that doctors call it the “golden hour.” If victims get emergency help inside that first hour, a high percentage survive. As the region's only Level 1 Trauma Center, we have the most experience in serious trauma cases ranging from severe fractures and head injuries to extensive burns. Some facts about Lehigh Valley Hospital's Trauma Center that should help you rest a little easier:

- rapid response via MedEvac helicopter—more than 1,000 flights a year
- trauma teams trained to handle the most serious injuries
- one of only four Pennsylvania trauma centers with additional qualifications in pediatrics
- more than 2,000 trauma cases treated annually
- only advanced burn treatment center in the Lehigh Valley.

Emergency services are provided at Lehigh Valley Hospital at Cedar Crest & I-78, 17th and Chew and Muhlenberg Hospital Center.