Brain chemistry and moods—they're woven together
When Monthly Mood Swings Are Severe

Focus on Mental Health

- Caring for Mind and Body publication between pages 18 and 19 or call 610-402-CARE for your copy.
- Depression and Childbearing page 31
- Preparing for Retirement page 11
- Mindfulness-Based Stress Reduction page 30
- What Is PMDD? page 18
- MS, Exercise and Depression page 4

Feature Stories

HEALTHY EATING

Eating to Lower Cholesterol
Ten dietary steps to improve your health

EXERCISE AND MOVEMENT

How to Prevent Tennis Injuries
Tips on ‘playing it safe’

HEALTH AWARENESS

You and Your Doctor: A Partnership of Equals
How the relationship is evolving

Your Traveling Medicine Chest
Going on a trip? How to handle medications

Boosting the Value of Your Mammogram
New technology detects 20 percent more cancers early

DISEASE PREVENTION AND CARE

Helping Someone Through the Cancer Process
Support is crucial, as Brenda Acker knows

The Mind and Body Connection

In recent years, science has transformed how people understand—and effectively treat—mental illness. New brain research proves that mind and body are inseparably linked.

When you suffer stress, it affects the chemicals in your brain, and if you’re susceptible, can lead to depression or anxiety. Lifestyle choices can lower your risk of problems. But you can’t control that basic susceptibility any more than your inborn tendency toward ulcers or heart disease.

With today’s knowledge, specialists can diagnose and treat mental illness as successfully as heart disease—and that’s important because like heart disease, mental illness affects millions. Learn how new treatments are bringing hope to people in our community in the special publication Caring for Mind and Body.
**Spirit of Women**

**WOMEN'S HEALTH**

- Women Mentoring Women: Career Choices — page 2
- Ride to Support Women’s Cancer Care — page 2
- Give the Gift of Health on Mother’s Day — page 2
- Folic Acid and Pregnancy — page 5
- Do I Have Endometriosis? — page 16
  *This painful condition isn’t just cramps*
- When Monthly Mood Swings Are Severe — page 18
  *The cause may be PMDD*

**PARENTING**

- A Message to Teens With Diabetes — page 3
- Toddlers and Sunburn — page 5

**Vitality Plus**

**AGE 50-PLUS**

- Welcome to Vitality Plus — page 20
  *All about membership and benefits*
- ‘What Exercise Does for Me’ — page 22
  *How it enhances mind, body and spirit*
- Treating Bone Loss — page 24
  *When osteoporosis testing reveals a problem*
- Cuts, Scrapes and Diabetes — page 25
  *Why everyday injuries need special care*

**MEN’S HEALTH**

- Laying the Groundwork for a Man’s Retirement — page 11
  *This new stage isn’t as easy as it seems*

**HEALTH RESOURCES**

- Sherlock Health: Using Bookmarks — page 3
- Where to Go for More Information — page 37
  *Finding the physicians and services highlighted in this issue*

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**What's New for You?**

Don’t miss the new and notable classes and presentations in this issue. Some highlights:

- **Osteoporosis Outreach**
  *It’s never too early or too late to learn about bone health.*
  *page 31*

- **Endometriosis**
  *More Than Cramps—Learn if you are at risk and about the latest treatments.*
  *page 31*

- **Exercise for Life Tryout**
  *Join a free session to see if this program is for you.*
  *page 28*

- **Summer Exercise Challenge**
  *How-tos for exercising safely in the summer months.*
  *page 30*

- **Celebration for Women With Multiple Sclerosis**
  *Women helping women with multiple sclerosis.*
  *page 33*

- **A Special Day Camp**
  *Camp Red Jacket—Children and adolescents with type 1 diabetes learn how to manage their diets.*
  *page 35*

**Classes Related to Healthy You Feature Stories**

- Healthy Eating — page 27
- Health Awareness — page 27
- Exercise and Movement — pages 27-30
- Screenings — pages 26, 29, 31, 33
- Mind and Body — page 30
- Massage Therapy — pages 30-31
- Women’s Health — page 31
- Parenting — page 32
- Childbirth/Newborn Care — page 32
- Vitality Plus — page 36
- Disease Prevention and Care — page 33
- CPR Courses — page 33
- Cancer Services
  *Education — page 34*
  *Support Groups — page 35*
  *Diabetes Education — page 35*
  *Speakers’ Bureau — page 35*
  *How to get to class locations — page 28*
  *Registration Form — page 36*
Ride to Support Women’s Cancer Care
Do it for other women and yourself!

Carla Donkus, R.N., hasn’t ridden a bicycle in years—since before her children were born. But she’s joining the Spirit of Women Ride for Cancer, June 9, on behalf of women with breast or gynecologic cancer and in honor of all the women who have taught her to live in the moment. “Some women with cancer aren’t well enough to ride, so I will do it for them,” says Donkus, a gynecologic oncology nurse at Lehigh Valley Hospital and Health Network. “We can all be their advocates and take charge of our own health by joining the ride.”

Proceeds from this Lehigh Valley Velodrome event will benefit women’s cancer programs at Lehigh Valley Hospital and Health Network. More than 500 women are treated here each year for breast, uterine, ovarian, cervical and endometrial cancers.

Women of all fitness levels are invited to ride the course, a 10-mile road loop along flat terrain and rolling hills. To help with training, you can join others every Monday at 5:45 p.m. at the Velodrome to ride the course.

“Take a leisurely ride and bring your daughter, aunt, mother or friends,” Donkus says. “If you can walk one mile, you can ride 10 miles.”

To learn more or to register, call 610-402-CARE.
There's something for EVERYONE at MAY DAZE

Friday, May 18; 4-10 p.m.
Saturday, May 19; 10 a.m.-10 p.m.
Sunday, May 20; noon-6 p.m.
Lehigh Valley Hospital—Cedar Crest & I-78

• Play golf? Join PGA teaching pro Deron Erney May 19 at 3 p.m. for an interactive presentation, then get your golf swing analyzed ($10).
• Love art? Visit “The Art of Healing” at the Fred Jaindl Family Pavilion May 19-31, featuring fine art, craft and photography. It’s a project of Mayfair (and you can shuttle from there to the hospital).
• Care about wellness? Stop at the health trailer for cholesterol screening (total and HDL, $5) and free seated chair massage.
• Collect antiques? Have your collectibles appraised by experts ($5 for one item, $10 for three).
• Enjoy a great fair? Of course you do! Don’t miss the food, rides, music, baked goods, bingo, plant and flower sales—it’s all at May Daze.

For a full schedule of May Daze events, call 610-402-CARE.

A Message to Teens With Diabetes

There are no “bad” foods for teen-agers with diabetes, but there are healthier choices, says registered dietitian Barbara Carlson, manager of the Helwig Diabetes Center at Lehigh Valley Hospital and Health Network. “In the busy world of school, activities and sports, teens with diabetes need to pay special attention to balancing the normal teen-age fare with healthy foods that prevent high or low blood sugar.”

With the new carbohydrate-counting plans, Carlson says, teens can learn how to include all foods, even ones with sugar, in their diet. “Learning to count carbohydrates and control portion sizes,” she says, “is a key to good diabetes management.”

Help your youngster control type 1 diabetes

“Fun With Food” at Camp Red Jacket
A new summer day camp for children and adolescents

For details, see page 35 or call 610-402-CARE.

Investigating a health question?

Are You Bookmarking?

It’ll make Web cruising a lot smoother for you! Bookmarking a web site means you don’t have to remember that long string of letters, numbers, dots and slashes to call up a favorite site. You just save the address into your Internet browser.

Here’s how. Say you’re in the National Institutes of Health web site reading about osteoporosis, and you’d like to come back regularly. On your toolbar, find the “Bookmark” button (on Netscape) or “Favorites” button (on Microsoft Internet Explorer). Click it and follow the instructions to add the site, or any section of it, to your list.

Give the bookmark an easy-to-spot name—like “Information on osteoporosis”—and you’re all set to visit with just one click from your list.

Be sure to bookmark www.lvhhn.org

Over Age 50?

This issue is packed with information for you. Highlights:

• What Exercise Does for Me’ (page 22)
• Laying the Groundwork for a Man’s Retirement (page 11)
• Treating Bone Loss (page 24)
• Cuts, Scrapes and Diabetes (page 25)
• Your Traveling Medicine Chest (page 19)
• Eating to Lower Cholesterol (page 14)
Depression, Exercise and Multiple Sclerosis—
What’s the Link?

Can exercise strengthen people with multiple sclerosis (MS) and lift their spirits, too?
The Multiple Sclerosis Center at Lehigh Valley Hospital and the psychology department at Cedar Crest College are studying that question, with funding from the National Multiple Sclerosis Society. And people with MS can help by joining a 12-week free exercise program.

"Many people with MS tend to neglect exercise and become depressed because they think they can't exercise," says Nancy Eckert, R.N. "But they can exercise with the right program, even if they use a wheelchair. So far, our study has shown physical, social and emotional benefits."

Study participants are assessed for depression and guided through a specialized workout regimen three days a week at the Allentown Sports Medicine and Human Performance Center.

For Partners of Those With MS
Currently in the planning stages, the Well Spouse program addresses the needs of partners of people with MS. The program will provide group support and education. If you'd like to fill out a questionnaire to help plan the program, call 610-402-CARE.

For more information, call 610-402-CARE. Don't miss the Third Annual Celebration for Women With MS (details on page 33).

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Reaping the benefits of exercise —
Using a walker hasn't stopped Janet Washburn, 44, of Emmaus. She completed the 12-week exercise study for people with MS (described at right) and continues her specialized workout today. "I've gotten stronger and more limber, and have made friends at the gym," she says. "Saying hello and sharing laughs make a difference in my day."

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Lehigh Valley Hospital and Health Network (LVHHN)

- **New Treatment for Liver Cancer** — Cancer specialists at LVHHN are performing an advanced procedure called radiofrequency ablation that is giving new hope to people with inoperable liver tumors. About 60 percent of those diagnosed with liver tumors are eligible for the treatment, which destroys cancerous cells with a thin needle electrode.

- **Colon Cancer Research Study** — If you or someone you know will be having surgery for newly diagnosed colon cancer, consider joining a new vaccine therapy research study. Enrolled patients will receive a series of vaccine injections prepared from their own tumor tissue, with the aim of stimulating the immune system against the tumor. For information, call 610-402-CARE prior to the scheduled date of surgery.

- **Hepatitis C Research Study** — LVHHN is one of 15 hospital sites nationally participating in the trial of a new drug treatment for hepatitis C. The trial will determine whether ribavirin taken twice daily combined with a new, long-acting form of interferon in a weekly injection is safer and more effective in eliminating the hepatitis C virus from the liver and blood of those who also have HIV. It is the sixth clinical research trial under way at LVHHN's AIDS Activities Office.

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Healthy You To Your Health

Want to know more about cancer services? For these free brochures, "Cancer Care at Lehigh Valley Hospital" and the American Cancer Society's "Cancer Resource Directory," call 610-402-CARE.
Folic Acid and Pregnancy

The message is clear. If you’re pregnant (or hope to be), you need folic acid! This member of the B-vitamin family is the key to reducing the risk of serious birth defects. The U.S. Public Health Service now recommends that all women of childbearing age consume at least 400 micrograms (mcg) of folic acid daily. Good food sources are:

- dark green leafy vegetables
- fruits and juices (particularly citrus)
- beans (legumes)
- whole grains
- fortified breakfast cereals

Toddlers and Sunburn

There’s no such thing as a healthy tan, especially for a toddler. Young children have sensitive skin that is particularly vulnerable to sunlight, says family practice physician Glenn Elliott, D.O., of Lehigh Valley Hospital and Health Network. “The negative effects of sun damage are cumulative, and more than half our lifetime exposure happens before age 18,” he says. “Protecting toddlers now may help prevent skin cancer when they’re older.” Take these precautions:

- Avoid sun exposure during peak hours (11 a.m. to 3 p.m.).
- Apply sunscreen of SPF 15 or higher 20 to 30 minutes before exposure.
- Protect skin with brimmed hats and long sleeves and pants.
- Encourage your toddler to play in the shade.
- Remember that sun damage can occur even on cloudy days.
- For severe sunburn that blisters, call the doctor immediately.

For information on free skin cancer screenings, call 610-402-CARE.

Take Control of Your Asthma

Are you managing your asthma as well as you can? In the past two weeks, has asthma kept you from doing what you wanted to do? Have you needed more quick relief medicine than you normally do? Have you coughed, wheezed, felt short of breath or had chest tightness?

“Talk to your health care provider about an action plan to better manage your asthma,” says Daniel Ray, M.D., pulmonologist. You don’t have to suffer with asthma symptoms. “With help, you can control your asthma,” Ray says.

Want to Know More about how to control asthma symptoms? Call 610-402-CARE. Don’t miss the Interactive Asthma Educational Workshop for those 14 and older (details on page 33).

Get Your Checkups and Screenings!

The chart here shows how often the average person needs a routine exam. What about specific preventive care screenings?

Want to Know More? For a copy of an Adult Preventive Care Time Line with information on which screenings you need and when, call 610-402-CARE.

What Is Your Stroke Risk?

A stroke risk assessment is a great way to learn some potentially life-saving information. Health professionals will test your pulse, blood pressure and other key indicators, discuss your family risk factors, and develop a personal action plan to lower your risk.

They’ll also teach you what to do if you or someone you love shows symptoms of a stroke.

Today, only 3 percent of stroke victims reach the hospital in time to receive “clot-busting” drugs, which can make all the difference in survival and recovery. If everyone knew the warning signs, many more lives would be saved.

Want to Know More? For a free refrigerator magnet with the warning signs of stroke, or for more information on strokes and their treatment, call 610-402-CARE.

Stroke Risk Assessment

Free
Tuesday, May 22; 9-11 a.m.
Tuesday, May 29; 9-11 a.m.
Screenings at the Health Center at Trexlertown.
Sponsored by the American Stroke Association
How to Prevent

You stand on the base line, bounce the ball smartly and toss it in the air...but wait! Before you unleash your first Sampras-like serve, are you ready for this?

When a tennis player isn’t properly conditioned for the game, it’s all too easy for tennis elbow and other potential disasters to turn a summer of fun on the court into a season of nagging injuries. Here’s what you should know.

The problems

Tennis elbow — This condition is an inflammation of the tendon connecting muscles in the forearm to the outside of the elbow joint. It’s caused by repeated stress from overuse and often results from holding your racket too tightly.

“Some players think the harder they grip, the more power they get,” says Brian Boyle, physical therapist and certified strength and conditioning specialist at Lehigh Valley Hospital and Health Network. “Your power actually comes from your legs, midsection and shoulders. Those three elements form a kinetic chain. If there’s a weak link anywhere, the smaller muscles bear the brunt of it. In tennis, that’s usually the elbow.”

Rotator cuff (shoulder) injuries — Like baseball pitchers, tennis players are susceptible to shoulder injuries because of the overhead motion of serving. The specific problem is the rotator cuff, where four separate muscles from the shoulder blade attach to the shoulder joint. Tendonitis (inflammation of tendons) and torn muscles are common here, and small tears often get larger because the muscles are pulling in different directions.

Leg injuries — When you play tennis, you’re constantly moving forward, backward and sideways, putting your leg muscles and joints under a lot of pressure to perform. Strains and sprains are as common in this game as double faults. Strained

Making the most of his warm-up, tennis instructor Orlando Brown of Whitehall (in cap) gets some stretching tips from physical therapist Brian Boyle. In photos on this page (left to right), he stretches legs and calves, then upper body.
Tennis Injuries

(pulled) muscles occur when muscles stretch too far and the fibers begin to tear. Sprained (wrenched) ligaments happen in sports like tennis or basketball when joints are subjected to quick twisting motions and sudden stops and starts.

How to prevent injuries

The best way to avoid tennis injuries is to be well conditioned and warmed up before taking to the court. Conditioning is the long-term work you do to prepare your body for tennis. Warming up is what you do just before a game to loosen your muscles and get yourself moving.

Conditioning — "A tennis player needs a strong foundation in the midsection—the abdominal and lower-back muscles—because that is the pillar and pivot-point for the arms," Boyle says. "You also need strong legs, because the game is a series of sprints and you draw the power for it from your legs."

A good conditioning program will give you endurance and flexibility as well as strength. It should include aerobic exercise (such as running) and weight training (such as free weights or machines). Many tennis players also find isometric (resistance) exercises helpful for areas like the shoulder and elbow.

Warming up — "Warm-ups should include stretching exercises for the shoulders, chest, lower back, legs and calves," says Greg Salem, director of Healthy You programs at Lehigh Valley Hospital and Health Network. "Include jogging or walking and side shuffles, because these are the movements you'll use on the court."

Want to Know More? For a set of conditioning and warm-up exercises for tennis players, call 610-402-CARE. Don't miss the presentation a Summer Exercise Challenge (details on page 30).

About Those Shoes...

Just as a building needs a solid foundation, a tennis player needs a good pair of shoes. To make sure you get the support you need:

• Choose the right type — namely, tennis or cross-training shoes. They're built wide and cushioned for proper ankle support, with treads designed to grip the court. (Running shoes, by contrast, are thin and light, designed for running straight ahead and not for the lateral movements of tennis.)

• Replace them when needed — If you play tennis regularly, you'll probably need new shoes every three to four months, Salem says. Replace them more often if you're hard on shoes or have uneven wear (see below).

• Check your treads — If your ankles rotate outward or inward, you'll see more wear on that side of the shoe bottom. An orthotic insert may help align the foot in the shoe so it strikes the court evenly.

Stepping into his swing, Orlando Brown warms up by using slow-motion versions of the same moves he'll make during the game.
You and Your Doctor—
A Partnership of Equals

That's what this key relationship is evolving into today

Until recently, nobody doubted who was boss in the doctor-patient relationship. It's built right into our language, says Will Miller, M.D., chair of family practice at Lehigh Valley Hospital and Health Network. “Patient” comes from a Latin word meaning ‘to be reclined,” he says.

But today's patient isn't just lying there following the doctor's orders, the way patients did in ages past. The traditional balance of power is shifting now, say Miller and his colleagues, toward a more equal partnership.

It's partly due to the consumer movement and the explosion in medical research. (Even the best doctor can't be all-knowing anymore.) “But the great equalizer,” says Miller's colleague, internist Zubina Mawji, M.D., “is computer technology. The Internet makes medical information so accessible, people can take more control of their health.”

The changing role of ‘patient'

While some of obstetrician/gynecologist Larry Glazerman's older patients—and a few younger ones—still want a doctor who will tell them what to do, many more come in with their own ideas and a stack of Internet printouts. That's a plus, the Lehigh Valley Hospital and Health Network M.D. says, if their attitude is, “I read this, what do you think?” It's a minus if their mind's already made up.

“You can gain knowledge on the Internet, but not the experience and maturity to distinguish between what could be done and what should be,” says Francis Salerno, M.D., chief of geri-
Enjoying their connection are Will Miller, M.D., and the Thomas family of Allentown—Jay, Mayra and daughter Amanda Arce.

Patients today are expected not only to make up their own mind on treatment but to take more responsibility generally for their health. People with diabetes or heart disease are learning how to manage their condition actively. And opportunities abound to improve your lifestyle by exercising, eating healthy and quitting smoking.

Salerno's office plans to put people in charge of their own medical records by sending home copies of tests and reports regularly. “For our elderly patients, it's a way to keep the whole family better informed and part of the team,” he says. And Glazerman predicts that the pro-active patient will be firing off questions to her doctor by computer before long, enhancing the relationship by freeing up face-to-face time for more in-depth conversation.

The doctor's new role

Doctors coming into this brave new world are a different breed from past generations, Miller says. “In my first years of teaching residents, the issue was helping them feel more humble and less paternalistic. Now, they come in wanting to be friends with their patients.”

A certain amount of friendship is good, he says. “When you ask your doctor, ‘How are you today?’, you humanize him or her and help create partnership.” But the doctor still needs to be able to take charge when necessary. “I tell my patients early in their pregnancy that if something unexpected develops during labor, they're going to have to trust my judgment,” Glazerman says.

The doctor's most fundamental role hasn't changed over the years, Salerno says. “It's looking into the person's heart, listening to his or her concerns and responding with respect and understanding. The art of medicine is a balance of scientific knowledge and compassion.”

It's easier when doctor and patient have a history together. “As a young physician,” Mawji says, “I recognize that one of the most important attributes of the doctor-patient relationship is longevity.” How do you achieve that in a fast-changing job market where the new health plan often means a new doctor?

“The physician has to come more than half way,” Glazerman says. “Building a close partnership is tougher in times like these, but it's what life is all about. We are people caring for people.”

Want to Know More about how to talk to your doctor or how to find the right doctor for you and your family? Call 610-402-CARE.

Creating Partnership — What You Can Do

- Recognize that medicine is an art and there is no one "right" answer.
- Do your homework, but give your doctor the benefit of the doubt.
- Trust your doctor when the chips are down.
- Be honest about your lifestyle habits, whether you're following treatment instructions, etc.
- Be patient about delays; someone may have a more serious problem than yours.
- Speak up if you feel you're not being treated respectfully.
- Get to know your doctor as a person.

610-402-CARE • www.lvhhn.org • Healthy You 9
Your Traveling Medicine Chest

Going on a trip this summer? Here's how to handle your medications safely, from registered pharmacist Jay Needle of Lehigh Valley Hospital and Health Network...

- Pack a supply of your normal medications in their original containers (for easy identification). Bring enough to last the entire trip plus a bit extra in case of an unexpected delay.
- Keep medication with you, not in checked luggage.
- Keep your doctors' phone numbers and a list of all prescription and over-the-counter medications and dietary supplements with you at all times.
- Wear a medical information bracelet if needed.
- Have your health insurance card with you (and check on international coverage if traveling abroad).
- Store medicines in a cool, dry place. Heat and humidity can affect potency.
- Check labels for warnings on how medicines may increase your sensitivity to sun and heat.
- If you suffer from allergies, ask your doctor or pharmacist about how to manage the condition when traveling.
- Make sure your tetanus shots are up to date, and get any needed immunizations if traveling overseas.
- If you need to purchase an over-the-counter medication while traveling, read the label and follow directions carefully. (Have the pharmacist help you if it's in a different language.) Always check packaging for signs of tampering.

Want to Know More about safe and healthy travel, including how to reduce jet lag? Call 610-402-CARE. Don't miss the presentation Brown Bag Your Meds (details on page 27).

Take-Along First-Aid Kit

- Medicine for diarrhea, upset stomach, cough and cold
- Pain reliever
- Decongestant or antihistamine
- Antiseptic ointment/spray
- Bandages, gauze pads and tape
- Scissors
- Tweezers
- Thermometer
- Sunscreen and lip balm
- Anti-itch lotion/cream

Take-Along First-Aid Kit
Playing bingo in Florida may not be your idea of a perfect retirement, but what is? Surprisingly few men can answer that question, says psychiatrist Michael Kaufmann, M.D., of Lehigh Valley Hospital and Health Network. “Many of us, even near retirement, haven’t thought much about it,” he says. That’s a risky way to approach this major life transition.

Whether you’re forced out, choose to leave early or retire at a specific age, “retirement isn’t just saying goodbye to commuting and throwing out the alarm clock,” Kaufmann says. “You’re leaving an identity and a way of being.”

Whether you’re forced out, choose to leave early or retire at a specific age, “retirement isn’t just saying goodbye to commuting and throwing out the alarm clock,” Kaufmann says. “You’re leaving an identity and a way of being.”

While an employed person’s day is outer-directed—shaped by the requirements of the job—a retiree’s must be inner-directed, he says. “You become responsible for how you fill your life, what ‘productivity’ means and how to use all this free time in a meaningful way.”

Ideally you plan ahead, signing up for courses, setting up your workshop or arranging a part-time job. Most men, though, fall short of that ideal. As a result, says internist Eric Gertner, M.D., many of his retired patients feel lost. “For the first time in life, they don’t have a reason to get up in the morning,” he says. Depression may set in, raising their risk of complications from diabetes, heart disease and other illnesses.

Fortunately, it’s never too late to make something positive of retirement. Here are Gertner’s and Kaufmann’s suggestions:

Don’t get stuck in denial. Recognize that the retirement transition is highly stressful.

Find something you love to do—whether it’s golf, travel, consulting or (best of all) a combination—and get out of the house to do it.

Accept help. Having a support network of family and friends is key to a happy retirement. Your doctor is an important resource, Gertner says. Don’t shy away from a short course of antidepressant medication if it’s recommended.

Pay attention to your health. It’s easy to overeat or be careless about eating when you’re home during the day, so plan healthy meals and regular physical activity.

Want to Know More about volunteer or paid opportunities to use your career skills, or about getting along with your spouse after retirement? Call 610-402-CARE.

Part-time work as the court crier keeps “retiree” Alan Raber of Bethlehem busy and connected. The 76-year-old worked 41 years as a news and sports radio announcer for WKAP and WXK. Today, he’s a fixture in Lehigh County court and also a historic tour guide and information specialist for the city of Bethlehem.
Support is crucial, as Brenda Acker knows from long experience. When she got to the finish line in the Women’s 5K Classic, Brenda Acker of Catasauqua spotted her husband, Ron, “with tears in his eyes and a smile on his face.” The 5K Classic supports breast cancer awareness, and running this race was a triumphant moment for Acker; she’s fought the disease, with Ron’s help, for 15 years. “He grabbed me and kissed me,” she says. “At that moment I felt like I could do anything. When you have someone rooting for you, how can you give up?”

Research confirms what Acker felt, says psychiatrist and internist Mary Cohen, M.D., a cancer specialist at Lehigh Valley Hospital and Health Network. “People with cancer need more than just medical treatment,” Cohen says. “Those with a strong support system get through it much more easily.”

Typically, the most important person in that support system is the partner—and there’s no better example than Ron Acker. Through his wife’s six cancer battles, he’s massaged her aches, sat with her through good news and bad, listened when she needed to sound off, and cheered her with flowers, notes and outings. “Cancer either brings you together or tears you apart,” he says. “It brought us closer together.”

Other relatives and friends are also key members of the “care team.” For anyone facing the extreme stress of a cancer diagnosis, hearing, “You’re the same person you always were and I care about you just like always” can make a huge difference.
A triumphant runner, Brenda Acker shows the mementos of the Women’s 5K Classic, which she ran with heartfelt support from husband Ron. The pink gloves and visor were worn by participants who were cancer survivors.

Some specific suggestions:

- **Reach out.** Well-meaning friends often shy away from a person with cancer because they don’t know what to say or do. “If you want to help but don’t know how or feel awkward,” Brenda Acker says, “be honest and say so.” It helps the person just to know you’re thinking of him or her, says clinical social worker Ulla Martz of the John and Dorothy Morgan Cancer Center at Lehigh Valley Hospital and Health Network. “I’ve heard many cancer patients say, ‘This is when you learn who your true friends are.’”

- **Listen.** It’s one of the best things you can do for someone with cancer. “I don’t want people feeling sorry for me, but I do want empathy,” Acker says. A serious disease often prompts a person to look back and review her life, and an interested listener can be vital to this process.

- **Don’t advise.** “Sometimes the spouse will literally push the patient into yet another expert opinion or round of therapy,” Cohen says. “This is really her life and her decision. Some people choose aggressive therapy, others prefer to be home spending quality time with family and friends.”

- **Respect her needs.** If your friend is having a rough day, “just sit and be quiet with her,” Martz says, “or postpone the visit. There’s a fine line between supporting someone and wearing her out. But keep calling. If she isn’t up to it today, it doesn’t mean she won’t welcome you next week.”

- **Go along on appointments.** Coping with cancer diagnosis and treatment can be overwhelming. “It helps tremendously to have a trusted person taking notes, making lists of questions and providing feedback later,” Cohen says. Elderly people with cancer may need a volunteer “manager” to make sure appointments are kept and insurance questions are answered.

- **Don’t forget the rest of the family.** “The patient isn’t the only person going through pain,” Cohen says. “Spouses have their own issues and fears, feelings they can’t ‘unload’ on a very ill partner.” You can help by listening or giving the caregiver a respite. If there are children in the family, Martz says, take them out for a movie or pizza. “Children affected by cancer still need to have a normal life.”

- **Keep in touch after treatment is over.** “In some ways, waiting to see if the treatment will work is the scariest time,” Martz says. “Your friend needs you more than ever.”

*Want to Know More about the personalized support services offered to patients and families by the John and Dorothy Morgan Cancer Center? Call 610-402-CARE. Don’t miss the cancer education programs and support groups (details on page 34).*

610-402-CARE • www.lvhhn.org • Healthy You
1. Purchase produce, and lots of it. Eat fruits, veggies and beans daily to help lower LDL.

2. Steer clear of the cracker aisle. Crackers, cookies and other baked snacks are high in saturated fat.

3. Choose oil carefully. Olive, canola, sunflower, safflower and corn oil are much healthier forms of fat than palm and coconut oil.

Eating to Lower Cholesterol

These 10 dietary steps can help you transform unhealthy cholesterol levels into healthy ones. Your doctor says you need to lower your cholesterol.

Where do you start?

The first step is understanding how cholesterol works. This fatty substance gets a bad rap, but our bodies couldn’t do without it, says family practice physician Nicholas DiMartino, D.O., of Lehigh Valley Hospital and Health Network. “Cholesterol is essential to cell membranes, nerve insulation and the production of some hormones. Your liver also uses it to help digest food.”

After infancy your own body makes all the cholesterol it needs, so you don’t have to consume any more to stay healthy. But it’s hard to avoid foods that contain cholesterol (such as meat, eggs and shellfish) or fat. A diet heavy in those items can cause high cholesterol levels in your blood—and that’s what your doctor is concerned about.

Blood cholesterol comes in two types. “The bad type is LDL (low-density lipoprotein), which leaves fatty deposits on the walls of blood vessels,” says registered dietitian Amy Virus of Lehigh Valley Hospital and Health Network. “The good type is HDL (high-density lipoprotein), which acts like a Roto-Rooter, carrying those deposits to your liver for excretion and actually preventing heart disease.”
How do you reduce LDL and boost HDL? Your doctor may prescribe a medication, but for most people the first steps are regular exercise, quitting smoking (it makes blood vessels more susceptible to deposits) and a heart-healthy diet, DiMartino says. The typical diet recommendation:

- Keep fat below 30 percent of your day's total calories.
- Keep saturated fat below 10 percent.
- Don't eat more than 300 milligrams of cholesterol daily.

How do you achieve that? See Virus' 10 suggestions on these pages.

Foods that can help you lower your cholesterol

- Green leafy vegetables
- Fruits—include the skins
- Fiber-rich foods such as whole grains, oatmeal and pasta
- Legumes and soy products that are low in fat
- Olive, corn and canola oil
- Lean meat, roasted or baked without the skin
- Low-fat dairy products

Want to Know More? To learn more about lowering your cholesterol or for referral to a dietician, call 610-402-CARE. Don't miss the presentations Take Charge of Your Heart Health and Exercise for Life (details on pages 27 and 28).

Don't assume you're off the hook just because you're on medication. Cholesterol-lowering drugs can't do it all; you still need to follow a healthy diet.
Do I Have ENDOMETRIOSIS?

This painful condition isn’t just menstrual cramps—and it is treatable.

If your periods are so painful they interfere with your life, those “cramps” could be something more. Endometriosis affects millions of women and girls in the United States—and many don’t even realize they have the condition.

What is endometriosis? During menstruation, it’s normal for small amounts of blood and endometrial (uterine lining) tissue to back up into the pelvis, says gynecologist Craig Sobolewski, M.D., director of the chronic pelvic pain program at Lehigh Valley Hospital and Health Network. When your immune system fails to attack stray endometrial cells, they can implant onto the fallopian tubes, ovaries, intestines and other pelvic surfaces.

These implants respond to fluctuating hormones just as endometrial cells in the uterus do. They build up and break down during the month, often leading to inflammation and scarring.

The classic symptoms of endometriosis are severe monthly pain, pain with intercourse and infertility. Many women also experience fatigue, bloating, lower backache, painful urination or bowel movements, diarrhea, constipation or nausea.

How do you know if the discomfort you feel is actually endometriosis?

“Severe cramps that don’t respond to common menstrual pain medications and birth control pills are a sign of the condition,” Sobolewski says. “Family history is another indicator. If you have a mother or sister with endometriosis, your risk is increased tenfold.”

If you suspect endometriosis, don’t put off talking to your doctor. Studies show that many women delay doing so for years, and “the more severe it becomes, the harder it is to treat,” Sobolewski says. “We have good methods for relieving the pain of endometriosis, but early intervention is the key.”

Want to Know More? For details on the chronic pelvic pain program or for a referral, call 610-402-CARE. Don’t miss the presentation Endometriosis—More Than Cramps (details on page 31).
Boosting the Value of Your Mammogram

With mammograms, what counts most isn’t the quality of the picture but what the doctor sees in it. Now, radiologists have a new, high-tech tool to help them interpret mammograms and detect breast cancer at the earliest and most curable stage. It’s a computer-aided detection system called ImageChecker, and it’s coming to Lehigh Valley Hospital soon.

“Quality mammography (low-dose breast X-ray) is our best method for early breast cancer detection,” says John Pearce, M.D., chief of mammography at Lehigh Valley Hospital and Health Network. “Because of the complex nature of breast tissue and the subtle signs of cancer, reading a mammogram is not easy. Studies show that a significant number of breast cancers go undetected because of oversight.”

ImageChecker helps solve that problem by flagging suspicious areas on the mammogram. Drawing on a database of 30,000 cancers, it digitizes and analyzes the image, identifying subtle features that may be associated with cancer. At the push of a button, the radiologist views the processed images to see if there are any areas that need a second look. “In effect, the system works like a spell-checker for medical images,” Pearce says.

Research shows that ImageChecker can detect up to 20 percent more cancers in their earliest stages than mammography alone. “It will help thousands of women whose cancer might not otherwise be found until the next year’s mammogram, when the tumor could have doubled in size,” Pearce says.

You can access ImageChecker through any of the five Breast Health Services locations of Lehigh Valley Hospital (see page 37). The system goes into operation this summer—but if you’re planning a mammogram before then, don’t delay it, Pearce says. “No matter when or where your mammogram was done, you can request that it be sent to ImageChecker for added interpretation.”

Want to Know More? To learn more about breast cancer risk or to schedule a mammogram, call 610-402-CARE. To see whether you qualify for a free mammogram, see Give the Gift of Health on page 2.

How the ImageChecker system works:

**Step 1** – The mammogram is loaded into ImageChecker, which marks any suspicious areas.

**Step 2** – These marked images are sent to a display unit (shown here).

**Step 3** – First, the radiologist looks at the original mammogram for signs of cancer.

**Step 4** – Then, the radiologist presses a button to view the ImageChecker version of the mammogram with markings.

**Step 5** – The radiologist re-examines the original and modifies his findings when appropriate.

The American Cancer Society recommends a screening mammogram and professional breast exam every year for women age 40 and over.
Alice was taking her daughters on a much-anticipated outing when part way through the concert, her eyes suddenly filled with tears. Overcome by weeping, she had to run to the restroom to collect herself.

It was a symptom Alice knew all too well. At a certain point in each menstrual cycle, the normally calm 37-year-old would experience storms of emotion. “I would cry or get angry for no reason—it was like a chemical rage in my body,” she says. “A few days later, as fast as it came it would blow away.”

Her family coped as well as they could, reminding each other that “Mom's having a rough day.” But Alice dreaded the pattern. “I'd get extra anxious beforehand, which just made it worse,” she says. She eliminated the possibility of clinical depression. But it wasn’t until she finally brought up the problem with her gynecologist that she learned what was actually wrong: premenstrual dysphoric disorder, or PMDD.
"PMDD is a relatively new diagnosis," says Alice's physician, Patrice Weiss, M.D., of Lehigh Valley Hospital and Health Network. "Researchers have learned that female hormones can affect the chemical activity in the brain, producing emotional symptoms similar to depression but tied to the menstrual cycle."

A large majority of menstruating women have physical or emotional symptoms (see list below) before their period, Weiss says. "Normally the symptoms are mild. In up to half of these women, they're serious enough to qualify as premenstrual syndrome (PMS). About 5 percent have symptoms so severe they interfere with daily functioning. That is PMDD."

PMDD doesn't occur during pregnancy and seems to affect women in their 30s and 40s more than in their 20s. Before she had her children, Alice suffered painful premenstrual headaches and mood swings, which she blamed mistakenly on birth control pills. The problem vanished during her pregnancies, but flared up after the birth of her second daughter.

Embarrassed, she delayed talking to Weiss. "You think you should be able to control your emotions," she says. It was "a huge relief" to find that she wasn't alone, the problem had a name, and it could be treated with an antidepressant. "The SSRI family of antidepressants relieve the symptoms of PMDD by raising the level of serotonin in the brain," Weiss says. "That appears to be the brain chemical most involved in PMDD and PMS."

The first month on medication, Alice was amazed when her dangerzone days came and went before she ever realized it. "It was the first time in a long time I felt like myself for the whole month," she says.

Alice encourages every woman with symptoms like hers to seek help. "I was uneasy at first about taking medication," she says, "but it's helped me a great deal. This condition isn't just 'that time of the month.' It's something more, and it can be treated. Don't hold back from talking to your doctor!"

Want to Know More? For a detailed monthly symptom-tracking chart or to connect with other women with PMDD, call 610-402-CARE.

"Alice is a Lehigh Valley woman who was happy to share her experiences but preferred that her real name not be used.
Welcome to Vitality Plus!
This membership program from Lehigh Valley Hospital and Health Network provides you with health education, special events, discounts, hospital amenities and more.

There are two ways to join Vitality Plus...
- **GOLD Membership** at $20 a year (individual or couple) gives you the full range of program benefits.
- **Community Membership** at no cost gives you a sampling of benefits.

See the full summary below. Then choose which type of membership you want and call today for your Vitality Plus membership card. Even for the no-cost Community Membership, you need a card to be able to use your benefits!

To join today, call 1-888-584-PLUS (7587) or use the handy enrollment form on page 36.

**GOLD Member Benefits** $20/year individual or couple

- **Health and Education**
  - Newsletter
  - Exercise classes at reduced rates
  - Workshops and seminars at reduced rates or free
  - Medical emergency card
  - Health plan and insurance claims counseling

- **Hospital Amenities**
  - Phone card
  - Cafeteria coupons

- **Social Events**
  - Special Vitality Plus events at reduced rates
  - Dining club
  - Dance lessons at reduced rates
  - Volunteer opportunities

- **Discounts**
  - Long-term care insurance
  - Eyewear
  - Pharmacy
  - Hearing care
  - Travel
  - Medical equipment
  - Local health clubs

**Community Member Benefits** Free

- **Health and Education**
  - Newsletter
  - Health plan and insurance claims counseling
  - Invitations to special events
  - Cafeteria discount
  - Workshops and seminars
  - Local health clubs discount

Vitality Plus is a program of Lehigh Valley Hospital and Health Network in partnership with participating physicians.
Pumping iron (and loving every minute), Russel Rudakiewicz of Macungie boists a barbell in the Over 50 Strength and Conditioning Program at Trexlertown Fitness Club. Read his story on page 23.
"Remarkably better" is how David Caccese, M.D., says he feels after a one-hour bike ride at the end of the day. For the Lehigh Valley Hospital and Health Network internist, a daily workout is a great way to relieve stress—and just one of many ways physical fitness can improve your health.

"Regular exercise helps you feel better and live longer," Caccese says. "It improves cardiovascular function so your heart works more efficiently, and it's clearly helpful for weight loss."

For those with diabetes or hypertension, regular workouts can help control blood sugar and blood pressure, reducing the amount of medication needed to treat these conditions, Caccese says. Exercise also improves the flow of blood and oxygen to your muscles and joints, keep-
ing your body toned and fit regardless of age.

Finally, working out can be a great way to get out and meet people whose physical condition and motivation are similar to yours. If you’re over 50 and have been inactive, Caccese suggests you talk to your doctor before starting an exercise program to make sure the program is safe and healthy for you.

**Want to Know More?**
For information about the Positive Lifestyles program, call 610-402-CARE. Don’t miss exercise and movement classes for all fitness levels (details on pages 27-30).

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**Vitality Plus Member Benefit**
Membership in Vitality Plus can make exercising affordable. All Vitality Plus members receive discounted initiation fees at many local health clubs. And GOLD members can take Exercise for Life classes at Lehigh Valley Hospital at reduced rates. For more information, call 610-402-CARE.

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**It lowered Charles Groman’s drugstore bill—and brought new friends**

**Health benefits are just one reason**
Charles Groman of Allentown (shown here with instructor Ginger Coleman) enjoys his Exercise for Life class. Three nights a week for the last three years, Groman, 70, and his wife, Ruth, have combined 30 minutes of aerobics with 30 minutes of light weights. The routine has helped the former open heart surgery patient control his weight, build strength and flexibility, and even reduce his medication for high blood pressure. “But it’s also a fun night out for us,” says Groman. “We’ve made friends with the rest of the class and often go out afterward.”

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**It keeps Russel Rudakiewicz looking and feeling great**

After exercising his whole life, something happened when Russel Rudakiewicz of Macungie turned 50. He got bored. The 55-year-old machinist (also shown on page 21) says he needed structure in his workout routine, so he joined the Over 50 Strength and Conditioning Program. Three nights a week, he heads to the Trexlertown Fitness Club for a vigorous two-hour routine of resistance training and cardiovascular exercise, followed by a relaxing sauna. “I feel much better about myself when I’m in shape,” he says. “Whenever I stop exercising, I feel like I’m depriving myself.”
Treating Bone Loss

When osteoporosis testing reveals a problem, what are your options?

Renee Strauss of Coplay was making all the right moves to prevent osteoporosis. The 56-year-old exercised regularly, watched her calcium intake and had been on hormone replacement therapy since the start of menopause. But tests showed she was losing bone density, making her susceptible to fractures.

There are many possible causes of bone loss, says reproductive endocrinologist Al Peters, D.O., director of Lehigh Valley Hospital and Health Network's metabolic bone team at the Health Center at Trexlertown. The team brings its collective expertise to each patient's test results, identifying the underlying cause and recommending a treatment plan.

In Strauss' case, the problem turned out to be an overactive parathyroid (a tiny gland that helps regulate calcium). She had surgery to correct it. Other diseases also can cause bone loss, and alcohol, tobacco and chronic steroid use raise the risk, Peters says. "The major factor is the decrease in bone-protecting estrogen after menopause."

If your bone density test reveals a problem, take action to avoid painful fractures in the future. Treatment depends on the degree of loss detected by DEXA, the most comprehensive X-ray testing, which compares your bone density at the spine, hip and wrist with that of a healthy 25- to 30-year-old. Here are DEXA scores and what they mean:

- **0 to -1 = normal range.** "Unless you have risk factors, you needn't repeat the test for three to five years," Peters says.

- **-1 to -2.5 = osteopenia (low bone mass).** "To prevent further loss, we would advise hormone replacement or a preventive dose of a bone-rebuilding drug such as alendronate (Fosamax). Repeat the test within two years."

- **Below -2.5 = osteoporosis (bone loss with risk of fracture).** "Again, we'd recommend hormone replacement first. Other options include alendronate, raloxifene (Evista) or calcitonin (Calcimar), with a repeat test in 18 months."

**Want to Know More?** If you're past menopause, you need a baseline bone density test. To schedule one, or for more information on testing and osteoporosis prevention, call 610-402-CARE. Don't miss an Osteoporosis Outreach program (details on page 31).

Painless DEXA testing—technologist Kristi Lalik (front) performs the test for Renee Strauss at the Health Center at Trexlertown.
If you have diabetes, you'd better do more than just say "ouch!" when you bang your shin on the dishwasher door. With this disease, little injuries can soon become stubborn infections.

"People with diabetes often have poor circulation and lack of sensation in the legs and feet, so they can have a hard time detecting and healing cuts and scrapes," says Ginger Holko, R.N., director of the wound healing program at Lehigh Valley Hospital—Muhlenberg. "This raises their risk of infections and other complications, and people with diabetes have a harder time fighting infection." You can minimize your risk with good preventive care like this:

- **Protect your skin.** Diabetic skin is often drier, more brittle and more susceptible to cuts, cracks and other breaks. Use moisturizer daily, always wear shoes, drink plenty of water and get adequate protein, vitamins and minerals.

- **Watch out for sharp corners.** Make a mental note of all potential sources of injury in your house, including the dishwasher door and screen door. They're a frequent cause of scraped knees and other little wounds that can become serious.

- **Avoid hot-water burns.** Because diabetic feet may not feel scalding-hot water, always test the temperature with your hand or arm before stepping into the shower or tub.

- **Prevent pressure sores.** If you're in a wheelchair or bed for long periods, talk to your doctor about pressure points—places such as hips, tailbone and heels, where bones put excessive pressure on skin. Use pillows and other pressure-relief devices to prevent sores. Shifting positions every two hours also helps.

- **Check daily for cuts and scrapes.** By the time you feel a cut or other minor wound, it can already be serious. Examine your feet and legs daily. If necessary, use a mirror or ask for help.

- **Don't ignore any break in the skin.** Keep injuries dry and clean. Call the doctor not only if there's redness or swelling (signs of infection), but for any wound that hasn't begun healing within a week.

Want to Know More? For information on the wound healing program or for a podiatrist's guide to preventing and caring for foot injuries (a special concern for those with diabetes), call 610-402-CARE.
HealthyYou
Health Improvement Classes

Registration required
Class space is limited. You must register in advance for classes. Call 610-402-CARE or see the registration form on page 36 for other ways to register. Healthy You Programs reserves the right to cancel a program or class due to insufficient enrollment. Full refunds will be issued within 30 days.

Evolution of Cataract Surgery
Learn about common misconceptions, symptoms, causes and types of cataracts along with treatment and surgery options. Free near and far vision screenings will be provided by the Association for the Blind and Visually Impaired 6-6:30 and 7:30-8 p.m.
Free
- Tuesday, June 12; 6:30-7:30 p.m.
Class meets at 17, School of Nursing, Auditorium and Parlor A.
Masayuki Kosai, M.D., ophthalmologist
Staff from Association for the Blind and Visually Impaired

Preventing Problem Diabetic Wounds
Learn how to prevent diabetic wounds, provide care and promote healing. Screenings will be done by the wound healing program staff following the presentation.
Free
- Thursday, May 24; 7-8:30 p.m.
Class meets at CC, Classroom 2.
Ginger Hine, R.N., director; wound healing program
Scott Lipkin, D.P.M., podiatrist
See related article on page 25.

55 Alive — AARP Driving Class
Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Reduce your risk of accidents and save money on your auto insurance. A community education service of Lehigh Valley Hospital's trauma department.
Vitality Plus GOLD members • Free;
Non-members • $10 (check made payable to AARP)
- Wednesday and Friday, June 6 and 8; 9 a.m.-1 p.m.
- Tuesday and Thursday, July 24 and 26; 5:30-8:30 p.m.
Classes meet at 17, School of Nursing, Auditorium.

Your Future in Social Security
What benefits can you expect when you retire? Social Security experts explain how the program works, how monthly payments are computed and what the future holds. Bring your questions!
Free
- Thursday, May 17; 7-9 p.m.
Class meets at 17, Auditorium.

Internet Ambassadors
Call today for a free, confidential session with an Internet Ambassador, a volunteer trained to assist you search the Internet for health-related information. These free sessions are held in the Health and Library Learning Center, Health Center at Trexlertown. For more information, call 610-402-CARE.
Healthy Eating

Take Charge of Your Heart Health

Is your blood pressure or cholesterol too high? Learn about the latest diet and lifestyle factors to help you live a more heart-healthy life. We'll provide lifestyle strategies to lower your cholesterol and/or blood pressure.

$10
- Tuesday, May 22; 6:30-8 p.m.
- Thursday, July 12; 10-11:30 a.m.
Class meets at CC, Classroom 1.
- Thursday, June 14; 10-11:30 a.m.
- Tuesday, June 26; 6:30-8 p.m.
Class meets at TX.
See related article on page 14.

Reinventing Meals With Soy

Soybeans are among the most versatile foods in the world. Learn about the variety of soy products and the health benefits of including them in your diet. Taste-test soy for the first time or introduce yourself to some new products.

$15
- Monday, June 18; 6:30-8 p.m.
Class meets at MUH—Baek, Rooms 1 and 2.
- Thursday, June 21; 6:30-8 p.m.
Class meets at CC, Classroom 1.
Amy Vivas, registered dietician

Health Awareness

Changing for Good

Start an exercise program, quit smoking, lose weight, manage stress, eat healthier — if you’ve tried and failed at behavior changes, take heart. You don’t have to fail next time. This class offers five ways to keep moving forward toward your behavior change goals.

$10
- Monday, June 11; 7-8 p.m.
Class meets at CC, Classroom 1.
Gregory Salem, certified lifestyle counselor

Worksite Wellness Programs

Bring the gift of health to your employees. Lehigh Valley Hospital and Health Network offers programs at your place of business. The Worksite Wellness programs focus on nutrition, exercise, stress management and self-care. The following classes can be offered during a lunch-break or before or after the work day. To learn more, call 610-402-CARE.

Personal Wellness Profile
- Gentle Yoga • See page 29
- Everyday Tai Chi • See page 29
- Body Rolling • See page 29
- Summer Exercise Challenge • See page 30
- Changing for Good • See below, left

Brown Bag Your Meds NEW

Bring in your medications and we’ll review them and check their expirations. We’ll also discuss the use and misuse of over-the-counter medications, their cost, generic vs, brands, and how to talk to your health care provider and choose a pharmacy.

Free
- Tuesday, May 15; 1-3 p.m.
Class meets at CC, Morgan Cancer Center, Conference Room 1B.
- Thursday, June 21; 6-8 p.m.
Class meets at CC, President’s Room.
Staff of Health Spectrum Pharmacy
See related article on page 10.

Exercise and Movement

Balanced Fitness

Using an air-cushioned exercise ball, this versatile workout will strengthen your back, chest and abs, and help to develop greater stability and balance. A perfect fit for beginners and cross-trainers.

6 classes • $30
- Tuesdays, June 19; 8:45-7:45 p.m.
(first session)
Class meets at MUH—Baek, Rooms 1 and 2.
- Thursdays, June 21; 9-10 a.m. (first session)
- Thursdays, June 21 6:45-7:45 p.m.
(first session)
Class meets at TX.

To register, call 610-402-CARE Healthy You 27
Classes for Adults

If you’ve neglected physical activity, these classes are a great way to get started. Offered at various times; for information and a registration form, call 610-402-CARE.

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

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

Monthly fees:
$22 for unlimited 30-minute classes at any location ($18, Vitality Plus GOLD members) or
$29 for unlimited 60-minute classes at any location ($24, Vitality Plus GOLD members)

Locations:
• Health Center at Trexlertown
• Lehigh Valley Hospital—Muhlenberg
• Whitehall Township, Zephyr Park

How Do I Get There?

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

Lehigh Valley Hospital and Health Network Locations
CC • Lehigh Valley Hospital, Cedar Crest & I-78, Allentown
17 • Lehigh Valley Hospital, 17th & Chew Streets, Allentown
MUH • Lehigh Valley Hospital—Muhlenberg, 2545 Schoenersville Rd., Bethlehem
MUH—Banko • Lehigh Valley Hospital—Muhlenberg, Banko Community Center, Westgate Drive, Bethlehem
2166 • 2166 S. 12th St. Allentown
TX • Health Center at Trexlartown, Trexler Mall, Rt. 222 Trexlartown
PN • Pointe North, 190 Brodhart Rd., Suite 105, Bethlehem

Community Locations
Whitehall Township, Zephyr Park
Schultz Ave. and Campus Dr.

Staying Strong
Strength-building, resistance training and range-of-motion activities improve muscle tone and slow down bone density loss. This exercise prescription will improve the effects of arthritis and osteoporosis.

12 classes for 6 weeks • $30
• Wednesdays and Fridays, June 20:
  10:15-11:15 a.m. (first session)
Classes meet at TX.

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

Free
• Saturday, June 2; 1-2 p.m.
Class meets at TX.
• Wednesday, July 11; 10:30-11:30 a.m.
Class meets at Zephyr Park.
See related article on page 14.

Dance, Dance, Dance
Learn to cha-cha, waltz and line dance, taught to the oldies, big band, country and top-40 music. It’s an exercise experience combined with fun.

4 classes • $20 per person or $35 per couple
• Wednesdays, June 6; 8-9 p.m. (first session)
Class meets at TX.
• Tuesdays, June 12; 8-9 p.m. (first session)
Class meets at MUH—Banko, Rooms 1 and 2.
Workouts for the purpose of enriching the body, mind and spirit

Chi Kung **NEW**
Chi Kung (quigong) uses the mind in coordination with the breath and body to stimulate the flow of energy and enhance well-being. Join six sessions that will help improve circulation, blood pressure, immunity and strength.
6 classes • $48
• Tuesdays, June 26; 4:45-6 p.m. (first session)
Classes meet at CC, Morgan Cancer Center, Atria Cafe.

Partner Yoga **NEW**
Bring your partner and learn to harmonize, destress and have fun while enjoying the benefits of yoga together.
$40 per couple
• Saturday, July 14; 11 a.m.-12:30 p.m.
Class meets at TX.
Synthia and Michael Angelone, yoga instructors

Gentle Yoga
Your health will benefit from breathing, stretching, strengthening and destressing. The focus is to relax and to go at your pace with this yoga.
6 classes • $48
• Mondays, June 4; 6:45-8 p.m. (first session)
• Thursdays, June 7; 10:15-11:30 a.m. (first session)
Classes meet at TX.

Vigorous Yoga
Expand your practice of hatha with a series of intense yoga postures done in succession. This class can help develop strength as well as flexibility.
6 classes • $48
• Mondays, June 4; 8:15-9:30 p.m. (first session)
Classes meet at TX.

Fundamentals of Tai Chi
An introduction to the basic movements and techniques of everyday Tai Chi. Realize for yourself the many benefits of this ancient art of moving: improved balance and coordination, increased muscle mass and endurance. Wear comfortable clothing.
$20
• Saturday, June 2; 11 a.m.-12:30 p.m.
Class meets at TX.

Everyday Tai Chi
Slow graceful movements improve balance, strengthen legs and regulate blood pressure. Tai Chi is especially suitable for the health-conscious and/or those with busy lives who want to relax.
6 classes • $48
• Mondays, June 25; 10:15-11:30 a.m. (first session)
• Tuesdays, June 26; 6:45-8 p.m. (first session)
Classes meet at TX.
• Thursdays, June 28; 6:45-8 p.m. (first session)
Classes meet at Muh—Banko, Rooms 1 and 2.

Body Rolling
This is a non-exercise class, combining the relaxing, pleasurable effects of massage with the toning effects of exercise. This whole-body workout will release tension, stretch muscles, increase blood flow and promote healing. Wear comfortable clothing.
$15
• Saturday, June 9; 11 a.m.-1 p.m.
Class meets at TX.

LEHIGH VALLEY MALL—upper level
Blood Pressure Screenings—Free
Tuesday, May 15 8:30-10 a.m.
Tuesday, June 19 8:30-10 a.m.
Tuesday, July 17 8:30-10 a.m.

LEHIGH VALLEY HOSPITAL—MULLENBERG—
BANKO, ROOM 4—
Lipid Profile Screening—$18.50
Accurate and fast results are available in five minutes. This non-fasting cholesterol screening provides readings for total cholesterol, HDL, triglycerides, LDL, VLDL, and calculates a total cholesterol and HDL ratio. Results will be explained by a health professional. Appointments are required; call 610-402-CARE. Must be 18 or older.
Tuesday, May 22 11:30 a.m.-2:30 p.m.
Tuesday, June 26 11:30 a.m.-2:30 p.m.

To register, call 610-402-CARE Healthy You 29
Workouts for the purpose of athletic challenge

Summer Exercise Challenge  NEW
Challenge yourself to learn more about exercising safely during the summer. Tips include proper warm-up and stretching, hydration, shoe selection and more. Develop your personalized plan of action.
$10
• Thursday, June 14; 6:30-7:30 p.m.
Class meets at CC, Classroom 1.
• Monday, June 25; 6:30-7:30 p.m.
Class meets at MUH—Banko, Rooms 1 and 2.
See related article on page 6.

PUMP
This cutting-edge group workout will strengthen your body and produce incredible results. PUMP uses a variable of light barbell and selected weight plates to work every major muscle group in the body. Designed for all adult ages and fitness levels.
6 classes • $55
• Saturdays, May 19; 9:45-10:45 a.m.
(first session)
• Wednesdays, May 23; 6:45-7:45 p.m.
(first session)
• Saturdays, July 7; 9:45-10:45 a.m.
(first session)
• Wednesdays, July 11; 6:45-7:45 p.m.
(first session)
Classes meet at TX.
• Wednesdays, July 11; 5:30-6:30 p.m.
(first session)
Classes meet at MUH—Banko, Rooms 1 and 2.

Cardio Kickboxing
Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance and cardiovascular power. Wear loose clothing that allows freedom of movement.
12 classes for 6 weeks • $48
• Tuesdays and Thursdays, June 5; 8:15-9 p.m.
(first session)
Classes meet at TX.

Mind and Body

Mindfulness-Based Stress Reduction  NEW
Learn deep relaxation through yoga and mindfulness meditation. This group approach is effective in reducing everyday stress, chronic anxiety and chronic pain. For information on fees and insurance options, call 610-402-CARE.
Eight weeks
Thursdays, June 7; 7-9 p.m. (first session)
Classes meet at MUH—Banko.
Susan Wiley, M.D., psychiatrist
Joanne Cohen-Katz, M.D.

Massage Therapy

Pain-Relief Massage  NEW
This medically focused massage will help relieve pain or numbness associated with carpal tunnel syndrome, frozen shoulder, severe headaches or TMJ.
$70 per 75-minute session
Sessions held at TX, MUH—Banko and 2166.

Seated Chair Massage
Using a portable massage chair, our therapists will massage the head, neck, shoulders, back and arms.
$20 per 15 minutes
Sessions held at TX and MUH—Banko.

ASSAGE MADNESS
May
We’re celebrating Mother’s Day all month — $5 off any 30-minute relaxation, aromatherapy or foot massage on Tuesdays and Thursdays.

June
Get your feet ready for summer — $5 off any foot massage.

July
Take a midday siesta — $5 off any relaxation or therapeutic massage between 11 a.m. and 3 p.m.
For more information, call 610-402-CARE.
Does not apply to gift certificates.
Foot Massage
A systematic massage of the feet concentrating on the reflex points to balance energy and reduce stress. Stretching, range-of-motion, compression and Swedish massage are used.
$35 per half-hour
Sessions held at TX, MUH—Banko and 2166.

Aromatherapy Massage
A light massage of the back using aromatic oils, moist heat and Swedish massage. The four types of oils used will promote relaxation, stress relief, invigoration and meditation.
$35 per half-hour
Sessions held at TX.

Individual Massage Therapy
Massage therapy improves circulation, relaxes the muscles and soothes the body and mind. It's a great way to nurture yourself.
$35 per half-hour session
$50 per one-hour session
$70 per 90-minute session
Sessions held at TX, MUH—Banko and 2166.
All massages provided by certified massage therapists

Women Mentoring Women: Exploring Career Choices and Changes NEW WORKSHOP
Today's career woman faces many choices that affect how fulfilling her work will be. Learn how to make a career transition, follow your entrepreneurial spirit, be a workplace leader, keep up with technological trends and polish your professional image.
Free • Lunch provided
• Wednesday, June 20; noon-5 p.m.
Diane L. Sheridan, Air Products and Chemicals, Inc.
Mary Kisson, career consultant
Barbara Roberts, computer education trainer
Cindy Hunter, image consultant
Entrepreneur panel facilitators: Sally Hendlin, Small Business Development Center, Lehigh University
See related article on page 2.

Depression and Childbearing NEW
One in 10 women experiences serious depression after childbirth or the loss of a newborn or a pregnancy. Specialists—one of whom had postpartum depression—discuss psychiatric and sociological aspects, the patient's perspective and treatment options.
Free
• Monday, June 18; 7-8 p.m.
Class meets at MUH, Behavioral Health Science Center.
Judith Lasker, Ph.D.
Susan Wiley, M.D., psychiatrist
Judith Szarek, management consultant

Endometriosis — More Than Cramps
Endometriosis affects nearly 5.5 million women in the United States. Learn more about what it is, if you are at risk, how it is diagnosed, and the latest treatments, resources, research and the pelvic pain program.
Free
• Wednesday, May 30; 7-8 p.m.
Class meets at CC, Classroom 1.
Craig Sobolewski, M.D., obstetrician/gynecologist
See related article on page 16.

To register, call 610-402-CARE Healthy You 31
**Healthy You Classes**

**Parenting**

**Creating Sanctuary in the Home**  **NEW**

This is a training session ideal for parents and professionals alike to learn how to work with and improve the lives of young children.

**Free**

- Wednesday, June 13; noon-2:30 p.m.
- Class meets at MUH—Banko.
- Training Institute of Early Head Start

**Childbirth and Newborn Care**

**Postpartum Massage**  **NEW**

This medically focused massage helps a new mom’s physical well-being, and also provides time to relax and help for postpartum blues.

- $70 per 75-minute session
- Sessions held at TX, MUH—Banko and 2166.

**Learn Infant Massage**

Combining touch with play and caregiving is a nurturing way to interact and bond with your new baby. Learn step-by-step techniques to help relax your baby. Excellent for babies 2 weeks to 3 months old.

- $15
- Friday, June 12; 10:30-11:30 a.m.
- Class meets at TX.
- Saturday, July 14; 10:30-11:30 a.m.
- Class meets at MUH—Banko.

**Maternity Tours**

Expectant parents/family members can tour the Center for Mother and Baby Care at Lehigh Valley Hospital, Cedar Crest & I-78. Adult and sibling tours are available.

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

**Prepared Childbirth (Lamaze) Series**

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

- $90
- For further information, call 610-402-CARE.

**Breastfeeding Classes**

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

- $25
- Class meets at 17, Auditorium.
- For further information, call 610-402-CARE.

**One-day Lamaze**

Same topics as Prepared Childbirth Series (see left), geared for couples whose schedules won't accommodate a seven-week course. Newborn care not included.

- $125 includes continental breakfast and lunch.
- For further information, call 610-402-CARE.

**“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
- Class meets at 17, Auditorium.
- For further information, call 610-402-CARE.

**Refresher Lamaze Class**

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

- $30
- For further information, call 610-402-CARE.
Disease Prevention and Care

Living With Kidney Disease

This two-session Renal Education Enhancement Program (REEP) focuses on the treatment of kidney disease and how patients and their families can cope with the dietary, financial and psychological/social concern of kidney disease.

Free
• Monday, May 14 and 21; 6-8 p.m.
• Classes meet at CC, Morgan Cancer Center, Conference Room 1B.
• Presented by the Renal Care Team

Spinal and Posture Screening

Poor posture and spinal mechanics can contribute to a variety of musculoskeletal conditions. Learn how chiropractic care may help in these non-pressure screenings.

Free
• Thursday, May 17; 10 a.m.-1 p.m.
• Thursday, June 21; 10 a.m.-1 p.m.
• Screenings at MUH—Banko.
  Christopher K. Amato, chiropractor

Third Annual Celebration for Women With Multiple Sclerosis

This year's program will focus on sexuality issues as they pertain to women with MS.

Free
• Saturday, June 9; 8 a.m.-noon
• Meets at CC, Classrooms 1, 2 and 3.
  Jai Cho, M.D., neurologist
  Lyric Dunning, R.N., nurse-midwife
  See related article on page 4.

Interactive Asthma Educational Workshop

Leave your wheeze at the door. Get your second wind at this adult interactive learning series geared for asthma management. Our audience response system encourages audience participation.

Free
• Thursday, May 17; 7:30-9 p.m.
• Thursday, June 14; 7:30-9 p.m.
• Thursday, July 12; 7:30-9 p.m.
• Class meets at CC, Auditorium.
  Susan Kusman, nurse practitioner
  Daniel Ray, M.D.
  See related article on page 5.

CPR

All CPR classes meet at 1251, Suite 309.

Adult (Course A)

One-person adult heart-saver CPR. Includes clearing a blocked airway.
$30
• Monday, July 2; 7-10 p.m.

Adult-Child-Infant (Course C)

One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing a blocked airway.
3-part course • $50
• Mondays, June 11, 18 and 25; 7-10 p.m.
• Mondays, July 16, 23 and 30; 7-10 p.m.
For more information on achieving CPR provider status, call 610-402-CARE.

Course C Renewal

To attend you must have a current Course C card.
Renewal • $30
• Monday, June 4; 7-10 p.m.

Infant-Child (Course D)

Infant and child CPR and how to clear a blocked airway.
$30
• Wednesday, May 23; 7-10 p.m.
• Wednesday, June 20; 7-10 p.m.
• Monday, July 9; 7-10 p.m.

Seventh Annual Parkinson's Symposium

Join several speakers at this informative session to learn how to deal with various aspects of Parkinson's Disease.

$15 per person includes continental breakfast, lunch and educational materials
• Saturday, Sept. 22; 8:30 a.m.-2:30 p.m.
• Holiday Inn Conference Center,
  Routes 78 & 100, Fogelsville
For information, call 610-402-CARE.

To register, call 610-402-CARE

Healthy You
Cancer Services Education

A monthly series of interactive educational programs for patients dealing with cancer, and their families and friends. To register, call 610-402-CARE.

Journaling: Becoming Healthier Through Writing

Personal disclosure is good for your emotional and physical well-being. Learn what researchers have discovered about how writing can help you cope with personal challenges. Then try your hand at this time-tested technique.

Free
- Thursday, May 17; 7-9 p.m.
  Class meets at CC, Morgan Cancer Center, Rooms 1A and 1B.
  Lorraine Gyauch, R.N., nurse educator

Finding Pearls in the Mud: A Critical Evaluation of Complementary Medicine

How effective are complementary (alternative) therapies—and how do they fit into conventional health care? A board-certified physician highly trained in complementary medicine discusses these questions, the National Institutes of Health categories of complementary medicine, and resources you may find helpful.

Free
- Thursday, June 7; 7:30-9 p.m.
  Class meets at CC, Morgan Cancer Center, Rooms 1A and 1B.
  William G. Kracht, D.O., family physician

Orientation Program for Patients and Families

As you begin cancer treatment, we’ll help you prepare and show you how to manage the unexpected. This service is designed for patients and family and friends — you are encouraged to bring a partner. The first session of the Self-Help Group (see below) will be part of this program.

Free
- Tuesday, May 29; 7 p.m.
- Tuesday, June 26; 7 p.m.
  Meets at CC, Morgan Cancer Center, Rooms 1A and 1B.
  See related article on page 12.

Self-Help Group for Individuals With Cancer

Identify new problems that may be interfering with your peace of mind. Learn coping skills and receive group support. Meets every Tuesday evening for eight weeks.

Free
- Tuesdays, May 29; 7:30-9 p.m. (first session)
  Meets at CC, Morgan Cancer Center, Meditation Room.

Learn More About Cancer Risk

Do you want to know more about your risk, or the risk of someone in your family, to develop breast or ovarian cancer? Lehigh Valley Hospital and Health Network offers a new cancer risk assessment program to the community. For more information, call 610-402-CARE.

Men Facing Cancer Discussion Group

For men dealing with prostate, bladder or genitourinary cancer. Spouses and friends are welcome to attend.

Free
- Monday, June 4; 7:30-9 p.m.
  Meets at CC, Morgan Cancer Center, Room 1B.

GYN Support Group

For women dealing with ovarian, uterine, cervical or other gynecologic cancer.

Free
- Wednesday, June 6; 7:30-9 p.m.
  Meets at CC, Morgan Cancer Center, Suite 114.

Bereavement Support Group

For family and friends who have experienced a loss through death.

Free
- Tuesday, June 12; 7:30-9 p.m.
  Meets at CC, Morgan Cancer Center, Suite 114.

Support of Survivors

Support of Survivors (SOS) is a 24-hour telephone helpline for women with breast cancer. SOS is staffed by trained volunteers who are breast cancer survivors. Call 610-402-4505.

Adolescent Support Group

For adolescents ages 10-16 facing cancer and their family members.

Free
  Ted Brent, Camelot Children
  For dates, times and location, call 610-402-CARE.

Cancer Services Education courses will not meet during July and August. Meetings will resume in September.
Support Groups

Lehigh Valley Hospital and Health Network offers a variety of support groups for people who share similar experiences, concerns or health conditions. Through special presentations and facilitated discussions, the groups help people cope with the physical, psychological and spiritual aspects of acute, chronic or terminal illness.

Many support groups are tailored to audiences with special needs.

For more information, call 610-402-CARE or visit our on-line searchable directory of support groups and national health organizations at http://www.kickin.org/calendar/support_search.html

Adult Grief Support Group

For those who have recently experienced the death of a loved one, this six-week session offers solace, comfort and caring. Group size is limited; pre-registration is required.

Free
• Tuesdays, June 5; 6:30-8 p.m. (first session)
Meet at MUH, Third Floor Chapel.
Rev. Kathryn A. Wiedel; staff chaplain

Burn Survivor Support Group

The Lehigh Valley Hospital Burn Survivor Support Group meets every two months. For more information, call 610-402-CARE.

Free
• Sunday, June 3; 1-3 p.m.
• Sunday, August 12; 1-3 p.m.
• Sunday, October 14; 1-3 p.m.
• Sunday, December 9; 1-3 p.m.
Meet at CC, President's Room or Classroom 1.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital and Health Network offers a series of programs for adults with diabetes in such areas as diet, exercise, medication, weight loss, insulin pump therapy and home testing. Family members/friends are welcome at no additional charge. Programs and services are now available at TX, CC, 17 and MUH. In addition, a new support group for adults with diabetes meets at 7 p.m. on the third Monday of every month at CC, Classroom 1.

For additional information or for details on a weight loss program for those needing to lose more than 60 pounds, call 610-402-CARE.

Burned by Diabetes?

Do you feel frustrated or overwhelmed with your diabetes regimen? Learn methods to prevent getting burned out and regain control.

$10
• Monday, June 4 and 11; 7-8 p.m.
Classes meet at 17, Helwig Diabetes Center.
Lisa Strobl, social worker

Join Camp Red Jacket

Children with type 1 diabetes can attend one or two days of a fun day camp. Activities, sports and games will be planned around learning carb counting and managing a diabetic diet. The adolescent camp will concentrate on eating out and managing activity schedules with diet.

$25 for both days
Adolecents ages 12+
• Thursday, June 28 and Friday, June 29; 9 a.m.-4 p.m.
Children ages 6-11
• Thursday, July 26 and Friday, July 27; 9 a.m.-4 p.m.
Camps at Cedar Crest College, Allen Center for Nutrition.
Sponsored by the Loretti Fund, Helwig Diabetes Center and the Allen Center for Nutrition
See related article on page 3.

Speakers' Bureau

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

To register, call 610-402-CARE Healthy You 35
Class Registration and Membership Form

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. Choose from a variety of methods for enrolling in other classes. For more information, call 610-402-CARE. Monday-Friday, 8:30 a.m.-4:30 p.m.

BY FAX: 610-402-2295. Use the registration form. Payment by MasterCard, Visa or Discover.

BY PHONE: Call 610-402-CARE. Payment by MasterCard, Visa or Discover.

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

ON THE WEB: Through the Lehigh Valley Hospital and Health Network web site www.lvhhn.org. Go to the calendar of events; use the online registration form. Payment by MasterCard, Visa or Discover.

PARTICIPANT INFORMATION: This section must be completed

Name ____________________________
Address __________________________
City ___________________ State ______ Zip ______
Phone (Home) __________ (Work) ______
Date of Birth _______ Social Security # __________

Are you a Lehigh Valley Hospital employee? Yes _____ No _____
Are you a Vitality Plus Gold member? Yes _____ No _____

TO REGISTER FOR A CLASS: Please refer to the course schedule (pages 26-35) for class title, date/time and fees. Please print.

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

TO BECOME A VITALITY PLUS MEMBER:
Enroll me in Vitality Plus—Healthy Living for People 50 and Over. Please refer to page 20 for membership details.

FREE Community Membership
Vitality Plus Gold ($20/year individual or couple)
Your date of birth __/__/___ Sex M _ F
Spouse's name __________________________
Social Security # ___________ Date of birth __/__/___
Your primary care physician _______________________

PAYMENT INFORMATION: This section must be completed
Make check payable to: Lehigh Valley Hospital
Charge to my credit card □ MasterCard □ Visa □ Discover

CREDIT CARD ACCOUNT NUMBER __________________________
Signature ___________________ Exp. Date __________

PAYMENT: Total amount enclosed: $__________

Any comments concerning this publication may be sent to: Healthy You Attn: Marketing & Public Affairs 1770 Bathgate Drive Bethlehem, PA 18017 or you may call 610-402-CARE.

Visit Lehigh Valley Hospital's web site at www.lvhhn.org.
In publishing *Healthy You*, we rely on the expertise of our primary and specialty physicians at Lehigh Valley Hospital and Health Network.

### Physicians and Services Directory

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*Lehigh Valley Physician Group*
"People said, ‘Why should you be depressed? You have a new baby!’"

JUDY SWARTLEY HAD A SERIOUS BOUT OF POSTPARTUM DEPRESSION AFTER THE BIRTH OF HER SON.

As she learned, this problem isn’t “just hormones.” It’s a clinical illness that affects thousands of new mothers—and help is available at Lehigh Valley Hospital.

We offer a full range of outpatient and in-hospital mental health care for adults and teens, in sites throughout the Lehigh Valley. The latest is our new Behavioral Health Science Center at Lehigh Valley Hospital—Muhlenberg. Our team specializes in problems like postpartum depression, aging-related issues, anger management, communication, grieving, eating disorders, marriage and family problems, violence, and coping with chronic illness.

If you or someone you love is feeling depressed, anxious or overwhelmed by life, please call us.

Take it from Judy Swartley. “I felt like I was lost in a black hole,” she says. “Once I found out what the problem was and began treatment, I was feeling better within days.” To find out more, don’t miss the presentation Depression and Childbearing (see page 31). For a copy of our new publication, Caring for Mind and Body, call 610-402-CARE.

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

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

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- One man's struggle with bipolar disorder ................10

Mental health services available to you—see page 12
In the past decade, science has transformed our understanding of mental illness. New brain research proves what we have known instinctively for years: that mind and body are inseparably linked.

When you suffer emotional stress, it affects the chemicals in your brain and if you are vulnerable, can lead to depression or anxiety.

You can't control this vulnerability any more than you can control your inborn tendency toward asthma, ulcers or heart disease. What you can control are lifestyle choices—for example, exercising to reduce stress—that raise or
lower your risk of problems.

Knowing what we now know, we can diagnose and treat mental illness as successfully as we treat heart disease. This is important because like heart disease, mental illness affects millions.

As you will see in these pages, Lehigh Valley Hospital and Health Network is a leader in mind/body medicine...working hard to provide high-quality, cost-effective, easily accessible care for the people of our region.
It takes me a long time to get upset and a long time to get over it. I've learned that holding things in like that is hard on your heart.

If one of the main causes of stress is coping with health problems, 70-year-old Dean Kemmerer is no stranger to stress. Diabetes, two hip replacement surgeries, two heart attacks and the challenge of kicking alcohol and tobacco—Kemmerer has seen it all. And his wife, Dolly, has been right there at his side.

The Allentown couple, who once owned a bar-restaurant in Coopersburg, are participants today in a research study named LOVAR.* The study aims to find out how well an aggressive program of behavior change—including sticking to a low-fat diet and staying physically fit—works in preventing recurring heart attacks and strokes.

But LOVAR isn't just about diet and exercise. "Negative emotions also play a role in heart disease risk," says Michael Kaufmann, M.D., chair of psychiatry and a consulting physician to the LOVAR study. "Anger, hostility and depression not only make you unhappy, they can kill you. Studies show that a person suffering depression after a heart attack is four times more likely to die in six months."

For this reason, every new LOVAR participant gets a behavioral health screening, followed by treatment for those who need it. Thanks in part to his can-do attitude and supportive partner, Dean Kemmerer didn't need therapy. But like all LOVAR participants, the Kemmerers took intensive stress management classes—and
they've learned a thing or two.

"The first step," says LOVAR administrative director Jane Nester, "is recognizing what causes stress in your life." On Dean Kemmerer's list were frustrations like saying goodbye to dining out, leaving their home for a lower-maintenance apartment, and having to swallow a dozen pills a day. "Sometimes I get so tired of taking medications I'd like to throw the whole pile out!" he says.

Avid walkers in the past, the couple also has had to adjust to Dean's restricted activity. "I used to love to swim in the ocean," he says. Now, his slow walking pace can be frustrating to Dolly. But they're sensitive to each other's needs. "We're a team," Dolly Kemmerer says. "When I need to walk faster, he'll tell me, 'You go ahead.'"

That's a good example, Nester says, of a key point in stress management: letting go of the things you can't control. The Kemmerers have learned to change stressors when they can. "For example, after we moved we kept driving to Lehigh Valley Mall every day to walk," Dean says.

"Switching to Trexler Mall cut our time and traffic by two-thirds." What about the things they can't change? "We're learning to say, 'The heck with it,'" he says.

All the health challenges of recent years have actually helped them communicate better, the Kemmerers say. LOVAR is bringing home the importance of taking charge of your own well-being. "I come from a family where the men die young of heart disease," Dean Kemmerer says. "I'm trying to change that."

*LOVAR (Lowering of Vascular Atherosclerotic Risk) is a leading-edge study funded by the Dorothy Rider Pool Health Care Trust and Lehigh Valley Hospital. For information on how to participate, call 610-402-CARE.

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**Education and Research**

LOVAR is just one example of the active program in research and education at Lehigh Valley Hospital. Our psychiatrists and therapists work with medical students from Penn State University's College of Medicine, conduct lecture series for medicine, surgery and family practice residents, and provide professional education for school counselors.

The psychiatrists also take part in clinical research studies on such topics as new medications for depression and schizophrenia.

They regularly present their findings nationally through the American Psychiatric Association.
The Turbulent Teens
Adolescents suffering from mental illness need special care

Emotional ups and downs are built into the teen years. They are a time of changing hormones and body image, shifting family relationships, and newly emerging life values and goals. If your adolescent is moody and uncommunicative, sleeps until noon and spends hours daydreaming, don’t despair, says Ken Mead, program director of Adolescent Transitions (see next page). There are good reasons why teens act the way they do. Daydreaming, for example, is part of their cognitive development.

But for some young people, moodiness becomes something more serious. Consider these facts:

- Clinical depression affects as many as one in 16 young adults. It’s occurring at younger ages than in the past, and depression that begins in early adolescence often recurs in adulthood.
- Suicide is the second leading cause of death in 15- to 19-year-olds. Young women are more likely to attempt it, young men to complete it.
- Schizophrenia and bipolar disorder (manic depression) are most commonly diagnosed in young adulthood.

Among the other mental health problems common in the teen years are eating disorders, drug or alcohol addiction, and violent tendencies.

In teens as in adults, mental health problems are a matter of brain chemistry and how we react individually to stress, says Jeffrey Knauss, program director of the adolescent psychiatric unit. Some stresses—loss of a loved one, chronic illness—cut across all age groups. But a teen-ager also can be traumatized by not making the sports team, breaking up with someone or just being picked on by classmates. Events like these can trigger a clinical depression.

If your teen-ager shows signs of depression (see page 8) or isn’t able to function well day to day, seek out first-rate mental health care designed for teens. An illness like depression, Knauss says, can seriously disrupt academic and developmental progress. The proper care can make all the difference to a young person’s future.
Adolescent Hospital Care

When a young person has a psychological crisis or threatens suicide, he or she needs highly skilled care. The new Behavioral Health Science Center at Lehigh Valley Hospital—Muhlenberg has a unit designed just for the care of young men and women ages 12 to 18. “We evaluate the young person to see what is the least restrictive, safest way to care for him or her effectively,” says director Bruce Curry. “Inpatient care is for crises, when the patient needs to be stabilized and protected against self-harm.”

The individualized treatment plan typically includes medication; individual, family and group therapy; and rehabilitation activities. Parents are closely involved throughout the process, and an on-site teacher coordinates with the patient's school. The typical stay is eight to 10 days, followed by Transitions (below) or outpatient care.

Want to Know More?

For details on either of the programs described here, or reprints of these recent Healthy You articles on teen health, call 610-402-CARE.

- Understanding Your Teen's Behavior
- Teens and Depression
- Teens in Action: How Young Adults Make a Difference in Their Communities
- Making Your Teen a Safe Driver

'Transitions' for Adolescents

When a troubled teen doesn't need 24-hour care but isn't functioning well enough for outpatient counseling, Transitions is the answer. This program at Lehigh Valley Hospital—Cedar Crest and I-78 provides intensive group and family therapy, medication management and schooling for young people ages 12 to 18. They spend weekdays in the program and go home overnight; length of treatment averages two to three weeks.

“Transitions,” says psychiatric nurse practitioner Denise Gibbs, “is designed to give young people the opportunity to test out their coping skills evenings and weekends, but within the safety net of a highly supportive setting during the week.”
"People say, 'Why should you be depressed? You have a new baby! Pull yourself together!' But you can’t. This is a chemical problem in the brain."

Judy Swartley of Bethlehem had never experienced depression. An engineer and MBA, she didn’t even cry at movies. That all changed after the birth of her son, Derek, in 1990.

Swartley had delayed starting a family to focus on her career. Her diabetes was another complicating factor. "At age 37, a specialist told me, 'It’s now or never,'" she says. The pregnancy was difficult from the start, and in the final weeks became life-threatening: Swartley’s body swelled uncontrollably from water weight gain. After a Cesarean delivery, her condition stabilized, but there was a hint of the depression to come. "I remember sitting up in my hospital bed shaking all over for about five minutes," she says.

Back home, Swartley wasn’t as happy as new mothers are supposed to be. "I had terrible low moods, didn’t want to eat and couldn’t sleep," she says. "I didn’t even want the baby. It was like being lost in a black hole."

Though she didn’t know it, Swartley was not alone. "Baby blues" is a common, short-lived sadness or irritability in the first four weeks after delivery, says psychiatrist Susan Wiley, M.D., and 10 to 15 percent develop a more serious postpartum depression like Swartley’s. The tragedy is that friends and family often downplay the problem. "This is not ‘just hormones;’ it is a clinical illness," Wiley says.

Not wanting to admit she might have depression, Swartley got a list of depression symptoms (see page 8) and decided that since she didn’t have all of them, she couldn’t be depressed. "Besides, I had all this energy," she says. "I walked miles every day and lost 90 pounds in three months. I felt constantly revved-up, despite the fact my body was exhausted."
Swartley finally sought a psychiatrist, and after one mismatch, found Susan Wiley. In diagnosing her problem, Wiley explained that depression comes in high- and low-energy forms. Both are treatable, typically with antidepressant drugs and counseling.

Swartley wasn't sure about medication. But the holidays were approaching, and after weeks of no appetite, she says, “I wanted Christmas dinner!” Normally, antidepressants need a week or two to take effect. Swartley felt better in four days. She felt better still after a few weeks of counseling with Wiley, who helped her overcome a lifelong habit of not talking about feelings.

“Research shows that untreated postpartum depression can affect the entire family,” Wiley says. “I urge women to seek help for baby blues lasting more than two weeks.”

Judy Swartley would second that. A thriving management consultant today, she's writing a book on postpartum depression with Wiley and another colleague. Looking back, she feels regret that she “never got to experience the joy of mothering a newborn.” But the experience strengthened her, too. “I’m much more empathetic to people with mental illness. I never could have imagined how terrible depression makes you feel, and I’ll tell that to anyone.”

Paying for Mental Health Treatment

Insurance coverage of mental health treatment lags far behind that for other illnesses. “People have to pay more for it, if their plan even gives them the option,” says chair of psychiatry Michael Kaufmann, M.D. “And reimbursement is often more limited than for a physical illness.”

The situation improved in 2000 for those on medication, thanks to the Pennsylvania Parity Act. Kaufmann hopes the disparity will be corrected for all patients. “Studies show that equalizing coverage—giving mentally ill people the treatment and support they need—would save so much in medical and other costs down the line, it would yield a net economic benefit of more than $2 billion.”

Want to Do More? Urge your congressional representatives to equalize mental health coverage. For names and addresses, call 610-402-CARE.
Preventing Depression

Nearly one in five people will experience depression in his or her lifetime. Your risk is higher if there is depression in your family, you have a chronic illness or you’re coping with highly stressful life events such as divorce, job loss or the death of a partner.

You can’t always prevent depression, but you can certainly improve the odds by taking care of yourself in the ways described below. It’s not easy to make time for self-care, but it’s an investment well worth making—for yourself and the ones you love.

- **Exercise regularly.** Among all its other health benefits, exercise is a great stress reliever. Aim for 30 minutes of physical activity a day. One of the cheapest, easiest and most effective forms of exercise is brisk walking; all you need is a good pair of shoes.

### Symptoms of Depression

If five or more of these symptoms last more than two weeks, call your doctor or a mental health professional.

- Loss of interest in activities you used to enjoy
- Sadness, hopelessness and hopelessness; crying spells
- Significant change in sleeping or eating patterns; significant weight loss or gain
- Agitation and irritability
- Fatigue, lack of energy
- Low self-esteem
- Impaired thinking, memory or concentration
- Loss of interest in sex
- Frequent vague physical complaints such as headaches, digestive problems
- Thoughts of or talk of death or suicide

**Want to Know More?** Depression can be hard to recognize in children, teens and the elderly. For more information on these groups, or for a list of local mental health resources, call 610-402-CARE.
• **Get a good night’s sleep.** Feeling tired makes it harder to cope with stress. Set a schedule and stick with it. A warm bath before bedtime can help you relax.

• **Follow a healthy diet.** Eating regular meals, especially breakfast, has been shown to improve mood. Include a variety of foods for good nutrition and make sure you’re getting enough vitamin E and vitamin B-12. Keep your weight under control; obesity can contribute to depression, especially in women.

• **Avoid alcohol, drugs and nicotine.** New studies show these substances can contribute to depression and anxiety disorders.

• **Be your own “stress manager.”** When you’re having a high-tension day, take time for your favorite stress reliever—whether it be digging in the garden, listening to music or playing with a child.

• **Stay connected with friends and community.** A strong network helps you weather life’s major changes. Research shows that being an active member of your community reduces the risk of depression.

• **Be good to your mate.** A solid, loving relationship with your significant other has been linked to lower rates of depression for both men and women.

• **Laugh every day.** A sense of humor is one of the hallmarks of mental health. It’s an attitude that lets you see the absurdity in difficult situations, take yourself lightly and maintain a sense of joy in being alive.

• **Pursue your passion.** Losing yourself in a favorite activity—be it collecting stamps, reading thrillers or making quilts—keeps your mind stimulated and lets you concentrate on something other than day-to-day worries.

• **Adopt a pet.** Pets make you laugh, keep you busy and lavish you with uncritical affection. They’ve even been shown to lower your blood pressure.

• **Do things for others.** Feeling blue can make you preoccupied with yourself. The remedy? Reach out and help someone else. It’s as profoundly healing to the giver as to the receiver.

• **Nourish your spiritual self.** Study after study has shown that people who participate in a religious group and highly value their religious faith are at substantially lower risk of depression.

• **If you’re taking any medication,** follow your doctor’s directions to reduce the risk of depression, a side effect of certain drugs.
"This illness runs in families, but I didn't know my brother had it. Sometimes he functioned, sometimes he screamed at you and you let him alone. **Nobody talked about it.**"

The illness is bipolar disorder, and 53-year-old John knows the symptoms well. He was diagnosed with the disease, also known as manic depression, six years ago. Hindsight tells him he's had it since his teens.

"Through high school and college, two marriages and all the careers I drifted through, I would have cycles when I couldn't function normally," he says. "Sometimes I'd get really depressed. Other times I'd feel invincible and work for days and days. Then the cycle would end and I'd be myself again."

This is the characteristic pattern of bipolar disorder, says John's psychiatrist, Laurence Karper, M.D., and a late diagnosis, sadly, is also typical. "Most people with the disease go for years without treatment," Karper says. "It's difficult to diagnose because they tend to seek help in a depressive cycle, when..."
bipolar disorder is easily mistaken for straight depression—and the wrong medication prescribed."

If John hadn’t had a bad manic episode brought on by a family crisis, he might still be undiagnosed. The hyperenergetic feeling of mania, he says, is great up to a point. “But you get too high. Your mind races, you talk too fast, you don’t make sense to anyone but yourself.”

John’s family, friends and doctor all saw he was in trouble, “but even after I was hospitalized I kept saying, ‘You’re wrong! I’m fine!’ I was there two weeks before medication and therapy got me to the point where I could accept I had a problem.”

The key to stabilizing John’s out-of-kilter brain chemistry was the drug lithium. Lithium and related drugs, taken faithfully, “make it possible for people with bipolar disorder to lead completely functional lives,” Karper says. John has regular therapy sessions to work through the emotional issues of living with a mood disorder, and he and his family find support groups very helpful. “You discover you’re not alone,” he says.

People with bipolar disorder also have to avoid habits that could propel their emotions off-course. John has given up caffeine and alcohol. “Two out of three people with bipolar disorder also have alcohol or drug problems,” says Karper, a specialist in this new field of “dual diagnosis.” “It’s an attempt to control their moods—for example, to help them sleep when they’re too manic—but the effect is like throwing gasoline on a fire.”

After his hospitalization, John was fortunate to have a job, family and community to come back to. “It’s that web of connections that allows us to maintain wellness,” he says. Even so, his healing process has been long and gradual. “It took a full year for me to start feeling better,” he says, “and I felt worn out much of the time. It was like putting a puzzle back together after the pieces were spread all over the floor.”
Comprehensive Mental Health Services

- **Psychiatric emergency care**
  Specialists are available for evaluation and crisis intervention 24 hours a day, seven days a week.

- **Inpatient care for adults and adolescents**
  These two separate units at Lehigh Valley Hospital—Muhlenberg are for those whose condition requires a safe, highly specialized environment and 24-hour care.

  **We provide diagnosis and treatment for:**
  - depression
  - anxiety disorders
  - bipolar (manic depressive) disorder
  - stress-related problems
  - chronic pain syndrome
  - post-traumatic disorders
  - sexual disorders
  - eating disorders
  - school adjustment difficulties
  - attention deficit disorder
  - grief and bereavement
  - separation and divorce
  - thought disorders (schizophrenia)
  - tendencies for self-harm

- **Transitions for adults and adolescents**
  These intensive outpatient ("partial hospitalization") programs provide intensive care on weekdays only, for minimal disruption of daily life.

- **Outpatient care**
  Muhlenberg Behavioral Health (see page 13) and The Guidance Program offer individual and group therapy and medication management.
  We also operate two low-income mental health clinics (at Lehigh Valley Hospital—Muhlenberg and at 17th and Chew Streets).

- **Residential rehabilitation**
  These two transitional living centers, located in Allentown, provide varying levels of care and supervision.

- **Home care**
  This service provides psychiatric care to people who are homebound.

- **Psychiatric liaison care**
  Our specialists provide mental health consultation and evaluation for people hospitalized (or in a nursing home) for other medical conditions.

**Want to Know More** about any of these services? Call 610-402-CARE.

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**Reaching Out to the Community**

We help promote the mental health of our community through free depression screenings, lectures and presentations to schools, community groups and the public, and *Healthy You* articles and classes. We have a promising new pilot program with the Allentown Rescue Mission to improve quality of life for homeless people diagnosed with a psychiatric disorder and alcohol or drug disorder. The project is funded by the Dorothy Rider Pool Health Care Trust.
Short-term outpatient care for adults, adolescents and children—that is the focus of this program at Lehigh Valley Hospital—Muhlenberg. "Our clients aren't in the kind of crisis that requires a hospital stay," says director Dave Dylewski. "Rather, they're having difficulty coping with daily life or feeling overwhelmed with nowhere to turn."

For people with depression, anxiety, marital difficulties, effects of trauma or abuse, grief, divorce and other emotional problems, Muhlenberg Behavioral Health offers medication management and individual, couple and group therapy from an experienced team of psychiatrists and therapists. "Most of our clients can be helped back on their feet in 10 to 12 sessions," says Dylewski.

Hours are flexible for working people and most health plans are accepted. The Guidance Program is a similar service at Lehigh Valley Hospital—Cedar Crest and I-78 and at the Health Center at Trexlertown.

For more information or to schedule a confidential evaluation, call 610-402-CARE.
A State-of-the-Art Facility

People who need in-hospital care for mental illness now have a comprehensive resource: the Behavioral Health Science Center at Lehigh Valley Hospital—Muhlenberg. This attractive center brings Lehigh Valley Health Network’s highly specialized team into an integrated, centrally located facility.

The center is state-of-the-art in that it’s designed for both psychiatric and physical care. “More than half of people with a mental illness also have other health problems,” says chair of psychiatry Michael Kaufmann, M.D. “For example, you often see the combination of diabetes and severe depression. Our center is designed for primary and specialty physicians to work alongside psychiatrists in addressing all of the patient’s needs.”

To learn more about our services or for answers to mental health-related questions, call 610-402-CARE.