Healthy You

SEPTEMBER/OCTOBER 1997

• Your Young Athlete
• Superman Turns 40
• Women and Anger
• Why Volunteer?

Complete Class Schedule Inside
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LEHIGH VALLEY
HOSPITAL AND HEALTH NETWORK
A member of the PennCare™ health network

Cover illustration by Pamela Banks Stroud
Superman Turns 40
How men can turn bad health habits into good ones

OK, Superman. You can down a burger with a single bite, change channels faster than a speeding bullet and crush a beer can with your bare hands. But if you’ve hit your 40th birthday, you’re better off dropping the Man of Steel mentality and adopting healthy habits.

“If we haven’t made a conscious effort by our 40s to live a healthier life, we find it more difficult to change and develop healthy habits,” says Raymond Singer, M.D., a cardiothoracic surgeon at Lehigh Valley Hospital and Health Network.

That doesn’t mean trading in your fun for a scale and a diet, Singer says. In fact, he recommends finding a common sense, enjoyable approach to good health. “Look in the mirror and say, ‘Do I like what I see?’ If the answer is no, then picture how you want to look and work for that.”

The key, he says, is making a permanent change. That includes cutting back on drinking and quitting smoking, getting more exercise and changing what you eat.

Eating burgers and drinking beer
While teens survive poor eating habits because they’re active, all that changes when men hit their 20s and 30s, gaining new responsibilities and raising families, Singer says.

“We continue bad habits, like eating burgers and fries and drinking beer, but since we’re not as active, we gain weight,” he says. “If you see a man with love handles, I guarantee you there’s fat around his heart, too.”

According to Sam Bub, M.D., a Lehigh Valley Hospital and Health Network family physician, men are less likely than women to pay attention to specific dietary numbers, such as calories. So they’re better off following general guidelines.

“You can eat anything if you don’t abuse it, and it’s important to find an emotionally satisfying diet. Don’t go on a diet you hate,” Bub says. “Limit animal fats, especially meat and dairy products, and eat more grains, fruits and vegetables.”

Continued on next page
Getting off the couch

Just as healthy eating habits grow more important with each year, so does regular exercise. Singer says men need to drop the remote control and exercise more, but he cautions men against trying to recapture their youth through rigorous activities. Instead, he recommends a variety of low-impact, enjoyable exercises, such as a brisk walk and swimming. He also suggests taking stairs instead of an elevator and walking a golf course instead of riding a cart.

Older men should get a hobby, go for walks, take up swimming or get a pet, Singer says. In fact, he points to a study that showed that people over 70 who had a pet exercised more and were healthier.

“The single most important thing for men over 60 is involvement in some kind of activity,” he says. “Activity lifts the spirits and improves health.”

And men will benefit in their older years if they exercise regularly throughout their life, says Neal Stansbury, M.D., an orthopedic surgeon at Lehigh Valley Hospital and Health Network.

“As soon as we stop growing, we start to lose muscle mass and the best way to prevent that loss is to maintain conditioning,” he says. “Good conditioning and a low-fat diet will not only improve the heart and prevent back problems, but help the whole body.”

Overcoming fear of “The Physical”

Many men avoid doctors, associating a visit with a grueling test of will that includes exams they don’t even want to think about. But Bub says it doesn’t have to be that way.

“Men should have prostate and colon tests after age 50 and periodically measure their weight, blood pressure and cholesterol, but I think the thought of a major physical is a deterrent for most men,” he says. “I’m in favor of shorter, periodic visits with a special focus on relevant preventive health measures and a few selective tests.

“It’s important for men to develop a trusting relationship with their primary care physician,” Bub says. “Sit down and talk with your physician. See where your health is heading and what you have to do to stay healthy.”

For information on a series of men’s health improvement workshops scheduled in January 1998, call (610) 402-CARE.
Be a "Good Health Citizen"

Discussing organ donation
with your family now can save lives later

If you're one of about two million Pennsylvania residents who said "yes" to organ donation when applying for or renewing your driver's license, you've made a decision to be a "good health citizen."

But to make sure your wish is fulfilled, don't forget to talk to your family. Organ donations can only take place with a family's consent, says Carol Fox, R.N., director of patient care services for Lehigh Valley Hospital's central nervous system (CNS) unit, which handles most of the hospital's organ donations.

"Frequently a person hasn't discussed organ donation, and it's very difficult for the family to make a decision about what that person would want," Fox says. "It's important to discuss organ donation ahead of time."

Fox says 23 people were organ donors at Lehigh Valley Hospital last year, and they helped 69 people all over the country. For example, a 73-year-old man not only made it possible for a 35-year-old Baltimore woman to receive a life-saving liver transplant, but he was responsible for kidney transplants that helped both a Pennsylvania mother and high school boy.

According to the Delaware Valley Transplant Program, which coordinates the hospital's donations, more than 55,000 Americans need heart, kidney, liver, lung and pancreas transplants, and tens of thousands more need donated corneas, bone and tissue.

Their chances of survival improve every time you fill out an organ donor card and discuss your desire to be an organ donor with your family.

To be an organ donor:
• Talk to your family about your wishes to be an organ donor and make sure you understand their wishes.
• When applying for or renewing a Pennsylvania driver's license, say "yes" to organ donation, and you'll be included in a national donor registry.
• Sign and carry a donor card (separate from a driver's license).

To receive a copy of an organ donor card, call (610) 402-CARE.

Organ Transplant Facts
• You can donate heart, kidneys, pancreas, lungs, liver and intestines, as well as eye, skin, heart valve and tendon tissue.
• Organ and tissue donation does not affect the quality of your medical care.
• Surgery is done in such a way that family viewing and funeral arrangements are not interrupted.
• There is no cost to families.
• A national system ensures that organs are distributed fairly.

Carol Fox, R.N. and CNS staff members (l-r: Mary Ann Sandrock, Tracey Berlin, R.N. and Diane Kowalski, R.N.) show their driver's licenses and donor cards.
Your Young Athlete and You

What role do parents (and coaches) play in making sports safe and fun?

Kids and sports. It's a natural combination. Kids are active and full of energy, and sports help strengthen their growing bodies and teach them important social skills. That's why about 45 million American children between the ages of six and 16 are involved in organized sports.

But according to local and national experts, for sports to be a positive experience — physically and emotionally — parents must make sure their children are eating right, training at an appropriate level and participating with a coach who has a positive and supportive attitude.

"There are many good programs and good coaches who encourage participation, but some coaches and parents emphasize winning over all else and that leads to problems," says Michelle Glassman, executive director of the National Youth Sports Safety Foundation, Inc., Boston, which works with medical associations and youth athletic organizations. "Kids often join sports to be with their friends and have fun, but when they're pressured or benched it stops being fun and they can lose interest."

The result can be psychological injuries that have long-lasting effects on self-esteem, sports participation and lifelong fitness habits, Glassman says.

According to Glassman, the United States is the only major sporting country that does not have a national coaching education program. In fact, less than 10 percent of an estimated 2.5 million volunteer coaches and fewer than one-third of scholastic coaches receive any type of coaching education. And most coaches aren't trained in first aid or CPR.

Pushing the limit causes overuse injuries

Lack of training and a win-at-all-costs attitude are a combination that can lead to unnecessary injuries. While some injuries occur due to a collision or a fall, others result from
chronic repetition, says Tom Dickson, M.D., a Lehigh Valley Hospital and Health Network orthopedic surgeon who specializes in sports medicine.

Dickson calls these injuries “overuse injuries.” They include knee injuries in running sports, as well as stress fractures, tendinitis and other injuries to tissue. They result from the body being pushed beyond healthy limits.

“Some kids are in two or three leagues and playing eight to 10 soccer games a week, and I think that’s absurd,” says Dickson, who is the team physician for the Parkettes national gymnastics team. “With girls, it’s particularly important not to increase training too rapidly. Their bodies are not designed to run and handle the same stress as boys.” (See “Taking Body Image Too Far,” a story on the unique risks to female athletes on page 30.)

To avoid overuse injuries, Dickson recommends parents find a moderate level of sports involvement for their children and make sure their training is directed by a qualified coach or certified athletic trainer.

Eating a balanced diet

Dickson also cautions against special sports diets designed to either reduce or increase weight. He warns that weight restrictions imposed by some sports can have a permanent effect on a child’s growth, and recommends against high-protein diets and supplements often used by high school boys looking to bulk up for football.

“Diet is critical and you don’t have to get into fanatical types of diet to perform well in sports,” he says. “If there’s any fault with the regular American diet, it’s too high in protein, and that’s why the United States has the highest rate of chronic renal (kidney) failure.

“Kids need to eat a balanced diet with choices from the basic food groups,” Dickson says, “and that hasn’t changed much in the last 50 years.”

To receive guidelines on making youth sports a healthy experience, call (610) 402-CARE.

Safety Guidelines

According to the National Youth Sports Safety Foundation, Inc., parents can help ensure the health of their children in sports by checking these safety guidelines:

• A person certified in first aid and CPR should be present when a practice or game is in session.

• The coach should have an emergency plan in case of a serious injury.

• If a physician, certified athletic trainer or emergency medical technician is not available, a coach or parent must be able to determine if the youngster needs immediate medical attention, should return to play or should be referred for medical care.

• Every child reacts differently to injuries, so parents and coaches should listen to what the child has to say.
Today, when health care providers look to improve the health of a community, they’re looking beyond just medical issues to consider how social and economic conditions affect the overall quality of life. And as they tackle these community-wide issues, they find they’re not working alone—at least not in the Lehigh Valley.

There are more than 250,000 Valley residents who volunteer their time in the community, according to the Volunteer Center of the Lehigh Valley. These volunteers come from all walks of life, donating time and energy to social service agencies, churches and people in need.

Volunteers share a desire to improve the health of the community and, in the process, they often improve their own health as well. In fact, studies have found that doing volunteer work dramatically increases the life expectancy for older men.

**Volunteers live longer**

Richard Bray, 77, is keenly aware of that fact. He’s past president of MORA (Men of Retirement Age) and coordinates about 2,000 volunteer hours by the Allentown organization’s 86 members. The MORA men handle tens of thousands of pieces of mail for community organizations, while finding time for singing and social activities.

“I volunteer for different reasons, and one is that I want to live longer,” Bray says. “It keeps me alert mentally. If I wasn’t volunteering, I’d just be sitting around doing nothing.”

Bray cites strong support systems and the community’s health as other benefits of volunteering. “There’s a lot of work that needs to be done in the community that nobody is picking up, so we help those who need it.”

**Making it a way of life**

But volunteering isn’t just for retirees. Thousands find time in their hectic work and family schedules to volunteer.

Barbara Salvadore, administrator of the department of family practice at Lehigh Valley Hospital and Health Network, is one of these people. She has volunteered at a number of local agencies, including

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Top: Lafayette student Eva Borden tutors children in Easton’s public housing projects.

Second from top: MORA’s (l-r) Doran Hamann, Stephen Wandler, Alan Bolestridge and Richard Bray, pictured at the Wildlands Conservancy, are some of the 86 retired men who help community groups.

Third from top: PP&L’s Rich Wirth uses his company’s support to recruit volunteers for the MS Walk and MS 150.

Bottom: A busy schedule doesn’t keep Barbara Salvadore from volunteering at Valley Youth House.
Project Child, United Way, Special Olympics and Valley Youth House, a shelter for children in need.

"I can't remember when I wasn't volunteering," Salvadore says. "It's a philosophy of mine that came from my parents. It feels good and there are a lot of not-for-profits in the community where funding is terribly short and volunteer contributions are both needed and appreciated."

**Getting a corporate boost**

Volunteer efforts get a big boost from local employers who mobilize and support employees. At PP&L in Allentown, employees determine where to volunteer and the company then supports them with equipment, supplies and other resources.

Rich Wirth, a PP&L senior power production engineer, relies on corporate support when he recruits volunteers and helps at registration tables for the MS Walk and the MS 150 bike ride. Wirth, who has multiple sclerosis (MS), supports every effort that supports MS.

"I have an emotional high after the events," he says. "I've done something for myself and the people who need the help."

**Opening eyes and minds**

Students fill out the ranks of a community’s volunteers, and with the large number of colleges and universities in the Lehigh Valley, they make a significant contribution.

At Lafayette College in Easton, Eva Borden is one of about 800 student volunteers and in 1995-96 was the college’s student volunteer of the year. Last year, she dedicated more than 200 hours to eight different outreach programs, tutored in prisons, provided AIDS education and organized after-school programs for neighborhood kids.

But no experience had more impact than Lafayette's alternative spring break program in Honduras, where she and other Lafayette students helped paint a hospital, worked at an orphanage and distributed clothing and school supplies.

"I was never exposed to such poverty," Borden says. "It opened my mind and my eyes to a different world. It gave me the desire to do more and made me appreciate what I have."

The Lafayette junior, who switched her career goals to the social services, plans to focus this year’s volunteer efforts at Kids in the Community (KIC), where she’ll be tutoring and mentoring children who live in Easton’s public housing projects.

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**Improving the Health of the Community**

A new local initiative to improve the health of the community is approaching its task with a broad definition of a community’s health. The initiative, called MESH (Measurable Enhancement of the Status of Health), is coordinated by Lehigh Valley Hospital and Health Network and funded by the Dorothy Rider Pool Health Care Trust.

"We broadly define the health of a community to include emotional, spiritual, social and economic factors," says Lynn Blanchard, director of MESH. "Our goal is for the community to reach its full potential and we’re hoping to do that by providing an opportunity for different parts of the community to work together."

According to Blanchard, MESH will set standards for measuring the health of the community, provide ongoing assessments of that health and launch dozens of community-based projects that rely on the collaborative work of health care providers, local businesses and community organizations and their volunteers.
Healthy Eating for One

It's a cozy evening for two: you and the dining room table. Do you sit down to a well-balanced, attractively served meal...or grab a slice of leftover pizza?

Eating well can be a challenge when you're on your own; but with a little thought it's possible to dine solo and dine well. How you do it depends on you. "Time and your food budget are major determinants," says Betsy Martin, registered dietitian at Lehigh Valley Hospital and Health Network. But everyone, she says, should plan meals using the food guide pyramid and buy a variety of foods to ensure good nutrition. More suggestions:

- **Cook big batches** of your favorite soup, chili or casserole and freeze portions to use later. Consider swapping them with single friends.

- **Buy single food items.** "A large baked potato topped with vegetables and low-fat cheese makes a great meal with bread and fresh fruit."

- **If you'd rather not cook, check your store for ready-to-eat foods.** "Choose baked or broiled entrees, avoiding gravies and cream sauces. Add vegetables and fruits from the salad bar, and whole-grain rolls."

- **Have several smaller meals** (which can be healthier and easier than one big one), "and 'graze' in between on crunchy raw veggies and fruits, or dry unsugared cereals."

- **Don't skip breakfast.** It really is the most important meal of the day. "For a quick-fix option, try low-fat yogurt with fresh berries and a small whole-wheat bagel."

- **Dine with friends.** Sitting down together has psychological as well as nutritional benefits.

- **Keep a stock of emergency foods** in case of illness, power loss, etc. Canned meats, fruits and juices, peanut butter and boxed or dried milk are good choices.

- **Tempt your tastebuds** with different spices, varied menus, a pretty table setting, fresh flowers, a meal on the patio. Ambiance is good for the soul...and you deserve it!

Whether you're single, divorced or widowed, you can still enjoy gracious (and nutritious) dining.

For a free food guide pyramid, call (610) 402-CARE.
### Class & Lecture Schedule

**Getting a Good Stretch:** Aerobics/Fitness Class instructor Ginger Coleman of Allentown watches John Larry Endy of Coopersburg; also warming up are (l-r) Susan Kleppinger, Schnecksville, and Mary Anne Fink, Allentown. See page 13 for class information.

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**Healthy You**

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See page 13 for class information.
It's fall, and everyone's heading back to school. Here are some learning opportunities for you and your family...

- **Supplements in the '90s.** Does your family need them? If so, when? Which supplements are safe and which should you avoid? (page 11).

- **Anger in Relationships.** Women often repress it, but anger is normal, healthy and inevitable! Learn how to express it constructively with your partner and family (page 17).

- **Is Cosmetic Surgery for You?** If you're thinking about a facelift, breast surgery, liposuction or some other form of cosmetic surgery, here's your chance to learn about the risks and benefits from the experts (page 17).

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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 9.) 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 24 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**

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**Community Locations**

- Allentown Jewish Community Center
- Lehigh County Senior Citizens Center
- Muhlenberg Hospital Center
- Saucon Valley Community Center
- South Mall
- Whitehall Township West Catasauqua Playground
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...** includes three workshops:
- Antioxidants
- What's in the Cart? for Heart Health
- Building Your Activity Pyramid
  $79 for one/two persons

**CANCER PREVENTION PRIORITIES...** includes three workshops:
- Antioxidants
- What's in the Cart? for Cancer Prevention
- Building Your Activity Pyramid
  $79 for one/two persons

**OSTEOPOROSIS REDUCTION PRIORITIES...** includes two workshops:
- What's in the Cart? for Osteoporosis Prevention
- Building Your Activity Pyramid
  $60 for one/two persons

**WEIGHT CONTROL PRIORITIES...** includes three workshops:
- Which Weigh Works
- Shaping the Right Attitudes
- Diets a la Carte
  $79 for one/two persons

**STRESS REDUCTION PRIORITIES...** includes two workshops:
- Finding a Healthy Balance
- The Next Step: Surviving Pressure at the Workplace
  $60 for one/two persons

**SELF-CARE AND IMPROVEMENT PRIORITIES...** includes two workshops:
- 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.

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**Specialty Lectures**

**Asthma Wheeze Relief**
Learn the basics about asthma, and the various therapy options. We'll discuss triggers to avoid and demonstrate the proper technique for using an inhaler.
Free
- Wednesday, Sept. 24; 7-8 p.m.
  Class meets at CC, Auditorium.
  Respiratory Care team of Lehigh Valley Hospital

**Chef Mike Presents Something Fishy**
Fish have a great reputation as a low-fat, nutritious menu item—and great seafood is a Chef Mike specialty! Join him for a session on healthy seafood preparation tips.
Free
- Tuesday, Oct. 7; 7-8:30 p.m.
  Class meets at CC, Auditorium.
  Mike Kramlich, executive chef
  Barbara Carlson, registered dietitian

**Supplements in the '90s**
Nutrition supplements are used by athletes of all types, from teenagers to elite professionals. At what age are they safe? Which ones should you avoid altogether? Learn the guidelines from a dietitian/athlete with 10 years of body-building experience.
Free
- Tuesday, Sept. 30; 7-8 p.m.
  Class meets at 1243, Lower Level.
  John Snyder, registered dietitian
Healthy Eating

Antioxidants

How can antioxidants improve your health and prevent heart disease and cancer? Learn about this and which vitamin supplements are highly recommended.

$35 for one/two persons:
- Thursday, Sept. 11; 7-8 p.m.
- Class meets at 17, Healthy You Room.
- Tuesday, Oct. 14; 7-8 p.m.
- Thursday, Nov. 6; 7-8 p.m.
Class meets at Muhlenberg Hospital Center.
- Monday, Sept. 29; 2-3 p.m.
- Wednesday, Oct. 8; 7-8 p.m.
Class meets at Allentown Jewish Community Center.

Diets a la Carte

Our registered dietitian will help you write your personal diet plan. You'll have the opportunity to choose the plan that best matches your lifestyle.

$35 for one/two persons:
- Friday, Sept. 26; 1-2 p.m.
- Thursday, Oct. 30; 7-8 p.m.
Class meets at Muhlenberg Hospital Center.

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:
- Thursday, Sept. 11; 2-3 p.m.
Class meets at Giant Food Store, Emans Avenue, Emmaus.
- Monday, Oct. 13; 7-8 p.m.
Class meets at Giant Food Store, Trexler Mall, Trexlertown.
- Monday, Nov. 10; 8-9 a.m.
Class meets at Giant Food Store, Cedar Crest & Tilghman Streets, Allentown.

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, Oct. 1; 3-4 p.m.
Class meets at Weis Market, Rt 512 & Crawford Lane, Bethlehem.
- Tuesday, Nov. 11; 7-8 p.m.
Class meets at Giant Food Store, MacArthur Road, Whitehall.

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, Sept. 16; 10-11 a.m.
Class meets at Giant Food Store, Trexler Mall, Trexlertown.
- Wednesday, Oct. 22; 7-8 p.m.
Class meets at Giant Food Store, MacArthur Road, Whitehall.

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:
- Tuesday, Sept. 30; 7-8 p.m.
Class meets at Giant Food Store, Trexler Mall, Trexlertown.
- Wednesday, Oct. 22; 7-8 p.m.
Class meets at Giant Food Store, MacArthur Road, Whitehall.
- Monday, Nov. 3; 3-4 p.m.
Class meets at Weis Market, Rt 512 & Crawford Lane, Bethlehem.
Shape-up Solutions

Aerobic and Conditioning Classes for Adults
Choose from more than 40 classes—to achieve optimal health and fitness—various times and locations throughout the Lehigh Valley.
Fee: Month-to-month
Class meets at 1243, Lower Level, 2166.
For more information, call (610) 402-CARE.

W.O.W! Walking-Out Workout Club
Now at three locations! Exercise, have fun and earn prizes in this popular program.
$10 ($5 for adults 55 and over)
Club meets at South Mall, Lehigh Street, Allentown; Saucon Valley Community Center, Hellertown; and Lehigh County Senior Citizens Center, Elm Street, Allentown.
For more information, call (610) 402-CARE.

Which Weigh Works?
Learn the myths and realities of weight loss, your personal nutrition profile and how to plan a healthy, no-nonsense diet.
$35 for one/two persons
• Friday, Sept. 12; 1-2 p.m.
• Friday, Nov. 7; 2-3 p.m.
Class meets at Muhlenberg Hospital Center.
• Thursday, Oct. 16; 7-8 p.m.
Class meets at 17, Healthy You Room.

Shaping the Right Attitudes
For successful, long-term weight control, exercise and attitude go hand in hand. Learn what habits lead to overeating and how to plan an exercise program at home or at a health club.
$35 for one/two persons
• Friday, Sept. 19; 1-2 p.m.
• Thursday, Nov. 13; 2-3 p.m.
Class meets at Muhlenberg Hospital Center.
• Thursday, Oct. 23; 7-8 p.m.
Class meets at 17, Healthy You Room.

Exercice For Life" Classes for Adults
If you've neglected physical activity, these classes are a great way to get started...

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

Sixty "Fitness" Minutes Classes
Move up to sixty minutes and you'll improve heart/lung capacity for more energy, build up lean muscle, stretch your limits and improve well-being.

Monthly fees:
$21 for unlimited 30-minute classes at any location
OR
$26 for unlimited 60-minute classes at any location

Locations:
• Allentown Jewish Community Center
• 1243, Lower Level
• Whitehall Township West Catasauqua Playground
• Muhlenberg Hospital Center
Building Your Activity Pyramid

Everyday activities can improve your health and enjoyment. Learn how to build them into your busy schedule.

$35 for one/two persons
- Monday, Sept. 22; 7-8 p.m.
Class meets at Muhlenberg Hospital Center.
- Tuesday, Sept. 23; 6:30-7:30 p.m.
Class meets at 17, Healthy You Room.

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
- Thursday, Sept. 18; 6:30-7:30 p.m.
Class meets at 1243, Lower Level.
- Tuesday, Oct. 7; 7-8 p.m.
Class meets at Muhlenberg Hospital Center.

Stress Reduction Programs for Adults

Finding a Healthy Balance

Learn and practice simple techniques, meditation, guided imagery and others for relaxation.

$35 for one/two persons
- Tuesday, Sept. 16; 6:30-8:30 p.m.
- Tuesday, Nov. 11; 6:30-8:30 p.m.
Class meets at 1243, Lower Level.
- Tuesday, Oct. 14; 6:30-8:30 p.m.
Class meets at 17, Healthy You Room.
- Thursday, Nov. 6; 6:30-8:30 p.m.
Class meets at Allentown Jewish Community Center.

The Next Step: Surviving Pressure at the Workplace

Changes in the workplace can increase stress at work and home. Learn and discuss coping skills to help you deal with change in a positive way.

$35 for one/two persons
- Tuesday, Sept. 23; 6:30-8:30 p.m.
- Tuesday, Nov. 18; 6:30-8:30 p.m.
Class meets at 1243, Lower Level.
- Tuesday, Oct. 21; 6:30-8:30 p.m.
Class meets at 17, Healthy You Room.

Hypnosis for Adults

Hypnosis is a method to relax used by many people who are trying to quit smoking for the first time or after several unsuccessful attempts. Led by a certified hypnotherapist.

1 session • $30
- Monday, Nov. 17; 7-8 p.m.
Class meets at 17, Auditorium.

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 • $55
- Begins Monday, Nov. 10; 6-7:15 p.m. (very gentle)
- Begins Monday, Nov. 10; 7:30-8:45 p.m. (gentle)
- Begins Tuesday, Nov. 11; 6-7:15 p.m. (gentle)
- Begins Wednesday, Nov. 12; 10:30-11:45 a.m. (gentle)
- Begins Tuesday, Nov. 11; 7:30-8:45 p.m. (advanced)
- Begins Thursday, Nov. 13; 6:30-7:45 p.m. (vigorous)
- Begins Saturday, Nov. 15; 11 a.m.-12:15 p.m. (advanced)

Classes meet at 1243, Lower Level.

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.

8 sessions • $55
Novice students can choose from 4 sessions:
- Begins Monday, Nov. 10; 6-7:15 p.m. (very gentle)
- Begins Monday, Nov. 10; 7:30-8:45 p.m. (gentle)
- Begins Tuesday, Nov. 11; 6-7:15 p.m. (gentle)
- Begins Wednesday, Nov. 12; 10:30-11:45 a.m. (gentle)
Experienced students can select from 3 sessions:
- Begins Tuesday, Nov. 11; 7:30-8:45 p.m. (advanced)
- Begins Thursday, Nov. 13; 6:30-7:45 p.m. (advanced)
- Begins Saturday, Nov. 15; 11 a.m.-12:15 p.m. (advanced)

Classes meet at 1243, Lower Level.

Healthy You Class & Lecture
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 fee information and to schedule an appointment, call (610) 402-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 at no additional charge.

Call (610) 402-CARE for detailed information.

Cancer Education
Family Caregiver Course
Designed to meet the needs of caregivers and cancer patients in the home care setting, topics include meeting physical and psychosocial needs, accessing community resources and developing problem-solving skills. Supported by the PA Department of Health Cancer Control Program.

Free
- Wednesdays, Oct. 8, 15, 22; 7-9 p.m.
- Wednesdays, Nov. 5, 12, 19; 2-4 p.m.

Classes meet at MCC, Conference Room 1A.
Presentations of the Family Caregiver Course in Spanish:
- Saturday, Sept. 20 in Stroudsburg area
- Saturday, Nov. 1 in Scranton area

Call (610) 402-CARE for additional information.

Prostate Cancer Awareness Week
Screening Sessions
Designed for men age 50-70 years who have not had a prior prostate exam or who are not under the care of a primary physician or a urologist for prostate problems. African-American men or men with a family history of prostate cancer should have a baseline screening exam at age 40. Screening includes a digital rectal exam (DRE) by a urologist and drawing of the prostate-specific antigen (PSA) blood test. This is a quick screening exam for prostate cancer and DOES NOT constitute a complete urological exam. This is not a second-opinion service for individuals diagnosed with prostate cancer.

Appointments required and space is limited.
Free
- Monday, Sept. 22; 6-9 p.m.
- Wednesday, Sept. 24; 6-9 p.m.

Sessions will be held at MCC.
Call (610) 402-CARE for more information or to register.

CPR Courses
For additional information, call (610) 402-CARE.
All CPR classes meet at 1243, Third Floor.

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, Sept. 22, 29, Oct. 6; 7-10 p.m.
- Monday, Oct. 27, Nov. 3, 10; 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, Oct. 13; 7-10 p.m.
- Monday, Nov. 17; 7-10 p.m.

Course D — Infant-Child
Infant and child CPR and how to clear a blocked airway.
$25
- Monday, Oct. 20; 7-10 p.m.

Healthy You 15
Speaker’s Bureau

Presentations on a variety of healthcare 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

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
- Tuesday, Sept. 22; 10-11 a.m.
Class meets at Lehigh County Senior Citizens Center.
Greg Salem, exercise physiologist

For Vitality Plus Members Only

Allergy-Proof Your House

Does every little breeze make you sneeze? Learn some helpful hints for living with your allergic nose. Careful housecleaning and a few changes of habit can make a big difference.

Free
- Tuesday, Sept. 16; 12:30-1:30 p.m.
Class meets at 17, Auditorium.
- Monday, Sept. 22; 6:30-7:30 p.m.
Class meets at CC, Auditorium.

Are You a Vitality Plus™ Member?

For access to the members-only program listed above, join Vitality Plus! A membership program for people 50 and over, it’s very affordable at just $20/year for individuals or couples. Members get an array of benefits including health workshops, social events and discounts on products and services. Vitality Plus is offered exclusively through participating physicians and select area hospitals.

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

Women’s Health Programs

Alternative Therapies for Pregnancy and Childbirth

Holistic or “complementary” medicine is steadily gaining mainstream respect. Learn the various options and techniques that can work hand-in-hand with traditional western medicine to help you cope with the discomforts of pregnancy, labor and delivery.

Free
- Tuesday, Sept. 16; 7-8:30 p.m.
Class meets at CC, Classroom 2.
Michael Steinberg, M.D., obstetrician/gynecologist
Lisa Fraine, certified nurse midwife
**Continued Healing of the Inner Child**

If you are stuck in a co-dependent relationship or suffer from low self-esteem, join other women in a supportive, interactive growth group that can help you heal from your past and regain your personal power.

- 10 sessions • $70
- Tuesdays, Sept. 16; 7-9 p.m. (first session)
- Class meets at SON, Parlor A.
- Marcia Felkay, M.A., counselor

**Women & Exercise: The Ups & the Downs**

Though exercise has many health benefits for women, you can get too much! Learn the guidelines: how much is enough, nutrition and fluid intake, finding time to exercise and maintaining a healthy balance in your life.

- Free
- Thursday, Sept. 18; 7-8 p.m.
- Class meets at Muhlenberg Hospital Center, Banko Family Community Center, Classroom 1 & 2.
- Patrice M. Weiss, M.D., obstetrician/gynecologist

**Measurable Results: A Woman’s Workshop for Assessing and Improving Your Health**

Learn how to improve your chances of living a long and healthy life at this two-part program. Session 1: Confidential health risk assessment and screenings. Session 2: Detailed personal report on your health status. You can then attend three workshops on achieving a healthier lifestyle. Space limited; registration by Sept. 22.

- $15 (includes workshops)
- • Tuesday, Sept. 23 (Session 1) and Sept. 30 (Session 2); 6:30-9:30 p.m.
- Classes meet at MCC.

**Auto-immune Disorders in Women**

Women are especially prone to these disorders, in which your own immune system leads an attack on your tissues and organs. Learn the facts and treatment options for Graves Disease, Hashimoto’s thyroiditis, lupus, rheumatoid arthritis, and other autoimmune conditions such as diabetes, Addison’s disease, scleroderma and Sjogren’s disease.

- Free
- Thursday, Sept. 25; 7-8:30 p.m.
- Class meets at 17, Auditorium.
- Carol Greenlee, M.D., endocrinologist
- William Kent, M.D., rheumatologist

**Incontinence: You Don’t Have to Live with It!**

Inability to control urine is not an inevitable part of life or aging. Learn what causes incontinence and what you can do to control it and minimize its effects on your lifestyle.

- Free
- • Wednesday, Oct. 1; 7-8 p.m.
- Class meets at Muhlenberg Hospital Center, Banko Family Community Center, Classroom 1 & 2.
- Molly Peters, M.D., obstetrician/gynecologist

**Cosmetic Surgery: Is It for You?**

Learn about the risks and benefits of facelifts, eyelid surgery, breast surgery, liposuction, chemical peels and other forms of cosmetic surgery. If you’re considering a procedure, it’s important to know about precautions you may need to take and how to talk honestly with your surgeon about your expectations.

- Free
- • Tuesday, Oct. 14; 7-8 p.m.
- Class meets at CC, Auditorium.
- A panel of plastic and reconstructive surgeons: Walter Oklinski, M.D., John Abbass, M.D., Robert Kestich, M.D., Lesa Brennan, M.D., (ophthalmologist)

**Coping with Anger in Relationships**

Although women often repress it, anger is a normal emotion and an inevitable part of any relationship. Learn how to recognize what’s making you angry, how to manage the blowups and tears, and how to express your needs constructively with your partner or family.

- Free
- • Tuesday, Oct. 28; 7-8 p.m.
- Class meets at CC, Auditorium.
- Barbara Johnson, LSW, ACSW

**Tai Chi for Women’s Health**

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

- For beginners
- 6 sessions • $55
- • Tuesdays, Sept. 23, 6:30-8 p.m. (first session)
- • Tuesdays, Nov. 4, 6:30-8 p.m. (first session)
- Class meets at SON.
A Fall Festival for Family Health

FEATURING

The Best Scarecrow Contest! Be part of preserving the tradition of scarecrow building. Bring your own materials or use our supplies. Your family could win a trip to see the fall foliage on a train ride in Jim Thorpe.

- Blood Pressure Screening
- On-Site Physician Referral Service
- Non-Fasting Cholesterol Screening for Adults ($5 fee)
- Craft Fair Featuring Fall & Holiday Gifts
- "Spooktacular" Treats & Entertainment for Kids

Saturday, Oct. 18
11 a.m.-2 p.m.

Trexlertown Medical Center
6802 Hamilton Blvd.
Allentown
(near Air Products and Chemicals, Inc.)

Admission: Free

For more information, please call
(610) 402-CARE
Mind-Body Medicine Series
Watch for details about a series on mind-body medicine in the November issue of Healthy You. The series will focus on mind-body type, yoga, meditation, nutrition, supplements, and herbs. For more information, call (610) 402-CARE.

Children's Health & Parenting

Attention Deficit Disorder
Lack of attention, hyperactivity, impulsiveness... if your child shows these symptoms, he or she may be among the estimated five percent of school-age kids with ADHD (Attention Deficit and Hyperactivity Disorder). Learn how ADHD is diagnosed and treated through counseling and medications.
Free
• Tuesday, Sept. 30; 7-8 p.m.
  Class meets at CC, Classroom 1.
  Michael Schwartz, M.D., pediatrician

Coping with the Challenges of Childhood Behavior—Ages 7-12
Children age 7-12 have a unique set of developmental and health issues. Learn how parenting approaches need to change as your child enters the world of school. Topics include handling homework and dealing with peer pressure.
Free
• Wednesday, Oct. 8; 7-9 p.m.
  Class meets at CC, Classroom 1.
  Scott Brenner, M.D., pediatrician
  Deborah Miller, M.S.N., pediatric nurse practitioner

Helping Your Child Live with Asthma
The most common chronic illness in childhood, asthma affects one in 10 kids in the U.S. This session will teach you the basics, help you recognize the symptoms, and show you how to control them so your child can lead an active and healthy life.
Free
• Wednesday, Oct. 15; 7-8 p.m.
  Class meets at 17, Auditorium.
  Sandra Kalamar, M.S.N., pediatric nurse practitioner
  Refer to page 11 for related lecture.

For Mothers: Balancing Work and Family
Any working mother will tell you her life is a delicate balancing act. Learn some effective strategies for dealing with the demands on your time from family and job, while still allowing time for yourself.
Free
• Thursday, Nov. 20; 7-8 p.m.
  Class meets at 17, Auditorium.
  Mary Stahl Leacock, M.D., pediatrician
Lehigh Valley Road Runners WOMEN’S 5K CLASSIC
5-kilometer (3.1-mile) run/walk benefiting breast cancer awareness.
• Saturday, Oct. 25; 9:45 a.m.
Lehigh Parkway, Allentown
For information, call (610) 402-CARE

And join us for the Breast Cancer Awareness Expo
• Friday, Oct. 24; 5-8 p.m.
John and Dorothy Morgan Cancer Center,
Lehigh Valley Hospital
For information, call (610) 402-CARE

A free identification program
for patients with Alzheimer’s or dementia
Nearly four million people suffer from Alzheimer’s disease or some form of memory impairment. Those afflicted with the disease often become lost and cannot remember who they are or where they live. They can become anxious or frightened and unable to communicate their needs.

The identification and location program was developed by Lehigh Valley Hospital and Health Network in partnership with ManorCare Services, Parke-Davis Pharmaceuticals and the Allentown Police Department to help caregivers of those afflicted with Alzheimer’s maintain accurate records.

Caregivers receive an identification booklet with up-to-date photo and accurate health and personal information. The information is also kept on file with local police to aid in identification should the person become lost.

Sign-up and photo sessions are scheduled at the following locations:
Wed., Sept. 17; 6-8 p.m. Neighborhood Community Police Office West Park Band Shell 1600 Linden St., Allentown
Tues., Oct. 7; 10 a.m.-12 noon Lehigh County Senior Citizens Center 1633 Elm St., Allentown

Wed., Oct. 15; 10 a.m.-12 noon Neighborhood Community Police Office 310 N. 2nd St., Allentown
Sat., Nov. 8; 10 a.m.-12 noon Lehigh Valley Hospital Cedar Crest & I-78, Allentown

For more information or to register, call (610) 402-CARE.

Snoring and Sleep Apnea Lecture
Topics to be discussed include the causes of snoring and sleep apnea and treatment options. Presentations by John P. Galgon, M.D. and George F. Carr, D.M.D.
Free
Thursday, Sept. 25; 7-9 p.m.
Lehigh Valley Hospital
Cedar Crest & I-78, Allentown
Auditorium
For information, call (610) 402-CARE

Healthy You
Senior Health Fair
You're invited to a day of information, education and activities featuring health screenings, displays and a free healthy lunch.
Free
Tuesday, Oct. 7; 9 a.m.-1 p.m.
Lehigh County Senior Citizens Center
1633 Elm St., Allentown
Reservations for lunch are required, call (610) 402-CARE.

Community Blood Pressure Screening
Free
• Tuesday, Sept. 23; 7:30-10 a.m.
• Thursday, Oct. 30; 7:30-10 a.m.
South Mall, Lehigh Street, Allentown

Community Cholesterol Testing (non-fasting)
$10
• Saturday, Sept. 13; 10 a.m.-noon
• Tuesday, Oct. 28; 6:30-9 a.m.
• Saturday, Nov. 8; 10 a.m.-noon
1243 S. Cedar Crest Blvd., Lower Level, Allentown

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.
$35 for one or two persons
• Saturday, Sept. 13; 10 a.m.-noon
• Tuesday, Oct. 28; noon-2 p.m. and 4-6 p.m.
1243 S. Cedar Crest Blvd., Lower Level, Allentown
To register, call (610) 402-CARE.

Hospice Bereavement Workshop
Lehigh Valley Hospice sponsors a workshop to help people dealing with loss through death. The eight-week program focuses on coping with and living through the grieving process and on building bridges from the past to the future.
Free, 8 part series
• Monday, Oct. 13; 7-9 p.m. (first session)
First Presbyterian Church, 2344 Center St., Bethlehem
For a copy of the Healthy You article “When a Friend Is Grieving,” or to register for the bereavement workshops, call (610) 402-CARE.

Unique Volunteer Opportunities
The Allentown, Bethlehem and Tamaqua offices of Lehigh Valley Hospice offer free training sessions for anyone interested in becoming a hospice volunteer. For times, dates and locations and for more information on hospice volunteer opportunities, call (610) 402-CARE.
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.

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.
Class meets 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
• 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, this is a review of the basics plus sibling concerns and Vaginal Birth After Cesarean (VBAC).

3 sessions • $50
• 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, 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**

Pregnancy changes your body. Learn how to safely maintain strength and tone during pregnancy by combining low-intensity, low-impact aerobics with light weights.

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

Classes meet at SON.

For times, call (610) 402-CARE.

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**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
- Wednesdays, Nov. 12 & 19; 7-9 p.m.

Classes meet at SON.

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**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 • $40, 2 times a week for 6 weeks
- Mini session • $20, 2 times a week for 3 weeks
- 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.

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**Sibling Classes**

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

- $10/child; $15/2 or more children
- Age 3-4
- Age 5 and older
- 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.

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**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, Nov. 4; 8:30-10 a.m. (first session)

Classes meet at SON.

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**Healthy Beginnings Parenting Newborn Series**

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

- 4 sessions • $20
- For Healthy Beginnings Plus participants (cost included in health package)
- Tuesday, Nov. 4; 10:30 a.m.-noon (first session)

Classes meet at SON.

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**New Moms Network**

A support group for new mothers and their babies.

Group meets Thursdays, 10-11 a.m.

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

Class meets at SON.

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**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.

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**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.
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 & 1-78  CC
Lehigh Valley Hospital, 17th & Chew  17
Morgan Cancer Center, Cedar Crest & 1-78  MCC
School of Nursing, 17th & Chew  SON
1243 S. Cedar Crest Blvd., Allentown  1243
2166 S. 12th St., Allentown  2166

COMMUNITY LOCATIONS
Allentown Jewish Community Center
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!

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.

class title(s) date/time fee(s)
_________________________________________
_________________________________________
_________________________________________
_________________________________________

Make check payable to: Lehigh Valley Hospital or
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.
A Careful Instructor like Robin Gerchman of Steps in Time, Allentown, makes sure her students' health habits are as good as their ballet form. Here, she works with 11-year-old Dennille Varney of Allentown. (See story on the risks to young female athletes/dancers on page 30.)
What do you do when you're angry? Rant and rave and throw things? Or put on a smile and pretend nothing's wrong?

If you're like many women, you put on the smile. "Our society sees anger as a bad thing. As a result, we're taught to hold it in," says Robin Chase, senior counselor with Preferred EAP, an employee assistance program available to Lehigh Valley Hospital and Health Network.

"Of course, no amount of training in what's "ladylike" can stop women from having angry feelings. "Anger is a perfectly normal and healthy emotion," says Susan Wiley, M.D., vice chairman of psychiatry at Lehigh Valley Hospital and Health Network. "When you disagree with your partner about things like child-rearing or money, when you're treated unfairly or not given what you need, feelings of anger are inevitable."
Many of the things that irk women are the same things that anger men. Women, though, are more likely to get mad at not being heard, appreciated and understood, according to Chase. "I think some of these feelings arise due to the different communication styles in a relationship," she says.

Anger in male-female relationships is often power-related. "One thing that inhibits all of us from expressing anger is fear of confrontation and retribution," Wiley says. "Women who have the less powerful role in a relationship are more vulnerable and fearful. When they fail to express their anger, it diminishes their power still more."

Women have an added challenge when it comes to anger: the hormone levels that shift with menstruation, pregnancy and menopause. "Hormones don't change our feelings, but they can bring them to the surface more quickly," Chase says.

If you can't express anger directly, what do you do with it? Some women become passive, Chase says, letting their anger simmer "until there's an explosion." Many burst into tears, "which can be disturbing to the other person, and it may interfere with your ability to communicate your feelings."

According to Wiley, a common way for women to handle anger is to turn it inward and become depressed. "In my psychiatric practice, I also see repressed anger coming out in the form of back pain, headaches, gastrointestinal upset, even chest pain," she says. "It's called somatization disorder: all that anger locked up with no place to go."

Repressed hostility can have far-reaching health effects. A 1992 study at Lehigh Valley Hospital found that a high percentage of women with coronary artery blockages routinely repressed their anger.

Learning to cope with anger

Is there hope for the woman who can't cope with her anger? Of course; but it may take professional assistance. There are techniques for dealing with a short fuse, such as deep breathing and writing out what's bothering you. When it comes to getting angry constructively with a partner, child or colleague, that's largely a matter of improving your communication skills, Wiley says. "I think it can be done without therapy, but you have to pay a lot of attention."

Recognizing your right to get angry and learning how to express it are definitely worth the effort. "Constructive anger is very empowering, and it's really the only effective way to problem-solve," Wiley says. "If you want a healthy relationship, you have to allow the intense anger as well as the intense love; it's a matter of honesty and trust."

A program on "Coping with Anger in Relationships" will be held on October 28. See page 17.
Detecting the Cause of Pelvic Pain

Many women suffer for years, not knowing the reason for their discomfort.

Take a couple of aspirins and lie down for half an hour—it usually works for menstrual pain. But for millions of women, pelvic pain isn’t something that goes away. It accounts for one in 10 visits to the gynecologist and over one billion dollars each year in medical costs. Tragically, many women never get an accurate diagnosis of what is wrong.

“There are many possible causes of pelvic pain,” says Craig Sobolewski, M.D., gynecologist and director of the chronic pelvic pain program at Lehigh Valley Hospital and Health Network. “What makes it so tricky is that pain felt in one area doesn’t necessarily originate there.” Just as a heart attack can cause pains in the arm, pain in the pelvis can be gynecologic, gastrointestinal, urinary, muscle- or bone-related, or even from appendicitis.

Moreover, the problem often is more than physical. “Many women with chronic pelvic pain have a history of sexual abuse or major depression,” Sobolewski says. Even without those issues, pain that goes on for months or years can become all-consuming, disrupting work, sexuality and family life.

How do specialists like Sobolewski respond? First, by recognizing that chronic pelvic pain requires a team approach. “There are two parts to every pain,” he tells his patients, “the physical part and the way you perceive it psychologically—the ‘volume knob.’ Our job is to treat both.”

One of Sobolewski’s key diagnostic tools is laparoscopy, a procedure in which long, thin instruments are inserted into the pelvis through tiny incisions. The specialist views the area on video while performing diagnosis and treatment. With today’s fiberoptics, these instruments can be so narrow the patient needs only local anesthesia. Sobolewski is applying this new microlaparoscopy in a process called “conscious pain mapping.”

“The patient is sedated, but remains awake to give feedback as the surgeon gently probes to produce the exact pain.

Three Cases of Pelvic Pain

Vicky, age 23, mother of two who asked her doctor for a tubal ligation.
Symptom: Pelvic pain for more than a year after having her fallopian tubes closed with tiny clips (easier to reverse than surgery).
Diagnosis: “Conscious pain mapping” revealed that the clips had not completely severed the nerves.
Treatment: A simple laparoscopic procedure.

Marian, age 38, mother of three.
Symptom: Physically painful intercourse.
Diagnosis: Tests showed that touching her cervix triggered Marian’s pain. The conclusion: the cervix was probably injured during her last childbirth, causing chronic inflammation and irritation.
Treatment: A series of anesthetic/steroid injections.

Lee, age 44, coping with the stress of a household move.
Symptom: Pelvic cramps unrelated to menstrual cycle.
Diagnosis: An exam and medical history pointed to irritable bowel syndrome, a common stress-related disorder.
Treatment: Relaxation techniques, dietary changes and a temporary anti-spasm medication.

Names changed to protect privacy.

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she has been feeling," he says. "In many cases, the source turns out to be something that couldn't be detected otherwise."

Besides a physical exam, patients in the chronic pelvic pain program also get a psychological screening. Depending on their needs, they're treated or referred to other specialists.

"The biggest thing our patients need is support," Sobolewski says. "Typically, chronic pelvic pain is a physical problem that has also created a psychological one. Given the holistic way our program works, we're able to assure each patient that we'll stick with her until we figure out what the problem is—and make her as well as we possibly can."

**What's Normal and What's Not?**

<table>
<thead>
<tr>
<th>Normal Menstrual Pain</th>
<th>Abnormal Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occurs on monthly cycle</td>
<td>Occurs any time</td>
</tr>
<tr>
<td>Relatively constant pain level</td>
<td>Pain gets progressively worse</td>
</tr>
<tr>
<td>Responds to non-narcotic medication such as Motrin</td>
<td>Does not respond to medication</td>
</tr>
</tbody>
</table>

If you're experiencing what you believe is abnormal pain, see your doctor.

*For more information about the chronic pelvic pain program, call (610) 402-CARE.*
Taking Body Image Too Far

We all love the tiny Olympic heroine, but what kind of role model is she? Impossibly thin and driven to win, she embodies powerful cultural messages. "As parents, we need to be concerned about the effect these messages have when our children take them to heart," says Patrice M. Weiss, M.D., gynecologist with Lehigh Valley Hospital and Health Network. "In the case of our active young daughters, the result can be a potentially fatal medical problem."

"Female athlete triad" is the name given to a trio of disorders often seen in adolescent and young adult women in individual sports that prize a lean physique. These include gymnastics, figure skating, ballet dancing and distance running. The typical victim is driven to excel (often helped by pressure from coaches) and convinced that thinness is crucial to her success.

The triad usually begins with disordered eating. The young athlete may cut out fat, then progress to severely restricting calories (anorexia) or binging and purging (bulimia). Disordered eating coupled with great energy demands can lead to amenorrhea or absence of menstruation (no periods by age 16, or three to six consecutive months without a period).

The estrogen deficiency associated with amenorrhea, in turn, can lead to premature osteoporosis or loss of bone density. This places the young athlete at risk of fractures and other injuries. Untreated, the triad can lead to lifelong health problems or even death.

What's a parent to do? "Know your child," Weiss says. "Sports have many health benefits, but you need to know the line between an elite athlete and an athlete who is sick." The typical triad patient does not discuss her behavior and may even deny it. Weiss suggests that you:

- watch for weight loss
- make sure your daughter is eating, not just moving food around the plate
- make sure she's getting all four food groups
- be alert to ankle or other fractures.

If you see warning signs, have your daughter examined by a physician familiar with the disorder. Treatment options include diet, estrogen supplements and training adjustments.

"And psychological counseling is essential," Weiss says. "These young women need someone to help them cope with the messages and values in their heads."

See story on page 4, "Your Young Athlete and You."

For more information on eating disorders, call (610) 402-CARE.
The heartbreak in Kathy MacConnell's life would have defeated many women. It's made a fighter out of her. Freed from a 12-year abusive marriage and still battling for custody of her children, MacConnell has given her heart to helping other victims of domestic violence.

MacConnell is the founder of "Kathy's Place," a mentoring network for abused women. She's also the brains behind Queen for the Month, a program that boosts the spirits of women at the Turning Point shelter by pampering them with a makeover, new outfit and afternoon tea. Now, she's campaigning for a state law to educate the court system about abusive relationships (see below).

Unlike many abused women, MacConnell grew up in a healthy family. Even after her second husband, a wealthy and prominent businessman, became violent, "I didn't realize I was being abused," she says. "I just thought this was a man with a temper." Gradually she saw that not only her own safety, but that of her children was at risk.

"Why did I stay with him so long?" she says. "It's all about control. After a beating, the abuser is all hearts and flowers and promises he'll never do it again, and you really want to believe it." When she finally broke free, MacConnell entered a period of nightmarish legal battles that culminated in her loss of custody despite documentation of her husband's abusiveness. "He has the money, the lawyers and the connections," she says. Her legal appeals continue.

Meanwhile, she is happily remarried to South Whitehall police chief Donald MacConnell, spends as much time as possible with her kids (now in their teens) and nurtures her vision of Kathy's Place as a multi-faceted resource with its own building. "I came out of my nightmare," she says, "but I couldn't just walk away. I had to go back and help the other women."

Kathy MacConnell is gathering signatures to support better laws for abused women (see box below).

Kathy's Law

A judge uneducated in the psychology of abusive relationships can easily be swayed in a custody hearing: the abuser appears calm, stable and charming, while the abused woman comes across as anxious, incoherent or on the verge of hysteria. Several states require domestic violence training for judges and others in the court system. Kathy's Law would make Pennsylvania one of them. For more information, call (610) 402-CARE.
Window Cords Can Pose Fatal Risk to Infants, Toddlers

If you're the parent of a young child, check the draperies or vertical blinds in your house. The cords could pose a threat to your kids.

Want to Have Safer Windows?
To make your windows safer, the Consumer Products Safety Commission is providing free tassels that replace the loop in two-corded miniblinds, and free tie-down devices for continuous-looped cords. Educational materials are also available. Call (610) 402-CARE for replacement kits and a brochure.

Don't Forget Your Child's Vaccines
When you check your back-to-school list, don't forget your child's immunization record. Immunizations, also called vaccines, protect children from serious disease, and today include varicella (chicken pox) and HBV (Hepatitis B).

Because Hepatitis B can cause liver disease and liver cancer, HBV is recommended by the American Academy of Pediatrics and Center for Disease Control. The vaccine is given in three doses, beginning at birth, but can be started in high school, too, says Charles Smith, M.D., director of outpatient pediatrics at Lehigh Valley Hospital and Health Network.

The varicella vaccine is given after 12 months of age and about one out of four children who receive the vaccine break out with a few chicken pox, Smith says. But that's mild compared to a regular outbreak, which can damage the heart, brain, liver and kidneys, and can even be fatal.

For a complete immunization chart, call (610) 402-CARE.

Merger to Provide Better Care for Community
Lehigh Valley Hospital (LVH), Allentown, and Muhlenberg Hospital Center (MHC), Bethlehem, announced recently plans to merge the two hospitals in November.

The decision evolved from a three-year affiliation that successfully launched joint ventures in home health, women's health services and health care for seniors, among others. The two are also among the founding partners of the PennCARE health network.

MHC will remain at its current location as an inpatient facility, but as a part of Lehigh Valley Health Network, serving Bethlehem and the surrounding community. It will also keep the name Muhlenberg Hospital Center.

"The name Muhlenberg Hospital Center will always be synonymous with the best in community health care provided by caring staff," said Timothy J. McDonald, chairman of the board, MHC. "This new relationship — that takes advantage of Muhlenberg's location and facilities and Lehigh Valley Hospital and Health Network's (LVHHN) breadth of services, technology and total resources — will serve to strengthen our ability to ensure that this enduring tradition will continue into the future."

"As a merged organization, we can now plan on a regional basis to meet local health care needs," said Elliot J. Sussman, M.D., president and CEO, LVHNN.
Protect Your Eyes

The next time you pick up your racquet and step on the court, don’t forget your protective eyewear. According to Glen Oliver, M.D., chief of ophthalmology at Lehigh Valley Hospital and Health Network, racquetball, squash and tennis balls are hit with such force that they can cause painful corneal abrasions and bleeding in the iris.

More serious injuries with a permanent loss of sight are also possible.

Eyeglasses and plastic safety goggles aren’t enough to protect you from these injuries, Oliver says. In fact, a recent study found that all lens materials except polycarbonate shattered when hit by balls at speeds typical of weekend athletes.

But polycarbonate lenses, which are available in sporting goods stores, resisted shattering even when hit with a baseball at speeds up to 135 mph.

New Hysterectomy Is Easy on Patient

Tami Green of Walnutport made history earlier this year as one of the first patients in the region to have a total laparoscopic hysterectomy. Until now, her condition would have required a traditional surgery with three days in the hospital and six weeks of recovery. “I was back home in two days and back to work in two weeks,” she says, “and the scars are barely visible.”

Laparoscopy allows the surgeon to work through several tiny incisions rather than one large one. It has been used for several years to assist in vaginal hysterectomies by freeing up the ovaries or removing scarring or adhesions. But it was of limited use in women (like Green) whose pelvic tissues had not been relaxed by childbirth, or in those with a uterus so enlarged by fibroids that it could not be removed through the vagina.

“With our newer technologies and better-developed skills, we can now perform virtually any hysterectomy involving a benign condition in this less-invasive way,” says Craig Sobolewski, M.D., Green’s surgeon. “This includes dissecting an enlarged uterus so that it can be removed vaginally.”

Sobolewski is one of only a few gynecologists performing total laparoscopic hysterectomies. Look for an upcoming article on minimally invasive surgery for gynecologic problems.

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

In the Next Issue

- Wonder Drugs for Depression
- Complementary Medicine: Acupuncture
- How Bad Is Sugar?
- Surgery for Near-Sightedness
- Advice from Dr. Mom

If there is another topic you would like to see in an upcoming issue of Healthy You, call (610) 402-CARE.

Healthy You is published six times a year by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help in finding a physician, call (610) 402-CARE for further assistance.
ALL HOSPITALS ARE NOT ALIKE

While there are many fine community hospitals throughout the region, Lehigh Valley Hospital was created with the vision that you should not have to travel to get the most advanced care.

That's one of the reasons why we are proud to perform more open heart surgeries than the Hospital of the University of Pennsylvania ... treat more new cancer patients than Fox Chase Cancer Center ... serve as the area's only destination for trauma victims ... and much more.

If you ever need us, for routine care or the most sophisticated treatment, our wisdom, strength and compassion are your assurance of the best possible results. You can take comfort knowing that one of Pennsylvania's finest hospitals is right here.

Right here.

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