Healthy You

JULY/AUGUST 1997

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LEHIGH VALLEY
HOSPITAL AND HEALTH NETWORK

A member of the PennCARE health network
Caution is the key to avoiding summertime head and neck injuries

As the summer heat settles over the Lehigh Valley and you head for a nearby pool or lake, remember — before you dive, go "feet first the first time."

That's a familiar rallying cry of trauma prevention programs, like the one at Lehigh Valley Hospital and Health Network's Level I Trauma Center. The experts there cite head-first entry into shallow water as the leading cause of water-related spinal injuries.

Some people, like Justin Kile, are lucky. The 15-year-old Laurys Station boy broke the third and fourth vertebrae in his neck when he dove into a four-foot above-ground pool. His injury was compared to the one that left actor Christopher Reeve paralyzed from the neck down, but Justin has regained full use of his arms and legs.

Others aren't so lucky, says Lehigh Valley Hospital and Health Network neurosurgeon George Chovanes, M.D., who operated to fuse Justin's spine.

"Justin's spinal cord was traumatized, but it wasn't damaged to the point of no return," he says. "He's fortunate he wasn't paralyzed."

Chovanes directs the central nervous system unit (CNS) at Lehigh Valley Hospital, where the patient care team cares for trauma patients with head and neck injuries. While he sees only a handful of diving-related head and spinal injuries each summer,

Chovanes says these injuries can easily result in paralysis.

"The nervous system, both the brain and the spine, is so fragile that changes happen very quickly and very subtly," he says. "Justin's case is a great example of how care must be taken at every step to protect his spine — from the emergency medical technicians and paramedic who brought him in, to his evaluation in trauma, care in the CNS unit and follow up in pediatrics."

According to Jane Dilliard, R.N., neurosciences patient care specialist, the key to preventing these injuries is to test water for depth and any low-lying rocks and obstacles before diving.

"We recommend at least six feet for diving," Dilliard said. "People who have had accidents diving into four feet of water have told me they didn't think they could get hurt."

Continued on next page

Safe Diving Tips

- Plan your dive path, making sure the water is six feet deep and has no obstacles.
- Extend your hands over your head as you enter the water.
- Avoid challenging or dangerous dives without prior instruction and experience.
- On diving boards, never dive off the side, only bounce once and make sure only one person is on the board at a time.

Last year Justin Kile, 15, survived a serious diving accident. Today he helps coach his sister Kelly's softball team.
Justin was greeted by Charles Worrilow, M.D., emergency room physician, and trauma surgeon James Cushman, M.D. Within three minutes he was in the hands of X-ray staff, who detected a break between his third and fourth vertebrae. To get an exact diagnosis of the injury, hospital staff ran two CAT scans, and Cushman consulted with his colleague, neurosurgeon Arnold Salotto, M.D.

Justin was transferred to the central nervous system unit, where at any time, seven to eight patients are under the continuous watch of a three-shift staff of 21 nurses and five neurosurgeons.

"A few seconds mean a lot with head and spine injuries, so it's important to have constant monitoring by experienced nurses who can detect any subtle change," says Carol Fox, R.N., director of the unit's patient care services.

Justin was put in traction to align his spine and bring down the swelling. Four days later, neurosurgeon George Chovanes, M.D., operated with an advanced technique that uses metal plates to help stabilize the spinal cord. In two days, Justin was transferred to the inpatient pediatrics unit where a physical therapist worked with him.

"Since he regained the feeling in his arms and legs very early, we had high hopes for Justin," Fox says.

She was right. Justin was discharged after two days. He wore a special cervical collar for four months and missed just two weeks of school. Today, an occasional tingling in his arms and a scar running down the back of his neck are his only reminders of the accident he was fortunate to survive.

For more information on injury prevention programs, see page 13.
To receive a complete guide to water safety, call (610) 402-CARE.
How you can work in an office and still stay fit

Workday Workouts

Christopher Stamper, financial analyst at JustBorn, demonstrates upper body stretch.

If you're worried that the only path to a healthy body is to head to the gym for a lengthy workout, relax. There are small steps you can take to good health — without leaving your office.

"Fitness isn't just about the exercise you do before you go to work or when you come home. It's about healthy decisions you make throughout your workday," says Greg Salem, exercise physiologist and manager of Lehigh Valley Hospital and Health Network's center for health promotion and disease prevention.

Those healthy decisions range from drinking water and taking the stairs to finding the time to stretch.

According to Salem, an important part of on-the-job fitness is self-evaluation, beginning with whether you feel tense or relaxed going to work. You also need to evaluate the time you spend at a desk, computer terminal or on your feet, how your chair and computer are aligned with your body, and even the air quality and the type of office lighting in your environment.

"Many people are not aware that fluorescent lights flash about 60 times a second and that this puts them on edge," Salem says. "We do so many different things in our daily routine that we accept them and don't think how they can affect our health."

"I encourage people to take a break whenever possible, and that break doesn't have to be going for a cup of coffee," he says. "It can be 60 seconds of relaxation, stretching or walking around."

For a guide to easy on-the-job exercises or to find out about on-the-job fitness programs for your workplace, call (610) 402-CARE.

To improve on-the-job fitness:

- Adjust your chair so feet are flat on the floor and knees bent at a 90-degree angle; use a backrest that is tall and wide.
- If possible, get access to natural light and fresh air.
- From time to time, stop to stretch your shoulders and back, upper body and legs.
The music blaring inside your child's headphones may not cause permanent hearing loss, but loud noise repeated long enough begins to take its toll.

"Children will have some temporary hearing loss after exposure to loud noises, such as music or television turned too high. But the ears recover in a day," says John Harwick, M.D., an ear, nose and throat specialist at Lehigh Valley Hospital and Health Network.

"It's only when that noise exposure is repetitive that hearing loss is permanent," Harwick says.

For younger children, the most common cause of hearing loss is prolonged periods of fluid in the ears, resulting in chronic ear infections.

"Every time you have fluid in the ears, you have a temporary hearing problem," Harwick says. "And if the fluid stays in the ear too long, hearing loss can be permanent."

That risk is why pediatricians require follow-up visits for children with ear infections (the number one pediatric diagnosis in the United States) and prescribe antibiotics even though many infections clear up on their own.

According to Harwick, doctors recommend inserting tubes in the ear to drain fluid if it is present for lengthy periods (both ears for four months, in one ear for six months) or if antibiotics have been ineffective in treating multiple infections. The tubes remain in place for about a year, when nature's healing will push them out.

"Because the middle ear is connected to the back of the nose, most ear infections begin as upper respiratory infections," says pediatrician Oscar Morffi, M.D., Lehigh Valley Hospital and Health Network. Morffi recommends propping up the child during sleep so the fluid will drain, using a vaporizer and flushing the nose with saline solution.

Hearing loss also can be caused by head injuries, Lyme Disease, infectious diseases with a high fever such as meningitis, and certain medications, Harwick says.

There are a number of warning signs that a child may have hearing loss, and Harwick cautions parents not to write off a child's lack of attention as "selective hearing."

To receive a list of warning signs of hearing loss in children, call (610) 402-CARE.
A Varied and Versatile Fruit

Yes, tomatoes are a fruit. First cultivated by the Aztecs about the year 700, the seed was carried back to Europe by Spanish explorers in the 16th century. There are many varieties of the basic tomato grown outdoors, and you'll find the best quality when they're vine-ripened. Also look for:

- **Hothouse:** (found with stems attached) Typically the best tasting of the bunch, they're grown in locations in Holland, Canada and the United States.
- **Beefsteak:** The largest, meatiest tomato grows up to two pounds.
- **Cherry:** Sweet and small, they're great for salads and snacks.
- **Plum** (also called Italian or Roma): Firm with less moisture, they're best for sauces.
- **Sun Dried:** Dehydrated, they can be kept for a long time and are great for cooking.
- **Orange/Yellow:** Plum or round, they're less acidic than red tomatoes.

The only thing as sure as the heat and humidity of July and August is more tomatoes than you know what to do with.

But don't complain. Tomatoes are not only rich in flavor and color, they have particularly strong health benefits for men, says Geri Gilotti, registered dietitian at Lehigh Valley Hospital and Health Network. That's because tomatoes have large amounts of lycopene, an antioxidant that has been associated with reduced risk of prostate cancer.

"Studies have shown that two or more servings a week of any tomato product may reduce the risk of prostate cancer," Gilotti says, "and tomato sauce has been shown to have the greatest benefit."

The fat in the sauce helps the intestines absorb lycopene, says Gilotti. (Tomato sauce typically contains olive oil that in small amounts helps decrease cholesterol.)

Tomatoes themselves are naturally low in fat and full of nutrients that benefit both men and women. In fact, a medium-size (4.8-ounce) tomato has one-third of the recommended daily allowance of vitamin C, as well as significant amounts of beta-carotene, vitamin A and potassium.

According to Gilotti, fresh tomatoes are the most healthful, since they lose some vitamin C in the canning process. She recommends cutting a tomato only when you're ready to use it, because it begins to lose nutrients as soon as it's cut.

From salads to sauces, tomatoes are an essential ingredient in countless American and ethnic recipes, and varieties are easy to find.

For some delicious, healthy tomato recipes, call (610) 402-CARE.
In childbirth class: David and Jennifer Faust, Allentown, practice Lamaze breathing techniques in preparation for the birth of their first child this summer. For details on childbirth classes at Lehigh Valley Hospital and Health Network—including the popular Prenatal Fitness Program—see pages 16-17.

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Spark up your summer! Learn something new about your health from one of these innovative programs...

- **Two New “What’s in the Cart?” Programs.** “Mom and Me” will show you how to shop for healthy snacks with your kids. “Migraine Management” will teach you what foods trigger migraine headaches, and how to avoid them (page 10).

- **Mind-Body Medicine,** a different way of approaching health that can work hand-in-hand with mainstream medicine to prevent diseases and improve the quality of your life (page 14).

- **Living To 100,** a light-hearted program that will give you strategies to stay well for a long, long time (page 14).

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New to Our Schedule? Here’s How It Works.

The classes and programs in the coming pages are listed by topic. (If you want to see all the topics, check Table of Contents on page 7.) Each listing includes date, time and abbreviated location. Locations are spelled out at the bottom of this page. When you've selected a class, you can register by phone, fax or mail. See page 18 for details and a mail-in registration form. If you have questions, feel free to call (610) 402-CARE.

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated.

- **Lehigh Valley Hospital and Health Network Locations**
  - Lehigh Valley Hospital, Cedar Crest & I-78
  - Lehigh Valley Hospital, 17th & Chew
  - Morgan Cancer Center, Cedar Crest & I-78
  - School of Nursing, 17th & Chew
  - Wellness Center, Fish Hatchery Road
  - 1243 S. Cedar Crest Blvd., Allentown
  - 2166 S. 12th St., Allentown

  **Abbreviations:**
  - CC
  - 17
  - MCC
  - SDN
  - WC
  - 1243
  - 2166

- **Community Locations!**
  - Lehigh County Senior Citizens Center
  - Muhlenberg Hospital Center
  - Saucon Valley Community Center
  - South Mall
  - Whitehall Township West Catasauqua Playground
Priorities Program

Priorities are clusters of two or more workshops offered at a discounted package price. You can choose from six Priorities, listed below. For more information on each workshop, see the descriptions in the following pages; they’re marked with the Priorities symbol (PS). (You can also take these workshops individually at the regular prices listed in the following pages.)

Heart Health Priorities...
- Antioxidants
- What’s in the Cart? for Heart Health
- Building Your Activity Pyramid
- $79 for one/two persons

Cancer Prevention Priorities...
- Antioxidants
- What’s in the Cart? for Cancer Prevention
- Building Your Activity Pyramid
- $79 for one/two persons

Osteoporosis Reduction Priorities...
- What’s in the Cart? for Osteoporosis Prevention
- Building Your Activity Pyramid
- $60 for one/two persons

Weight Control Priorities...
- Which Weigh Works
- Shaping the Right Attitudes
- Diets a la Carte
- $79 for one/two persons

Stress Reduction Priorities...
- Finding a Healthy Balance
- Building Your Activity Pyramid
- $60 for one/two persons

Self-Care and Improvement Priorities...
- Personal Lifestyle Practices
- Building Your Activity Pyramid
- $60 for one/two persons

If you need personal assistance in reviewing your Priorities, please call (610) 402-CARE, Monday through Friday, 8:30 a.m. - 4:30 p.m.

Specialty Lectures

What is Seasonal Affective Disorder (SAD)?
Feelings of sadness, fatigue and “the blues” can be triggered by the change of the seasons. SAD most often strikes during the fall and winter. Learn ahead of time about the symptoms and treatment options.

Free
- Tuesday, Aug. 19; 9-10:30 a.m.
  Class meets at Muhlenberg Hospital Center,
  Banko Family Community Center.
- Tuesday, Aug. 19; 7-8:30 p.m.
  Class meets at CC, Auditorium.
  Gail Staudt, counselor

Music, Art & Health
Did you know that music and art can relax and soothe? Learn how to make these arts into healing partners in your life.

Free
- Wednesday, July 23; 7-8 p.m.
  Class meets at CC, Auditorium.
- Lorianne Sitzabee, music therapist
  Rebecca Fluck, art therapist

Healthy Eating

Antioxidants
How can antioxidants improve your health and prevent heart disease and cancer? Learn about this exciting new area of nutrition—including which antioxidants come in vitamin and mineral supplements and which are found only in foods.

$35 for one/two persons
- Thursday, July 24; 7-8 p.m.
- Thursday, Aug. 21; 2-3 p.m.
  Classes meet at Muhlenberg Hospital Center.
- Tuesday, Aug. 12; 7-8 p.m.
  Class meets at WC.

Diets a la Carte
Join our registered dietitian to learn how to review calories, count fat grams and carbohydrates, choose restaurant meals—and write your own diet plan.

$35 for one/two persons
- Monday, July 28; 7-8 p.m.
  Class meets at Muhlenberg Hospital Center.
- Friday, Aug. 8, 11 a.m.-noon
  Monday, Sept. 8, 7-8 p.m.
  Classes meet at WC.
What's in the Cart? for Heart Health
Heart-healthy eating begins in the grocery store! This new, revised program with a registered dietitian will help you fill your cart with the right foods.$35 for one/two persons.
• Wednesday, July 16; 7-8 p.m.
  Class meets at Giant Food Store, MacArthur Road, Whitehall.
• Tuesday, Aug. 5; 10-11 a.m.
  Class meets at Giant Food Store, Cedar Crest & Tilghman Streets, Allentown.
• Tuesday, Aug. 19; 7-8 p.m.
  Class meets at Giant Food Store, William Penn Highway, Easton.
• Tuesday, Sept. 2; 9-10 a.m.
  Class meets at Weis Market, Rt. 512 & Crawford Lane, Bethlehem.

What's in the Cart? for Osteoporosis Prevention
A high-calcium, low-sodium diet helps prevent osteoporosis. Learn what foods promote your strong bones.$35 for one/two persons.
• Wednesday, July 23; 2-3 p.m.
  Class meets at Giant Food Store, MacArthur Road, Whitehall.
• Tuesday, July 29; 7-8 p.m.
  Class meets at Giant Food Store, William Penn Highway, Easton.
• Monday, Aug. 11; 7-8 p.m.
  Class meets at Giant Food Store, Emaus Avenue, Emmaus.
• Thursday, Sept. 4; 10-11 a.m.
  Class meets at Giant Food Store, Cedar Crest & Tilghman Streets, Allentown.

What's in the Cart? for Cancer Prevention
Foods high in fiber and carotene and low in fat are a good anti-cancer strategy. This program will teach you how to find them.$35 for one/two persons.
• Tuesday, July 15; 7-8 p.m.
  Class meets at Giant Food Store, Cedar Crest & Tilghman Streets, Allentown.
• Thursday, July 17; 9-10 a.m.
  Class meets at Giant Food Store, William Penn Highway, Easton.
• Thursday, Aug. 14; 7-8 p.m.
  Class meets at Weis Market, Rt. 512 & Crawford Lane, Bethlehem.
• Wednesday, Aug. 27; 3-4 p.m.
  Class meets at Giant Food Store, Emaus Avenue, Emmaus.

What's in the Cart? for Migraine Management
Diet can play a big role in causing migraine headaches. Learn which foods are known migraine “triggers”, and how to avoid them and control your migraines.$35 for one/two persons.
• Thursday, July 10; 7-8 p.m.
  Class meets at Giant Food Store, Cedar Crest & Tilghman Streets, Allentown.
• Wednesday, July 30; 9-10 a.m.
  Class meets at Giant Food Store, Emaus Avenue, Emmaus.
• Monday, Aug. 4; 2-3 p.m.
  Class meets at Giant Food Store, MacArthur Road, Whitehall.
• Thursday, Aug. 28; 7-8 p.m.
  Class meets at Giant Food Store, Rt 512 & Crawford Lane, Bethlehem.

What's in the Cart? for Mom and Me
Find out how healthy your “snack attacks” are by coming along on a shopping tour custom-designed for kids and their parents. We'll teach your child how to trade in the potato chips for an apple! (Children must be school-age and accompanied by a parent.)$10 for one parent/one child.
$5 each additional child.
• Wednesday, July 16; 9-10 a.m., 11 a.m.-noon, 1-2 p.m. or 3-4 p.m.
  Class meets at Giant Food Store, Cedar Crest & Tilghman Streets, Allentown.
• Thursday, July 31; 9-10 a.m., 11 a.m.-noon, 1-2 p.m. or 3-4 p.m.
  Class meets at Giant Food Store, MacArthur Road, Whitehall.

What's in the Cart? for Migraine Management
Protect the Back Exercises
Learn how your back works and what to do when it doesn't. Includes a personal exercise plan.
$35 for one/two persons.
• Tuesday, July 22; 6:30-7:30 p.m.
• Tuesday, Aug. 26; 6:30-7:30 p.m.
Class meets at WC.
• Thursday, Sept. 18; 8:30-9:30 p.m.
Class meets at 1243, Lower Level.

Stress Reduction Programs for Adults
Finding a Healthy Balance
Positive mind, healthy body—identify your personal stressors and practice fun techniques that calm the effects of stress.
$35 for one/two persons.
• Tuesday, July 15; 6:30-8:30 p.m.
• Wednesday, Aug. 20; 6:30-8:30 a.m.
Class meets at WC.
• Wednesday, Aug. 20; 6:30-8:30 p.m.
Class meets at Muhlenberg Hospital Center.

Yoga
The practice of yoga is designed to help you learn to breathe again, release stored tension, restore vitality and strengthen, tone and align your muscles and joints.
Eight-week sessions. $55.
Novice students can choose from 4 sessions:
• Begins Monday, Sept. 8; 6-7:15 p.m. (very gentle)
• Begins Monday, Sept. 8; 7:30-8:45 p.m. (gentle)
• Begins Tuesday, Sept. 9; 6-7:15 p.m. (gentle)
• Begins Wednesday, Sept. 10; 10:30-11:45 a.m. (gentle)
Experienced students can select from 3 sessions:
• Begins Tuesday, Sept. 9; 7:30-8:45 p.m. (advanced)
• Begins Thursday, Sept. 11; 6:30-7:45 p.m. (vigorous)
• Begins Saturday, Sept. 13; 11 a.m.-12:15 p.m. (advanced)
Classes held at 1243, Lower Level.

When You're Ready To Quit Smoking...
QuitSmart®
Learn simple new methods to help you overcome both your physical addiction and psychological dependence on cigarettes.
5 sessions • $85.
• Tuesday, July 22; 7-8 p.m.
• Monday, Sept. 8; 7-8 p.m.
Classes held at 1243, Third Floor.

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 more information and to schedule an appointment, call (610) 492-CARE.

Diabetes Education
The Helwig Diabetes Center of Lehigh Valley Hospital offers a series of programs for adult diabetics in such areas as diet, exercise, medication and home testing. Family members/friends are welcome.
Call (610) 492-CARE for detailed information.

Cancer Education
Family Caregiver Course
A state-approved program for those caring for a cancer patient at home. Learn about physical and emotional needs, community resources and problem-solving skills. Supported by the PA Department of Health Cancer Control Program.
Free.
• Wednesdays, July 9, 16, 23; 2-4 p.m.
• Wednesdays, Aug. 6, 13, 20; 7-9 p.m.
Classes meet at MCC, Conference Room 1A.
For additional information, call (610) 492-CARE.
CPR Courses

Course A
One-person adult heart-saver CPR.
Includes clearing a blocked airway.
$25.
• Monday, Sept. 15; 7-10 p.m.

Course C - Adult-Child-Infant
One- and two-person, child and infant CPR.
Includes mouth to mask ventilation and clearing a blocked airway.
3-part course • $35.
• Monday, July 21, 28 & Aug. 4; 7-10 p.m.
• Monday, Aug. 11, 18 & 25; 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 or recently-expired (within one month) Course C card.
Renewal • $20.
• Monday, July 14; 7-10 p.m.
• Monday, Oct. 13; 7-10 p.m.

Course D - Infant-Child
Infant and child CPR and how to clear a blocked airway.
$25.
• Monday, Sept. 8; 7-10 p.m.

Speaker's Bureau

Presentations on a variety of health care topics to civic, social and church organizations.
Topics include:
• New Trauma/Injury Prevention for Seniors
• New Trauma/Injury Prevention Programs for Grade School Through High School Students
• Organ Donation & Kidney Transplantation: A Community Effort
• Breast Cancer: Post Mastectomy
• Partners in Progress: Lehigh Valley Hospital and the Challenges Facing Health Care
• Childbirth Options in a Hospital Setting
• Planning a Smoke-Free Workplace
• Sports Medicine: Injury Prevention & More
• Community Service - Caring For Our Community
For more information, call (610) 402-CARE.

Support Groups

Lehigh Valley Hospital 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.
**Healthy Living for people 50 & Over**

Want to Make It To 100?

This light-hearted yet educational approach to successful aging will provide you with strategies for improving your health and longevity.

- **Free**
- **Monday, July 28; 1-2 p.m.**
  - Class meets at 17, Auditorium.
- **Wednesday, July 30; 7-8 p.m.**
  - Class meets at CC, Auditorium.
- **Tuesday, Sept. 23; 10-11 a.m.**
  - Class meets at Lehigh County Senior Citizens Center

Greg Salem, exercise physiologist

At this class, you'll also have the opportunity to learn about:

**Vitality Plus**

An affordable membership program for people 50 and over, offered exclusively through participating physicians and select area hospitals. Vitality Plus members get an array of benefits including health workshops, social events, and discounts on products and services. For information, call toll-free 1-888-584-PLUS.

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**Women's Health Programs**

**Mind-Body Medicine**

Learn about the different mind-body types and which type you are. Gopal leads a lively discussion of how "complementary" medicine can work hand-in-hand with mainstream medicine to help you prevent disease, retard aging and live a healthy life.

- **Free**
- **Thursday, July 17; 7-8:30 p.m.**
  - Class meets at 17, Auditorium.

T.A. Gopal, M.D., obstetrician/gynecologist

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**Children's Health**

**Camp 4C—For Kids & Teens Who Are Grieving**

Four days of fun-filled activities and thoughtfull reflection to help campers age 7 to 16 work through the death of a loved one. Staffed by Lehigh Valley Hospice bereavement counselors and trained volunteers. Space limited. For information about registration or volunteering, call (610) 402-CARE.

- **Free**
- **Tuesday-Friday, Aug. 4-8; 9 a.m.-3 p.m.**
  - Birchwood Acres Picnic Grove (Rte. 248, Bath).

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**Camp Health Rock—A Place Right out of History!**

Lehigh Valley Hospital provides the perfect antidote for the summertime blues: Camp Health Rock—a cool, five day adventure exclusively for children. There will be plenty for kids to yabba-dabba-do including activities that mix fun with learning in the areas of fitness, nutrition and safety, among others.

- **5 sessions $100.**
  - Aug. 4-8 (ages 7-9)
  - Aug. 11-15 (ages 10-12)

Camp meets each day at Wellness Center, Fish Hatchery Road, Allentown.

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**Health Rock Cafe—the place for kids to lighten up!**

A new program to help preteens and their family members lose weight through healthy eating and exercise habits. Led by a registered dietitian, a behavior modification specialist and an exercise specialist.

- **4 sessions • $99.**
  - Begins Saturday, Aug. 16; 10 a.m.-noon

Class meets at WC.

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**SuperSitters**

A program for adolescents 11 and older who want to be more knowledgeable babysitters. Emergency department staff give instruction in child care, first aid, and Allentown Police Department staff offer tips on personal and home safety. Pre-register; space is limited.

- **Free**
- **Saturday, Sept. 20; 9 a.m.-noon**

Class meets at 17, Auditorium.
Vitality Plus℠ is a new health and wellness program for people 50 and over. It's designed to complement the care you get from your family doctor. In fact, Vitality Plus was created by local doctors and hospitals in response to your health needs and interests. We know, because we asked hundreds of you!

Here are some of the reasons why joining Vitality Plus is a healthy idea:

**It's affordable.** Membership is just $20 a year for an individual or couple.

**It will save you money** on dozens of health-related products and services (see the back page for details).

**You'll learn up-to-the-minute health information** on topics of interest to you, through free or specially-priced workshops and seminars.

**You'll expand your horizons.** Take a dance lesson, dine with new friends, sign up for an exercise program or use a travel discount.

**You'll lead a more active, healthy lifestyle and enjoy doing it**—because feeling well and having fun go hand in hand.

For membership information, call Vitality Link℠ toll free 1-888-584-PLUS.

Phyllis and Terry Bossard of Whitehall keep fit by biking regularly.
Are the prescriptions from more than one doctor? Are they current? Should you be mixing them with over-the-counter remedies?

"Lack of awareness about your medications can lead to serious health problems," says registered pharmacist Fred Pane, director of pharmacy at Lehigh Valley Hospital and Health Network. "Up to 7 percent of all hospital admissions are medication-related."

The problem mainly involves older people. "Drug metabolism changes with age," says Jay Kloin, M.D., gerontologist at Lehigh Valley Hospital and Health Network. A specialist in caring for the elderly, Kloin pays close attention to his patients' medicine cabinets as their conditions and needs change. "My goal is to use the lowest dose of the safest, most effective medication to get the job done," he says. "If I can treat two conditions with one drug, so much the better."

Concerned about the medications you're taking? Here are some suggestions:

- Be informed and take charge of your medications. "This is a partnership between you, your doctor and your pharmacist," Kloin says. "Know what a drug is for and how to take it. If you have questions, ask!"

- Have one primary physician and pharmacist. "That way, someone has your records and knows your medication history," Pane says. "If you price-shop, be sure to have your doctor tell you the generic as well as the brand name of your medication."

- If you consult more than one doctor, don't assume they both
Keep Track of Those Pills!

Know your complete medical information. “I’ve seen people hospitalized because they were taking the same medication prescribed by two different individuals,” Pane says.

- Before buying an over-the-counter drug—even a vitamin—check with your doctor or tell the pharmacist what prescriptions you’re on. There are many examples of drugs that don’t mix, including coomadin (a common blood thinner) and aspirin or ibuprofen; blood pressure medications and decongestants. “And vitamins or health food supplements can increase or decrease the effect of prescription drugs,” Kloin says.

- Take medications when and how you’re supposed to. “Following a routine helps you remember to take them, which can be a problem if you’re taking several,” Pane says. If you have poor vision or shaky hands, ask a friend or relative to help.

- Don’t skip medications or be careless about the dose. If you miss a dose, ask your doctor or pharmacist rather than doubling up on the next one. “And if a prescription is too expensive, please don’t just fail to have it filled or cut your dose in half to make it last longer,” Pane says. “This is very dangerous. Talk to your doctor; you may be eligible for state funding.”

- Know that alcohol and smoking affect medications. “Smokers absorb some medications more quickly,” Kloin says, “and social drinking and prescription drugs can be a very dangerous combination.”

- Take a medication only as long as you’re supposed to. “For a chronic condition, this may be the rest of your life; for an acute one, such as a joint flareup, it may be two or three weeks,” Kloin says. “Hoarding leftovers for use later is not a good idea.”

- Practice good medication safety. “Grandparents who aren’t used to having children around the house can forget to keep pills out of reach, and that includes your purse,” Pane says.

For a free chart of common drug interactions—what you shouldn’t take with what—call 1-888-584-PLUS.

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Calcium & Vitamin D

Are you getting enough?

The recipe here is loaded with calcium, by the most nutrition-conscious—don’t get food alone as they age. “An older woman’s day to help prevent osteoporosis,” says Frank of geriatrics at Lehigh Valley Hospital and Medical Center, “needs 1,000 to 1,200 mg.” How much calcium of milk? Just 300 mg.

But calcium isn’t all you need. Vitamin D helps your body absorb calcium, and you need it to get the most out of your sun. While sunlight stimulates production of a “shine” vitamin, it’s unlikely you’re getting enough daily. In fact, you may need to supplement with a cream. The daily recommendation is 200 mg of Vitamin D. Older people should get 800 mg.”
Try This Tasty One-Dish Meal

Can a one-dish meal meet all your nutritional needs? This tasty, inexpensive and easy-to-make casserole comes very close. You’ll get vitamin C from the tomatoes, antioxidants from the carrots, calcium from the low-fat dairy products, and lots of fiber from the potatoes and beans. Because it’s low-calorie, round out the meal with fresh fruit and crusty bread.

Cheesy Vegetable Casserole

Cook sliced potatoes in boiling water 10 minutes
Steam carrots and beans 5-6 minutes  Drain potatoes, carrots and beans, set aside. Melt margarine in a saucepan, add onion and saute until tender. Reduce heat, add flour and stir over low heat. When mixture thickens, slowly add milk; cook, stirring frequently, 10 minutes Remove from heat and add dill, basil, oregano, salt, pepper, mustard and 1 cup of the cheese. Mix this into potato, carrots and beans. Coat a 9” x 13” casserole with vegetable spray and pour mixture into casserole. Arrange tomato slices on top, sprinkle with remaining 1/2 c cheese. Bake 15 minutes at 350°. Let stand 5 minutes before serving.

Makes 8, 1-cup servings.

Calories: 250 (25% from fat);
Fat: 7 g (3 g saturated fat);
Protein: 12 g;
Carbohydrate: 33 g;
Fiber: 3.5 g;
Cholesterol: 16 mg;
Sodium: 300 mg;
Calcium: 300 mg

Ingredients

6 c cubed, unpeeled small red potatoes
2 c sliced fresh carrots
1 c fresh or frozen green beans
1 c sliced zucchini
2 Tbsp reduced fat margarine
1/2 c chopped onion
1/4 c flour
2 c reduced lactose skim milk
1 1/2 c reduced fat sharp cheddar cheese
1 tsp dried dill
1 tsp basil
1/4 tsp oregano
1/4 tsp salt (optional)
1/2 tsp pepper
1/4 tsp dry mustard
4 plum tomatoes sliced
vegetable spray
**A Healthy Package of Cost Savings**

<table>
<thead>
<tr>
<th>Vitality Plus&lt;sup&gt;SM&lt;/sup&gt; Member Benefits</th>
<th>Estimated Annual Savings</th>
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<tr>
<td>Exercise classes</td>
<td>$122</td>
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<tr>
<td>Priorities health improvement workshops</td>
<td>60</td>
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<tr>
<td>Free Home Care visit after hospitalization</td>
<td>110</td>
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<tr>
<td>Long-term care insurance</td>
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<tr>
<td>Rx Advantage&lt;sup&gt;TM&lt;/sup&gt; (pharmacy discounts)</td>
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<td>Eye wear discounts</td>
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<td><strong>Vitality Plus&lt;sup&gt;SM&lt;/sup&gt; Newsletter</strong></td>
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<tr>
<td><strong>You save up to</strong></td>
<td><strong>$550</strong></td>
</tr>
</tbody>
</table>

Estimated annual value is based on exercise classes at the preferred monthly member rate of $19 with two months free; two health workshops at the preferred member rate of $49; average member prescription purchases of $400; eye wear purchases of $160 and travel expenses of $1200. The above value chart represents an example of potential average annual member savings and does not guarantee that the same will be representative of a member’s actual experience.

**Get Carded!**

Yes! I want to enjoy better health and savings through Vitality Plus at the annual membership rate of $20. Please send me a complete membership benefits directory upon receipt of this application and payment. I understand that the membership fee entitles me to the full benefits of Vitality Plus for one year from this application date.

**Personal Information**

Applicant name 

Date of birth / / SS# Sex  

Spouse’s name (co-member) 

Spouse’s date of birth / / SS# 

Home address 

City State Zip 

Home phone number ( ) 

Work phone ( ) 

Name of your Vitality Plus physician 

Payment type:  _check (Make check payable to Vitality Plus)  

_ credit card 

Card number Expiration date / 

Complete application using ballpoint pen, detach and return in the attached envelope (at right).
Live & Learn
Enjoy the Benefits!
Classes, events and programs exclusively
(or at special prices) for Vitality Plus members

■ Vitality Plus Cafe
Where cooking becomes a “class act”
In these sessions with a registered dietitian, learn how to turn prepackaged, canned or frozen foods into healthy, balanced meals.
$10 for one/two persons (space limited)
• Wed., July 23; 6:30-7:45 p.m.
• Wed., Sept. 17; 6:30-7:45 p.m.
• Wed., Nov. 12; 6:30-7:45 p.m.
Lehigh County Senior Citizens Center
Call 1-888-584-PLUS for information.

■ Exercise for Life
First two months free to Vitality Plus Members
Take 30-minute classes for your health or 60-minute classes to improve your fitness. Offered six days a week at various times and locations throughout the Lehigh Valley.
First two months free, then:
• $15/month for unlimited 30-minute classes
• $19/month for unlimited 60-minute classes
If you’ve been inactive, check with your doctor before beginning to exercise. Call 1-888-584-PLUS for times and locations.

■ Dealing with Depression
A free health workshop for Vitality Plus members
Everyone gets the blues now and then. Sometimes a situation sets it off, sometimes it just descends like a cloudy day, for no apparent reason. Learn what you can do to chase the clouds away!
• Wed., Aug. 20; 1-2:30 p.m.
Muhlenberg Hospital Center
Banko Family Community Center
Speaker: Gail M. Staudt, counselor
Call 1-888-584-PLUS to register (pre-registration required).

■ Priorities Program
A series of specially-priced clusters of workshops designed to meet your individual needs. The following prices are for one or two persons:
■ Heart Health Priorities $49 (three workshops)
■ Cancer Prevention Priorities $49 (three workshops)
■ Weight Control Priorities $49 (three workshops)
■ Osteoporosis Reduction Priorities $39 (two workshops)
Call 1-888-584-PLUS for a detailed brochure.

■ “Livin’ It Up” Radio
A program that puts vitality in your life!
Remember “Harvey in the Morning”? Harvey’s back (with some friends) to host this new radio program. Enjoy timely tidbits on health, social issues and local events PLUS excerpts from old-time radio and Big Band music.
Saturdays, 9-10 a.m. on WKAP-AM 1470
Mondays, 7 p.m. or after the Phillies broadcast on WAEB-AM 790

Questions
Need more information?
Call Vitality Link™ toll free
1-888-584-PLUS
Your connection for health care information and membership benefits.
As a Vitality Plus™ member, you receive a full range of benefits...

- **Health & Education**
  - Workshops and seminars
  - Vitality Plus newsletter
  - Prescription review
  - Claims and health plan counseling

- **Hospital Amenities**
  - Cafeteria privileges
  - Phone card
  - Medical emergency card
  - Home care visit after hospitalization

- **Social Events**
  - Volunteer opportunities
  - Vitality galas
  - Dining club
  - Dance lessons

- **Discounts**
  - Long-term care insurance
  - Eye wear
  - Pharmacy
  - Hearing care
  - Travel
  - Medical equipment

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**On Our Cover**

Janet and Claude Arnold focus much of their energy on their Allentown gardens. Both are enthusiastic growers; Janet is a “master gardener.”

**Activities:** Janet volunteers at the Lehigh County Extension Service, giving talks on perennials and offering advice on the gardening phone line. She is an avid reader and a pianist. Claude volunteers at the Ecumenical Food Bank and First Presbyterian Church.

**Professional Background:** Before retiring, Claude worked as an accountant with Kline Foundry. Janet was supervisor of the Allentown Library, South Branch.

**Family:** Two children, two grandchildren.

**Healthy Lifestyle Tips:** Careful “label readers,” Janet and Claude eat nutritiously. Gardening and daily walks keep them fit.

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**Vitality Plus** newsletter is published six times a year. Its goal is to provide information for healthy living for people 50 and over. Vitality Plus™ is a program of Lehigh Valley Hospital, Muhlenberg Hospital Center and other PennCare™ hospitals in eastern Pennsylvania.

For more information, call 1-888-584-PLUS.

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Breast Feeding Expo
It's World Breast-Feeding Day! Come learn about the benefits of breast-feeding and how to help your company support breast-feeding moms. Lactation consultants, equipment and supplies, educational resources. For information and to register, call (610) 402-CARE.

Know an Award-Winner?
One of the highlights of the Breast-Feeding Expo (at right) will be an award to a person, organization or business doing an outstanding job of supporting and promoting breast-feeding. If you'd like to nominate someone (by mid-July), call (610) 402-CARE.

Community Blood Pressure Screening
• Tuesday, July 22; 7:30-10 a.m.
• Thursday, Aug. 28; 7:30-10 a.m.
South Mall, Lehigh Street, Allentown
Free

Community Cholesterol Testing (non-fasting)
• Tuesday, July 22; 8-10 a.m.
• Tuesday, Sept. 23; 8-10 a.m.
South Mall, Lehigh Street, Allentown

• Saturday, July 12; 10 a.m.-noon
• Saturday, Aug. 9; 10 a.m.-noon
• Tuesday, Aug. 26; 6:30-9 a.m.; 11 a.m.-1 p.m.; 4-6:30 p.m.
• Saturday, Sept. 13; 10 a.m.-noon
1243 S. Cedar Crest Blvd., Allentown, Lower Level
$10

Personal Lifestyle Practices
A true picture of your health goes beyond blood pressure and cholesterol to include lifestyle practices. This workshop will give you a complete "snapshot" with a personalized evaluation of your results. No fasting needed for the cholesterol test. Call (610) 402-CARE to register.

• Saturday, July 12; 10 a.m.-noon
• Thursday, July 24; noon and 6:30 p.m.
• Saturday, Aug. 9; 10 a.m.-noon
• Tuesday, Aug. 26; 11 a.m. and 5 p.m.
• Saturday, Sept. 13; 10 a.m.-noon
1243 S. Cedar Crest Blvd., Allentown, Lower Level
$35 for one or two persons.

(See page 25 for "Breastfeeding and the Working Mom.")
Childbirth and Parenting Education

“From Pregnancy to Parenthood”

Because babies don’t come with instructions, we offer the next best thing—prepared childbirth and parenting education programs sponsored by Lehigh Valley Hospital in cooperation with Lehigh Valley Lamaze Associates.

Through these programs, we can provide you with timely, accurate information about what to expect when you’re expecting and after your baby is born. We can also help expectant and new moms meet the physical demands of pregnancy and delivery through our prenatal and postpartum fitness programs.

For more information about the classes, schedules or fees or to register, call (610) 402-CARE weekdays between 8:30 a.m. and 4:30 p.m.

One-day Lamaze

Same topics as Prepared Childbirth Series, geared for couples whose schedules won’t accommodate a six-week course.

$125 includes continental breakfast and lunch.

• Saturday, Sept. 20; 9 a.m.-5 p.m.
• Saturday, Oct. 11; 9 a.m.-5 p.m.
• Saturday, Nov. 1; 9 a.m.-5 p.m.
• Saturday, Nov. 22; 9 a.m.-5 p.m.
• Saturday, Dec. 13; 9 a.m.-5 p.m.

Variety of locations. Call (610) 402-CARE.

Early Pregnancy (3-5 months)

Becoming a Family

Join other parents-to-be for an introduction to the physical and emotional changes of pregnancy, tests you need, nutritional and other health needs, and what to expect when you deliver. Refreshments and door prizes.

Free
• Sunday, Sept. 21; 1-4 p.m.
• Sunday, Nov. 16; 1-4 p.m.
Classes meet at 17, Auditorium.

Childbirth Preparation (6-8 months)

Prepared Childbirth (Lamaze) Series

Information about relaxation and Lamaze breathing techniques, stages of labor, medications, cesarean birth, feeding options and caring for your newborn.

6 part series • $75.
• Friday, Sept. 5 (First session) remaining classes in this series will take place Monday nights
• Monday, Oct. 13 (First session)
• Monday, Nov. 24 (First session)
Classes offered at a variety of times and locations.
For information, call (610) 402-CARE.

Refresher Classes

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

3 sessions • $50.
• Wednesday, Sept. 10; 7-9 p.m. (First session)
• Wednesday, Nov. 12; 7-9 p.m. (First session)
Variety of 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.
• Friday, Sept. 12; 7-9 p.m.
• Friday, Nov. 21; 7-9 p.m.
Variety of locations. Call (610) 402-CARE.

Breastfeeding Classes

Get off to a good start by understanding breastfeeding and how it benefits your baby.

$20.
• Wednesday, Sept. 17
• Wednesday, Oct. 8
• Wednesday, Nov. 19
• Wednesday, Dec. 17
For times and locations, call (610) 402-CARE.
Prenatal Fitness Program
Learn how pregnancy changes your body and how to maintain a moderately active fitness program.

- 2 evenings a week for 6 weeks. • $40.
- Monday, Sept. 15 (First session)
- Monday, Oct. 27 (First session)
- Monday, Dec. 8 (First session)

Class meets at SON.
For times, call (610) 402-CARE.

"All About Baby" Class (Newborn Care)
Basic newborn care including feeding, safety, health problems, well child care and local resources. Grandparents welcome.

- $20.
- Friday, Sept. 5; 7-9 p.m.
- Friday, Oct. 17; 7-9 p.m.
- Friday, Nov. 28; 7-9 p.m.

Variety of locations. Call (610) 402-CARE.

Sibling Classes
Help brothers and sisters prepare for the newborn. Activities, refreshments, tours. Parents’ attendance required.

- $10 per child; $15 for 2 or more children.
- Age 3-4 Age 5 and older
- Thursday, Sept. 4 • Thursday, Sept. 11
- Wednesday, Oct. 1 • Wednesday, Oct. 8
- Thursday, Nov. 6 • Thursday, Nov. 13
- Wednesday, Dec. 3 • Wednesday, Dec. 10

Class meets at SON, 6-7:15 p.m.

Healthy Beginnings Labor and Delivery Series
Labor and delivery information with relaxation and breathing techniques, medications and cesarean birth outlined.

- 4 sessions • $20.

For Healthy Beginnings Plus participants (cost included in health package)
- Tuesday, Sept. 2; 8:30-10 a.m. (First session)
- Tuesday, Nov. 4; 8:30-10 a.m. (First session)

Class meets at SON.

Healthy Beginnings Parenting Newborn Series
Expectant parents receive information about feeding, safety, immediate health problems, newborn and well child care and local resources.

- 4 sessions • $20.

For Healthy Beginnings Plus participants (cost included in health package)
- Tuesday, Sept. 2; 10:30 a.m.-noon
  (First session)
- Tuesday, Nov. 4; 10:30 a.m.-noon
  (First session)

Class meets at SON.

Infant/Child CPR
Instruction and hands-on practice in infant/child safety and emergency care. Designed for expectant parents.

- 2 sessions • $20/person or $30/couple.

One class per week for two weeks.
- Wednesday, Sept. 17 & 24, 7-9 p.m.
- Wednesday, Nov. 12 & 19, 7-9 p.m.

Classes meet at SON.

Postpartum Programs
(After the Baby Is Born)

"Hey Baby, Let's Work Out"
Restore muscle tone and strength after pregnancy while you enjoy playtime with your baby. Includes gentle infant massage techniques.

Full session: 2 times a week for 6 weeks • $40.
Mini session: 2 times a week for 3 weeks • $20.
- Monday, Sept. 15, 10:30-11:30 a.m. (First session)
- Monday, Oct. 27, 10:30-11:30 a.m. (First session)
- Monday, Dec. 8, 10:30-11:30 a.m. (First session)

Classes meet at 1243, Lower Level.

New Moms Network
(Support group for new moms)
A support group for new mothers and their babies. Group meets Tuesdays, 10-11 a.m.

Free.
- Aug. 7, Oct. 30 - Your Infant & Sleep
- Aug. 21, Nov. 13 - Changes in Parents’ Roles
- Sept. 4, Dec. 4 - Feeding Your Infant
- Sept. 18, Dec. 18 - When to Call the Doctor
- Oct. 2 - Calming the Crying Infant
- Oct. 16 - Infant Growth & Development

Class meets at SON.

Your Incredible Infant
Questions about your six-to-12 month old infant? Learn about feeding, teething, safety, behavior, sleep, motor and social skills and more.

- $10.
- Thursday, Sept. 18; 7-9 p.m.
- Thursday, Dec. 11; 7-9 p.m.

Class meets at SON.

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.

Free
Advance registration is required.
To register, call (610) 402-CARE.
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
- Morgan Cancer Center, Cedar Crest & I-78
- School of Nursing, 17th & Chew
- Wellness Center, Fish Hatchery Road
- 1243 S. Cedar Crest Blvd., Allentown
- 2166 S. 12th St., Allentown

**COMMUNITY LOCATIONS!**

- Lehigh County Senior Citizens Center
- Muhlenberg Hospital Center
- Saucon Valley Community Center
- South Mall
- Whitehall Township West Catasauqua Playground

Plus many new locations throughout the Lehigh Valley!

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**Class & Lecture Registration Form**

- **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.

<table>
<thead>
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<th>class title(s)</th>
<th>date/time</th>
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Make check payable to: Lehigh Valley Hospital or

Charge to my Credit Card  □ MasterCard  □ Visa

**CREDIT CARD ACCOUNT NUMBER**

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**PAYMENT:** Total amount enclosed: $ __________

Ask whether you are eligible for class discounts.
Music Therapy:
Board certified music therapist Lorianne Sitzabee, of Lehigh Valley Hospital and Health Network, leads a guitar-and-drum session. She often uses music to help psychiatric patients build assertiveness skills and self-esteem.

Mind-Body Medicine ..........20
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Healthy You 19
If you're like most Americans, you think of your body as a machine. You fuel it, clean it and take it to the "repair shop" when it breaks down. What if you thought of your body as a garden instead?

"With that mindset you'd look at the big picture, not the quick fix," says Will Miller, M.D., director of the family practice residency program at Lehigh Valley Hospital and Health Network. "Illnesses can be symptoms of underlying problems in your life, just as weeds are in the garden. Of course you need to pull the weeds. But you also need to pay attention to the quality of the soil."

There's a growing interest today in this more holistic, mind/body approach to health. It shows up in the number of Americans seeking "alternative" treatments such as acupuncture, herbal medicine and homeopathy—to the tune of $3 billion annually, at the latest count.

Are they giving up on the family doctor? They certainly shouldn't, according to Miller and a like-minded colleague, T.A. Gopal, M.D.

"Traditional western medicine is extremely effective for acute problems such as a pelvic infection or heart attack," Gopal says. "But for conditions like PMS, I think the non-traditional approaches make sense. I call them complementary rather than alternative medicine, because they can work hand-in-hand with western medicine."

Gopal bridges both worlds. After becoming an obstetrician/gynecologist, he took up ayurvedic medicine, a tradition familiar from his upbringing in India. It focuses on achieving balance through lifestyle practices—diet, massage, exercise—that are in harmony with one's particular mind-body type.

"Being out of balance can make us irritable or angry because we feel so badly," Gopal says. "Natural remedies can greatly relieve this. I find them especially valuable for women, who are under so much stress today from all the responsibilities they carry at work and home."

Some of the more familiar forms of complementary medi-
cine, such as meditation and biofeedback, are now in the mainstream thanks to scientific study. “Evidence is mounting,” states Consumer Reports in the book Mind-Body Medicine, “that mind/body techniques may not only improve the quality of life... but actually affect the course of disease itself.” A dramatic example: Stanford University researchers found that women with advanced breast cancer survived twice as long simply from being in support groups.

Music and art therapy are also well-established, especially in the psychiatric setting. Linda Durishin, R.N., is among those applying art and music in medicine in new ways. A specialist at Lehigh Valley Hospital and Health Network, she uses music to help patients in critical care. “We all have patterned responses to certain types of music that make us feel good,” she says. “A burn patient’s favorite music—even if it’s rock ‘n roll—can help him transcend the pain of treatment and heal more quickly.”

There are many areas of complementary medicine, however, that western physicians still tend to resist—fields like homeopathy, herbal medicine and aromatherapy. Should you bring up a non-traditional therapy with your doctor? “Go ahead and ask,” Miller says. In his family practice residency program—which begins with a discussion of the body as a garden—such questions would be greeted with interest.

“I think you’ll find that many physicians who weren’t receptive to complementary medicine 10 years ago have changed now,” Gopal says. Some, like Gopal and neurologist/acupuncturist Robert Roeshman, D.O., of Lehigh Valley Hospital and Health Network, actively blend the two traditions.

If you’re interested in mind/body medicine, where should you begin? No form of therapy should be undertaken without professional instruction. As with anything, the quality varies and consumers should exercise care. “Ask questions about the practitioners and their approaches,” Miller says. “For example, how is this approach supposed to work? What are the numbers, in terms of cost and effectiveness? What are the long-term consequences?”

The real value of mind/body approaches, carefully practiced, is their effect on your life over time. “When traditional and complementary medicine work together for the betterment of patients, health is much more than being free of disease,” Gopal says. “It is a vibrant, energetic state of mind and body.”

T.A. Gopal, M.D., will present “Mind-Body Medicine” July 17; see page 14 for details. If you would like a reading list on complementary medicine, call (610) 402-CARE.
As the "baby boom" hits middle age, it's not surprising that cosmetic surgery is on the rise. More people ages 40 to 50 (including a growing number of men) are calling on plastic surgeons like Walt Okunski, M.D., and John Altobelli, M.D., of Lehigh Valley Hospital and Health Network. What they ask for most are eyelid lifts, facelifts, elevations of breasts and abdomens that have sagged following childbirth, and liposuction to trim hips and thighs.

"We live in a youth-oriented society," Altobelli says. "People who want to move up in their careers or just feel better about themselves realize that looking vibrant can give them an edge."

Thanks to new laser and ultrasonic techniques, cosmetic surgery is easier and safer—and the recovery time faster—than ever before. But since it's almost never covered by health insurance, the cost (about $2,000 for eyelid surgery; $1,000-$5,000 for liposuction) can be a concern. And no surgery, however minor, should be entered into casually. Cosmetic surgery may be a good answer for you if...

- **You want the change for yourself**, not simply to please someone else.
- **The defect is something that has bothered you for a long time.** "The patients who benefit most have put a lot of thought into having surgery," Okunski says.
- **You're realistic about what surgery can and can't do to improve your life.** "This is a physical procedure," Okunski says. "It will change how you look, but it won't guarantee lots of dates and great job offers."
- **You've talked it over thoroughly with a reputable surgeon.** "It is vital that you discuss your expectations with your doctor," Altobelli says. "I often suggest a second opinion as well."

The bottom line: plastic surgery is a powerful blend of science and art that can make a real difference in your life...if you've thought it through carefully and done your homework.

For information on an upcoming cosmetic surgery lecture, or for a referral to a plastic surgeon, call (610) 402-CARE.
Can You Prevent Incontinence?

Nearly half of all women have bladder control problems at some point in their lives. Aging is a big factor, and so is having babies—but incontinence is not inevitable. In the vast majority of cases, it can be controlled or cured. Better yet, by following some healthy habits you can help prevent it in the first place.

The most common form of the problem is stress incontinence, caused by weakening of the pelvic floor muscles that support the bladder. When these muscles lose their strength (a common after-effect of childbirth) even a sneeze or laugh can cause a leak. Also common among older women is urge incontinence, caused by sudden, involuntary contractions of the bladder.

Protecting the Pelvic Floor

“There are several things you can do to prevent stress to the pelvic floor,” says Vincent Lucente, M.D., chief of gynecology at Lehigh Valley Hospital and Health Network and a board-certified urogynecologist. “One of the most important things for women with physically strenuous jobs is to learn to lift correctly. Another is to avoid becoming constipated by drinking plenty of water and getting adequate fiber in your diet.”

Exercise—the Low-Impact Variety

When it comes to incontinence prevention, the type of exercise you do makes all the difference. “Avoid high-impact aerobics, trampolines or any sports that involve a lot of jumping and jarring,” Lucente says. “Your body is not designed to hit the ground at high acceleration over and over again.” Otherwise, exercise is a good idea for helping maintain general muscle tone. It’s also helpful in weight control. While

Loss of bladder control isn’t inevitable, and lifestyle habits can help

Learn to lift correctly.

Drink plenty of water.

Continued on next page
there's no proven link between obesity and pelvic floor damage, keeping your weight under control seems to help. (And there are hundreds of other health reasons to do so!)

**Menopause**

"The loss of estrogen that comes with menopause causes a thinning and drying in the vaginal wall and the supporting structures of the urethra," says Neal Berkowitz, M.D., family practice physician with Lehigh Valley Hospital and Health Network. "I'm a believer in hormone replacement therapy (HRT) because it helps maintain the integrity of these organs."

HRT also helps prevent osteoporosis. Lucente is researching the possibility that a weakened skeleton at the base of the spine, as well as weak muscles and damaged nerves, may play a role in pelvic floor problems.

**Smoking**

"Women who smoke have a higher risk of incontinence," Lucente says. "We don't know if it's an irritant in the smoke or—more likely—the effect on the pelvic floor of chronic coughing over the years. Untreated allergies can have the same effect."

**The Role of Childbirth**

Vaginal delivery is certainly less traumatic than a cesarean, but there's a possible downside. A two- or three-hour labor with lots of pushing and straining puts heavy stress on the pelvic muscles and nerves. Especially if a woman has had several children, Lucente says, she and her obstetrician should consider the potential long-term damage in deciding on a cesarean versus vaginal delivery.

**If You Have Symptoms**

Sadly, thousands of women who suffer from incontinence are too embarrassed to bring it up with their doctor. In many cases, the problem is a temporary one brought on by an infection or the side effects of a medication, and can be easily cured. In other cases, there's a serious cause that needs professional care. "Please don't hesitate to talk to your doctor about this," says Berkowitz, who brings up the topic himself when he senses a patient has a concern. "Incontinence is not something you just have to live with."

*Watch for a story on new treatments for incontinence in a future issue of Healthy You. If you want help preventing incontinence, call (610) 402-CARE for diet, exercise and hormone replacement guidelines.*
Breast-Feeding and the Working Mom

With a little effort and a willing employer, it can be done

Chances are you know how good breast-feeding is for you and your baby, but did you know it's good for your employer as well? "Studies show that breast-feeding moms are actually more productive. They don't call in sick as often because their infants are healthier," says Kerri Lindner, R.N., certified lactation consultant with The Midwives at Lehigh Valley Hospital and Health Network.

Despite all its benefits, many women quit breast-feeding when they return to work because they can't nurse their infants during work hours and don't have any place to pump milk at work. Lindner has a suggestion: before you give birth, ask your employer to have a lactation consultant look at the work place and assess what can be done to accommodate nursing mothers.

While the ideal situation is on-site daycare with feeding breaks, companies don't need to spend a lot of money to make life easier for nursing mothers. "The simplest thing is to establish a pumping station. "To give women the ability to pump in private, all it takes is a room with an outlet and maybe a refrigerator," Lindner says.

Nursing moms need to pump as frequently as their baby eats, says pediatrician Michael Schwartz, M.D., of Lehigh Valley Hospital and Health Network. That's an average of eight times a day; that means if you breast-feed your baby five times a day, you need to pump two to three times at work. It sounds time-consuming, but with the newer electric pumps a woman can empty both breasts in just 15 minutes.

Not all employers are able to provide pumping rooms or breaks. Don't worry if yours can't, and you find that breast-feeding and work just don't mix for you. "Although it's recommended that you breast-feed for the first year," Schwartz says, "any amount of breast-feeding is better than none."

Benefits of Breast-Feeding

- Nutrition. Breast milk is easier to digest and nutritionally superior to formula.
- Immunity. A mother's milk is customized with antibodies to fight the diseases her baby is exposed to.
- Health. Breast-fed babies suffer fewer ear infections, rashes and allergies and are less colicky than formula-fed babies.
- Cost. Formula costs $30-$50 the first month and goes up from there. It's far cheaper to supply a nursing mom with the 200 to 500 additional calories she needs each day.
- Mom's recovery. Breast-feeding restores the uterus and helps mom get back to her pre-pregnancy weight sooner.

A breast-feeding information expo and classes are featured on pages 15 and 16.
Listening to Your Teenage Daughter

It's a critical skill for the good times and the bad

If you're the mother of an adolescent girl, you've probably struggled to get through to her. How do you talk to someone who's midway between childhood and adulthood?

One of the best things you can do—whether it's a loving exchange or a raging conflict—is be a good listener. "Think how good it feels when someone really listens to you, and how bad when they don't," says Karen Peterson, R.N., psychiatric nurse specialist at Lehigh Valley Hospital and Health Network. "Kids are even more sensitive to this." Here are some pointers:

- **Remember that listening is an active process.** Focus your attention on your daughter, not the clock, the TV or what you're planning for dinner.
- **You can't listen if you're talking yourself.**
- **Pay attention to non-verbal clues.** "If she says everything's fine but she's frowning or clenching her fists, everything is not fine," Peterson says.
- **Check to be sure you're getting the message.** From time to time, repeat a phrase and say, "This is what I heard you tell me; did I get it right?"
- **Keep the interaction adult-to-adult.** "If you want to offer advice, do it respectfully," says Marcie Lightwood, parent programming coordinator at the Center for Humanistic Change in Bath (and a presenter at this year's Spirit of Women conference). "The tone is, 'I know you can solve your own problem; I'll just get you started thinking about it.'"
- **Listen through the back door.** Lightwood asks her daughter to describe the problems her friends are struggling with. "It's a safe way for an adolescent to share her own worries," she says.
- **Get in practice before adolescence hits.** "Communicating with a teenager is much easier," Peterson says, "if you put good patterns in place while she's still a child."

For a reading list on parent-child communication, call (610) 402-CARE.
Growing up in small-town Iowa in the 1950s, Marcia Wallace took stock of her assets: “I’m no beauty, and I can’t sing or dance. But I’ve got tenacity and a great sense of humor!” Following her father’s advice to dream big, she headed for New York, determined to make it in show business.

And she did. Wallace endeared herself to millions as the wise-talking receptionist on The Bob Newhart Show. She later earned an Emmy as the voice of the beleaguered teacher, Ms. Krabapple, on The Simpsons. “I’ve been paid for doing what I love to do since 1967,” she marvels.

But her life hasn’t been all easy. Back in her 20s, a breast lump that turned out to be benign served as a wake-up call to take charge of her health. Years later, about to be married, Wallace discovered another lump that proved malignant.

“I found it early, I never got sick and it never came back,” she says. But the experience galvanized her into becoming a national speaker in the fight against breast cancer. This spring, she helped open the new Breast Health Services at Lehigh Valley Hospital and Health Network.

“Remember your mammograms, monthly self-exams and yearly doctor exams,” she tells her audiences. “And instincts are important, too; you know your body better than anyone else.”

Wallace was enjoying life with her family when fate hit again: her husband was diagnosed with fatal pancreatic cancer. “It makes you not sweat the small stuff,” she says of the devastating experience. “Just before he died, my husband said, ‘I’m so glad we used our good china!’”

Today, Marcia Wallace is able to laugh again. She exercises regularly, watches her diet (“a work in progress”) and takes delight in her nine-year-old son. And she talks to women about breast cancer. “Unlike my husband’s, this cancer is absolutely curable if caught early,” she says. “I want to be a constant reminder of how important it is to take care of your breast health.”

For more information on breast health, call (610) 402-CARE.
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