Healthy You
Lehigh Valley Hospital and Health Network

NOVEMBER/DECEMBER 2001

• Calories You Drink
• Your Aging Ears
• Avoid Holiday Stress
• Ski and Sled Safely

Health Improvement Classes
(pages 27-35)

Have an active winter season...we can help you!
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There you'll find ways to:

- attend an in-depth presentation
- take a related class
- get more detailed information
- send for checklists you'll use again and again
- get connected with local groups
- and even receive free health-related merchandise!
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610-402-CARE • www.lvhhn.org • Healthy You
Want your children or grandchildren to learn about fire safety?

You can teach them through fun family activities. That's what Kathryn Stephanoff of Allentown did with her grandson, Douglas Benson, using the Burn Prevention Foundation's activity book "Learn About Burns." It proved a life-saver. The 12-year-old later brought his family to safety in an actual house fire.

Here are tips from "Learn About Burns":

- **Conduct a fire-hazard hunt.** Encourage your child to think of ways to correct any hazards found in your home.
- **Create a step-by-step escape plan together.** Include more than one bedroom exit and keep emergency numbers close to your phone.
- **Practice "alternate exit" drills.** Begin in a bedroom with the door closed. Test the door and pretend it's hot. Use an alternative escape and meet outdoors at an assigned spot.
- **Pretend you're crawling in a fire.** Hold an old bed sheet low to the floor to simulate smoke.

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**Are Steroids Raising Your Osteoporosis Risk?**

If you take medications containing steroids, talk to your doctor about your risk of osteoporosis, says endocrinologist Donald Barilla, M.D., of Lehigh Valley Hospital and Health Network. Steroids used in medications to treat arthritis, asthma, lung disease and irritable bowel syndrome can cause rapid and continuous bone loss.

"Men and women of all ages who take 7.5 milligrams or more of a steroid each month for more than three months should have a bone density test," Barilla says. "The loss of bone mass does not reverse itself when you stop taking these medications, so if you took steroids in the past, you should still be tested."

If tests detect osteoporosis, work with your doctor to increase your daily intake of calcium and vitamin D, evaluate the need for medications to help rebuild bone and, if possible, reduce your steroid dosage or switch to a topical (skin) form of the drug.

Want to Know More? See Men and Osteoporosis on page 26.

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**CONSUMER ALERT:**

**Replace Your Mercury Thermometer**

Do you have an old mercury thermometer in your medicine cabinet? Get rid of it, says Fred Pane, registered pharmacist at Lehigh Valley Hospital and Health Network. Mercury is a toxic chemical that attacks the brain, spinal cord, kidneys and liver. Mercury from a broken thermometer can be inhaled or absorbed in the skin. It's particularly dangerous for children and pregnant women.

If your thermometer breaks, don't try to clean it up. Call the Pennsylvania Department of Environmental Protection at 1-800-541-2050 and they'll send a cleanup crew to your home or give you detailed instructions. To dispose of your old thermometer, put it in a sealed container and call 610-402-CARE for instructions.

"A digital thermometer is a safer, more accurate alternative," Pane says. "It's easy to read, only costs $12 to $15 and can be used orally, rectally or under the armpit." An infrared variety used by many doctors' offices delivers faster results, but costs $45 to $60.
When Your Immune System Fights You

When you cut your finger, white blood cells spring into action to kill infection and heal your wound. That's the work of your immune system.

Now, imagine your immune system attacking healthy parts of your body, mistaking them for infection. For millions of people, that's a reality in the form of thyroid disease, lupus, rheumatoid arthritis, multiple sclerosis, type 1 diabetes and other autoimmune diseases.

“There are more than 80 autoimmune diseases that affect different parts of the body,” says Lehigh Valley Hospital and Health Network rheumatologist Albert Abrams, M.D. “For example, lupus is caused by the immune system attacking the connective tissue.”

Who is at risk? “More than 75 percent of autoimmune diseases occur in women during their childbearing years,” Abrams says. Your risk rises if you have more than one close relative with an autoimmune disease. “Certain of these diseases cluster in families,” he says. “Your grandmother might have lupus, you and your mother might have thyroid disease.” And if you already have an autoimmune disease, your chance of developing another increases. A common combination is thyroid disease and rheumatoid arthritis.

“Today, different treatments are geared to the specific diseases. “Someday we hope that there will be a therapy to treat the common thread of autoimmunity,” Abrams says.

Want to Know More? Take the autoimmune quiz—call 610-402-CARE for a copy. See page 18 for the story of a young woman living with rheumatoid arthritis.

Too Little Sleep, Too Much Work

Do you get less than eight hours of sleep a night? That's what most people need, yet a recent survey shows that two-thirds of Americans fall well below that level. Work seems to be the major culprit. Some 40 percent of those surveyed are working longer hours than five years ago, and nearly half use caffeine or other stimulants to keep going.

The survey links lack of sleep with marital problems and safety concerns such as driving while drowsy and falling asleep at the wheel. Insomnia and other sleep problems are common.

People aren't happy about all this, the survey reports, yet far too many adults still sacrifice sleep. “This is unhealthy and counterproductive,” says Richard Strobel, M.D., medical director of the Sleep Disorders Center at Lehigh Valley Hospital and Health Network. “A good night's sleep is a necessity, not a luxury.”

Want to Know More? For information on the Sleep Disorders Center, call 610-402-CARE.

If you are over age 50, don’t miss these stories...

- The Gift of a Hassle-Free Holiday (page 8)
- The Best Drugs for Diabetes (page 11)
- Creating a Community for Yourself (page 16)
- Too Young or Old for a Mammogram? (page 20)
- Hear, Hear (page 22)
- Seniors’ Heroes Volunteer Award Winners (page 24)
- Men and Osteoporosis (page 26)
- Vitality Plus GOLD discounts on classes:
  - Safe Driving class (55-Alive)
  - Exercise for Life
  - Yoga
  - Tai Chi
  (see pages 27-31)
To Your Health

Pregnancy Update

Strep screenings
During pregnancy, 30 to 40 percent of women have bacteria called Group B Strep. The bacteria rarely cause infection, but if it happens, your obstetrician at Lehigh Valley Hospital and Health Network will know.

“We screen all patients for Group B Strep between 34 and 36 weeks of pregnancy and treat those with Group B Strep during labor,” says Robert Atlas, M.D., lead physician of high-risk pregnancies at the hospital. “We think this is very important because Group B Strep potentially can make your baby seriously ill.”

Vaginal birth after C-section
If you’ve had a Cesarean section, your chance of rupturing your uterus during a later vaginal delivery increases. The risk is not high; ruptures occur in just 1 to 2 percent of women. But a new study shows that women with a past C-section are at three times higher risk of rupture if they go into labor naturally, and five to 15 times higher if their labor is induced (depending on the type of drug used).

“We avoid inducing women with a past Cesarean whenever possible,” Atlas says.

Does this mean once a C-section, always a C-section? Not at all. “My wife had two safe vaginal deliveries after a C-section,” Atlas says. “We tend to try for vaginal delivery because it involves less recovery time for the mother. But we have a team of physicians—including an anesthesiologist—here at all times in case a C-section becomes necessary.”

Blood pressure watch
Know your blood pressure, learn what it means and ask for an update at each appointment.

High blood pressure is a symptom of pre-eclampsia, a dangerous condition that occurs in 5 percent of pregnant women. Blood pressure greater than 140/90 is considered high, Atlas says.

“If you’re over age 35, pregnant with multiple babies, or if you or your husband’s mother had pre-eclampsia, your risk rises,” Atlas says. The only cure is delivery, and expectant mothers with pre-eclampsia are monitored on bed rest until then.

Spirituality

Find the Strength Within
During this season of joy, explore your spirituality in a free presentation on the significance of connecting with others, nature and a higher power. Spiritual strength is vital in times of illness, stress, trauma and other challenges.

For details, see page 30.

If You’ve Grieving
For people facing the loss of a loved one, holidays can be a painful time. Our Grief Through the Holidays special program can help (see page 34).

Healthy You To Your Health
Standing atop a wintry slope, it's easy to look down and think only of fun and excitement. But whether you're on skis, snowboard, sled or snowtube, that excitement can quickly turn to injury unless you know how to play it safe.

"Snow sports injuries usually result from equipment problems, attempting maneuvers beyond your ability or not taking the time to learn proper technique," says Neal Stansbury, M.D., orthopedic surgeon and sports medicine specialist at Lehigh Valley Hospital and Health Network. "Most of these injuries can be prevented."

Here's what you should know:

**Skiing and snowboarding...**
- Take lessons to learn the technique, including how to fall correctly.
- Don’t try maneuvers or speeds beyond your abilities.
- Stay in shape; these sports are physically demanding.
- Warm up first and stop when you’re fatigued. "Most accidents happen on the first run of the day when you’re cold or the last run when you’re tired," Stansbury says.
- Always wear a helmet when snowboarding or when skiing under trees.

**Sledding and tubing...**
- Choose a safe environment away from busy roads and trees.
- Don’t cross or stand in the path of sledders or tubers.
- Limit the number of people you take snow tubing. The more people, the harder the tube is to control.

### Sledding & Tubing

Sledding involves slower speeds than skiing or snowboarding, so it causes fewer accidents. But beware of snowtubes—they can travel very fast and be difficult to control. Serious accidents do occur.

- **Hats for warmth**
- **Mittens or gloves for protection**
- **Steerable sled for better control**
- **Hands and feet tucked in for safety**
- **Sturdy footwear**

**What Can Happen**

- **Bumps and bruises:** Minor injuries occur when sledders have their arms and legs hanging off the side of the sled.
- **Legs:** Many injuries occur when people standing at the bottom of a hill or crossing the sledding path are hit by sleds, says John McCarthy, D.O., director of prehospital emergency services at Lehigh Valley Hospital and Health Network.
- **Head:** Given the high speeds and lack of control in snow tubing, serious head injuries are a significant risk, especially in wooded areas.
Equipment is an important part of skiing safety, and novices should take the time to learn about their equipment and its related technique. Not only does proper-fitting equipment help you stay on your feet, it also helps prevent injuries when you fall.

What Can Happen

- **Knees**: "We see a lot of torn knee ligaments when skiers set their bindings so tight they don't release properly when they fall," says Neal Stansbury, M.D.

- **Thumbs**: Skiers often jam their thumbs when they fall, especially if they use pole straps or molded hand grips.

- **Head**: "Many skiers still don't recognize the risk of head injuries, which are common when you travel this fast. We treat serious head injuries every year," says John McCarthy, D.O.

What You Wear Makes a Difference

- **Hat or headband** – It can get chilly on the slopes, and 60 percent of heat loss is through the head.

- **Goggles** – They shield eyes from flying objects and should also provide UV (ultraviolet) sun protection.

- **Layers** – Wearing several layers lets you adjust to weather conditions and your body's changing temperature.
Snowboarding has grown quickly in popularity and now accounts for four times as many injuries as skiing, says Neal Stansbury, M.D., an avid skier himself. “It’s part of the ‘X-treme’ sports culture that attracts a younger, more reckless age group,” he says. “It’s also inherently more risky because you can’t release a snowboard when you fall, as you can a ski binding.”

What Can Happen

- **Upper body:** “When you fall on a snowboard, you’re flung forward or back, causing you to extend your arms,” says Neal Stansbury, M.D. “We see a lot of elbow injuries, separated shoulders and wrist fractures.”

- **Legs:** Inexperienced snowboarders often try to twist out of their bindings when they fall, causing them to break a leg.

- **Head:** “All the snow-related head injuries we see in the emergency room involve people who were not wearing helmets,” says John McCarthy, D.O. “You’re traveling about 15 miles an hour without a seat belt or air bag.”

Want to Know More?
For a “Safe on Skis and Snowboards” brochure from the Safe Skiers Institute, call 610-402-CARE.

Fabric and design – Outerwear should be water- and wind-resistant, with snug cuffs and collars, drawstrings to adjust for comfort and warmth, and wind flaps over zippers.

Gloves or mittens – Mittens are the better choice if you’re susceptible to cold hands.

Boots and socks – Sturdy, weatherproof footwear protects against injury and cold. Choose wool or polypropylene socks over cotton.

Mark Your Calendar
**Playing It Safe on the Slopes**
Jan. 9
For class details, see page 29.

610-402-CARE • www.lvhhn.org • Healthy You
"Tis the season to be jolly..." Well, maybe not. All the shopping, cooking and decorating for Hanukkah or Christmas celebrations can add up to more stress than joy. Holidays are even more challenging if you’re coping with the loss of a loved one, seasonal affective disorder (SAD), unreasonable expectations or visitation issues in a divorced family. "The number of people suffering from stress-related illness and depression rises sharply in November and December," says social worker Pat Gordy of Muhlenberg Behavioral Health.

As you plan your upcoming holiday season, says internist James Wertz, D.O., of Lehigh Valley Hospital and Health Network, be alert to the moods of your nearest and dearest. "If Aunt Esther always loved holiday baking and this year can’t be bothered," he says, "she may have more than just a case of the blues." Indifference to a formerly loved activity can signal the onset of clinical depression (see symptoms list, next page), and a call to the family doctor is definitely in order.

For those who are harried but not clinically depressed, Gordy suggests five strategies for making the holidays less stressful:

**Strategy #1: Simplify**
Many people enjoy the holidays more when they scale back their expectations. Paradoxically, less food, less alcohol, fewer gifts and simpler parties yield more enjoyment. Give family gifts instead of one for every sibling, niece or nephew. Try simpler, healthier recipes to accompany one or two old favorites. Cut back on the number of dishes at the buffet.

**Strategy #2: Plan ahead**
Decide well ahead of time who will attend holiday dinners and parties, and divide the cooking and hosting chores. Advance planning also reduces schedule conflicts involving children of divorced parents, or families with two or more sets of grandparents. Take transportation into account, deciding who'll drive the children or pick up grandma. "Advance planning really can eliminate the misunderstandings that often mar family holidays," Gordy says.
Strategy #3: Communicate

Life changes often mean changes in traditions, and everyone involved needs to know things will be different this year. "If you’re a newlywed, be clear with your family how you want to spend the holidays," Gordy says. "If you’ve lost a spouse or child during the year, consider making different holiday plans instead of the traditional family get-together."

People on diets or recovering alcoholics can make things easier for themselves by letting the host know ahead of time. "In some families, especially at the holidays, food equals love," Gordy says. "This is a difficult time for people in recovery. They need to communicate that healthier food and no alcohol are better ways of showing that love."

Strategy #4: Relax

To head off the tension that can ruin your holiday spirit, Gordy recommends starting a stress-reduction program right after Halloween. "Take 20 minutes for yourself every day," she says. "Go for a walk, listen to music, meditate—whatever you can do to find an oasis of calm. You’ll have more energy and focus to complete your tasks."

Stress management is especially important, Wertz says, if you have a chronic medical problem such as heart disease. "Plan ways to relax and to continue healthy eating and exercise programs," he says. "Many patients lapse into old habits during the holidays, and it can do serious damage in those with health risks."

Strategy #5: Give

Remember how Ebenezer Scrooge’s holiday was transformed when he recognized the true meaning of the season? Capturing that spirit for yourself, Gordy says, is very simple: do something for someone else. "Volunteer at the nursing home or soup kitchen instead of spending time at the mall," she says. "The holidays are about sharing, and people who volunteer often report unexpected pleasure."

When Holiday Blues Are Serious

If five or more of these symptoms last more than two weeks, says internist James Wertz, D.O., call your doctor or a mental health professional:

- Loss of interest in activities you used to enjoy
- Sadness, helplessness and hopelessness
- Significant change in sleeping or eating patterns or weight
- Agitation and irritability
- Fatigue
- Low self-esteem
- Impaired thinking, memory or concentration
- Loss of interest in sex
- Frequent vague physical complaints
- Thoughts or talk of death or suicide

Want to Know More about coping with grief, loss or the blues during the holidays? Call 610-402-CARE. See page 34 for information on a Grief Through the Holidays support group.

Healthy You
Lisa Romano of Allentown was glad she could go home within 24 hours of her laparoscopic hysterectomy at Lehigh Valley Hospital. But as the 35-year-old registered nurse discovered, her recovery took the same amount of planning and patience as a traditional surgery.

“When I learned my recovery would be four to six weeks, I made plans for my husband and parents to help me,” Romano says. “Having them take care of the children was the biggest help. I needed rest and couldn’t lift more than five pounds.”

Same-day—also called ambulatory or short-stay—surgery usually means you can go home in a few hours (36 at most). “But it doesn’t mean same-day recovery,” says Virginia Kovalovich, R.N., director of ambulatory surgical services at Lehigh Valley Hospital—17th and Chew. “Planning ahead to have a support system of family, friends or neighbors is essential.” Her other suggestions:

Come to preadmission testing. This appointment is really important. It’s not just for the X-rays, blood work and other tests, but also a chance to talk with the anesthesiologist and nurses about how to prepare for surgery and what to expect afterward.

Include your support team early on. Bring a friend or family member who will be helping you to the preadmission appointment. It’s a great opportunity for them to learn what you’ll need. They should be there on the day of your surgery, too.

Write down questions. It can be hard to remember everything you need to know about your surgery and recovery, so note the questions you want to ask both at preadmission and on surgery day.

Don’t hurry back to work. Plan adequate time off to allow yourself to heal.

Have a ride. Never try to drive yourself to or from same-day surgery.

Want to Know More? For a patient and family guide to same-day surgery at Lehigh Valley Hospital, call 610-402-CARE.
If you have diabetes, you know that the right medication can be vital to how well you feel. New research shows your best choice may be a combination of drugs.

The reason? Diabetes isn't just about regulating insulin, says Cynthia Payonk, R.N., patient educator at Lehigh Valley Hospital and Health Network's Helwig Center for Diabetes and Nutrition Education.

Insulin is the substance your pancreas makes to help convert blood sugar into energy, a process that goes awry if you have diabetes. “We used to think of insulin regulation in type 2 (adult onset) diabetes as a single problem,” Payonk says. “Now we know there are three distinct problem areas.”

The most obvious is insulin deficiency—the pancreas isn’t producing enough. But your liver also may be secreting too much sugar into the bloodstream, instead of regulating the flow to keep it constant. Finally, you may have insulin resistance. “Muscle tissue takes in sugar as fuel, but some people’s muscles lock it out, leaving high levels in the bloodstream,” Payonk says. “Insulin is the key that opens the lock and lets the sugar in.”

Each condition responds best to a different drug.

Sulfonylureas (such as Glucotrol) boost insulin production; metformins (Glucophage) improve liver function; and glitazones (such as Avandia) fight insulin resistance. “Now we can target the specific problems,” Payonk says, “and use the right drug combination to address them.”

Despite these advances, many people with type 2 diabetes will have to take insulin eventually, says Payonk’s colleague, endocrinologist Larry Merkle, M.D. “The natural progression of the disease is that the pancreas eventually tends to shut down,” he says. “But early treatment potentially can delay that.” He’s particularly enthused about the new glitazones, which help keep the pancreas from getting exhausted. “Most physicians start treating diabetes with sulfonylureas alone,” Merkle says, “but I believe any treatment should also include glitazones or metformins. They can cause a small weight gain and fluid retention, but the benefits far outweigh the risks.”

The bottom line for those with type 2 diabetes: be sure to discuss your medications with your doctor regularly.

Want to Know More? Anyone with diabetes can benefit from the educational programs of the Helwig Center (see page 33 for details). Call 610-402-CARE for a brochure.
How Drinks Can Help

If not chosen carefully, they add empty calories for you and your children

Having trouble controlling your weight? Don’t overlook the “sneaky” calories that may be lurking in what you drink, says dietitian Carol Stevens of Lehigh Valley Hospital and Health Network. “Those fruit smoothies and cappuccinos can really add up,” she says.

It’s an issue for overweight children as well as adults. “When we ask children to keep diet logs, often they only include foods, not drinks,” says pediatrician Mary Stahl Levick, M.D., of Lehigh Valley Hospital and Health Network. “In some cases, just cutting back on soda and juice is enough to resolve the problem.”

Clearly, excess calories from drinks can contribute to obesity—and illnesses, including diabetes and heart disease, that result. “We’re seeing more type 2 (adult-onset) diabetes in children and teens today, and it’s mainly weight-related,” Levick says.

But that’s not the only reason to watch the liquid portion of your diet. Sugary drinks cause tooth decay, create a taste for sweetness in favor of plain, healthy water, and provide almost no nutrition. “When you drink cola instead of milk,” Levick says, “you don’t take in the calcium you need for strong bones. Researchers now suspect that the phosphoric acid in cola may actually cause you to lose calcium.”

How can you take control of what you drink?

• Be aware—Read the labels on drinks so you’ll know the calorie and nutritional content. That way, you can make conscious choices for yourself and your family. “For example, orange juice has a lot more vitamins and minerals than apple juice for about the same calories,” Levick says.

• Engage the whole family—“When one family member has a weight problem, singling him or her out can feel like punishment,” Levick says. “It’s more helpful to focus on healthy eating and drinking habits for everyone.”

Healthy You Healthy Eating
Sabotage a Healthy Diet

• Think 'water'—"Your body needs at least eight, 8-ounce glasses of fluid a day, and water should be the foundation," Stevens says. "When you're thirsty, have a glass of water first. You can make it more appealing by chilling, adding lemon or lime, or mixing in a bit of juice. When my children were little, they loved 'fruit soda'—club soda with a splash of cranberry juice."

• Watch portion sizes—Fifty years ago, Stevens says, juice glasses held 4 ounces. "Now it's hard to find a glass that small, and fast-food places encourage us to 'super-size' our sodas to 24 or even 32 ounces. A large soda can represent 25 percent of a child's daily calorie intake, Levick says, "and they're completely empty calories."

• Practice moderation—A high-calorie drink is fine if you only do it once in a while. People run into trouble when they drink several sodas a day—as one-quarter of American teens now do, according to the American Dietetic Association. And soda isn't the only culprit: even juice should be consumed in moderation. "We see toddlers who are overweight from drinking juice all day," Levick says. "Parents think because it's 'healthy' their children can have unlimited amounts."

• Don't overdo diet drinks, either—An occasional diet soda is OK for older children and adults, but aspartame and other chemical sweeteners are still fairly new products whose long-term effects are unknown. "The best 'diet' drink in the world is plain old water," Stevens says.

• Have a party strategy—Holiday-season dieters are often tempted by eggnog, Irish coffee and hot buttered rum. "Plan ahead before going to a party or restaurant," Stevens says, "and be aware of what you're drinking. If you want a glass of wine, give up the cheese and crackers. Or alternate the wine or beer with club soda. It's all about making choices."

Want to Know More about the calorie content of drinks? For a chart from the Helwig Center for Diabetes and Nutrition Education at Lehigh Valley Hospital, call 610-402-CARE.

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
<th>Protein</th>
<th>Vitamin C</th>
<th>Vitamin D</th>
<th>Potassium</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonfat milk</td>
<td>90</td>
<td>9</td>
<td>2.4</td>
<td>2.45</td>
<td>400</td>
<td>127</td>
</tr>
<tr>
<td>Cola</td>
<td>102</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2.4</td>
<td>15-35</td>
</tr>
<tr>
<td>Orange juice</td>
<td>112</td>
<td>0</td>
<td>124</td>
<td>0</td>
<td>496</td>
<td>0</td>
</tr>
<tr>
<td>Sports drink (Gatorade)</td>
<td>60</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>26</td>
<td>96</td>
</tr>
</tbody>
</table>

For comparison, all quantities are 8-ounce servings. Protein is in grams; vitamin C, potassium and sodium are in milligrams; and vitamin D is in micrograms.
There are many new options, as manufacturers work to develop better and easier methods.

Think your contraceptive is foolproof? That’s not a wise assumption. “According to the latest national data, 49 percent of pregnancies still are unplanned,” says nurse practitioner Wendy Grube, “and in half those cases it’s due to contraceptive failure.”

Whether the method itself failed or it wasn’t used correctly, manufacturers are going all-out to develop better and easier options, says nurse practitioner Cheryl Lichner, who works with Grube at Lehigh Valley Hospital and Health Network’s Health Center at Trexlertown. Here’s the latest:

**Over-the-counter options**

The familiar nonprescription contraceptives are spermicidal foams, creams or suppositories; and condoms, important because they prevent sexually transmitted diseases as well as pregnancy. The vaginal sponge, an age-old contraceptive, is gaining new popularity in products with built-in spermicide. “Over-the-counter contraceptives are inexpensive per-use and disposable,” Grube says. “But since the user must take action each time, there’s more potential for mistakes.”

**Prescription or custom-fitted options**

Besides the familiar diaphragm, here are some of the newer developments:

**IUD**—Intrauterine devices must be inserted professionally, but last up to 10 years and are 99 percent effective. Some new IUDs (Mirena and Progestasert) release the hormone progestrone, thinning the uterine lining and decreasing menstrual bleeding, cramping and weight gain. “This is a good option to control the heavy periods that often precede menopause,” Lichner says.

**Pill**—Though it’s been studied for decades, the pill still generates breast cancer fears, Grube says. “The risk is extremely low, and you’re actually protected against ovarian cancer.” A bigger concern with oral contraceptives is that other drugs, vomiting or diarrhea can affect absorption and raise pregnancy risk. “Used correctly, the pill is 99 percent effective and has other key benefits such as osteoporosis prevention,” Grube says.

There are exciting new versions available now, Lichner says. “The progestin (synthetic progesterone) in the pill Liasmin improves cholesterol levels and reduces blood pressure, water retention and body weight. Cyclessa provides different hormone levels each week for better cycle control and less breakthrough bleeding.”
Finally, she says, you can now custom-time your pills. “Studies show there’s no need to have a period every month. You can cycle many of today’s pills so you menstruate every two or three months, a big help if you have problems like menstrual migraines.”

Injectables—“The adolescent pregnancy rate in the United States is at a 25-year low, and Depo-Provera is one reason why,” Grube says. “It’s highly effective and only requires going to the doctor’s office for an injection every 12 weeks.” A newer alternative, Lunelle, offers a quicker return of fertility (which can take up to 18 months with Depo-Provera), but requires monthly injections. Researchers are working on a self-injectable for home use.

Implants—In the Norplant system, six tiny rods are implanted in the upper arm in a minor surgical procedure. They slowly release progesterin over five years. Implants are highly convenient, effective and reversible, Lichner says, and more options should be available soon.

Emergency contraception

Condoms break and diaphragms disintegrate, so it’s wise to have a backup like Plan B. “You take one pill within 72 hours, another 12 hours later,” Grube says. “Unlike RU 486, Plan B won’t abort an existing pregnancy, but it will prevent a new one.” Health activists are pushing to make the prescription product available over-the-counter.

Coming in the future

Ring—NuvaRing is a thin, flexible, hormone-releasing ring inserted in the vagina for a three-week period, then removed for a week to allow menstruation. More convenient and effective than the diaphragm, it recently was approved by the Food and Drug Administration.

Patch—Evra is a hormone-containing skin patch. You apply a new patch each week for three weeks, then skip a week to menstruate. Effectiveness is comparable to the pill.

Male methods—Researchers are working to expand men’s contraceptive choices beyond vasectomy and condoms. New options will include injectables, implants, patches and “temporary sterilization” (blocking the sperm duct rather than severing it).
Healthy You

Creating a Community

Feeling connected is sometimes hard in our culture, but something you were born into. But several trends in modern life have changed that pattern, says Ken Mead, program director of Transitions at Lehigh Valley Hospital and Health Network.

“People move more often, so we don’t have the chance to put down roots,” he says. “Home computers and other conveniences distance us from neighbors—we don’t even have to go downtown to shop anymore—and many Americans have grown distrustful of others. For all these reasons, a sense of isolation is common today.”

The solution, Mead says, is to reach out. “Having an identity in your community helps break through the boundaries and gives you...”

Cynthia Vega of Whitehall felt isolated for years. She lost contact with friends and family as she traveled with the U.S. Army and kept to herself as she moved to new places. “It was hard to reach out to people,” she says. That changed when she made the Lehigh Valley her home and joined Community Exchange, a program in which volunteers exchange their skills and services. People have helped Vega move and have fixed her computer. In return, she helps others garden and organize their homes. “I’ve developed close relationships with at least 15 people, and they’ve developed relationships with other people, and so on,” she says.

In the old days, this kind of community was something you were born into. But several trends in modern life have changed that pattern, says Ken Mead, program director of Transitions at Lehigh Valley Hospital and Health Network.

“People move more often, so we don’t have the chance to put down roots,” he says. “Home computers and other conveniences distance us from neighbors—we don’t even have to go downtown to shop anymore—and many Americans have grown distrustful of others. For all these reasons, a sense of isolation is common today.”

The solution, Mead says, is to reach out. “Having an identity in your community helps break through the boundaries and gives you...”
sense of belonging,” he says. “That makes you and the community stronger.”

How to go about it? Mead suggests:

• **Join or start a club.** For example, if you like biking, ask about local groups next time you visit the bike store. Other sports offer the same opportunity.

• **Consider joining a church or synagogue,** a time-honored source of friendship as well as spiritual nourishment.

• **Attend company picnics** and other events.

• **Get to know the parents of your children’s friends.** “It can introduce you to people with similar interests,” Mead says. “And involving your children teaches them about their community.”

• **Give of yourself.** We all have strengths we can share, whether it’s helping a neighbor or volunteering for a local organization.

• **Feel comfortable receiving.** “Giving and taking is what community is all about: looking out for each other,” Mead says.

Vega knows all this first-hand. She not only has made her own connections, but has involved her mother-in-law, a neighbor and a local teacher in Community Exchange. “Five years ago, I didn’t know what the future held for me,” she says. “But by creating my community, I’m actually creating my future.”

Community Exchange has created a web of more than 200 people connecting beyond their neighborhoods to swap services. Through this program of Lehigh Valley Hospital and Health Network’s MESH® initiative, volunteers earn a “time dollar,” or community share, for each hour of service they provide. They can then redeem those shares for services they need or donate them to others. You, too, can join Community Exchange.

For an information packet about Community Exchange, call 610-402-CARE.

**The Circle of Learning**

We are all learners and teachers. It’s how we make connections and grow as a community. Our hospital encourages lifelong learning in many ways. Read about it in the special insert in the next issue of Healthy You.

*MESH (Measurable Enhancement of the Status of Health; see page 37)
Thanks to a new drug, she's off and running — Erica Habel felt well enough last summer that she and her fiance, James Barilla, rented a motorcycle and went on a trip.

It happened gradually to Erica Habel of Maplewood, N.J. She would wake up with stiff hands. A few months later, her knuckles began to swell, making it hard to do simple tasks like holding the phone. Then fatigue and steady pain in her knees and hips took over.

Habel was only 23, and painkillers weren't helping. What could be the problem? After an examination by her doctor and a blood test, the answer was clear: rheumatoid arthritis.

"I already knew something about arthritis because my mother has it," she says. But aside from the pain both types cause, Habel's rheumatoid arthritis is a completely different disease from the osteoarthritis her mother has.

It's not the older person's arthritis

"In osteoarthritis, the joints deteriorate from age and wear and tear. In rheumatoid arthritis, the immune system attacks the joints," says Lehigh Valley Hospital and Health Network family practice physician Elizabeth Stanton, M.D. "While osteoarthritis typically occurs in one joint and comes and goes, rheumatoid arthritis causes pain in many joints, lasts several hours each morning and can affect your whole system."

Rheumatoid arthritis is the most common of 100 types of arthritis. Its cause is unknown. The disease often develops

**Revolutionary Therapy for Rheumatoid Arthritis**

The new type of medication that helps Erica Habel is improving the quality of life for more than 75 percent of people with rheumatoid arthritis.

Etanercept (Enbrel) and infliximab (Remicade) are targeted directly to the cause of arthritis rather than its symptoms. Many other new medications are in the development pipeline. "They are a great improvement over prednisone, which often causes side effects," says Lehigh Valley Hospital and Health Network rheumatologist James Ross, M.D.

The new drugs also are easier to take. Etanercept involves two weekly self-injections and infliximab a monthly intravenous treatment. "These truly are revolutionary drugs," Ross says. "The improvements in people have been dramatic."
Rheumatoid Arthritis

One woman shares her story about the autoimmune disease that attacks her joints

between ages 20 and 40, but risk also rises with age. Your risk is higher if you are a woman (rheumatoid arthritis is three times more common in women than men), have a family history of the disease or have other autoimmune diseases (see story on page 3).

"The biggest misconception is that rheumatoid arthritis is a disability sentence," says Lehigh Valley Hospital and Health Network rheumatologist James Ross, M.D. "It varies in severity and sometimes goes into remission. Fewer than one-third of people need a joint replacement."

Turning bad days into good ones

It's been a decade since Habel became one of the 2.5 million Americans living with rheumatoid arthritis, and she's never let it get her down. She continues an active career as a quality assurance manager, takes regular walks (which help ease arthritis) and enjoys traveling.

"I visited the Coliseum in Rome, and I couldn't walk up the steps," she says. "But I thought, that's OK. I'm in the Coliseum. How many people get to see this?"

Her rheumatologist, William Iobst, M.D., of Lehigh Valley Hospital and Health Network, understands that spirit. Habel drives more than an hour-and-a-half for appointments because "he cares for me as a whole person and wants to help me do the things I love to do," she says.

Finding the ultimate therapy

Until a few years ago, the treatments for rheumatoid arthritis were much more limited than they are today. A new breakthrough drug called etanercept (Enbrel) is making all the difference in Habel's life. "Etanercept helps tame the immune system to eliminate inflammation," Iobst says. "When there is no inflammation, the joints are not destroyed and we avoid joint replacement."

Since taking etanercept, Habel has had little swelling. Though she still experiences occasional aches and fatigue, she's been able to enjoy life more fully. "After giving up my beloved piano for years, I recently played a piano/organ duet with my mother," she says. "I'm so thankful for those moments, and I look forward to more."
You're in your 20s or 30s with a family history of breast cancer...should you get a mammogram? You're approaching middle age...when should you start regular mammograms? You're over age 70...do you still need a yearly mammogram?

Breast health is a concern for every woman, but the answer on mammography screenings varies with your age.

For the younger woman

Women in their 20s and 30s are at very low risk of developing breast cancer. But if your mother or sister had breast cancer before menopause, your risk rises. "A young woman with a family history of breast cancer should talk with her doctor about beginning mammography earlier than age 40," says gynecologist William Riedel, D.O., of Lehigh Valley Hospital and Health Network. "If you have no family risk, monthly breast self-exams and annual exams by your gynecologist are your best screening tools. They're an important part of lifelong breast health."

For the midlife woman

All women should have annual mammograms beginning at age 40. Studies show that breast cancer deaths have dropped by about one-third (and new research from Sweden reports a drop of two-thirds) in women age 40 to 69 who were screened, says Gregory Harper, M.D., Ph.D., physician-in-chief of Lehigh Valley Hospital and Health Network's Cancer Center. "When breast cancer is found early, the chance of a cure is more than 90 percent," he says. "A mammogram detects subtle changes long before a lump can be felt."

For the older woman

Breast cancer becomes more common as women age, so it's important to have mammograms throughout life. "What used to be 'old' isn't considered elderly anymore," Riedel says. "There are many very vibrant 70-year-olds who have a long life ahead of them, and they need to continue taking charge of their health."

Want to Know More? For a breast self-exam card for your shower and other information on breast health, call 610-402-CARE. (Information is also on our web site: www.lvhhn.org)

Mammogram Update

Better Accuracy — A new, high-tech tool helps radiologists at Lehigh Valley Hospital and Health Network interpret mammograms and detect breast cancer at the earliest and most curable stage. ImageChecker™ draws on a database of 30,000 cancers and acts like a "spell check" to identify subtle features that may be associated with cancer. Research shows that ImageChecker can detect up to 20 percent more cancers than mammography alone.

More Comfort — If you've had a mammogram, you know there can be discomfort, but a new soft cushion, Mammopad™, has been designed to make the test more comfortable. More than 80 percent of women who've used Mammopad at Lehigh Valley Hospital and Health Network report improved comfort.
Hearing As You Age

Seniors’ Horizons Winners

Men & Osteoporosis

Thanks to his hearing aid, James Moyer of Allentown can enjoy grandson Stefan’s guitar playing. With Moyer are his wife, Loretta, and their children and grandchildren. See Moyer’s story, next page.
Do You Need a Hearing Test?

Hearing loss can be so subtle you don’t notice it. A test beginning at age 50 is a good idea especially if:

- you or your family think you have a hearing problem;
- you have worked in a high-noise environment.

For most people, a test is needed every two years. See your doctor at once if you have ear pain, discharge, ringing or dizziness.

The television’s too loud!” James Moyer used to get that complaint all the time. But it wasn’t what finally prompted him to buy a hearing aid. “I wanted to hear my grandchildren’s voices,” says the 67-year-old Allentown man.

Now that he’s adjusted to it, Moyer is pleased with the improvement in his hearing. “The hearing aid isn’t perfect when there’s background noise,” he says. “But one-to-one, I can hear everything that’s said now. I can even hear the birds sing again.”

Moyer’s situation is very common, says family practice physician Robert Stull, D.O., of Lehigh Valley Hospital and Health Network. “Ten percent of people over 65 have a hearing loss great enough to be noticeable,” he says.

To some degree, it’s an inevitable part of aging, says his colleague, otolaryngologist John Harwick, M.D. “Hearing loss is a gradual process; typically, you lose the higher pitched sounds first.” No two people are exactly the same. For some, speech and music sound distorted, others can’t follow party conversation and still others feel as if the volume is always turned down.

The two main types of hearing loss are conductive, caused by damage to the outer or middle ear, and sensorineural (nerve deafness), most commonly from aging but also from noise trauma. Moyer’s hearing loss stems from years of working in a commercial spray painting booth with loud fans. “It was a continuous howl,” he says. Among Stull’s patients are many retired industrial workers with the same problem.

The wave of the future in treating hearing loss, Harwick
He's missing none of the details — James Moyer plays Parcbeesi with grandchildren (l-r) Amanda and Alex McCrea and Stefan Moyer, as wife Loretta and granddaughter Samantha Moyer look on.

says, is a surgically implanted device that makes sounds not only louder but clearer. Since that technology isn't widely available yet, for most people the answer is a hearing aid. These miniature electric amplifiers have come a long way since the 1950s and are getting better all the time. Today's hearing aids, which increase and control sound intensity and expand the range of tones heard, can be fitted behind the ear, into an eyeglass frame or right into the ear canal.

Since the cost ranges from several hundred dollars to several thousand for high-end digital units, it's important to get professional help determining the type of hearing aid best for you. "Once you know that," Harwick says, "insist on a trial period so you can return a unit that doesn't suit you."

The biggest challenge for most isn't finding a hearing aid but adapting to it, he says. "Most people lose their hearing gradually, and as this happens the brain gradually learns to process sound differently. A hearing aid corrects all at once. That's a lot for the brain to take in."

Many people need counseling and a few adjustments before they can feel enthusiastic about their hearing aid. Others need to overcome a social embarrassment they really shouldn't feel, Harwick says. "You wouldn't hide your eyeglasses, so why be self-conscious about a hearing aid?"

He and Stull are saddened to see people isolate themselves because of hearing difficulties. "Staying connected is imperative to an elderly person's well-being," Stull says.

If someone you love is in denial about hearing loss, he says, "urge the person to agree to a test to reveal the extent of the problem. At the very least, have the family doctor take a look. People assume hearing loss is due to age, but it can be something as simple as an accumulation of wax."

It's important to be realistic about how far you can go correcting hearing loss, Harwick says. "It's never going to be like it was before. But many of my patients, within a year or two, can't imagine how they ever lived without their hearing aid."

Mark Your Calendar

**Hearing and Your Health**

Dec. 5

For class details, see page 27.

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Want to Know More about how to communicate with a hearing-impaired person? Call 610-402-CARE.

610-402-CARE • www.lvhhn.org • Healthy You 23
Meet the Winners!
Seniors’ Horizons Volunteer Awards

One of the highlights of Seniors’ Horizons—the Lehigh Valley’s information and entertainment fair for people age 50 and over—is the Volunteer Awards ceremony. Each year, local people are honored for contributing their talents to the community. Here are the “stars” recognized this past September:

**Pat Auerbach**  
**Northampton County winner**

“Our longest direct-service volunteer”—that’s how Turning Point proudly describes Pat Auerbach, 68, of Tatamy. The retired teacher has a 20-year history with the organization. “She has an extraordinary and deeply rooted devotion to Turning Point and to our cause of ending domestic violence,” says volunteer services liaison Stephanie Wodyka.

Auerbach has manned Turning Point’s telephone hotline, coordinated its Speaker’s Bureau and accompanied women into court as they seek protection from abuse. “She has a unique ability to lead needy people through the intimidating and confusing legal system,” Wodyka says. “Pat has one goal—to help victims become survivors and discover a safe and dignified life.”

**Meals on Wheels**  
**of Lehigh County**  
**Group winner**

Back in 1971, 16 volunteers helped launch Meals on Wheels of Lehigh County—and they haven’t stopped in the 30 years since. Their pioneering spirit was the catalyst that created the program, says volunteer coordinator Dawn Stillwagen, “and their continued support drives our agency’s growth and success.”

The volunteers reach out to more than 300 people, helping them live independently by bringing nutritious meals and personal interaction. “The compassion and caring of these volunteers are powerful antidotes to the loneliness and isolation facing many of the people we serve,” Stillwagen says. “Their willingness to give freely of their time and energy to bring comfort to others exemplifies the very best of the human spirit.”
Mary Christine
Lehigh County
winner

Most people who enjoy shopping in the Phoebe Home Gift Shop have no idea what it takes to run such an enterprise—scheduling volunteers, meeting salespeople, ordering merchandise, creating displays and training cashiers. That's exactly what Mary Christine has done for the past 23 years.

The 75-year-old Allentown woman is a Phoebe Home Auxiliary Board member and manager of the Gift Shop. She makes it possible for the shop to be open six to seven days a week through her own efforts and those of volunteers including her family, says volunteer coordinator Sharon Benson. “These many years, Mary’s exceptional generosity has benefited Phoebe’s residents and their families, staff, volunteers and visitors.”

Joseph G. McCoy
AARP winner

“A caring, self-made man with discipline, dedication and passion about his work.” That’s Joseph McCoy, says Betsy Laylon, volunteer director of St. Luke’s Hospital, where McCoy has logged an impressive 3,700 hours as a volunteer. The 82-year-old Hellertown man has worked in the Transcription Center and the Zipper Visitors Program for open heart surgery patients. (He had the surgery himself in 1984.)

Since 1991, he’s been an instructor and program coordinator of AARP’s 55 Alive Driver Safety Program—logging another 1,400 volunteer hours helping seniors update their driving skills and ensure safer roadways. (For details on 55 Alive, see page 28.) “Joe’s efforts,” Laylon says, “are both commendable and extraordinary.”

The Screenings You Need

Are you getting the health screenings you need after age 50? Here are guidelines from Keith Doram, M.D., co-director of the Center for Healthy Aging at Lehigh Valley Hospital and Health Network:

- **Yearly doctor visit** – It’s the foundation. If you see your primary doctor regularly, you’re more likely to get key health screenings.
- **Blood pressure/cholesterol** – Otherwise healthy people need a blood pressure test at least yearly and complete cholesterol test every two years.
- **Colorectal cancer** – Have a fecal occult blood test (stool smear) yearly, flexible sigmoidoscopy every three to five years and colonoscopy every 10 years.
- **Women’s health** – Have a pelvic exam, professional breast exam and mammogram yearly; ask your doctor about Pap smears.
- **Men’s health** – Ask your doctor about yearly rectal/prostate exams and PSA (prostate cancer) tests.
- **Vision** – An ophthalmologist tests for visual and other health problems; go every two to three years, annually if you have diabetes.
- **Hearing** – Begin testing at age 50 (see story, page 22).
- **Osteoporosis** – Postmenopausal women (and some men; see page 26) need bone density testing every one to two years.

Also, ask your doctor about screenings for depression, cognitive impairment (Alzheimer’s), incontinence and risk of falls.

Want to Know More? Ask your doctor about scheduling these important tests. To find a doctor, call 610-402-CARE.
Tell a man he needs to be tested for osteoporosis and he's sure to be surprised. "Men look at osteoporosis the same way as breast cancer—they think it only happens to women," says Anthony Matejicka, D.O., Lehigh Valley Hospital and Health Network internal medicine specialist. "Osteoporosis is most common in women after menopause, but it also occurs in men."

Should you be concerned about brittle bones? Talk to your doctor about your personal and family risk factors, Matejicka says. Men using medications containing steroids are at highest risk (see related story on page 2), but alcohol abuse, smoking, kidney disease, heredity and lowered testosterone are also significant risk factors.

While it's natural for a man's testosterone to decline with age, there should not be a rapid drop, as occurs with estrogen in post-menopausal women, says endocrinologist Donald Barilla, M.D., of Lehigh Valley Hospital and Health Network. However, certain medications can lower a man's testosterone and deplete bone mass. These include steroids, Dilantin (used to treat seizures and epilepsy) and hormone treatments for prostate cancer.

Osteoporosis is responsible for 1.5 million spine, hip and wrist fractures each year. About one-quarter of these occur in men, and the figure rises to one-third in men age 80 and over. But bone fractures can occur even in young men.

"A warning sign of osteoporosis is sudden, extreme lower back pain that is unrelieved by pain medication," Barilla says. "With osteoporosis, you can trigger a compression fracture in your spine just by bending down."

To prevent fractures, know your risk factors and have a bone density test when your doctor recommends it. "The best way to combat osteoporosis is to find it early," Barilla says, "and work with your doctor on a treatment plan including calcium, vitamin D, resistance or weight training and, if necessary, bone-rebuilding medication."

Want to Know More about whether you need a bone density test? Call 610-402-CARE.

### Recommended Daily Calcium and Vitamin D for Men*

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<th>Age</th>
<th>Calcium (milligrams)</th>
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*The right amounts for you depend on your medical condition, so check with your doctor.

Mark Your Calendar

Treatment Trends for Osteoporosis

Nov. 20

For class details, see page 27.
Registration is a must!
Since Healthy You class space is limited, if you want to attend a program you should register in advance. You can register by mail, e-mail, phone or fax. See the registration form on page 35 or call 610-402-CARE. We may need to cancel a program or class if not enough people enroll. You'll get a full refund within 30 days.

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 married 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 35. 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

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

To register, call 610-402-CARE • Healthy You 27
Health Improvement Classes

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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.

- Free • Vitality Plus GOLD members
- $10 • non-members
  (check made payable to AARP)
- Tuesday and Thursday, Nov. 13 and 15; 9 a.m.-1 p.m.
- Tuesday and Thursday, Dec. 11 and 13; 9 a.m.-1 p.m.

Classes meet at 17, School of Nursing, Auditorium.

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, Jan. 17; 7-9 p.m.
  Class meets at MUH—Banko, Room 3.

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 Trexlertown or call 610-402-CARE.

Internet Ambassadors

Call today for a free, confidential session with an Internet Ambassador, a volunteer trained to help you search the Internet for health information at the Health Library and Learning Center, Health Center at Trexlertown.

For more information, call 610-402-CARE.

Health Screenings

For information, call 610-402-CARE.

LEHIGH VALLEY MALL—upper level
Blood Pressure and Pulse Screenings-Free
Tuesday, Nov. 20; 8:30-10 a.m.
Tuesday, Jan. 15; 8:30-10 a.m.

AMES DEPARTMENT STORE—TrexlerTown
Blood Pressure Screenings-Free
Tuesday, Nov. 20; 8:30-noon
Tuesday, Dec. 4; 8:30-noon
Tuesday, Jan. 15; 8:30-noon

Offered by the Health Center at Trexlertown

Here’s a good idea for weight watchers

Weight4Me Preview

Preview an eight-week online program to lose (or maintain) weight through simple, powerful goal-setting and tracking techniques. Stay in control, make better food choices and become more active. For more information, log on to http://lvh.wt4me.com

- Free • Monday, Jan. 14; 6:30-7:30 p.m.
  Preview meets at 2166, First Floor Conference Room.
- Tuesday, Jan. 15; 6:30-7:30 p.m.
  Preview meets at MUH—Banko, Room 4.

Eight-week program fee is $79—includes Weight4Me program, pre- and post-measurement of total/HDL cholesterol, blood sugar, body composition and a Weight4Me T-shirt on completion.

For a class schedule and details, call 610-402-CARE or visit http://lvh.wt4me.com
Health Awareness

Playing It Safe on the Slopes  NEW
Make your ski season a safe one on the slopes. Learn conditioning tips to avoid common ski injuries and skiing safety tips. Receive a discounted lift ticket.
$10
• Wednesday, Jan. 9; 7-8 p.m.
Class meets at TX.
Barry Rubt, M.D., orthopedic surgeon
Jim Parrish, director of skiing and snowboarding, Bear Creek Ski Area
See related article on page 5.

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.

Get Fit While You Sit Preview  NEW
A total body workout while sitting in a chair? Yes — for those who want to begin an exercise program or those with special conditions, these safe, low-demand exercises increase energy and improve health.
Free
• Wednesday, Dec. 5; 11 a.m.-noon
Class meets at MUH—Banko, Rooms 1 and 2.
• Thursday, Dec. 6; 5:30-6:30 p.m.
Class meets at CC, Morgan Cancer Center, Atria Café.
• Wednesday, Dec. 12; 11 a.m.-noon
Class meets at 17, School of Nursing, Auditorium.
See related article on page 18.

East Coast Swing Thing
Get into the beat of the holidays! Much like jitterbug and other dances, East Coast swing takes on many styles. Learn the basic swing step pattern and variations in this fun day of exercise.
$15
• Saturday, Dec. 8; noon-2 p.m.
Class meets at MUH—Banko, Rooms 1 and 2.

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  12 classes for 6 weeks  $30
• Wednesday and Friday, Jan. 2, 10:15-11:15 a.m.
(first session)
Classes meet at TX.
See related article on page 18.

Balanced Fitness
Using an air-cushioned exercise ball, this versatile workout will strengthen your back, chest and abs, and improve stability and balance. A perfect fit for beginners and cross-trainers.
6 classes  6 classes  $30
• Wednesday, Dec. 19; 5:30-6:30 p.m.
(first session)
Classes meet at MUH—Banko, Rooms 1 and 2.
• Wednesday, Jan. 2; 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
Schadt Ave. and Campus Drive

Township of Bethlehem,
Coolidge Building
2740 Fifth St., Bethlehem

HM • Hamburg Community Health Center, 700 Hawk Ridge Drive, Hamburg
TX • Health Center at Trexlertown, Trexler Mall, Rt. 222 Trexlertown

To register, call 610-402-CARE • Healthy You
If you’ve neglected physical activity, Exercise for Life is a great way to get started. Offered at various times; for information and to register, call 610-402-CARE.

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

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

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

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

Exercise for Life Tryouts
Is Exercise for Life for you? Try it out in a free 30-minute educational session with a fitness expert, followed by a 30-minute exercise session.

Free
• Saturday, Dec. 15; 11 a.m.-noon
Class meets at TX
• Wednesday, Jan. 15; 10:15-11:15 a.m.
Class meets at Zephyr Park.

PUMP
This leading-edge group workout will strengthen your body and produce visible results. PUMP uses a light barbell and variety of weights to work every major muscle group. For adults of all ages and fitness levels.
6 classes • $55
• Wednesdays, Dec. 5; 6:45-7:45 p.m. (first session)
• Saturdays, Dec. 8; 9:45-10:45 a.m. (first session)

Classes meet at TX.
• Saturdays, Dec. 22; 9-10 a.m. (first session)

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.
12 classes for 6 weeks • $48
• Tuesdays and Thursdays, Jan. 8; 8:15-9 p.m. (first session)
Classes meet at TX.

Mind and Body

Spirituality — Find the Strength Within NEW
Research shows the importance of spiritual strength in times of illness, stress, trauma or high-demand challenges. Learn more about “spiritual tendencies” and the significance of connecting with others, nature and a higher power.
Free
• Monday, Jan. 7; 7-8 p.m.
Class meets at MUH—Banko.
Barbara Rutt, manager, pastoral care
Carol Fenstermaker, parish nurse

Yoga
Your health will benefit from this ancient practice that incorporates breathing, stretching, strengthening and relaxation. Bring pillow and blanket.

• Relaxing Yoga — A gentle flow of poses to reduce stress and improve flexibility;
6 classes • $55 ($50, Vitality Plus GOLD members)
• Mondays, Jan. 7; 6:45-7:30 p.m. (first session)
• Thursdays, Jan. 10; 6:45-7:30 p.m. (first session)

Classes meet at TX.
• Mondays, Jan. 7; 7:15-8 p.m. (first session)
• Tuesdays, Jan. 8; 6:45-7:30 p.m. (first session)

Energizing Yoga — A stimulating flow of poses for strength, stamina, flexibility and balance.
6 classes • $55 ($50, Vitality Plus GOLD members)
• Mondays, Jan. 7; 8:15-9:30 p.m. (first session)
• Thursdays, Jan. 10; 6:45-8 p.m. (first session)

Classes meet at TX.
• Tuesdays, Jan. 8; 6:45-8 p.m. (first session)

Yoga

Relaxing Yoga — A gentle flow of poses to reduce stress and improve flexibility;
6 classes • $55 ($50, Vitality Plus GOLD members)
• Mondays, Jan. 7; 6:45-7:30 p.m. (first session)
• Thursdays, Jan. 10; 6:45-7:30 p.m. (first session)

Classes meet at TX.
• Mondays, Jan. 7; 7:15-8 p.m. (first session)
• Tuesdays, Jan. 8; 6:45-7:30 p.m. (first session)

Energizing Yoga — A stimulating flow of poses for strength, stamina, flexibility and balance.
6 classes • $55 ($50, Vitality Plus GOLD members)
• Mondays, Jan. 7; 8:15-9:30 p.m. (first session)
• Thursdays, Jan. 10; 6:45-8 p.m. (first session)

Classes meet at TX.
• Tuesdays, Jan. 8; 6:45-8 p.m. (first session)
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, Dec. 8; 11 a.m.-1 p.m.
  - **Everyday Tai Chi**—Great for the health-conscious or those with busy lives who want to relax.
    - 4 weeks • $35
    - Mondays, Nov. 26; 10:15-11:30 a.m. (first session)
    - Tuesdays, Nov. 27; 6:45-8 p.m. (first session)
    - Classes meet at TX.
    - 6 weeks • $55 ($50, Vitality Plus GOLD members)
      - Mondays, Jan. 7; 10:15-11:30 a.m. (first session)
      - Tuesdays, Jan. 8; 6:45-8 p.m. (first session)
      - Classes meet at TX.
      - Thursdays, Jan. 10; 6:45-8 p.m. (first session)

Massage Therapy

Massage therapy improves circulation, relaxes the muscles, and soothes the mind and body. Certified massage therapists available at four locations. For more information or appointment, call 610-402-CARE. Gift certificates available.

### Massage Therapies

<table>
<thead>
<tr>
<th>Massage Therapies</th>
<th>Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation</td>
<td>30-minute • $35</td>
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<tr>
<td></td>
<td>60-minute • $50</td>
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<tr>
<td>Therapeutic</td>
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<td>90-minute • $70</td>
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<td>Aromatherapy</td>
<td>30-minute • $35</td>
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<tr>
<td>Foot</td>
<td>30-minute • $35</td>
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<tr>
<td>Pain-Relief</td>
<td>75-minute • $70</td>
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<tr>
<td>Pregnancy</td>
<td>75-minute • $70</td>
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<tr>
<td>Seated Chair</td>
<td>15-minute • $20</td>
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</tbody>
</table>

Sessions held at TX, MUH—Banko, CC—Jaindl Pavilion and 2166.

Men’s Health

**Treating Prostate Cancer NEW**

Learn what every man and woman should know about prostate cancer and the latest treatment options.

- Free
  - Wednesday, Nov. 28; 7-8 p.m.
  - **Men and Osteoporosis**
    - See page 27 for details on an osteoporosis presentation.
    - See related article on page 26.

Women’s Health

**Contraceptive Update NEW**

You may be surprised at what you don’t know about your contraception. Hear the latest information on current methods and revolutionary new methods that make contraception easier and more reliable.

- Free
  - Tuesday, Nov. 27; 7:30 p.m.
  - **The Latest on Mammograms NEW**
    - Get the facts: breast cancer risk, why mammograms are important, when you need one, new findings (and a new cushion for greater comfort), how-tos for breast self-exams. Bring your questions. Receive a free tote bag when you register.

- Free
  - Monday, Jan. 14; 7-8 p.m.
  - **Grand Opening Celebration for the new Breast Health Services at Lehigh Valley Hospital—Muhlenberg**
    - Enjoy a tour and refreshments.
    - Free
      - Thursday, Nov. 29, 7 a.m.-7 p.m.
  - 2597 Schuylkill Rd., Bethlehem

To register, call 610-402-CARE • Healthy You
Coping With Infertility SERIES

- Coping With the Holidays—Receive helpful guidelines to help you manage the stress of family expectations and social pressures during the holiday season.
  - Free
  - Thursday, Dec. 13; 7-8:30 p.m.
  - Class meets at CC, Classroom 2.
  - Gwen Morgan White, licensed social worker

- Do I Need Advanced Technology?—Learn about advanced reproductive technologies and who needs them. There will be a question-and-answer session.
  - Free
  - Thursday, Jan. 17; 7-8:30 p.m.
  - Class meets at CC, Classroom 2.
  - Albert Peters, D.O., reproductive endocrinologist

• Upcoming topics:
  Jan. 29 — Infertility Options in the New Millennium
  Feb. 20 — Stress Management and Infertility

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, Dec. 14; 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 and I-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. $95 for seven-week series.

- One-day Lamaze—Prepared Childbirth (see above) for couples whose schedules won’t accommodate a multiweek course. Newborn care not included. $130 includes breakfast, lunch.

- Three Week Saturday Lamaze—Condensed version of Prepared Childbirth (see above). Newborn care not included. $85.

- Lamaze Refresher—If you’ve already taken Lamaze, review the basics and learn about sibling concerns and Vaginal Birth After Cesarean (VBAC). $40.

- “Just Breathing”—For those who’ve taken prepared childbirth in the past three years. A review of stages of labor, breathing and pushing techniques. $35.

- All About Baby (Newborn Care)—Feeding, safety, preventive care, health problems, local resources. Grandparents welcome. $30.

- 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.
Wrap Your Holidays in Good Health

Healthy You Programs has made it easy to give healthy gifts to those you care about. Stop by our seasonal gift shops (see below) or our office (2166 S. 12th St., Allentown, lower level, 9 a.m.-4 p.m.). Talk to our staff and pick our gifts like hand-held massagers, water bottles, foot scrubbers, pedometers—and of course, gift certificates for Healthy You programs.

Seasonal Gift Shop
- Monday, Dec. 3; 11 a.m.-1 p.m. and 4-6 p.m.
  CC, Anderson Wing Lobby.
- Tuesday, Dec. 4; 11 a.m.-1 p.m.
  17, Outside the Cafeteria.
- Wednesday, Dec. 5; 11 a.m.-1 p.m. and 4-6 p.m.
  MUH, Outside the Cafeteria.

Disease Prevention and Care

Heart Failure Education
The Healing Hearts Program of The Regional Heart Center will complement your physician's existing medical program and recommendations. The education series focuses on lifestyle modification, nutrition and medication management. Your doctor's referral is necessary.
- Wednesdays, Jan. 23; 7-8:30 p.m. (first session)
  Classes meet at CC, Classroom 1.
  For additional information, call 610-402-CARE.

Diabetes Education
The Helwig 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 support group, page 34.

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. Registration required.
- Fundamentals of Basic Life Support (Course C)
  One-and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing blocked airway.
  3-part course • $50
  • Mondays, Dec. 3, 10 and 17; 7-10 p.m.
  • Mondays, Jan. 7, 14 and 21; 7-10 p.m.
  For more information or to achieve CPR provider status, call 610-402-CARE.
- Heartsaver Pediatric (Course D)
  Focus on infant and child CPR, including clearing a blocked airway.
  $50
  • Monday, Nov. 26; 7-10 p.m.
  • Wednesday, Nov. 28; 7-10 p.m.
  • Wednesday, Dec. 19; 7-10 p.m.

To register, call 610-402-CARE • Healthy You
Cancer Education

Orientation Program for Patients and Families
As you begin cancer treatment, we'll help you prepare and manage the unexpected. This program is designed for patients, family and friends—you are encouraged to bring a partner. Registration required.

- Tuesday, Nov. 27: 7 p.m.
- Tuesday, Dec. 18: 7 p.m.

Meets at CC, Morgan Cancer Center, Conference Room 1.

Free

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 nine weeks. To register and for fee information, call 610-402-CARE

- Tuesdays, 7:30-9 p.m.
- Tuesdays, 5:30-7 p.m.

Meets at MUH—Bauko.

Gyn Support and Outreach Group
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, Dec. 5: 7:30-9 p.m.
- Wednesday, Jan. 2: 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.

- Monday, Dec. 3: 7:30-9 p.m.
- Monday, Jan. 7: 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.

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

Support of Survivors
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.

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:

- Grief Through the Holidays—For those who have recently experienced the death of a loved one, this special five-week session helps in coping with the holiday season.

- Diabetes Support Group—This group for adults with diabetes meets at 7 p.m. on the third Monday of every month.

A monthly series of interactive educational programs for patients dealing with cancer and their families and friends.

November

Healing Energies
Promote and maintain your health using simple techniques to help keep you in balance.

- Thursday, Nov. 15: 7 p.m.

Class meets at CC, Morgan Cancer Center, Conference Rooms 1a and 1b.

Carol Sennett, R.N., certified massage therapist and healing touch practitioner

December

The Healing Power of Music
Explore ways in which music can heal your spirit and help you to relax.

- Thursday, Dec. 20: 6:30 p.m. snacks and beverages; 7 p.m. class

Class meets at CC, Morgan Cancer Center, Conference Rooms 1a and 1b.

Katherine M. Purcell, board-certified music therapist

Continued on next page
November 2001 - January 2002

• 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, Dec. 11; 7-9 p.m.
• Tuesday, Jan. 8; 7-9 p.m.
Meets at CC, Morgan Cancer Center, Suite 114.

• Hospice Support Group—
Support, education and fellowship for anyone who has experienced a loss through death.
Free
• First, third and fifth Tuesday of each month; 7:30-9 p.m.
Meets at 2166, Hospice.
• First and third Monday of each month; 7-9 p.m.
Meets at New Life Lutheran Church, Route 309, New Tripoli.
Barbara Smith, Hospice chaplain

• Cancer Support Groups (see page 34)
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.

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 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
PO. 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 23-35) for class title, date/time and fees. Please print:

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

TO BECOME A VITALITY PLUS MEMBER:
Enter roll me in Vitality Plus—Healthy Living for People 50 and Over. Please refer to page 27 for membership details.

____ FREE Community Membership
____ Vitality Plus Gold ($20/year individual or married 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: $ ________

To register, call 610-402-CARE • Healthy You 35
"It's like I have my old body back—but better!"

Hip replacement gave Louie Belletieri new energy and a life without pain.

“Success in the restaurant business,” says Louie Belletieri, “means 15-hour days of constant activity.” But after 20 years in the business, Louie's hip was slowing him down. “The pain made me feel like a 90-year-old man,” he says.

That's when Louie turned to Peter Keblish, M.D., the internationally known Lehigh Valley Hospital orthopedic surgeon. Dr. Keblish, who has given talks and published journal articles in the U.S. and abroad, performed a total hip replacement. “It was the best decision I could have made,” says Louie, owner of Louie's restaurants in Allentown and Bethlehem.

“Customer service is key in my business,” he says, “and I was pleased and impressed with the treatment I received at Lehigh Valley Hospital.”

After a short recovery and rehabilitation, Louie is back on his feet 15 hours a day. “My mind was always willing to put in the time,” he says. “After surgery, my body's willing, too.”

When it matters most:

• Lehigh Valley Hospital's orthopedic program is rated one of the top three in Pennsylvania.

• Our experienced surgeons perform more than 1,000 total joint replacements every year.

• Our program also includes physical therapy, rehabilitation and sports medicine.

LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

When it matters most.

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

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