Cooling and thirst-quenching, it's a key to summer health
Feature Stories

HEALTHY EATING
Are You Eating Enough Fiber? ........................................... 10
Most Americans skimp on high-fiber foods

EXERCISE AND MOVEMENT
Is Walking Enough? ................................................... 1
How-To's for Safe Swimming ........................................... 4
The water's fine, but treat it with respect

MIND AND BODY
Your Vacation Matters .................................................. 3

HEALTH AWARENESS
Are You at Risk for West Nile Virus? ......................... 2
What to Do When You Witness an Accident .......... 3

DISEASE PREVENTION AND CARE
Preventing Kidney Stones ........................................... 7
It's all about water

WOMEN'S HEALTH
Women Smokers Aren't Quitting ................................. 6
Many don't realize how deadly smoking is
Should Every Mother Breastfeed? ....................... 12
The answer is almost always yes

PARENTING
Coping With Puberty .................................................. 8
What's normal, what's not, and how parents can help

AGE 50-PLUS
Welcome to Vitality Plus .............................................. 20
All about membership and benefits
Take Time to Play ..................................................... 16
It's a matter of health as well as fun
Diverticulosis ............................................................ 17
This common condition is easily preventable
Dental Health as You Age .......................................... 18
With proper care, teeth can last a lifetime

HEALTH RESOURCES
Where to Go for More Information ......................... 28
Finding the physicians and services in this issue
Is Walking Enough?

A daily walk can help you lose weight and keep it off more effectively than occasional high-intensity workouts, says Greg Salem, director of Healthy You programs at Lehigh Valley Hospital and Health Network. “Many studies have shown that this kind of moderate, sustained activity works best,” he says. “And summer is a great time to start a walking habit.”

The goal is to get your body burning the calories you take in instead of storing them as fat. To get results, you need to walk at least four or five times a week and preferably every day. “The more frequently you walk,” Salem says, “the more calories you’ll burn.”

Walk briskly for 30 minutes or more (3 miles per hour). “You can divide it up in smaller segments,” Salem says. “And you can substitute active gardening or housework, as long as it all adds up to at least 30 minutes.”

So take advantage of summer’s long daylight hours and start walking. “My favorite time is after dinner, when the heat of the day is over,” Salem says. “Walking improves my digestion, clears my mind and gives me an opportunity to reflect on the day.”

Want to Know More about the LOVAR study (Lowering of Vascular Atherosclerotic Risk), or good places to walk in the Lehigh Valley? Call 610-402-CARE.

Drinking Enough Water

is one of the simplest, best and cheapest ways to improve your health. In this issue, you’ll learn how water helps:

- prevent kidney stones (page 7)
- boost the power of fiber (page 10)
- lower the risk of diverticulitis (page 17)

And if you like playing (and exercising) in water, you’ll learn how to

- swim safely (page 4)

How many times can you find the word “water” in this issue of Healthy You? Add ’em up and call in your number to 610-402-CARE. The first 200 callers with the correct number receive a special gift.
Are You at Risk for the West Nile Virus?

If a mosquito bites you, don't panic. Most do not carry the West Nile virus, says Luther Rhodes, M.D., infectious disease specialist at Lehigh Valley Hospital and Health Network. Carried only by mosquitoes that bite an infected bird, the virus may trigger encephalitis, an inflammation of the brain that can cause fever, headache and confusion.

“The virus occurs rarely and usually causes only mild symptoms, but it can be much more serious in very young infants or adults over age 50,” Rhodes says. Take these summertime precautions to avoid mosquitoes:

- Eliminate anything that may collect water—mosquitoes breed in it.
- Repair screen doors and windows.
- Use mosquito repellent.
- Wear long-sleeved shirts and long pants when outdoors in wooded areas or wetlands.
- Minimize outdoor activities between dusk and dawn.
- Do not keep food outside.

Want to Know More? For a question and answer sheet about the West Nile virus, call 610-402-CARE.

Nominate That Inspiring Woman!

If you know a woman or teen-ager who inspires you with her energy and dedication, nominate her for a Spirit of Women award.

The awards are open to community members in two age categories: age 14 to 21 and age 21 and older.

Remember those who make a difference in the lives of others—your mother, grandmother, daughter, teacher, student, best friend—and call 610-402-CARE for a nomination form.

Breast Health at Hamburg

Have you had your yearly mammogram? If not, you can now receive a screening at a new Lehigh Valley Hospital and Health Network location in Hamburg. The Hamburg Family Practice offers routine mammograms six days a week. For other locations for Breast Health Services, see page 28. Call 610-402-CARE for an appointment.

Pet Now Available—LVHHN now offers a state-of-the-art mobile positron emission tomography (PET) system for early and very accurate detection of cancer and other diseases. The whole-body PET system is the region’s only accredited mobile unit, providing the highest quality images currently available. PET gives information about body chemistry and cell function, which is not a feature of CT, MRI, X-ray or a physical examination. “It will help us identify patients who would benefit from surgery, and also prevent unnecessary surgeries,” says Robert Kricun, M.D., chair of radiology.

Accredited Sleep Center Opens—The newly opened 13-bed Sleep Disorders Center at Lehigh Valley Hospital—17th and Chew is one of the largest single-site centers in the United States, and the first in the region accredited by the American Academy of Sleep Medicine. Some 40 million Americans suffer from chronic sleep disorders. LVHHN has provided diagnosis and treatment for 20 years, with a total of more than 9,000 sleep tests.

Want to Know More about either of these services? Call 610-402-CARE.
Your Vacation Matters!

The average American gets a skimpy amount of paid vacation—just two and a half weeks, compared to seven weeks for the average European. And many of us, according to surveys, feel so busy we don’t even take what little we get.

That not only robs us of enjoyment, it may harm our health. Researchers studying middle-age men at high risk for heart disease have found that those who took frequent vacations were one-third less likely to die from the condition.

Vacations reduce stress (a key factor in people’s risk of heart disease), high blood pressure, depression and other health problems. So whether your favorite R&R is scuba diving, sightseeing or just catching up on a good book, take that vacation! And it’s a good idea, says Gerald Rodriguez, director of Muhlenberg Behavioral Health, to work a little leisure into your life not just on vacation but the rest of the year as well.

Want to Know More about taking time to play? See story on page 16.

What to do when you Witness an Accident

A group of quick-thinking bystanders made all the difference for Wilma Pukall of Allentown when the 87-year-old woman was hit by a truck while crossing the street last summer. People who witnessed the accident sprang into action and called 911. Pukall lost a leg, but without their fast response she might have lost her life.

“Paramedics save a lot of lives with help from citizens,” says Jeff Baker, Allentown EMS paramedic and R.N. at Lehigh Valley Hospital and Health Network. What should you do if you witness an accident? Baker says:

1. Stay calm, and put your safety first. For example, don’t dash into traffic to help.
2. Call 911 and carefully answer all questions.
3. Give emergency care or CPR if you have training.
4. If you need to slow traffic, do it safely from the sidewalk.
5. Stay on the scene to report details to paramedics when they arrive.

Want to Know More about CPR courses? See page 26.
Health Benefits of Swimming

As a fitness exercise, swimming is unique. It’s a very effective full-body workout, but without the wear and tear on joints of a sport like running. That’s because of the properties of water and how water interacts with your body, says physiatrist Charles Norelli, M.D., of Lehigh Valley Hospital and Health Network. “Water gives you a buoyancy that counteracts gravity,” Norelli says. “Being horizontal relieves the normal forces exerted on the spine.”

The weight of water also acts as a kind of instant rehabilitation program for people with certain medical conditions. Norelli often prescribes water exercises for people with fluid buildup after hip or knee replacement surgery or for older people with leg problems due to poor circulation.

“The basic principle is that you’re standing in a column of water heavier at the bottom than at the top,” he says. “The pressure this creates has the same effect as support stockings.”

How To’s for a

Ahhh, swimming season. In the heat of summer, jumping into the water is fun, refreshing and a great way to get a workout. “But never forget that water activities also can be dangerous,” says Steve Vetrano, senior director of programs and general services for the Lehigh Valley Chapter of the American Red Cross. Here are his suggestions on how to be prepared:

- Always swim with a buddy. If trouble strikes suddenly, it’s essential to have someone watching you in the water.
- Know your limits. Don’t try to keep up with a stronger, more skilled swimmer. If you’re the strong swimmer, don’t pressure those less skilled to keep up with you.
- Swim in supervised areas only.
- Watch out for the “Dangerous Too’s”—too tired, too cold, too far from safety, too much sun. You can do too much swimming, too. Although it’s one of the safer sports, shoulder injuries do happen from overuse.
- Don’t chew gum or eat while swimming; you could easily choke. What about staying out of the pool for an hour after a meal? Generally, it’s not necessary. But if you’ve had a large meal, give it time to digest before swimming strenuously.
- Take swimming lessons to feel more comfortable in the water and learn proper techniques. It can help you avoid injuries such as swimmer’s shoulder and the knee pain sometimes associated with the breast stroke.
- Alcohol and swimming don’t mix. Drinking impairs your judgment, balance and coordination, especially in the water. It also reduces your body’s ability to stay warm.
- If swimming in a lake, river or ocean, be careful of underwater hazards such as rocks or floating branches. In rivers, be aware of currents; in the ocean, of undertows or riptides.

Come on in, the water’s fine—but treat it with respect.
Safe Swimming Season

Know your local weather conditions and prepare for electrical storms. Because water conducts electricity, stop swimming as soon as you see or hear a storm.

Enroll in a water safety course to learn how to prevent, recognize and respond to emergencies. Remember Check-Call-Care: Check the scene to ensure it's safe and Check the victim...Call 911 or your local emergency number...and Care for the person until help arrives.

Want to Know More about local water safety and lifeguard training courses? Call 610-402-CARE. Also, see the CPR courses on page 26.

Practicing the “stride jump entry” are lifeguard trainees at the Allentown Boys and Girls Club. Instructor Charles Marsteller of Easton (left) watches Mike Bauer of Bethlehem and Erica Compton of Easton enter the pool, while (l-r) Lesley Matus of Bethlehem and Leahna Haldeman of Allentown await their turns.

Safe-Diving Tips

Diving injuries happen most often to males in their teens and 20s diving into shallow or unfamiliar water without training, supervision or warning signs. But anyone can suffer a disabling spinal cord injury from unsafe diving. Make sure you:

- Obey “no diving” signs that indicate the area is unsafe for head-first entries.
- Check the depth of the water and the location of rocks, branches, sandbars, etc.
- Enter feet-first, not head-first, if you can’t see below the surface or don’t know the depth of the water.
- Don’t drink and dive. Alcohol and drugs are often a factor in diving accidents.
- Learn correct diving technique from a qualified instructor.

610-402-CARE • www.lvhhn.org • Healthy You
Women Smokers Aren’t Quitting—

Why Not?

The latest surgeon general’s report has alarming news about women and smoking. The smoking rate among adult women hasn’t gone down in the past decade, and it’s gone up among teen-age girls. Today, women account for almost 40 percent of smoking-related deaths.

What’s behind these statistics?

Many women don’t realize how deadly smoking is, for one thing. In a recent survey, four out of five named breast cancer as the leading cause of cancer deaths in women. They’re wrong. Lung cancer kills 67,600 women annually, two-thirds more than breast cancer does. The five-year survival rate is 96 percent for early breast cancer, 15 percent for lung cancer.

Most women also don’t know that the number-one killer of women isn’t cancer at all, but heart disease, also closely linked to smoking.

Another factor in women’s tobacco use is advertising. Ever since “You’ve come a long way, baby” back in the 1960s, tobacco companies have spent billions trying to persuade women that smoking is cool, sophisticated and sexy.

On a personal level, women resist quitting for three main reasons, says internist Zubina Mawji, M.D., of Lehigh Valley Hospital and Health Network. “Some use smoking as a crutch to relieve stress,” she says. “Others blame it on a partner who smokes, and this is a difficult situation. It’s easier when your spouse is a non-smoker or you both quit together.”

Then there’s the classic: “I’m afraid I’ll gain weight.” Mawji’s patients are surprised to learn it’s far healthier to gain a few pounds than to continue smoking. “Obesity is so publicized today, smoking has taken a back seat,” she says. “And weight loss is visible and immediate compared to the long-term consequences of smoking.”

But as Mawji reminds her patients, smoking can give you bad breath, yellow teeth, dull skin and coarse hair—and eventually, gum disease, brittle bones and an oxygen tank as your constant companion. “And that,” she says, “is not sexy, cool or sophisticated at all.”

Want to Know More about how to quit? Call 610-402-CARE.

The Facts

Smoking causes lung cancer, heart disease, osteoporosis, menstrual problems, infertility, miscarriages, cervical cancer, early menopause, gum disease and more.
Preventing Kidney Stones—
IT’S ALL ABOUT WATER

Add this to your list of reasons to drink water: It helps prevent kidney stones. Each year this painful condition affects more than 2 million Americans, men slightly more often than women, says urologist Brian Murphy, M.D., of Lehigh Valley Hospital and Health Network.

Kidney stones form when calcium or other minerals that usually dissolve in urine become so concentrated they crystallize and stick together. “To prevent stones, you need to keep the mineral concentration lower by drinking enough water,” Murphy says. “This is most important in the summer when you’re losing more fluids through perspiration.”

The risk of kidney stones can run in families, he says, so if you have relatives with the condition, talk to your doctor about diet and fluid intake. Other causes include urinary tract infections and too much vitamin C or D.

Kidney stones can be as small as a grain of sand or as large as a golf ball. Small stones usually pass from the kidneys through the tubes called the ureters and into the bladder without causing problems. But larger stones may get stuck in the ureter and create severe pain. “You’ll feel it in the lower left or right side of the back, winding around your side to the abdomen,” Murphy says. “You’ll continue to urinate normally, although some patients have a small amount of blood in the urine.”

Most stones pass in a few days or weeks. If not, they usually can be treated with shock wave lithotripsy, a painless, non-surgical technique that breaks the stone into tiny fragments that can be passed easily.

“Until a few years ago, surgery was required for larger, denser kidney stones. “Now we can avoid it by using a new laser technology,” Murphy says. “The laser is inserted into a fiber optic instrument that allows the doctor to examine the urinary tract and break up the stones.”

Want to Know More about the role of water in your health? For a copy of an earlier Healthy You article on the topic, call 610-402-CARE.

What Do You Need for Healthy Kidneys?

- **Water** (or other non-caffeinated fluids) – At least eight 8-ounce glasses daily
- **Vitamin C** – No more than 500 milligrams (mg) daily
- **Vitamin D** – No more than 400 international units (IU) daily

Summer is prime time for this painful condition, but you can easily lower your risk.

Athletes and others need extra water during the active summer season. Here, Jarret Hitchings, who competes in football, track and swimming at Liberty High School in Bethlehem, keeps himself hydrated.
If you're dismayed by the body changes of midlife, get a grip. This is minor-league compared to what your adolescent son or daughter is going through. "Puberty," says adolescent medicine specialist Sarah Stevens, M.D., of Lehigh Valley Hospital and Health Network, "is a major physical transformation—and you don't have any control over it."

What happens in girls

The first signs of female puberty—a growth spurt, budding breasts, acne and body hair—are visible around age 11 on average, but sometimes as young as age 9. Menstruation (menses) begins within a couple of years. Puberty is a gradual process that can take until age 18 or so.

If your 6- or 7-year-old shows signs of puberty, Stevens says, call the doctor. "When estrogen production begins, it closes off bone growth. Girls with premature puberty run the risk of losing their peak growth." Likewise, if periods don't start by age 16 or within two years after the start of breast development, the young woman should be examined for underlying illness.

About breasts — What 12-year-old hasn't asked, "When do I get to wear a bra?" For most teens, it's a matter of choice (and what the other girls are doing) rather than need, Stevens says.

The biggest worry for many girls is uneven breast development. "It's fairly common for one side to bud first or for breasts to grow asymmetrically," Stevens says. "Often, things will even out. Most of us aren't completely symmetrical."

While breast cancer is extremely rare at this age, Stevens teaches her patients to do self-exams so they'll get familiar with the feel of their breast tissue. Small benign lumps are not uncommon in adolescence.

About periods — The average age for first menses—about 12 1/2 today—has gotten younger over the decades, Stevens says, probably due to better nutrition. Menstrual bleeding starts when hormone production kicks in, and ovulation may begin at the same time or later. Periods are often irregular at first, but even with skipped months there is still the potential for pregnancy.

"If your daughter's periods are irregular and she has severe acne and body hair growth, she may have PCO, or polycystic ovary syndrome," Stevens says. "Underdiagnosed in teens, PCO is a leading cause of infertility in adult women. It's due to a hormone irregularity, and it can be treated."

A word about cramps: "No one should have to suffer from them," Stevens says. "If your daughter is so uncomfortable she's missing school, ask your doctor about medication."

What happens in boys

As anyone knows who's chaperoned a seventh-grade dance, boys hit puberty about two years later than girls. It typically begins around age 13, but anywhere from 10 to 14 is normal, says pediatrician Donald Levick, M.D., of Lehigh Valley Hospital and Health Network.
As with girls, puberty in boys is a long, gradual process. First, the testes develop in preparation for male hormone production. Then comes a surge in height, oily skin and acne, cracking and deepening of the voice, genital growth and body hair.

The classic pubescent male is lanky and awkward, stumbling over his own feet. Indeed, Levick says, boys' hands and feet grow to adult size before the rest of them. "It's also not unusual for boys in mid-puberty to develop breast tissue, a condition called gynecomastia," Levick says. Typically, this is more an embarrassment than a medical concern and goes away over time. But have your doctor make sure the boy's development is otherwise normal.

Another key job for the teen boy's physician is to teach testicular self-exams. Testicular cancer is most common in the late teens and early 20s.

**What can a parent do?**

Puberty, of course, isn't just physical—it's also a time of emotional turmoil and self-discovery. The best thing you can do as a parent is to educate yourself and open the lines of communication—early.

"Get the facts straight," Stevens says. "Your child may not get accurate information from other sources. And I don't think it's wrong to be clear about your opinions and values, even if you and your child differ. Often, kids come around to the parent's values in the end."

*Want to Know More?* For a list of helpful (and sometimes humorous) books on puberty for adolescents and their parents, or for earlier Healthy You stories on teen behavior and depression in teens, call 610-402-CARE.
### A 'Fiber Makeover' Lunch

<table>
<thead>
<tr>
<th>Before</th>
<th>grams of fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey sandwich on white bread</td>
<td>1.0</td>
</tr>
<tr>
<td>Lettuce wedge with dressing</td>
<td>0.5</td>
</tr>
<tr>
<td>Frozen yogurt</td>
<td>0</td>
</tr>
<tr>
<td>Iced tea</td>
<td>0</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1.5 grams</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>After</th>
<th>grams of fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey sandwich on whole-grain bread with lettuce and tomato</td>
<td>4.0</td>
</tr>
<tr>
<td>Salad with lettuce, broccoli, tomato, cauliflower, kidney beans, dressing</td>
<td>7.0</td>
</tr>
<tr>
<td>Strawberries</td>
<td>3.0</td>
</tr>
<tr>
<td>Iced tea</td>
<td>0</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>14 grams</strong></td>
</tr>
</tbody>
</table>

Change white bread to whole grain and add lettuce and tomato +3.0 grams fiber

Add broccoli, tomato, cauliflower and kidney beans to salad +6.5 grams fiber

Choose strawberries for dessert instead of frozen yogurt +3.0 grams fiber
If you share America's fondness for processed and refined foods, it's time to take a step backward. A more "primitive," high-fiber diet—rich in whole grains, fruits and vegetables—is a far healthier choice.

"Fiber can help lower cholesterol, regulate blood sugar if you have diabetes, and reduce the risk of colon cancer and other colon problems such as diverticulosis," says registered dietitian Bill Whipple of Lehigh Valley Hospital and Health Network. (See story on diverticulosis on page 17.) "Fiber prevents both constipation and diarrhea. And if you're trying to lose weight, high-fiber foods help by making you feel full."

How much fiber should you eat? The standard recommendation is 20 to 35 grams a day—about twice what the average American gets. But don't try for that level immediately. "Because the cellulose in fiber can cause intestinal bloating and discomfort," Whipple says, "increase your intake very gradually so your system can adjust.

"Also, since fiber requires liquid to work properly, be sure to drink water or other fluid with every meal," Whipple says. (Coffee and other caffeinated beverages don't count, since they move fluid out of your body.)

Different foods have different forms of fiber, so it's best to eat a variety including the "five a day" servings of fruits and vegetables recommended by the American Cancer Society.

If you find it hard to get enough fiber solely from food, over-the-counter products like psyllium (Metamucil) or methylcellulose (Citrucel) can be helpful, says Lehigh Valley Hospital and Health Network gastroenterologist J. Harry Pickle, M.D. "If one product causes bloating, try a different one," he says.

Want to Know More? Fiber content is often included on product labels. For a complete list of fiber in common foods, call 610-402-CARE.

A 'Fiber Makeover' Dinner

<table>
<thead>
<tr>
<th>Before</th>
<th>grams of fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast beef</td>
<td>0</td>
</tr>
<tr>
<td>Mashed potatoes (1 cup)</td>
<td>1.2</td>
</tr>
<tr>
<td>Cooked carrots (1/2 cup)</td>
<td>2.9</td>
</tr>
<tr>
<td>Dinner roll</td>
<td>0.9</td>
</tr>
<tr>
<td>Frozen yogurt</td>
<td>0</td>
</tr>
<tr>
<td>Tea</td>
<td>0</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>5 grams</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>After</th>
<th>grams of fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast beef</td>
<td>0</td>
</tr>
<tr>
<td>Baked potato with skin</td>
<td>5.0</td>
</tr>
<tr>
<td>Cooked carrots (1/2 cup)</td>
<td>2.9</td>
</tr>
<tr>
<td>Whole-grain dinner roll</td>
<td>1.5</td>
</tr>
<tr>
<td>Strawberries</td>
<td>3.0</td>
</tr>
<tr>
<td>Tea</td>
<td>0</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>12.4 grams</strong></td>
</tr>
</tbody>
</table>

610-402-CARE • www.lvhhn.org • Healthy You 11
Should Every Mother Breastfeed?

The answer is almost always yes—it’s good for you and your baby.

Over the years, breastfeeding has been either “in” or “out.” Women in the 1950s who wanted to be progressive opted for bottle feeding. In the 1970s, they focused on natural foods and natural childbirth, and breastfeeding re-emerged.

Today, the answer to the question “Should I breastfeed?” is almost always yes. One of the main reasons is the health benefits for both mother and baby, says Lehigh Valley Hospital and Health Network pediatrician Rima Strassman, M.D.

“The female body is designed to nourish a baby from pregnancy right through breastfeeding,” she says. “Human milk has many ingredients that are not in cow’s milk and cannot be reproduced exactly in formula.”

Women should breastfeed their babies for at least six months, according to the American Academy of Pediatrics. “Very few women can’t produce milk,” Strassman says. “We discourage breastfeeding only if mothers are infected with HIV or in rare cases when they take medications that could hurt the baby.”

What if you feel uncomfortable about breastfeeding? “At least try it,” says Beth Kushner-Giovenco, R.N., Lehigh Valley Hospital and Health Network lactation consultant. “It often takes up to a month to achieve full success at nursing your baby.”

Here’s why breast milk is best:

For baby

Promotes normal bowel movements. Breastfed babies are almost never constipated and five times less likely to be hospitalized with diarrhea.

Protects against germs. Breast milk provides antibodies to fight illnesses the baby will be exposed to. “There’s also less risk
of allergies, respiratory infections, insulin dependent diabetes, ear infections and juvenile rheumatoid arthritis,” Strassman says.

**Prevents cancer and heart disease.** “Antioxidants in breast milk protect against cardiovascular disease later in life and lower the risk of childhood cancer,” Strassman says. Research shows that breastfed children are up to eight times less likely to develop cancer before age 15.

**Develops mental ability.** The brain is only one-third formed at birth, and breast milk enhances brain development.

**For mom**

**Consumes extra weight.** Nursing your baby burns up to 600 calories a day. “You’re often back to a slimmer shape sooner,” Strassman says.

**Helps with birth control.** “Nursing postpones ovulation and reduces post-childbirth bleeding and discharge,” Kushner-Giovenco says. “It also helps balance hormones so you feel like yourself sooner.” (Don’t rely on nursing as your sole birth control method. It is not foolproof.)

**Prevents cancer and osteoporosis.** Women who nurse for two years reduce their chance of developing breast cancer by 50 percent, Kushner-Giovenco says. Breastfeeding also lowers the risk of ovarian and endometrial cancer and osteoporosis.

**Saves money.** Formula, bottles and nipples can cost up to $8 a day.

**Enforces rest and relaxation.** Your brain creates hormones that calm you during nursing. “After birth, your job is to recover, relax and feed your baby,” Kushner-Giovenco says.

**Creates a bond.** Breastfeeding brings you and your baby together, skin-to-skin, several times a day. “A newborn needs to be touched and held, and you need to get to know your baby's behaviors,” Strassman says. “The special sharing of love is very fulfilling.”

**Want to Know More about breastfeeding or about Lehigh Valley Hospital and Health Network lactation services? Call 610-402-CARE. Don’t miss the presentation Feeding Your Infant and Toddler (details on page 25).**

---

**When Breastfeeding Is Difficult**

Breastfeeding may be natural, but it doesn’t always come naturally. Lactation consultants can help if you’re having problems like these:

- **Baby doesn’t latch on.** This problem is common in premature babies. Until the baby learns, you can pump your milk to maintain the supply.
- **Inverted nipples.** With help—sometimes as little as one training session—you can feed your baby, Beth Kushner-Giovenco, R.N., says.
- **Sore nipples and swollen breasts (engorgement).** Both are common problems. Position changes help ease soreness, and frequent emptying of the breast reduces engorgement and problems related to it.
- **Fussy baby.** Almost no babies are allergic to mother’s milk, but they can be allergic to the food you eat. Keep a log of your diet and how the baby reacts, and share it with your pediatrician.
- **Not enough milk.** “Mothers often worry about this, but you’re usually producing enough to satisfy your baby,” Rima Strassman, M.D., says.
- **Work-related concerns.** The busiest mother can still breastfeed if she knows her options and plans carefully.
Buying new sunglasses? Think beyond style and give your eyes the protection they need, says ophthalmologist Glen Oliver, M.D., of Lehigh Valley Hospital and Health Network. Over time, the sun's ultraviolet (UV) rays cause cataracts, a gradual clouding of the lens in the eye. Extreme exposure can damage the retina or cause photokeratitis, a reversible yet painful sunburn of the cornea. "Wear a brimmed hat and sunglasses to protect your eyes even on cloudy days," Oliver says.

Most sunglasses have a UV coating that filters out harmful rays, but there are differences in quality and levels of protection, says Allentown optometrist Marc Berson, O.D. To find sunglasses that meet your health and activity needs, he recommends:

- **Check UV protection.** "Expensive doesn't always mean better, but count on spending at least $30 for good UV protection of 75 percent or more," Berson says. How do you know what level you're getting? Check the label, ask for help, or try the glasses on and look in a mirror. If you can still see your eyes, choose another pair.

- **Get a good lens.** Choose lenses made of glass or a plastic called polycarbonate, and make sure they don't distort your vision. This can cause headaches or dizziness. To check the quality, hold the glasses on their side in front of a straight edge and move them up and down along the line. The line should not distort.

- **Tailor your glasses to your needs.** A shatterproof polycarbonate lens is best for vigorous activities. A polarized lens eliminates glare and is ideal for boating, skiing and daytime driving. An anti-reflective coating prevents light from reflecting back in the eye and works well for night driving or computer use. Wraparound glasses offer maximum protection after cataract surgery.

- **Choose a safe color.** Gray, green or brown hues offer protection and a natural view. Amber brightens a cloudy or foggy day. Avoid blue lenses, which distort colors and may make it hard to distinguish traffic signals.

- **Beware of scratches.** A scratched lens can be visually distracting and doesn't offer full protection, so care for your glasses and replace if damaged.

Want to Know More about choosing sunglasses? Call 610-402-CARE for a detailed shopping guide.
“There’s no question—this was the right place to come for my cancer care.”

JANET PELLERITE, FOGELSVILLE CANCER SURVIVOR
Why Lehigh Valley Hospital is the right place for cancer care.

Cancer is something no one wants to think about. But if you or someone you love were facing cancer, you would want the best care possible. That's what we provide at Lehigh Valley Hospital and Health Network. Here are some of the reasons why our program is the right choice for cancer care.

**An expert staff**

Our nurses are oncology-certified, meaning they have specialized training in the care of cancer patients and their families. And our board-certified physician specialists are recognized nationally and internationally. They include pioneers in the research, treatment and prevention of cancer.

**The depth of experience you need for first-rate cancer care**

We treat 2,400 new cancer patients each year, making us the largest and most experienced cancer program in the region and the fourth largest in all of Pennsylvania.

**State-of-the-art services at two convenient locations in the Lehigh Valley**

Today, the vast majority of cancer care doesn’t require an overnight hospital stay. Our two facilities are among the nation’s most advanced for outpatient cancer treatment:

- Lehigh Valley Hospital—Muhlenberg Cancer Center, Bethlehem
- The John and Dorothy Morgan Cancer Center at Cedar Crest & I-78, Allentown

and through the Penn State Cancer Institute (see at right), we bring the most highly specialized care right here to you.

**A true team approach**

We bring all the specialists together whose expertise is needed for a particular type of cancer. Using their combined experience, these teams review each patient’s case, discuss the best treatment approach and share their recommendations with the patient and his or her doctor. More than 1,000 cancer patients each year benefit from this multidisciplinary approach. It’s a way of bringing our best minds together in the war on cancer.

---

Today, the vast majority of cancer care doesn’t require an overnight hospital stay.
“Saving my life was the most important thing I ever did. But it was very appealing when I wouldn’t have to lose anything.”

Janet Pellerite of Fogelsville was just 44 when her doctor discovered the cancerous lump, and it was the last thing she expected. An avid skier, she ate a healthy diet, got regular mammograms, didn’t smoke or drink, and had no family history of cancer. Apart from the fact that she didn’t do monthly breast self-exams, Pellerite was a classic case of low risk. But as she discovered, “nobody gets any guarantees.”

Because her cancer was an aggressive type, two surgeons recommended a mastectomy (breast removal). But she and her husband, Sam, wanted to be sure, “so we started to read and read.” They learned about a second opinion service in Philadelphia and called for an appointment, only to learn they’d have to wait two weeks. “Then by chance, Sam found out Lehigh Valley Hospital has the same service,” she says.

After a multidisciplinary team reviewed Pellerite’s case, the couple sat down with Gregory Harper, M.D., physician in chief of the John and Dorothy Morgan Cancer Center, to discuss their options. “Though mastectomy may be necessary for some women,” Harper says, “the majority with early-stage breast cancer do not need to lose their breast. The combination of lumpectomy (removal of the lump) and radiation produces just as good an outcome.” (When mastectomy is needed, he adds, it’s typically followed by breast reconstruction.)

Harper recommended four sessions of chemotherapy before Pellerite’s lumpectomy, to shrink the almond-sized tumor. It’s a wise course, he says, with slightly larger cancers. “After my first session, I was almost afraid to say it but the lump felt smaller,” Pellerite says. She was right; after the second session, technicians had to use ultrasound to locate the tumor. This response occurs in about one case in five, Harper says. “It indicates a less-resistant cancer, which may predict a better long-term outcome.”

Although she had radiation afterward, Pellerite had no trace of cancer in the tissue removed by her surgeon, Peter Rovito, M.D. “We were delighted; this is as good as it gets,” Harper says. All the Pellerites agree—including mother-in-law
important thing to me. Then Dr. Harper said
"we my breast."

Terry Pellerite, herself a breast cancer survivor.

Her cancer journey taught Janet Pellerite many things.
One: that she'd do anything to beat this illness. "I had so
much to live for—a wonderful marriage, two beautiful daugh-
ters—and I wanted it back," she says.

Another lesson: the importance of breast self-exams. "I
would have found the lump so much earlier. I'll tell everyone
about this. If I can save one woman going through what I did,
it's worth it."

Finally, Pellerite learned how to make treatment deci-
sions. "It's your body and your decision," she says. "But
you're a layman in this stressful new cancer universe and you
don't know exactly what to do." The second opinion service
made all the difference. "It was wonderful having a
whole team of specialists
discussing my case," she
says. "I felt confident I was
getting a balanced view."

The keys to a great outcome
for Janet Pellerite
• A second opinion from an expert team
• The option of breast-conserving therapy
• Chemotherapy first to shrink the tumor
Support for the whole family
Cancer affects not just the patient but everyone who loves him or her. That's why caring for the entire family is a central part of treatment here. We have a full-time Cancer Support Team, a variety of support groups, home care and hospice services, a patient library, and special programs on topics like therapeutic touch, bereavement and loss, and the role of nutrition.

Specialties not available in most other hospitals
Among our physicians and surgeons are specialists in:
- urologic (prostate, kidney, testicular) cancer
- gynecologic (women's reproductive) cancer
- advanced surgical oncology

Leading-edge diagnosis and treatment
Our specialists are regional and national leaders in advances like these:
- a new computerized detection system for breast imaging
- a new surgical technique for formerly inoperable liver tumors
- a new microsurgery procedure for rectal tumors
- computerized 3-D treatment planning to target radiation to the tumor and avoid healthy tissue
- stereotactic radiosurgery for precise treatment of brain tumors

A history of satisfied patients
Our outpatient cancer services rank in the top 1 percent nationally in patient satisfaction. Lehigh Valley Hospital earns high marks for:
- skilled and friendly staff
- concern with patient comfort
- less waiting time
- easy scheduling
- explanations given by physician

Quilting means togetherness for gynecologic cancer support group members (l-r) Ellen Waring, Roseann Artim and Kay Mickley.

Up-to-the-minute training
Through professional education programs, our specialists work regularly with medical students and residents, area physicians and other health professionals. Presenting courses, lectures and annual conferences keeps our staff updated on the very latest findings and helps attract top-ranking specialists to the Lehigh Valley.

A focus on the person, not the disease
Every member of our cancer care team shares the same philosophy: that our most important goal is personal care and support for both the patient and family.

Concern for our community
Lehigh Valley Hospital provides thousands of free cancer screenings each year. We also offer a computerized cancer risk assessment, Breast Cancer Awareness Day, cancer resource library open to the public, free Healthy You classes and lectures on cancer-related topics, and the Cancer Answers phone line (call 610-402-CARE). Through our Department of Community Health and Health Studies, we work hard to reduce cancer risk in the community with anti-smoking campaigns and other initiatives.

Links to vital cancer research
Our specialists are active in dozens of cancer-related national clinical trials, giving the patients of our region access to the very latest treatments. Current examples:
- STAR (Study of Tamoxifen and Raloxifene), a comparison of two medications for prevention of breast cancer
- SELECT (Selenium and Vitamin E Cancer Prevention Trial) for prostate cancer
- vaccine therapy to assist in the treatment of colorectal cancer

The Penn State Cancer Institute
Lehigh Valley Hospital and Penn State University College of Medicine are founding members of this institute, which brings the newest treatment protocols right here to the Lehigh Valley. Our relationship with Penn State also gives cancer patients in our community easy access to bone marrow transplants, stem cell therapies and other specialized treatments for the rarest of cancers at Hershey Medical Center.
For almost any type of specialized cancer treatment, you need not travel away from home.

We are committed to providing you with the highest quality care, right here in the Lehigh Valley.

A full range of cancer services

- Medical Oncology – Patient- and family-focused outpatient chemotherapy
- Surgical Oncology – Including laser, reconstructive, laparoscopic, lymph node mapping and sentinel node biopsy
- Radiation Oncology
- Gynecologic Oncology
- Urologic Oncology
- Second Opinion Services
- Breast Health Services
- Rehabilitation and Pain Management – Relaxation therapy, acupuncture, nutrition, physical/exercise therapy, Palliative Care Team
- Home Care and Hospice – Including inpatient hospice unit
- Cancer Support Team
- Cancer Risk Assessment

Lehigh Valley Hospital was ranked nationally among the top 50 hospitals in urology. We offer the region’s only second opinion cancer service for urology.

Want to Know More about reducing your personal cancer risk? For a detailed list of recommendations, including the screenings you need, call 610-402-CARE.
They put "fun" on their to-do list. These friends, from the Lehigh Valley Telephone Pioneers and the Allentown Garden Club, enjoy the Wildlands Conservancy's Bike and Boat program—paddling down the Lehigh River, then biking the canal path (see bikers, next page). Shown here (front canoe to back) are Roxanne Kane, Allentown, and Paul Furry, Macungie; Carroll Williams, Allentown, and Richard Miller, Bethlehem; Emily and Arthur Youse, Bethlehem; and Janice and Florian Geider, Whitehall.

IN THIS ISSUE:
Take Time to Play

Diverticulosis

Dental Health as You Age
Take Time to Play

‘All work and no play’ is not just no fun—it’s not healthy, either!

“For a culture with more time-saving conveniences than any in history,” says Gerald Rodriguez, director of Muhlenberg Behavioral Health, “it’s surprising how much value we place on work and how little on leisure.”

One reason is America’s obsession with material things (and the multiple jobs it often takes to afford them). Here in the Lehigh Valley, says Joseph Vincent, M.D., there’s the added factor of a Pennsylvania Dutch heritage in which “wasting time” is practically a sin.

How do you get past that when vacation—or retirement—rolls around?

“You give yourself permission to learn how to enjoy life,” says Vincent, a Lehigh Valley Hospital and Health Network pulmonologist with a special interest in the role of humor in health. Like Rodriguez, he sees a lot of stressed-out, work-driven people who want something better out of life. Here’s what they need to learn:

It’s all about balance. “The more your career, physical health, emotions, social life and spiritual life are in balance day by day,” Rodriguez says, “the better you can handle whatever life tosses you.”

One size does not fit all. The right balance of work and play is as individual as the choice of activity. “The trick is to find a mix of pursuits that is fun and fulfilling for you,” Vincent says.

Play isn’t competition. “If you’re a ‘weekend warrior,’ always striving and never satisfied, play becomes just another form of work,” Vincent says. “Don’t take yourself so seriously. Learn to lighten up!”

Make time for play. “You may think a lot about recreation, but to make it happen you actually have to put it into your schedule,” Rodriguez says.

Togetherness is good. “While solo hobbies are important, so are couple activities,” Vincent says. “And groups are especially stimulating because they bring you in contact with people you wouldn’t otherwise know.”

Those who’ve learned to play know it’s an essential way to recharge and re-energize, Rodriguez says. “It makes you a more relaxed, better balanced person capable of stronger relationships and a higher quality life.”

Want to Know More about the Bike and Boat program or about how a sense of humor can keep you healthy? Call 610-402-CARE.
DIVERTICULOSIS

Diverticulosis is a condition of the large intestine that's almost certain to affect you by the time you reach your 80s—unless you take simple steps to prevent it. "There may be a genetic factor," says gastroenterologist J. Harry Pickle, M.D., of Lehigh Valley Hospital and Health Network, "but the major culprit by far appears to be our low-fiber western diet." (See story on fiber on page 10.)

Diverticulosis develops when weak points in the colon give way under the pressure of constipation, forming little pouches (diverticula) in the colon wall. Most people with diverticulosis don't even know it. But for reasons that aren't yet clear, about 5 percent develop diverticulitis. This painful and potentially serious condition occurs when one of the diverticula gets inflamed or infected. Symptoms range from persistent mild abdominal pain to fever and nausea to severe cramping, usually in the lower left abdomen.

Mild diverticulitis can be treated at home with antibiotics and a temporary low-fiber diet to allow the colon to rest and heal. If there is an abscess, blockage or rupture, surgery may be required. "In recent years, we've developed techniques to treat many infections and abscesses with drainage using a needle guided by a CT scanner, avoiding the need for surgery," Pickle says.

Want to Know More? If you have symptoms of diverticulitis, call your doctor right away. For a detailed list of symptoms, call 610-402-CARE.

To Help Prevent Diverticulosis

• Eat more fiber. The roughage in high-fiber food makes stools bulkier, so they can pass with less muscle pressure.
• Drink lots of water. Because fiber acts like a sponge, absorbing liquid in the intestine, you need plenty of fluids to avoid constipation. Aim for eight cups daily.
• Avoid herbal "colon-cleaning" remedies. "Many of these non-FDA-approved products contain laxatives that are actually harmful to the colon," J. Harry Pickle, M.D., says.
• When nature calls, don't put it off. Delay can lead to a more compact stool that requires more pressure to pass.

UPCOMING CLASS
Diverticular Disease: What It Is
Tuesday, Aug. 14
7-8:30 p.m.
For details, see page 20.
Dental Health as a Lifelong Practice

A healthy smile doesn’t have to be a thing of the past, no matter how old you are, says dentist Eric Marsh, D.M.D., of Lehigh Valley Hospital and Health Network. If you never learned the basics of dental health, it’s not too late to start. And there are special dental concerns you should know about as you age. It takes just a few minutes a day to prevent painful problems and have healthy teeth for a lifetime.

Don’t forget the basics

Brush and floss well. Brush thoroughly two or three times a day and floss daily to prevent the buildup of bacteria called plaque, the main cause of both tooth decay and gum disease. Antibacterial mouth rinses may help also.

Fight cavities with fluoride. “It’s a myth that cavities are much more common in children,” Marsh says. “Your teeth are susceptible throughout life and need fluoride protection.” If your water is not fluoridated, talk to your dentist about treatments, rinses and fluoride supplements.

Catch gum disease early. Gum disease, also called gingivitis (at a later stage) or periodontal disease, occurs when plaque attacks gums, ligaments and bones that hold your teeth in place. It’s the main cause of tooth loss, so pay attention to warning signs like red, tender or bleeding gums. Gum disease is best treated at the earliest possible stage.

Be gentle. Brushing too hard can wear down your teeth, exposing roots and making teeth more sensitive and susceptible to decay. Brush gently in a circular motion with a soft-bristle toothbrush.

Get regular checkups. To keep your teeth clean and detect gum disease, decay and other problems early. Every six months is recommended. Your dentist also needs to check your fillings and other dental work. These don’t last forever and will need replacement at some point, Marsh says.

Know your needs as you age

Avoid “dry mouth.” Saliva protects your teeth from cavities, but some medications reduce saliva flow. “Dry mouth, a common condition in older adults, can lead to cavities or receding gums that make the root surfaces prone to cavities,” Marsh says. “Be sure to tell your dentist what medications you’re taking.” Fight dry mouth by drinking more water, chewing sugarless gum, and avoiding coffee and sugary snacks. You can also ask your dentist about salivary substitutes.
Don't drink and don't smoke. Combine a few alcoholic drinks daily with a pack-a-day cigarette habit and you increase your risk of mouth cancer, Marsh says. "It's treatable in the early stages. Your dentist should check your mouth regularly for warning signs even if you don't drink and smoke."

Get a grip. If you have arthritis, you may have trouble getting a good grip on your toothbrush, which will affect your ability to brush your teeth. Marsh recommends taping a washcloth around the handle or using an electric toothbrush.

Brush your tongue. Poor dental hygiene and dry mouth contribute to bad breath. Cleaning your teeth helps, but don't forget your tongue. It collects bacteria that can cause bad breath, Marsh says. When you finish with your teeth, add a little more toothpaste and brush your tongue well.

Look good. You can fix stained, broken or crooked teeth at any age. Bleaching is the safest and most effective way to whiten teeth, Marsh says, but have your dentist do it—don't use over-the-counter remedies. Crowns (also called caps) can be fitted over chipped teeth. Veneers (porcelain glued to the teeth) are another option for discolored, chipped or widely spaced teeth. And if you've always wanted a prettier smile, you're never too old for braces! •

UPCOMING CLASS
Oral Health Changes as You Age
Wednesday, Aug. 22
7-8 p.m.
For details, see page 20.

Whatever Happened to Dentures?

There was a time when most older adults lost their natural teeth and replaced them with dentures. "Today, with more frequent dental visits and fluoridated water, just 30 percent of Americans are without their natural teeth and the number is declining every day," says Eric Marsh, D.M.D.

If you do lose your teeth, today's dentures are natural looking and easy to care for, Marsh says. You just take them out at bedtime, clean them well and soak them in water overnight. Another option is artificial tooth implants, which are anchored into the bone. They look and feel like real teeth, but carry a fairly high price tag.
Welcome to Vitality Plus!

This membership program from Lehigh Valley Hospital and Health Network provides you with a host of benefits.

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.

For either membership, you need a card. Call 610-402-CARE or use the form on page 29. Join today!

**GOLD Member Benefits** $20/year

- 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

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

---

**Age 50-Plus**

**Diverticular Disease: What It Is** NEW

About half of all Americans ages 60-80 have diverticulosis. Learn more about what causes it, symptoms, diagnosis and treatment options, including the role of fiber in your diet.

Free

- Tuesday, Aug. 14; 7-8:30 p.m.
- Class meets at CC, Classroom 1.
- Tareeq Imam, M.D., gastroenterologist
- William Wrigley, registered dietitian

See related articles on pages 10 and 17.

**Oral Health Changes as You Age** NEW

Oral health and dental care needs change as you age. Learn about these changes, including the effect of certain medications and medical conditions on your oral health.

Free

- Wednesday, Aug. 22; 7-8 p.m.
- Class meets at CC, Classroom 1.
- Eric Marsh, D.M.D., dentist

See related article on page 18.

**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)

- Tuesday and Thursday, July 24 and 26, 5:30-9:30 p.m.
- Tuesday and Thursday, Aug. 28 and 30, 9 a.m.-1 p.m.

Classes meet at 17, School of Nursing, Auditorium.

---

**Healthy You • Lehigh Valley Hospital and Health Network**
## Health Improvement Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitality Plus</td>
<td>20-21</td>
</tr>
<tr>
<td>Healthy Eating</td>
<td>22</td>
</tr>
<tr>
<td>Exercise and Movement</td>
<td>22-23</td>
</tr>
<tr>
<td>Mind and Body</td>
<td>24</td>
</tr>
<tr>
<td>Women's Health</td>
<td>25</td>
</tr>
<tr>
<td>Childbirth and Newborn Care</td>
<td>25</td>
</tr>
<tr>
<td>Disease Prevention and Care</td>
<td>26</td>
</tr>
<tr>
<td>CPR Courses</td>
<td>26</td>
</tr>
<tr>
<td>Cancer Education</td>
<td>26-27</td>
</tr>
<tr>
<td>Diabetes Education</td>
<td>27</td>
</tr>
<tr>
<td>Support Groups</td>
<td>27</td>
</tr>
<tr>
<td>Screenings</td>
<td>27</td>
</tr>
<tr>
<td>How to get to class locations</td>
<td>22</td>
</tr>
<tr>
<td>Registration Form</td>
<td>29</td>
</tr>
</tbody>
</table>

### Medicare Counseling

Get free, confidential counseling on Medicare issues from trained Apprise volunteers from the Lehigh County Area Agency on Aging. Walk-in hours most Wednesdays, 10 a.m.-noon, at the Health Center at Treflertown or call 610-402-CARE.

---

**Seniors' Horizons**

The Lehigh Valley's information and entertainment fair for people 50 and over

- **Wednesday, Sept. 26:** 10 a.m. - 8 p.m.
- **Thursday, Sept. 27:** 10 a.m. - 4 p.m.

Agricultural Hall
17th & Chew Sts., Allentown
FREE ADMISSION

- "Mack Driven for a Century"...a special local showing of the Mack Centennial Trailer Tour, an interactive exhibit of Mack Trucks' 100 years of history
- **Entertainment**: the Rob Stoneback Big Band
- **Seniors' Horizons volunteer awards**...recognizing local men and women (For details on awards nominations, see page 3.)
- **Resources**...over 100 exhibits and displays
- Wellness screenings...Prizes...Refreshments...and more!

Seniors' Horizons is a community service of Vitality Plus, a program of Lehigh Valley Hospital and Health Network, AARP, and the Lehigh and Northampton Area Agencies on Aging.

610-402-CARE
www.lvhhn.org/seniorshorizons

---

**Vitality**

**Computer Classes**

In partnership with Penn State Lehigh Valley, Vitality Plus offers computer instruction for all levels of experience. Classes are at the Penn State Fogelsville campus (8380 Mohr Lane), which has a state-of-the-art library. Reduced rate for GOLD members. All fees include textbook.

To register for computer classes, call 610-285-5058.

**Introduction to the Internet**

Basic knowledge of the Internet, e-mail and the World Wide Web. Computer Basics I and II are recommended but not required.

- **2 sessions**
  - $50, Vitality Plus GOLD members
  - $65, others
  - Friday, July 13 and 20; 10 a.m.-noon

**The Web for Seniors**

Learn to browse and search the Web and discover senior-specific news and views. Introduction to the Internet is recommended but not required.

- **2 sessions**
  - $50, Vitality Plus GOLD members
  - $65, others
  - Friday, July 27 and Aug. 3, 10 a.m.-noon

**Your Future in Social Security**

What benefits can you expect when you retire? Learn how Social Security works, how monthly payments are computed and what the future holds. Bring your questions!

- **Free**
- **Thursday, Sept. 13:** 7-9 p.m.
- Class meets at 17, Auditorium.

---

**CPR Courses**

- Page 26

**Cancer Education**

- Page 26-27

**Diabetes Education**

- Page 27

**Support Groups**

- Page 27

**Screenings**

- Page 27

**How to get to class locations**

- Page 22

**Registration Form**

- Page 29
Healthy You Classes

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.

$10
• Tuesday, July 24; 6:30-8 p.m.
Class meets at CC, Classroom 2.
• Thursday, Aug. 9; 10-11:30 a.m.
• Tuesday, Aug. 28; 6:30-8 p.m.
Class meets at TX.

Exercise and Movement

Whether you're a beginner or a seasoned athlete, you’ll find the right workout here. You need to register and fill out a health readiness questionnaire. Call 610-402-CARE.

Doin’ the East Coast Swing Thing NEW
Much like the jitterbug and other dances, East Coast swing takes on many styles. Learn the basic swing step pattern and variations in this fun exercise.

4 classes • $20
• Tuesdays, July 17; 8-9 p.m. (first session)
Classes meet at MUH—Banko, Rooms 1 and 2.
• Wednesdays, July 18; 8-9 p.m. (first session)
Classes meet at TX.

How Do I Get There?

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

Lehigh Valley Hospital and Health Network Locations

CC • Lehigh Valley Hospital, Cedar Crest & I-78, Allentown
17 • Lehigh Valley Hospital, 17th & Chew Streets, Allentown
MUH • Lehigh Valley Hospital–Muhlenberg, 2545 Schoenersville Rd., Bethlehem

Community Locations

Whitehall Township, Zephyr Park
Scheidt Ave, and Campus Dr.

MUH — Banko • Lehigh Valley Hospital–Muhlenberg, Banko
Community Center, Westgate Drive, Bethlehem
1243 • 1243 S. Cedar Crest Blvd.
Allentown

TX • Health Center at Trexler Town, Trexler Mall, Rt. 222
Trexler Mall. 6900 Hamilton Blvd., Trexlertown
610-402-CARE

Staying Strong
Strength-building, resistance training and range-of-motion activities improve muscle tone and slow bone loss. This program eases the effects of arthritis and osteoporosis.

12 classes for 6 weeks • $30
• Wednesdays and Fridays, Aug. 8; 10:15-11:15 a.m. (first session)
Classes meet at TX.

Body Rolling
Combine the relaxing effects of massage with toning exercise. A whole-body workout to release tension, stretch muscles, increase blood flow and promote healing.

$15
• Monday, July 30; 6:30-8:30 p.m.
Class meets at MUH—Banko.

Cardio Kickboxing
Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance.

12 classes for 6 weeks • $40
• Tuesdays and Thursdays, July 31; 8:15-9 p.m. (first session)
Classes meet at TX.

Health Center at Trexler Town
Convenient Health Care for the Whole Family

• Cardiology
• Exercise classes
• Family practice physicians
• Health education
• Internal medicine physicians
• Laboratory services
• Mammography
• Massage therapy
• Nurse practitioners
• Obstetrics
• Orthopedics
• Osteoporosis screening/
• Podiatry
• Urology physicians
• X-ray/radiology

Trexler Mall, 6900 Hamilton Blvd., Trexlertown
610-402-CARE
Bereavement Workshop NEW
An education and support workshop on how to deal with the loss of a loved one in ways appropriate to you. Eight sessions; please plan to attend all eight.
Free
• Wednesdays, Sept. 5; 7-9 p.m. (first session)
  Meets at CC, Morgan Cancer Center.

Yoga
Your health will benefit from this ancient practice that incorporates breathing, stretching, strengthening and de-stressing.
• Gentle Yoga—The focus here is to relax and proceed at your own pace.
  6 classes • $48
  • Mondays, July 23; 6:45-8 p.m. (first session)
  • Thursdays, July 26; 10:15-11:30 a.m.
    (first session)
  • Mondays, Sept. 17; 6:45-8 p.m. (first session)
  • Thursdays, Sept. 20; 10:15-11:30 a.m.
    (first session)
  Classes meet at TX.
• Vigorous Yoga—For experienced yoga students, expand your practice with a series of intense postures to develop strength and flexibility.
  6 classes • $48
  • Mondays, July 23; 8:15-9:30 p.m. (first session)
  • Mondays, Sept. 17; 8:15-9:30 p.m.
    (first session)
  Classes meet at TX.

Massage Therapy Services
Massage therapy improves circulation, relaxes the muscles and soothes the body and mind. Gift certificates available.
• Individual Massage Therapy—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—Banke, CC-Jaindl Pavilion and 2166.
  All massages provided by certified massage therapists.

Partner Massage Workshop
Learn to harmonize, de-stress and enjoy the benefits of massage together.
$35 per couple
• Saturday, Aug. 25; 11 a.m.-1 p.m.
  Class meets at TX.

• Pain-Relief Massage—Medically focused to relieve pain or numbness of carpal tunnel, frozen shoulder, severe headaches or TMJ.
  $70 per 75-minute session
  Sessions held at TX, MUH—Banke, CC-Jaindl Pavilion and 2166.
• Seated Chair Massage—Focus is on the head, neck, shoulders, back and arms.
  $20 per 15 minutes
  Sessions held at TX, CC-Jaindl Pavilion and MUH—Banke.
• Foot Massage—A combination of stretching, range-of-motion, compression and Swedish massage, to balance energy and reduce stress.
  $35 per half-hour
  Sessions held at TX, MUH—Banke, CC-Jaindl Pavilion and 2166.
• Aromatherapy Massage—A light Swedish massage of the back using moist heat and four types of aromatic oils.
  $35 per half-hour
  Sessions held at TX.
• Pregnancy Massage—See page 25 for details.

Tai Chi
This ancient art of slow, graceful movements will improve your balance and coordination and build muscle mass and endurance.
• Fundamentals of Tai Chi—An introduction to the basic movements and techniques.
  $20
  • Saturday, Aug. 4; 11 a.m.-12:30 p.m.
  Class meets at TX.
• Everyday Tai Chi—Great for the health-conscious or those with busy lives who want to relax.
  6 classes • $48
  • Mondays, Aug. 20; 10:15-11:30 a.m.
    (first session)
  • Tuesdays, Aug. 21; 6:45-8 p.m. (first session)
  Classes meet at TX.
  • Thursdays, Aug. 23; 6:45-8 p.m. (first session)
  Classes meet at MUH—Banke, Rooms 1 and 2.
First Strides—Beginner Walking/Running Workshop
Train with others on your fitness level with the goal of completing the Women's 5K Classic on Oct. 13.
12 weeks • $30
- Tuesdays, July 31; 6:30-7:30 p.m. (first session)
For information, call 610-402-CARE.

Coping With Infertility • NEW SERIES
Join us for monthly information/discussion sessions with physicians and other fertility specialists.
Infertility Options in the New Millennium
Free
- Thursday, Sept. 20; 7:30 p.m.
Class meets at CC, Classroom 2.
Albert Peters, D.O., reproductive endocrinologist
Upcoming topics:
Oct. 18—Is Your Biological Clock Ticking?
Nov. 14—Male Infertility
Dec. 13—How to Deal With the Holidays
Jan. 17—Advanced Technology
Feb. 20—Stress Management and Infertility

Childbirth and Newborn Care

Feeding Your Infant and Toddler • NEW
Learn how to manage your child's nutritional needs. Topics include breast- and bottle feeding, transitional foods, finger foods and picky eaters.
Free
- Tuesday, Aug. 14; 7:30 p.m.
Class meets at 17, School of Nursing.
Terry Thomas, child development specialist
Cathy Rutman, R.N., pediatric nurse
- See related article on page 12.

Analgesic Options in Childbirth
Today's new options, including patient-controlled anesthesia and "walking" epidurals, help make childbirth more comfortable. To tour the maternity unit following the talk, register by calling 610-402-CARE (space is limited).
- Thursday, Aug. 9; 6:30 p.m.
Class meets at CC, Jaindl Pavilion, Labor and Delivery Unit, Library Conference Room.
James Shaheen, M.D., anesthesiologist

Learn Infant Massage
A nurturing way to interact with your newborn by combining touch, play and caregiving. Learn step-by-step techniques to relax the baby and help you bond. Ideal for babies 2 weeks to 3 months old.
$15
- Friday, Sept. 21; 10:30-11:30 a.m.
Class meets at TX.

Ongoing Childbirth Programs
Lehigh Valley Hospital offers a full range of childbirth and newborn classes.
For information on dates, locations and registration, call 610-402-CARE.

- Maternity Tours—See the new Center for Mother and Baby Care in the Jaindl Family Pavilion at Lehigh Valley Hospital—Cedar Crest & 1-78, Allentown. Adult and sibling tours are available.
- Prepared Childbirth (Lamaze)—Covers relaxation and breathing techniques, stages of labor, medications, Cesarean birth, and newborn feeding and care. $90 for 7-week series.
- One-day Lamaze—Prepared Childbirth (see above) for couples whose schedules won't accommodate a multi-week course. Newborn care not included. $125 includes breakfast, lunch.
- Lamaze Refresher—If you've already taken Lamaze, review the basics and learn about sibling concerns and Vaginal Birth After Cesarean (VBAC). $30.
- "Just Breathing"—For those who've taken prepared childbirth in the past three years. A review of stages of labor, breathing and pushing techniques.
- All About Baby (Newborn Care)—Feeding, safety, preventive care, health problems, local resources. Grandparents welcome. $20.
- Breastfeeding—Get off to a good start by understanding breastfeeding and its benefits. $20.
- Pregnancy Massage—Gentle massage techniques for the expectant mom to relieve back pain and improve circulation. Postpartum massage helps restore and relax the body. A great gift idea! $70 per 75-minute session.

To register, call 610-402-CARE • Healthy You
**Disease Prevention and Care**

**Living With Chronic Illness**  
**NEW**

If chronic heart, lung or other disease affects your daily functioning, learn about pain management, communicating with care providers, living wills and other key topics. For patients and family members. Speakers, panel discussions, Q&A sessions. Sponsored by the Palliative Care Program. Box lunch and refreshments included—registration required!

- **Free**
- **Saturday, Sept. 15; 8:30 a.m.-1 p.m.**
- Class meets at CC, Auditorium.

**Spinal and Posture Screening**

Poor posture and spinal mechanics can contribute to a variety of musculoskeletal conditions. In this no-obligation screening, have your spine checked and learn how chiropractic care may help.

- **Free**
- **Saturday, Aug. 18; noon-3 p.m.**
- Screenings at MUH—Banko.

**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; 9 a.m.-2:30 p.m.**
- Holiday Inn Conference Center, Routes 78 & 100, Fogelsville

For information, call 610-402-CARE.

**CPR**

Are you prepared to save a life? Everyone should be trained in the vital techniques of cardiopulmonary resuscitation (CPR). All classes meet at 2166, ground floor.

- **Adult (Course A)** —One-person adult heart-saver CPR. Includes clearing blocked airway.
  - $30
  - **Monday, Aug. 6; 7-10 p.m.**
  - **Monday, Sept. 17; 7-10 p.m.**

- **Adult-Child-Infant (Course C)** —One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing blocked airway.
  - 3-part course — $50
  - **Mondays, July 10, 24 and 30; 7-10 p.m.**
  - **Mondays, Aug. 13, 27 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.
  - **Wednesday, Aug. 8; 7-10 p.m.**
  - **Wednesday, July 25; 7-10 p.m.**

- **Infant-Child (Course D)** — Focus on infant and child CPR, including clearing a blocked airway.
  - $30
  - **Monday, Sept. 10; 7-10 p.m.**

See related articles on pages 3 and 4.

**Cancer Education**

**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 program is designed for patients, family and friends — you are encouraged to bring a partner.

- **Free**
- **Tuesday, July 24; 7 p.m.**
- **Tuesday, Aug. 28; 7 p.m.**
- Meets at CC, Morgan Cancer Center, Conference Room 1.

**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 for 10 weeks.

- **Free**
- **Tuesdays, 7:30-9 p.m.**
- Meets at CC, Morgan Cancer Center, Meditation Room.

**Gyn Support and Outreach Program**

For women and their families dealing with ovarian, uterine, cervical and other gynecological cancers. Rejuvenate yourself and regain strength and hope by meeting with other women in similar circumstances.

- **Wednesday, Aug. 1; 7:30-9 p.m.**
- **Wednesday, Sept. 5; 7:30-9 p.m.**
- Meets at CC, Morgan Cancer Center, Suite 114.

**Men Facing Cancer**

A discussion group for men dealing with prostate, bladder or genitourinary cancer. Spouses and friends welcome.

- **Free**
- **Monday, Aug. 6; 7:30-9 p.m.**
- Meets at CC, Morgan Cancer Center, Conference Room 1B.

**Adolescent Support Group**

For adolescents ages 10-16 facing cancer. Family members welcome.

- **Free**
- Ted Brent, Cameos for Children
- For dates, times and location, call 610-402-CARE.
Support of Survivors (SOS)

SOS is a 24-hour telephone line staffed by breast cancer survivors to help women take an active role in their recovery. Call 610-402-4505.

Learn More About CANCER RISK

September is Gyn Cancer Awareness Month

Do you want to know more about your risk, or the risk of someone in your family, of developing 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.

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 and friends are welcome. Programs are now available at TX, CC, 17 and MUH. See our new support group, below.

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

Support Groups

When you’re coping with a health problem, loss of a loved one or other life challenge, support from people who’ve “been there” can make all the difference. You’ll hear presentations from experts and share your experiences, concerns and suggestions. Lehigh Valley Hospital and Health Network sponsors or hosts a large number of support groups, including:

• Diabetes Support Group
  This new group for adults with diabetes meets at 7 p.m. on the third Monday of every month.
  Free
  Meets at CC, Classroom 1.

• 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.
  Free
  • Tuesdays, Sept. 18; 6:30-8 p.m. (first session)
  Meets at MUH, Third Floor Chapel.
  Rev. Kathryn A. Wiener, staff chaplain

• Bereavement Support Group—
  For family and friends who have experienced a loss through death. Monthly topics include making decisions, choices in grieving, and exploring relationships and attitudes.
  Free
  • Tuesday, Aug. 14; 7:30-9 p.m.
  • Tuesday, Sept. 11; 7:30-9 p.m.
  Meets at CC, Morgan Cancer Center, Suite 114.

• 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, Oct. 14; 1-3 p.m.
  • Sunday, Dec. 9; 1-3 p.m.
  Meets at CC, President's Room or Classroom 1.

• Cancer Support Groups (see page 26)

For more information on these or other groups, call 610-402-CARE. Our web site (www.lvhhn.org) has an online searchable directory of support groups and national health organizations. Go to the web site, click on Calendar of Events, then click on Searchable Directory under the Support Groups heading.

Health Screenings

For information, call 610-402-CARE.

LEHIGH VALLEY MALL—upper level
Blood Pressure Screenings—Free
Tuesday, July 17; 8:30-10 a.m.
Tuesday, Aug. 21; 8:30-10 a.m.
Tuesday, Sept. 18; 8:30-10 a.m.

LEHIGH VALLEY HOSPITAL—MUHLENBERG—BANKO
Lipid Profile Screening—$18.50
A non-fasting screening for total cholesterol, triglycerides, HDL, LDL, VLDL and total-to-HDL ratio. Accurate results in five minutes, explained by a health professional. Appointment required; call 610-402-CARE. Must be 18 or older.
Tuesday, July 24; 11:30 a.m.-2:30 p.m.

NAZARETH DAYS
Borough Park
Broad Street Extension, Nazareth
Free

• Osteoporosis Screening
• Cancer Risk Assessments
Saturday, July 21; 9 a.m.-3 p.m.

• Stroke Screening
Saturday, July 21; 11 a.m.-2 p.m.
In This Issue

Physicians and Services Directory

In publishing Healthy You, we rely on the expertise of our primary and specialty physicians at Lehigh Valley Hospital and Health Network.

West Nile Virus (page 2)
Luther Rhodes, M.D.
Allentown Infectious Diseases Services
Allentown

PET Now Available (page 2)
Robert Kricun, M.D.
Medical Imaging of the Lehigh Valley, P.C.
Allentown
Chair, Department of Radiology/Diagnostic Medical Imaging

Health Benefits of Swimming (page 4)
Charles Norelli, M.D.
Orthopaedic Associates of Allentown

Women Smokers Aren’t Quitting (page 6)
Zubina Mawji, M.D.
LVPG* — Internal Medicine
Allentown

Preventing Kidney Stones (page 7)
Brian Murphy, M.D.
Urologic Associates of Allentown, Inc.
Allentown, Trexlertown, Kutztown, Hamburg

Coping With Puberty (page 8)
Donald Levick, M.D.
Sarah Stevens, M.D.
ABC Family Pediatricians
Allentown, Coopersburg, Laurys Station

Are You Getting Enough Fiber? (page 10)
Diverticulosis (page 17)
J. Harry Pickle, M.D.
* Gastroenterology Associates Ltd.
Allentown

Should Every Mother Breastfeed? (page 12)
Rima Strassman, M.D.
Children’s HealthCare Center
Allentown

Play It Safe With Your Shades (page 14)
Glen Oliver, M.D.
Lehigh Eye Specialists, P.C.
Allentown
Mark Berson, O.D. (optometrist)
Allentown

Take Time to Play (page 16)
Joseph Vincent, M.D.
Pulmonary Associates
Allentown

Dental Health as You Age (page 18)
Eric Marsh, D.M.D.
Allentown

Services

Breast Health (page 2)
Breast Health Services
John & Dorothy Morgan Cancer Center at
Lehigh Valley Hospital — CC & I-78
Lehigh Valley Hospital — 17th & Chew
Lehigh Valley Hospital — Muhlenberg
Health Center at Trexlertown
Bath Community Medical Center —
6649 Chrisphalt Drive, Bath
Hamburg Family Practice —
260 Suite St., Hamburg

PET Now Available (page 2)
John & Dorothy Morgan Cancer Center at
Lehigh Valley Hospital — CC & I-78

Sleep Disorders Center (page 2)
Lehigh Valley Hospital — 17th & Chew
Lehigh Valley Hospital — Muhlenberg

Your Vacation Matters (page 3)
Take Time to Play (page 16)
Behavioral Health Science Center
Lehigh Valley Hospital — Muhlenberg

Witnessing an Accident (page 5)
Emergency Services
Lehigh Valley Hospital — CC & I-78
Lehigh Valley Hospital — 17th & Chew
Lehigh Valley Hospital — Muhlenberg

Should Every Mother Breastfeed? (page 12)
Center for Mother and Baby Care
Lehigh Valley Hospital — CC & I-78

*Lehigh Valley Physician Group

For referral, call 610-402-CARE • www.lvhhn.org

28 Healthy You • Lehigh Valley Hospital and Health Network
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 20-28) for classtitle, date/time and fees. Please print.

classtitle(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-CAVE. Visit Lehigh Valley Hospital’s web site at www.lvhhn.org. Go to the calendar of events; use the online registration form. Payment by MasterCard, Visa or Discover.

---

Healthy You is published by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help in finding a physician, call 610-402-CAVE for further assistance.
“Cancer care for the whole person is what our Cancer Support Team is all about.”

That's why Lehigh Valley Hospital's Cancer Center offers so many programs to help cancer patients cope with stress and live their lives more positively.

Our comprehensive orientation program makes patients feel more in control by providing detailed information about cancer treatment programs, managing symptoms, and support services at the hospital and in the community. Complementary therapies like music, art and dance can reduce the stress of living with cancer. And Lehigh Valley Hospital also offers counseling in nutrition, vitamins and herbs.