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Volleyball—Play It Safe
Post-Traumatic Stress
Helping Teens Relate

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There's more to the story

Every Healthy You story has extra information built right in. Look for the question Want to Know More? at the end of the story. It will link you to a class or presentation, handout, or local and national resources. In this issue, for example, if you call 610-402-CARE you can get:

- a coupon from Wegmans
- a set of stretching exercises
- a heart disease risk questionnaire
- a brochure on safe dating for teens
- a breast self-exam card for your shower
- a copy of the Food Guide Pyramid for Seniors

610-402-CARE • www.lvh.org • Healthy You 1
What Causes Bone Thinning?

You’ve probably heard about the dangers of osteoporosis (brittle bones), which results in thousands of painful fractures each year. But why do bones lose their strength?

- **Lack of bone-protecting estrogen.** This is the most common cause of bone loss, says Lehigh Valley Hospital and Health Network endocrinologist Geraldo Saavedra, M.D. “Bone mass starts declining from age 30 on, and there is a steep loss after menopause when estrogen levels drop,” he says. Younger women with eating disorders that affect estrogen level also are at risk.

- **Hormone-related diseases** such as hyperthyroidism (overactive thyroid) and hypogonadism (underactive ovaries or testes).

- **Lengthy steroid treatment,** which is common for immune disorders like rheumatoid arthritis.

While they’re not direct causes of bone thinning, the following factors raise your risk:

- **Your genes.** Risk is higher if there’s osteoporosis in the family or if you’re fine-boned, Caucasian or Asian.

- **Smoking, excess alcohol and caffeine** (including cola as well as coffee).

- **Not enough calcium and vitamin D.** Each day you need 1,500 milligrams of calcium if you’re not on hormone replacement and 1,000-1,200 if you are, plus 400 units of vitamin D.

- **Lack of exercise.** Weight-bearing exercise like walking, biking or aerobics is important for strong bones.

Want to Know More about bone-density testing and where it’s available? Call 610-402-CARE. See page 26 for information on upcoming osteoporosis screenings.

What Do You Know About Strokes?

Everyone should know the warning signs of a “brain attack” — and just as important, the lifestyle choices that help prevent strokes.

In this issue, you'll find lots of vital stroke-related information including:

- **Warning Signs of Stroke:**
  - Learn the B-E-N-C-H Marks! box at right
  - Unclogging Arteries page 10
  - A Second Chance After Stroke page 22
  - Preventing Strokes lecture, page 26 free screening, page 30

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**Warning Signs of Stroke:**

**Learn the B-E-N-C-H Marks!**

When someone is having a stroke, getting him or her to the hospital right away makes all the difference in recovery. That’s why it’s vital that everyone recognizes the symptoms of stroke!

Here’s a handy memory tool: the “B-E-N-C-H marks” of stroke. If you see one or more of these signs, call 9-1-1 immediately:

- **Balance** — Sudden trouble walking, dizziness, loss of balance or coordination
- **Eyes** — Sudden trouble seeing in one or both eyes
- **Numbness** — Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- **Confusion** — Sudden confusion, trouble speaking or understanding
- **Headache** — Sudden, severe headache with no known cause

Want to Know More? Get your free stroke risk assessment at the presentation Preventing Strokes (see page 26).
Reasons Not to Smoke

1. Your heart: Smoking is a major risk factor for heart disease, the #1 killer of men and women in America.

2. Your looks: Smoking causes facial wrinkles and dull, dry hair.

3. Your lungs: Smoking is the major cause of lung cancer.

4. Your reproduction health: Smoking can affect fertility and increase the risk of miscarriage.

Health in the News

Sports that injure kids

According to the Consumer Product Safety Commission, the activities that cause the most muscle and bone injuries in children age 5 to 14 are (in order from most injuries to least):

- bicycling
- basketball
- football
- roller sports including skateboarding

The area's most comprehensive health improvement classes.

Healthy You is a great way for you to improve your health.

- Health Awareness
  - Herbs and Your Health
  - Carpal Tunnel Screening
  - Insomnia: What's Keeping You Up at Night?
  - Natural Nail Care
  - Health Careers
  - Health Insurance for the Individual
  - UV Sun Damage Screening

- Exercise and Movement
  - Walking
  - Golf Clinic
  - Cycling Clinic
  - Get Fit While You Sit
  - Cardio Kickboxing

- Mind and Body
  - Reducing Anxiety
  - Meditation
  - Yoga
  - Tai Chi
  - Massage

Also featuring 50+ classes, women's health, childbirth and newborn care, parenting, diabetes and cancer education, and support groups.
Putting the Heat on Shoulder Injuries

Baseball pitchers, volleyball servers—anyone in overhead throwing sports is prone to torn cartilage, dislocation and other shoulder problems. "If you have loose, flexible shoulder joints, you're especially vulnerable to a condition called multidirectional instability," says orthopedic surgeon Mitch Cooper, M.D., of Lehigh Valley Hospital and Health Network.

Rehabilitation and muscle strengthening often can fix the painful condition. But when it's severe or combined with torn cartilage, you need surgery. In most cases, Cooper and his colleagues can repair shoulder injuries through tiny incisions. Combining the repair with a new technique called thermal shrinkage produces even better results. "Using a tiny probe, we apply heat to tighten the loose tissue back up," he says. Rehab still can take weeks or months, but early research shows that the outcome is better than with cartilage repair alone.

Want to Know More about preventing shoulder injuries? See story on page 6, featuring volleyball player Jessica Diehl (shown in photo above).

Thick or Thin High Heels Are Bad for Your Feet

Think you can avoid foot and knee problems by trading in your stiletto heel for a thicker style? Think again, says Vinh Tran, M.D., Lehigh Valley Hospital and Health Network orthopedic surgeon. "A thick heel feels more comfortable and stable than a stiletto," he says, "but anything that lifts the heel adds pressure to the front of the foot."

A 3/4-inch heel adds 22 percent more pressure on the forefoot, 2 inches add 57 percent and 3 inches almost 75 percent more pressure, Tran says. The results are bunions, hammer toe (deformity in the second, third or fourth toes), metatarsalgia (pain in the ball of the foot) and neuroma (pinched nerve).

Recent research has shown that over time, high heels also contribute to arthritis in the knee.

Avoid high heels of any kind, Tran says. If you must wear them, do so for limited amounts of time. Well-fitted, low-heeled shoes with a wide toe box are the ideal choice.

For more information on the Transplant Center, call 610-402-CARE. See story on kidney donation on page 14.

National Honors for Safety, Quality—LVHNN is one of just six health care organizations in Pennsylvania to earn high marks in a new national survey by The Leapfrog Group. The survey focused on three safety and quality measures: computerized drug orders, specialized doctors in intensive care units, and experience in specialty procedures such as coronary bypasses. LVHNN has also been named in Modern Healthcare Magazine as one of the country's Top 100 integrated health care networks, based on such factors as service and access, financial stability and technology use.
Mom always said to eat your vegetables, but let’s face it—most of us don’t get nearly enough. “Vegetables are the least likely item on the plate to be eaten because they taste bland,” says Brett Conlin, dietitian at Lehigh Valley Hospital and Health Network. “The French and Italians eat tons of vegetables; they know how to enhance them.”

It’s worth making the effort, because vegetables really are good for you: they’re low-fat and packed with vitamins, minerals and fiber. Veggies retain their nutrients best if eaten raw or lightly steamed, Conlin says. But that doesn’t mean you have to leave them that way. “You can even afford to add fat, as long as you watch your total intake,” he says.

To add pizzazz to your vegetables, Conlin suggests the “SSDD” principle—sauces, spices, dressings and dips:

**Sauces**

Who doesn’t love steamed broccoli with cheese sauce or a sprinkling of grated cheddar or Romano? Conlin’s personal favorite is fruit sauces. “Heat pureed pineapple and bananas in a pan with a little cornstarch, then stir until thickened and serve over carrots or broccoli,” he says. Alternative ingredients: honey, orange marmalade and orange juice, with a hint of vanilla.

**Spices**

Dried herbs and spices provide flavor without the fat. Add basil, tarragon, garlic, thyme, dill weed or rosemary to the water while steaming vegetables, or sprinkle it on after cooking. Roast, grill or stir-fry with flavored oil and garlic.

**Dressings**

Balsamic vinegar takes on new flavor when you add minced figs or dates to the bottle. Give the fruit at least 24 hours to release its sweetness, then sprinkle the vinegar—fruit bits and all—over your steamed vegetable of choice.

**Dips**

For lunch or a snack, dip raw vegetables in yogurt mixed with lemon juice or horseradish. For a Middle Eastern twist, blend minced cucumber and garlic in yogurt with a dash of bottled mint sauce. Or, make salsa with fresh tomatoes, onions, peppers, garlic and cilantro.

Want to Know More? Call 610-402-CARE to receive the Wegmans Fruit and Vegetable Nutrition Guide and a coupon for a free package of Wegmans Salad Blend (comes in nine varieties; $2.99 value).
Jumping for a ‘spike’
—Jessica Diehl knows the proper technique to avoid further shoulder injuries.

For Jessica Diehl of Center Valley, volleyball is a way of life. The recent DeSales University grad has coached and played competitively on school and club teams since her early teens, and was All-American at Lehigh Carbon Community College.

Diehl has seen the best and worst of her sport. The best: “With indoor and outdoor seasons, you can play pretty much all year,” she says. People of all levels and ages can play (see a 73-year-old superstar on page 21). And volleyball is “fun and exciting enough to make you stick with it, which is the biggest challenge with any exercise,” says physical therapist Brian Boyle of Lehigh Valley Hospital—Muhlenberg.

As for the flip side, Diehl has personally experienced most of the injuries associated with volleyball, including two shoulder surgeries. “While you can’t prevent every injury,” she says, “you can do a lot to make volleyball as safe as it is enjoyable.” Some suggestions:

Lay the groundwork with long-term and pre-game conditioning. “Several weeks before the season,” Boyle says, “start a combination of cardiovascular exercise and strength training. Then, before every game, warm up well—try jumping rope or playing tag. The

Volleyball Injuries—The Big Three

● Shoulder—Especially if you’re loose-jointed, you can reach too far back on spikes or overhead serves and wind up with a dislocation or torn cartilage. (For more details, see Putting the Heat on Shoulder Injuries, page 4).

● Ankle—When you’re jumping and jostling at the net, it’s all too easy to land on someone’s foot and twist your ankle. “Sprains are typical in this sport,” says orthopedic surgeon Mitch Cooper, M.D.

● Knee—Volleyball players are prone to “jumper’s knee,” an inflammation of the tendon at the bottom of the kneecap. “It’s caused by overuse and improper warmup,” Cooper says. “Landing incorrectly also can cause knee injuries, most often in women due to their body structure and tendency not to bend the knees enough when landing.”

The other common volleyball injury is jammed fingers in novice players who haven’t learned the correct hand position.

Want to Know More? For a set of stretching exercises for volleyball, call 610-402-CARE.
motions are similar to volleyball. Also, stretch your major muscle groups.

Learn the right moves. A good instructor or coach is essential in learning things like how to land when jumping (on both feet, with knees bent) and how to protect your shoulder when serving overhead (don't overextend). But you can also learn from higher-level players at a club, camp or YMCA, Diehl says. "The vast majority will be willing to take you aside and give you pointers," she says. "The more players they develop, the better the game."

Wear appropriate gear. As with any sport, shoes are vital. "Choose a basketball-style shoe with a wide, stable base and arch support," Diehl says. To further protect ankles, most serious players now wear ankle braces. Knee pads help cushion against injuries. And don't forget sunglasses and sunscreen when playing outdoors.

Stay alert. "You can't control another player's moves," Diehl says, "but you can be watchful. Especially at the net, keeping track of other people's feet can prevent a twisted ankle."

Listen to your body. A mild sprain is probably fine with home "RICE" treatment—rest, ice, compression and elevation. But call the doctor for pain that's severe or doesn't get better, injuries that swell or turn black and blue, or a joint that can't bear weight or feels like it's unstable or "locking." "If in doubt, get it checked," says Mitch Cooper, M.D., an orthopedic surgeon at Lehigh Valley Hospital and Health Network.

Want to Know More? For a listing of local programs and clubs, visit the Keystone Region Volleyball Association at www.krva.org or call 610-402-CARE.

How to 'set' the ball correctly—Coach Judy Harakal instructs Whitehall players Anne Lesniak, 12 (left), and Kathryn Zick, 13.
When Alec was born, I was devastated," says Patti Mertz of Kutztown. "I was 24 years old, and up until then pretty much everything in my life had gone as planned." Alec, her first child, has Down syndrome, a genetic disorder occurring once in every 800 to 1,000 births. "I had no idea how to cope," she says.

Anne Marie Dolinish-Meltzer of Allentown felt similarly overwhelmed when her son Bryan was born with Down syndrome. "We didn't know where to turn for help," she says. Both women eventually joined a Down syndrome parent network, but had to travel to Pittsburgh for conferences.

Then Donald Levick, M.D., a pediatrician at Lehigh Valley Hospital and Health Network, helped them create what they (and dozens of other families) needed locally. The Eastern Pennsylvania Down Syndrome Center opened in 1999 at the Health Center at Trexlertown, with Mertz and Dolinish-Meltzer as coordinators.

Levick had gotten interested in the issue because of several families in his pediatric practice. "Most children with Down syndrome have physical problems in addition to developmental ones," he says, "so pediatricians see them often."

Alec Mertz is now 11 years old and Bryan Meltzer is 13. They attend public school, do household chores, play sports and hang out with friends. One reason for their success is that each boy has two younger siblings.

"My husband and I had more children right away," Mertz says, "because we wanted Alec to grow up having typical role models." Having siblings without Down syndrome has also rid Alec and Bryan from the "special" label. "To the younger kids, Bryan isn't disabled—he's just their brother," Dolinish-Meltzer says.

A Resource for the Community

The Eastern Pennsylvania Down Syndrome Center at the Health Center at Trexlertown is a resource for both children and adults. On the first visit, a physician reviews the patient's health and developmental history, performs a thorough physical, and maps out a course of therapy with the family. The center also sponsors conferences, publishes educational materials, and maintains a website and library.

Serving the center are pediatrician and medical director Donald Levick, M.D., and family practitioner Brian Stello, M.D., both of Lehigh Valley Hospital and Health Network. The center is a not-for-profit organization, and both physicians volunteer their time.

Want to Know More? Call 610-402-CARE (toll-free 888-LVH-CARE) or visit www.epdsc.org

A Resource for the Community

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Want to Know More? Call 610-402-CARE (toll-free 888-LVH-CARE) or visit www.epdsc.org

8 Healthy You Parenting
Clockwise from left: Bryan Meltzer (seated) and brother Alex tackle homework together. The Meltzer family (dad Bill, Bryan, mom Anne Marie and Alex) set the table. The Mertz family (mom Patti, brother Bryn, Alec and sister Cyleigh) enjoy a board game. Alec Mertz does his daily chore of feeding standard poodle Asa.

Syndrome

Both women would like to see every child with Down syndrome treated that way. In their professional and personal lives, they’ve worked hard to banish misconceptions about people with Down syndrome—for example, that they’re always happy. “These kids have feelings just like everyone else,” Mertz says. “They feel hurt when they’re taunted or excluded.” In fact, Dolinish-Meltzer suspects Bryan is more sensitive to others because of his own limitations.

Staying abreast of school work wasn’t a problem for Alec and Bryan in their younger years. Both boys can read and are included in regular classes. But as children with Down syndrome get older, the cognitive and physical gap between them and their peers widens.

Mertz is seeing reflections of this in Alec’s life. He loved soccer, but now, playing with his more powerful and coordinated peers has become too dangerous. And while she used to urge him to socialize with non-Down syndrome children, he’s now chosen a best friend at his own developmental level.

As youngsters with Down syndrome enter their teens, they present their parents with the same concerns as any other adolescent—mood swings, the desire for more freedom and dating issues. They also begin a vocational track to prepare them for employment. The goal today for most people with Down syndrome is independent living. It’s a far cry from generations past, who typically lived with their parents and often died young.

“We have really high expectations for these kids,” Dolinish-Meltzer says. “People with Down syndrome are capable of a lot more than society traditionally has expected.” About 50 percent of adults with Down syndrome have jobs. Many live in group homes or supervised apartments, and some choose to marry. With better medical care and education, children like Alec Mertz and Bryan Dolinish-Meltzer can confidently expect to be vital members of society.

Facts About Down Syndrome

- About 350,000 Americans have Down syndrome.
- The majority of people with Down syndrome are capable of employment and independent living.
- Average life expectancy is now 55 years.
- Down syndrome is a genetic disorder caused by an extra chromosome (number 21).
- Risk rises with the age of the mother.
- Medical concerns include developmental delay, heart defects, seizures, and gastrointestinal, spinal, eye and ear problems.

Want to Know More about Down syndrome or the Down Syndrome Parent Network? Call 610-402-CARE, (toll-free 888-LVH-CARE) or visit www.dspn.org

Mark Your Calendar

Down Syndrome Conference
Home, Health and Future 2002
April 6
Details on page 33

610-402-CARE • www.lvho.org • Healthy You
Atherosclerosis is a major U.S. health problem. There are exciting new treatments—but prevention is key.

What Puts Your Arteries at Risk?
- Smoking
- High blood pressure
- Uncontrolled diabetes
- High-fat, low-fiber diet
- Lack of exercise
- Overweight
- High cholesterol

Just as heavy traffic makes it harder to move your car down the highway, atherosclerosis—clogged arteries—makes it more difficult for your heart to pump blood through your body. And the medical problem is almost as widespread as the highway one: heart disease, most commonly caused by atherosclerosis, affects one in five Americans.

Atherosclerosis is a buildup of plaque (which includes cholesterol and other fatty substances) inside the walls of the artery, says D. Lynn Morris, M.D., chief of cardiology at Lehigh Valley Hospital and Health Network. “This happens for many different reasons,” he says. “Some, such as age and genetic makeup, you can’t control. But many risk factors can be modified with changes in lifestyle.”

Atherosclerosis is a long, gradual process, and in the early stages there are no symptoms. Eventually, depending on the location of the blocked or narrowed arteries, the reduced blood flow causes chest pain or heart attack, stroke or serious circulatory problems in the legs.

If you have a family history of atherosclerosis or are feeling chest, arm or neck discomfort or shortness of breath, Morris says, call your doctor for a physical and a risk factor assessment. Diagnosis typically starts with a treadmill test to monitor blood flow during exercise. If a problem is detected, the next step is catheterization, which gives the doctor an inside look at the blood vessels.

And if there is a blockage? “If it’s not severe, we begin with lifestyle change alone,” Morris says. “A low-fat diet paired with exercise and smoking cessation may be enough. We also have a range of medications to control cholesterol, blood pressure and diabetes, all of which contribute to atherosclerosis.”

More serious blockages call for more aggressive treatment. Most often, that means angioplasty. A catheter with a deflated balloon on its tip is threaded into the artery, then the balloon is inflated to compress the plaque against the artery walls. In about 85 percent of cases, a stent (a tiny wire mesh tube) is inserted to help keep the artery open.

Even with such “insurance,” however, there’s a 30 to 40 percent chance that a treated artery will re-narrow. A new...
A New Procedure Helps Esther Ratzell

After her first angioplasty and stent in 2000, Esther Ratzell expected her chest pain, weakness and shortness of breath to go away. But within three months the symptoms recurred. The 61-year-old Telford woman had a second procedure. Four months later, she was back in the emergency room.

It's not uncommon, says cardiologist D. Lynn Morris, M.D., for scar tissue to reclog a stent. Until recently, the only solution for Ratzell would have been open-heart surgery. Instead, she was eligible for a new (and far less traumatic) option: brachytherapy. A catheter holding tiny radioactive pellets is threaded into the stent, and a few minutes of low-dose radiation reopens the artery.

After brachytherapy, Ratzell says, "I perked up and felt better than I had in a year or more."

radiation technique is addressing that problem (see Esther Ratzell's story, above). And Lehigh Valley Hospital cardiologists are helping research other new approaches, Morris says, including drug-coated stents to prevent plaque regrowth.

If there are multiple blockages or if the artery is too hardened or inaccessible, bypass surgery is the answer, says Michael Sinclair, M.D., chief of cardiac surgery at Lehigh Valley Hospital and Health Network. Traditional open-heart surgery involves stopping the heart and putting the patient on a heart-lung machine. "Research now suggests that while this procedure clearly saves lives, there are drawbacks including potential memory loss," Sinclair says. He and his colleagues have a new technique, called "beating heart" surgery, in which they operate without stopping the heart. Risks appear to be lower and recovery quicker.

With all these high-tech treatment options, do you really need to be concerned about atherosclerosis? The answer to that, Morris says, is a resounding "Yes!" "This is such a widespread disease, everyone should be concerned," he says. "And to a great extent, it is preventable. My message is this: Know your risks, seek treatment early—and practice a heart-healthy lifestyle, all life long." •

Want to Know More about your heart disease risk? For a questionnaire, call 610-402-CARE. Also see Passport to a Healthy Heart between pages 2 and 3.
Spirit of Women 2001 Award

Congratulations to the 2001 Spirit of Women award winners—three women with spirit who give more than they take, don’t believe in the word “no,” and make quiet yet extraordinary contributions in their workplace, home and community.

Elizabeth Dellers, M.D.

Pathologist Elizabeth Dellers, M.D., of Nazareth, is the doctor behind the scenes, analyzing tissue samples under a microscope. She’s keenly aware that each biopsy represents a person, and she often talks with patients about their concerns and fears.

Dellers knows what it’s like to wait anxiously for test results. She’s been there with her two sons. Brian, age 9, has mental retardation, and 7-year-old Adam has cystic fibrosis. Attending to their special needs requires a lot of flexibility—especially since Dellers is not the only hard-working Lehigh Valley Hospital physician in the family. Her husband, Andrew Smith, is a surgeon. “We do a lot of fun family stuff on the weekends,” she says.

Dellers is a guiding light for other families whose children have special needs. “I like to help parents get connected with the right services and resources,” she says.

In the words of a friend and colleague, Elizabeth Dellers “takes on as much as she possibly can.” Says another friend, “Her boundless energy is amazing.”
Helen Barnes

She's known as the "Grand Dame" of Meals on Wheels of Lehigh County. More than 30 years ago, Helen Barnes of Allentown helped create the service—and today the 88-year-old retired nurse still is delivering meals.

Barnes got active in community service after her son, David, was killed in the Vietnam War. "I thought, 'I can sit at home and weep or I can offer to help someone else,'" she says. Meals on Wheels is a social as well as nutritional lifeline for hundreds of people. Besides delivering, Barnes provides home-baked goodies for the volunteers and has donated some of the proceeds from her Christmas tree farm.

She also helped create the Institute for Learning in Retirement at Cedar Crest College (and takes at least three classes a semester herself). "We keep seniors connected with things that interest them," she says. And she was a member of the Governor's Council on Aging that helped institute the Pennsylvania Lottery to benefit seniors.

Says a colleague, "We owe so much to this ageless and inspiring woman!"

Abby Schafer

She's always had a unique appreciation for life, so when Abby Schafer of Schnecksville was diagnosed with leukemia at age 10, she wasn't about to give up. Forced to quit dancing, she found happiness in other ways: organizing backyard carnivals and raising money for Camelot House, where she and other seriously ill youngsters would gather for fun.

Her courage, she says, comes from her grandmother, who "survived cancer three times, and took a research drug that later saved my life." Now 17 and four years in remission, Abby has blossomed into a role model for ill children and plans to work with them someday as a psychologist. She serves on Camelot's junior board, organizes an annual fund-raising car wash, and visits regularly. ("If the kids need to talk, they trust me because I've been there," she says.)

Finally, Abby is dancing again—and singing the "theme song" that got her and her family through: "You gotta be tough, you gotta be strong, you gotta be wiser."

Abby Schafer is a friend "who's been there" for ill children and their siblings at Camelot House, Allentown.
Kidney Donation: a Gift of Life

A husband acts as ‘living unrelated donor’ to his wife, reflecting a growing trend in transplantation today.

Get it in the pocket, Mom! — After her kidney transplant, Cindy Arnold (center) is back in the family pool game with (l-r) husband (and kidney donor) Sonny, daughter Amy and son Mark.

Cindy Arnold of Catasauqua was just 39 when her kidneys started failing five years ago. “It came out of nowhere,” she says. Arnold, who works as a secretary for Lehigh County, felt helpless against the disease (glomerulonephritis) that was scarring her kidneys, reducing their ability to filter the waste from her blood.

Medication kept her going for the next year, but full kidney failure was near. In 1998, Arnold and her husband met with Craig Reckard, M.D., chief of transplant surgery at Lehigh Valley Hospital and Health Network, to discuss her condition and her options.

She qualified for a transplant, Reckard explained, but most people have to wait at least three years for a kidney from a non-living donor. As for living donors, her two children were healthy and probably a good match—but they were active in sports, and Arnold and her husband chose not to ask them.

Still, there was another potential donor sitting right beside Cindy Arnold: her husband, Sonny. “Can I be tested?” he asked, remembering a couple he knew in which the husband had given his wife a kidney. “I wanted to do it so she didn’t have to have dialysis,” he says.
In the past, a donor kidney had to come from a blood relative so the blood and tissue types would be compatible. But today, "living unrelated kidney donation" is increasingly safe and viable because of advances in medicines that help the recipient's immune system accept the foreign organ. About one-third of living-donor transplants performed at Lehigh Valley Hospital are between people who aren't blood relatives.

For Sonny Arnold to give his wife a kidney, they had to have at least one of six antigens (cell markers) in common. All six would be a perfect match. When tests showed just one common antigen, Sonny Arnold was all for going ahead regardless. "But I was afraid the kidney would be rejected," his wife says.

The only alternative was dialysis. Not wanting to be tied to a dialysis machine for several hours three times a week, Cindy Arnold opted for peritoneal dialysis, which can be done by the patient at home. Four times each day, she filled her abdomen with several quarts of sugar water, then drained it four to six hours later, along with the toxins it had absorbed.

Meanwhile, Sonny Arnold waited and hoped, continuing to undergo the physical and psychological tests required for a living kidney donor.

After 11 months of dialysis, Cindy Arnold felt she was ready for the transplant. In back-to-back operations lasting a total of eight hours, Reckard removed Sonny Arnold's right kidney, then connected it to his wife's blood vessels. The organ turned pink immediately, showing that it was working.

And the kidney continues to work. Cindy Arnold only has to take a few pills each day to make sure her body doesn't reject it. "The kidney could last her entire life," Reckard says.

But just in case, the Arnolds' 20-year-old daughter, Amy, plans to have herself tested. Like her father, she says, she'd gladly give her mother the gift of life.

Why Kidneys Fail

The most common causes of kidney failure are diabetes and high blood pressure. Other causes include:
- an inflammation of the kidneys called glomerulonephritis
- polycystic kidney disease (an inherited condition of cysts in the kidneys)
- scarring from kidney infection in childhood
- kidney stones
- infection of the urinary tract
- prolonged use of painkillers

Mark Your Calendar

Kidney Care—Finding Your Strength
March 27; April 10

Living With Kidney Disease
May 13 and 20

Class details on page 34

Want to Learn More about organ donation? Call 610-402-CARE or visit www.lvhs.org

610-402-CARE • www.lvhs.org • Healthy You
Jessica Bellesfield, 16, was enamored with him when they met. The boy was good-looking, fun and seemed perfect...at first. “Then he began putting me down and doing drugs,” she says.

Her parents tried punishment to keep the two apart, but that only seemed to encourage the relationship. “Eventually, I noticed I was changing for the worse,” the Easton girl says. An older friend urged her to seek counseling at Turning Point of the Lehigh Valley, an agency that helps victims of abuse. She did, and stopped seeing the boy. “Now, I tell my friends that we all deserve healthy relationships,” she says.

Nearly one in five teen-aged girls are abused by someone they’re dating, and boys can be victims, too, says Julie Dostal, M.D., a Lehigh Valley Hospital and Health Network family physician on Turning Point’s board. “Teens are testing out relationships, and their dating radar isn’t always good,” says Dostal, herself the mother of two teens. “As a parent, you can guide them to make wise choices.” Her suggestions:

Talking to your teen

• **Reinforce self-esteem.** An insecure teen may see controlling and jealous behaviors as acts of love. “Offer real, positive feedback to show that her interests and opinions count,” says Pam Pillsbury, educational director of Turning Point and mother of a teen. “Tell her you’re proud of her for writing that article or trying out for that team.”

• **Teach by example.** Be respectful of your own partner. Don’t belittle with insults or slammed doors,” Dostal says. “Show what a loving relationship is meant to be.”

• **Learn about her relationships.** Plan regular “dinner dates” with your teen—quality time to help her open up. “In a nonjudgmental way, ask, ‘Can the two of you talk openly about problems? Do you share decision-making? Is he support-
ive?" Dostal says. "Discuss the benefits of a boyfriend with similar values."

- Discuss other people’s relationships. "Talk about the friend whose boyfriend isolates her, versus the couple that spends time with other friends as well as each other," Dostal says.

- Be supportive. Tell her she can come to you if someone hurts her physically, verbally or sexually. "My daughter knows she can call my cell phone at any hour," Pillsbury says. "She knows I might get upset about the situation, but never with her."

- Encourage her to confide in trusted adults. "Sometimes it’s easier for a teen to talk with a teacher or grandparent," says Barbara Katz, M.D., adolescent specialist at Lehigh Valley Hospital and Health Network. "And ask your family doctor to talk with her about safe relationships."

- Link her with programs such as Safe Night, a conference created by and for teens that educates about violence (see page 33 for details). Or ask your teen’s school to offer Turning Point’s “Healthy Relationships” and “Dating Violence” programs.

Recognizing abuse

In an abusive relationship, her boyfriend may begin to call constantly and expect her to be there. She may change her hair or makeup on his demand, withdraw from interests and friends, and have unexplained injuries.

"In a caring way, discuss how you notice her changing. Ask her, ‘Is this what you want?’" Pillsbury says. "Blaming her boyfriend directly will just make her defend him. It feeds into what he tells her: ‘I’m the only one who understands you. Your family is against me.’"

If she is in physical danger, call police and the Turning Point 24-hour hotline at 610-437-3369. Consider a protection from abuse (PFA) legal order. (If she’s 18 or over, she must file for herself.)

Bellesfield’s advice to other teens: "Verbal abuse can lead to physical abuse," she says. "Don’t let your boyfriend or girlfriend even joke about stuff that makes you feel low."

Want to Know More? Share Turning Point’s healthy relationships and safe dating brochures with your teen. For copies, call 610-402-CARE.
"Don't drag your feet about making that first mammogram appointment," says Renae Barndt, mammography technologist at Lehigh Valley Hospital and Health Network. "Mammograms are crucial for early detection of breast cancer."

If you're wondering what to expect, here's what happens during a mammogram: You remove the clothing above your waist and put on a short cape. The technologist explains the procedure and asks about your health history, family history, and any symptoms, prior breast problems or surgeries.

Then you stand at the mammography machine with one breast resting on a tiltable plate. Another plate is lowered onto the breast. Getting a clear image depends on correct positioning of the breast and the correct amount of compression. "We need to compress the breast to spread out the tissue so we can spot abnormalities," Barndt says.

Two low-dose X-rays (top and side views) are taken of each breast. While the X-rays themselves are painless, the compression causes temporary discomfort for some women (see The Marvelous Mammopad, left).

Afterward, you'll wait five or 10 minutes while the images are checked for clarity, and then you can dress and leave. Occasionally, the technologist may have to retake one view. "If this happens," Barndt says, "it's a problem with the imaging, not your breast."

If the mammogram is normal, your primary care doctor will get a faxed report, and you'll be notified by mail in three to five business days. If an abnormality is detected, you'll be contacted within 24 hours. The doctor may order additional mammogram views, ultrasound or a biopsy.

Between your regular mammograms, see your doctor right away if you find a lump or other symptom that concerns you. Breast cancer is highly curable in the early stages. "I'd rather see 100 women who thing they have a problem and don't, than one who's ignored it until it's too late," Barndt says.

The Marvelous Mammopad
Lehigh Valley Hospital is pioneering the use of a thin, spongy pad covering the top and edges of the mammography plate. It makes a mammogram more comfortable without clouding the image—as Peg Farrell of Emmaus can attest. She's experienced several mammograms as well as a breast lump that turned out to be non-cancerous. "I'm on a mission now," she says. "I'm spreading the word that women shouldn't avoid mammograms because they're uncomfortable. The new mammopad makes a real difference!"

Mammograms are more comfortable for Peg Farrell (right) thanks to the new mammopad (available for a nominal charge). She's shown with mammography technologist Renae Barndt.

Want to Know More? To schedule a mammogram, or for a breast self-exam card for your shower and other information on breast health, call 610-402-CARE.

Mark Your Calendar
Mammography and Your Breast Health
March 19
Class details on page 32
If you’ve felt more anxious, depressed or sleepless in recent months, you’re not alone. “Since Sept. 11, virtually all of us have suffered some degree of psychological fallout,” says Joel Lerman, M.D., a psychiatrist with Lehigh Valley Hospital and Health Network.

It’s called Post-Traumatic Stress Disorder (PTSD), and while the concept goes back to World War I, it doesn’t apply just to “shell-shocked” war veterans. “PTSD also can result from natural disasters, accidents, abuse—any terrifying event,” says Lerman, specialist in the disorder. PTSD affects 5.2 million Americans in a normal year, and this year is far from normal.

“We’re not just coping with the terrorist attacks, we’re facing ongoing war, threats and warnings,” Lerman says. “Chronic and unpredictable stress like that is harder to cope with than a single event such as a car accident.” It’s also harder to recover from an attack caused by humans than from an impersonal act of nature like an earthquake.

Besides the rescue workers and families directly involved, those hardest hit by Sept. 11 include people with past traumas, similar losses (for example, someone whose husband died in an explosion) or pre-existing emotional problems like depression.

Therapy—sometimes with medication to ease the symptoms—can make all the difference. “Group therapy is especially helpful,” Lerman says. “It’s a safe place to deal with your emotions, realize you’re not alone, and grieve for what you’ve lost. We’re all grieving now, if not for a lost loved one then for a lost sense of safety and innocence.”

If you or someone you love is having serious symptoms, seek professional help right away, Lerman says. If you’re just mildly anxious, it still pays to give yourself some extra TLC. “Get enough sleep, eat a healthy diet, exercise and don’t rely on alcohol,” Lerman says. “Do things to help you relax—yoga, deep breathing, a long walk. The more tools you can use to feel less helpless, the better you’ll do in the long run.”

**Symptoms of Post-Traumatic Stress**
- Flashbacks or frightening memories
- Nightmares
- Sleep disturbances
- Depression
- Anxiety
- Emotional numbness
- Feelings of hopelessness or helplessness
- Irritability or anger
- Feelings of guilt

**Want to Know More** about strategies to help you relax? Call 610-402-CARE.

Mark Your Calendar

**Healing Our Wounds**
May 2; May 8
Class details on page 31
The next time you have a prescription filled, don’t forget to read the detailed information that comes with it. By learning how to take your medicine properly, you can improve its effectiveness and avoid potential side effects, says Matthew Fair, Lehigh Valley Hospital and Health Network pharmacist.

“With your prescription, the pharmacist should give you a computer printout or pamphlet that describes how to use it,” Fair says. “If you don’t receive this, ask for it—and make sure you read it. The little stickers on drug containers aren’t enough.”

Fair’s general tips:
- **Get on a schedule.** Setting aside a specific time each day not only helps you remember your medicine, but also helps some drugs (such as those for thyroid replacement) work better.
- **Use a single pharmacy.** When pharmacists get to know you and your medications, they can help you avoid dangerous interactions.
- **Know your antibiotic.** Some should be taken with food or water to avoid intestinal irritation. With all antibiotics, it’s important to take the full course, even after you start feeling better.
- **Tell your doctor or pharmacist about any herbal supplements you’re taking.** They can heighten the effects of prescription drugs. For example, add St. John’s wort to an antidepressant and you’ll be more lethargic. Take gingko biloba with a blood thinner and you’re at greater risk of uncontrolled bleeding.
- **Drink plenty of fluids,** which are vital to getting better or staying healthy. Water is ideal. Ask your doctor or pharmacist about other fluids. For example, milk can prevent the body from absorbing antibiotics, and grapefruit juice can affect how you metabolize some medications including blood pressure drugs.

Want to Know More about how to take a specific drug? Go to www.lvih.org/healthyou

**Prescription Tips**

- **Cholesterol lowering drugs** (Zocor, Lipitor) – Cholesterol builds up at night, so these drugs work better if taken with your evening meal.
- **Asthma medications** (Theophylline) – Here’s one more reason to stop smoking. The more you smoke, the more asthma medicine you’ll need.
- **Antidepressants** (Prozac, Xanax, Ativan) – Drinking alcohol heightens the effect of these drugs, making you lethargic.
- **Proton pump inhibitors** (Protonix, Prilosec) – These drugs for acid reflux or stomach ulcers work best when taken on an empty stomach, at least an hour before meals.
- **Blood thinners** (Coumadin) – Avoid major changes in dietary habits and maintain a consistent intake of leafy green vegetables (their vitamin K can affect the action of blood thinners).
A lifelong volleyball player – Stanley “Stas” Poplawski of Allentown (with ball) was named “Father of Lehigh Valley Volleyball” for his work launching local leagues. The 73-year-old still coaches and plays regularly. With him at Muhlenberg College’s Life Sports Center are (l-r) Frank Shultz of Emmaus and Ross Stuart of Allentown. Also in the foursome is Don Krey of Wescosville.
Luck and fast thinking saved John Lucas' life the first time. "I had a very close call," the 66-year-old Macungie man says of his "mini stroke." A small clot only briefly starved his brain of oxygen, thanks to the fact that he recognized the symptoms, took two aspirin and immediately called the Health Center at Trexlertown (which sent him to Lehigh Valley Hospital).

"If it had lasted 15 minutes longer, his fate could have been much different," says neurologist John Castaldo, M.D. But the causes of the stroke—high cholesterol, high blood pressure and a family history of strokes—put Lucas at a 20 percent risk for having another.

"Luck wasn't going to save me a second time," he says. "I had to change my ways." Key to the process was LOVAR*, a Lehigh Valley Hospital study that aims to reverse the risk for heart disease and stroke through lifestyle change. Lucas read about it in Healthy You magazine and called 610-402-CARE.

In just six months he lost 53 pounds and lowered his blood pressure and cholesterol significantly (see chart at right). "John has virtually eliminated his risk for heart disease and stroke," Castaldo says. How did he do it?

He signed on with coaches to help him make correct choices and set realistic goals. A LOVAR dietitian designed his diet, an exercise physiologist created his fitness program, and a nurse and Castaldo monitor his progress every six months. "They gave me a notebook with charts to record my activity," he says. "I can call them anytime I have a question."
He found a teammate in his wife, Edna. The couple attended LOVAR courses on diet, exercise and stress. Since then, they've eaten healthy foods and exercised regularly. "She is my moral support," Lucas says. "We have different questions and ideas and learn more that way." In fact, Edna Lucas has lost 40 pounds herself.

He scaled back on fat. Lucas used to eat eggs and sausage every morning. Now he limits saturated fat to about 32 grams, or 15 percent of his calories, every day. "I have fruit for breakfast and maybe three ounces of meat for dinner," he says. "I don't deny myself. I just cut back." He also tossed out no-no's like the peanuts that used to be a habitual snack.

He bulked up on fiber. Soluble fiber, found in oat and rice bran, apples, broccoli, citrus fruits and root vegetables, slows digestion and prevents the absorption of cholesterol, Castaldo says. "A third of a cup of bran buds has the fiber we need and tastes good sprinkled on oatmeal," Lucas says.

He started taking vitamins. High homocysteine, an amino acid in the body, has been shown to damage arteries. With the help of folic acid and vitamin B supplements (and lots of leafy green vegetables), Lucas got his homocysteine below his goal.

He got creative with fitness. Lucas joined the Air Products cycling program at the Lehigh Valley Velodrome and rides three days a week with grandson Dan. "I now understand what they mean by 'cyclists' rush.' It feels wonderful," he says. He also lifts weights and uses a treadmill. "I could barely walk for 10 minutes, now I can last 60," he says. "The key is not to get discouraged."

He de-stressed. "Edna and I learned what our personal stressors are and addressed them together," Lucas says. "Stress is a state of mind we can control." He continues to learn more at the Health Library and Learning Center at Trealertown, where he volunteers as an Internet ambassador.

"Being responsible for your health takes focus," John Lucas says. "But the payoff outweighs any amount of sacrifice. I feel better and I'm enjoying my life." •

Want to Know More? For LOVAR lifestyle tips, call 610-402-CARE. See pages 26-36 for details on health improvement classes.

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**His Statistics Tell the Story**

<table>
<thead>
<tr>
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<th>Before</th>
<th>After</th>
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<tbody>
<tr>
<td>Weight</td>
<td>213 pounds</td>
<td>160 pounds</td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>148</td>
</tr>
<tr>
<td>Blood pressure</td>
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<td>118/64</td>
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<tr>
<td>Homocysteine</td>
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<td>8</td>
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"Exercise becomes irresistible when it's fun," says John Lucas, who competes with others age 65 and over in cycling races at the Lehigh Valley Velodrome.
Do You Need a Diet Supplement?

It may be a valuable addition at times, but it’s no substitute for well-balanced meals.

A complete meal in a can! From their ads, you might think nutritional supplements like Boost and Ensure are the perfect food in midlife and beyond. Exactly how good are these products—and do you really need them?

There’s no doubt your body burns fuel more slowly as you get older, says dietitian Bill Whipple of Lehigh Valley Hospital and Health Network. “Metabolism decreases about 2 percent every decade,” he says, “so you need fewer calories to maintain the same weight. But cutting calories also means cutting protein, vitamins and minerals, so it’s important to eat nutrition-packed foods.”

That’s not always easy, especially for the very elderly, says Francis Salerno, M.D., chief of geriatrics at Lehigh Valley Hospital and Health Network. “Loss of appetite, physical decline, low income, loneliness—all these things can contribute to malnutrition,” he says. “When healthy meals take too much time and effort, people may rely on dietary supplements as a quick fix.”

Ensure and its cousins can be valuable in certain situations, Whipple says—for example, if you have difficulty chewing, can’t get to the store or need extra nutrition after surgery. The key is using such products wisely. Here’s how:

- **Don’t rely on them exclusively.** “By definition, ‘supplement’ means something added to make up for a deficiency,” Salerno says. “It doesn’t mean a substitute for a healthy, protein-rich diet.”
- **Check the label.** A lot of carbohydrates and fat can be packed into that can along with the protein.
- **Take a good daily multivitamin** (not a diet supplement) for the extra calcium, vitamin D, and B vitamins you need after age 50.
- **If you’re ill or have special needs**, talk to your doctor or nutritionist before using supplements. “People with diabetes have to be extra-careful about the amount and type of carbohydrates they take in,” Whipple says.
- **Shop around.** Prices range from $1 a can up to $3 or $4.
- **Exercise regularly.** Even if you can manage only a short walk, exercise is essential as you age, to help burn calories and fat as well as maintain muscle tone.

**Want to Know More** about your nutritional needs? For a copy of the Food Guide Pyramid for Seniors, call 610-402-CARE.
When Older People Are Abused

The older woman whose husband insults and humiliates her... the elderly man who develops bedsores because his wife can't or won't move him... the family who spends grandma's money on movies instead of the medication she needs. Elder abuse comes in many forms, and it's not a small problem: up to 96,000 Pennsylvanians may be at risk.

While most people think of "abuse" as physical, only a small proportion of older victims falls into that category, says Donna Zimmerman, deputy director of Lehigh County Aging and Adult Services. "The major type of mistreatment is unintentional neglect—well-meaning caregivers who lack the knowledge, capacity or resources for the demanding (and often lengthy) job of caring for a dependent older person," she says.

Older people also can be victims of psychological abuse, financial exploitation, deliberate neglect and late-life spousal abuse. (This may be linked with alcohol or post-retirement depression.)

There is no "typical" victim or abuser, says Linda Lewis, R.N., of Turning Point, the Allentown agency for victims of domestic violence. "The problem crosses all socioeconomic groups," she says. "And elder abuse isn't always easy to identify," Zimmerman says. "For example, weight loss may be attributed to illness when the real cause is neglect."

For that reason, she urges family members, friends and neighbors to be alert for symptoms like bruises or broken bones (often blamed on falls), malnutrition, confusion or anxiety, social isolation, poor hygiene and changes in financial status.

"If you suspect an older person is being mistreated, report it," Zimmerman says. "We can take steps to protect the victim, stop the abuse and prevent it from happening again.

"As the elderly population grows," she says, "Americans need to remember that older people are still valuable people. This could be your grandmother."

Want to Know More about protecting yourself or someone you care about from elder abuse? For information, call 610-402-CARE for a detailed list of suggestions.

Where to Call
If you suspect elder abuse, these local resources can help. Your name will be kept confidential.

To report potential elder abuse to county Protective Services:
Lehigh 610-782-3200 or 3034
Northampton 610-252-9060

24-hour Turning Point hotline for spouse or partner abuse:
Lehigh/Northampton 610-437-3369
For phone numbers in other counties, call 610-402-CARE (toll-free 888-LVH-CARE).

There are no "typical" victims or abusers. The problem crosses all socioeconomic groups.

FACTS ABOUT ELDER ABUSE

- Elder abuse most often involves neglect.
- As many as 1 in 20 older people may be at risk for abuse.
- 69% of victims live in their own home (alone or with others).
- The vast majority of victims are over age 75, female and dependent on their abuser.

Source: Pennsylvania Dept. of Aging, 1999-2000 Older Adults Protective Services Report
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 between pages 34 and 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.

Vitality Plus—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 • others (check made payable to AARP)
• Tuesday and Thursday, April 16 and 18; 9 a.m.-1 p.m.
• Wednesdays, May 8 and 15; 5:30-9:30 p.m.
Classes meet at 17, School of Nursing, Auditorium.

Center for Healthy Aging
Opening Fall 2002
Imagine a place where you can visit a doctor, stop by a community agency, research health concerns and take an exercise class. This vision will be reality when the Center for Healthy Aging opens at Lehigh Valley Hospital, 17th and Chew Streets, Allentown. To give you a sneak peek, we've teamed with organizations throughout our community to bring these special services to you prior to our opening.

Osteoporosis
What you need to know for prevention and treatment
Free • Registration required
• Wednesday, April 3; 12:30 p.m., screening 1-2 p.m.
Meets at Mid County Senior Center.
Joseph DeFalco, D.O., obstetrician/gynecologist
• Tuesday, April 16; 6 p.m., screening 6:30-7:30 p.m.
Meets at HHT.
Patrice Weiss, M.D., obstetrician/gynecologist
• Wednesday, May 1; 7 p.m., screening 6:30-7:30 p.m.
Meets at Whitehall Manor.
Susan Haas, M.D., obstetrician/gynecologist
• Wednesday, May 22; 1 p.m., screening 1:30-2:30 p.m.
Meets at Country Meadows, Building 3.
Joseph DeFalco, D.O., obstetrician/gynecologist
See related article on page 2.
Health Improvement Classes

Health Improvement Classes

Vitality Plus ........................................ 26-27
Health Awareness .................................. 27-29
Exercise and Movement .......................... 29-30
Screenings ......................................... 30
Mind and Body ..................................... 31-32
Massage Therapy .................................. 32
Women’s Health ................................... 32
Parenting ............................................ 33
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CPR Courses ....................................... 34
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Registration form between pages 34 and 35

Classes and lectures marked
with can be used to fill your
Passport to Heart Health. See insert
between pages 2 and 3 for details.

Health Awareness

Herbs and Your Health

NEW

Store shelves are full of vitamin and herb supplements, but which are right for you? Learn what works and guidelines for choosing supplements safely:

$15

• Tuesday, March 26; 6:30-8 p.m.
  Class meets at MUH—Becko, Room 4.
• Wednesday, April 3, 6:30-8 p.m.
  Class meets at CC, Classroom 1.
Mildred Bentler, registered dietitian
See related article on page 20.

Carpal Tunnel Screening

NEW

Free

If you have numbness and tingling in your hands and wrists, you could be experiencing the early symptoms of carpal tunnel. You are at risk if your daily routine requires repetitive motion with your hands and wrists. Appointments required; call 610-402-CARE.

• Thursday, March 28; 5-7 p.m.
• Thursday, May 9; 11 a.m.-1 p.m.
  Meets at CC, President’s Room.
• Thursday, April 4; 11 a.m.-1 p.m.
• Wednesday, April 17; 5-7 p.m.
  Meets at MUH, Youthful You Institute.

Insomnia: What's Keeping You Up at Night?

NEW

Free

Designed for people who have trouble initiating and/or maintaining sleep at night for any reason, the discussion will focus on causes of insomnia and how to deal with them.

• Wednesday, April 3; 7 p.m.
  Class meets at CC, Auditorium.
Richard Strobel, M.D., and Joseph Schellenberg, M.D., sleep specialists

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

<table>
<thead>
<tr>
<th>Community Locations</th>
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<tbody>
<tr>
<td>Atria * 1745 E. Macada Rd., Bethlehem</td>
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<tr>
<td>Country Meadows of Bethlehem * 4035 Green Pond Rd., Bethlehem</td>
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<tr>
<td>Whitehall Township, Zephyr Park * Schadt Ave. and Campus Drive</td>
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<tr>
<td>Lehigh County Senior Center * 1633 Elm St., Allentown</td>
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<tr>
<td>Mid County Senior Center * 234 S. Walnut St., Bath</td>
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<tr>
<td>Rodale Park * Trexlertown</td>
</tr>
<tr>
<td>St. John’s Ukrainian Church * 1343 Newport Ave., Northampton</td>
</tr>
<tr>
<td>Whitehall Manor * 1177 Sixth St., Whitehall</td>
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</tbody>
</table>

| CC • Lehigh Valley Hospital, Cedar Crest & I-78, Allentown |
| LehighValleyHospital, 17th & Chew Streets, Allentown |
| MUH • Lehigh Valley Hospital—Muhlenberg, 2545 Schoenersville Rd., Bethlehem |
| MUH — Banko • Lehigh Valley Hospital—Muhlenberg, Banko Community Center, Westgate Drive, Bethlehem |
| 2166 • 2166 S. 12th St., Allentown |
| 2649 • 2649 Schoenersville Rd., Bethlehem |
| HM • Hamburg Community Health Center, 700 Hawk Ridge Drive, Hamburg |
| HT • Health Center at Hellertown, Saucon Valley Manor, 1072 Main St., Lower Level, Hellertown |
| TX • Health Center at Trexlertown, Trexler Mall, Rt. 22Z, Trexlertown |

Natural Nail Care * NEW

Occupation, interests and hobbies can ruin the health of hands and nails. Learn how to care for and improve the health of yours.

Free
* Monday, March 18; 7-8 p.m.
Class meets at CC, Auditorium, Rita Gregory and Laura Tramec, cosmetologists

Health Careers—Nursing * NEW

A discussion for parents and students interested in a nursing career focuses on health care careers and post-secondary education options.

Free
* Thursday, May 9; 7-8:30 p.m.
Class meets at CC, Classroom 2, Shirley Wagner, R.N.

Health Insurance for the Individual

If you don’t have group insurance and are shopping for an individual policy, learn about available options. Sponsored by Valley Preferred, a PPO owned by Lehigh Valley Physician Hospital Organization.

Free
* Tuesday, April 2; 5:30-7 p.m.
* Tuesday, May 7; 5:30-7 p.m.
Class meets at 2166, First Floor Conference Room.

Healthy You Center Opens near Lehigh Valley Hospital—Cedar Crest

As an improved service to the community, patients and physicians, the Healthy You Center will open soon at 3401 Fish Hatchery Road, Allentown (adjacent to our Cedar Crest campus). Many of the popular exercise, mind/body and nutrition classes will be offered here. Parent education, disease management services and self-care workshops will also be offered. Easy, on-site parking is available. For more information, call 610-402-CARE.

UV Sun Damage Screening * FREE SCREENING

Have your skin assessed and receive recommendations for a skin-care program to help reduce further sun damage and maintain a youthful appearance. Must be 18 years or older. Appointments required; call 610-402-CARE.

Free
* Wednesday, March 20; 6-8:30 p.m.
* Wednesday, March 27, noon-2:30 p.m.
* Thursday, April 11; noon-2:30 p.m.
* Tuesday, April 16; 6-8:30 p.m.
* Saturday, April 20; 9-11:30 a.m.
* Thursday, May 9; noon-2:30 p.m.
* Tuesday, May 14; 6-8:30 p.m.
Appointments meet at MUH, Youthful You Institute.

Advance Class Registration REQUIRED

610-402-CARE Mon.-Fri. 8:30 a.m. 4:30 p.m.
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 Previews
• Monday, April 1, 10-11 a.m.
• Monday, April 1, 1:30-2:30 p.m.
• Monday, April 29, 10-11 a.m.
• Monday, April 29, 6:30-7:30 p.m.

Class meets at 2166.
• Tuesday, April 2, 6:30-7:30 p.m.
• Tuesday, April 30, 6:30-7:30 p.m.

Class meets at MUIH-Banken, 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

Get Walking

NEW

Learn about using a pedometer to count your steps and an exercise plan to get you moving. Bring your own pedometer or purchase one at the program; exercise diaries provided.

$10
• Wednesday, April 24, 7-8 p.m.
• Wednesday, May 8, 7-8 p.m.

Class meets at 2166.

A Course for the Par

NEW

This golfing clinic's class size is limited; registration is required. For details and to register, call 610-402-CARE.

$10
• Saturday, April 13; 9 a.m.-noon

Class meets at 2649, Suite 104.

LVH—Muhlenberg medical and rehabilitation staff

Local golf professionals

To register, call 610-402-CARE

Exercise and Movement

Ride Your Way to Health

NEW

This cycling clinic for the beginner/intermediate cyclist provides tips on strengthening/conditioning, nutrition, injury prevention and riding. Registration is required.

$10
• Saturday, May 4; 9 a.m.-noon

Class meets at 2649, Suite 104.

LVH—Muhlenberg medical and rehabilitation staff

Local cycling professionals

See related article on page 22.

Get Fit While You Sit

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.

6 classes for 6 weeks • $32
• Tuesdays, April 2; 10-11 a.m. (first session)
• Wednesdays, April 3; 11:15 a.m.-12:15 p.m. (first session)
• Tuesdays, May 14; 10-11 a.m. (first session)
• Wednesdays, May 15; 11:15 a.m.-12:15 p.m. (first session)

Classes meet at TX.

Sixty Healthy “Fitness” Minutes

This low-intensity class can lower blood pressure and cholesterol, help prevent osteoporosis, heart disease and diabetes, improve heart attack recovery, ease arthritis, all while building lean muscle and improving well-being.

Monthly fees:
$30 per session ($26, Vitality Plus GOLD members)

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

Youthful You Institute

Fights Aging

The Youthful You Institute at Lehigh Valley Hospital—Muhlenberg offers a comprehensive approach to looking and feeling younger. “People are excited about opportunities to improve their health and appearance,” says Robert X. Murphy Jr., M.D., medical director of the institute. “Wellness, health and pampering are now viewed as a combined experience.” Natural nail care services, skin care treatments, massage therapies, nutrition/weight management therapies along with personal exercise training consults, aesthetic procedures, physician consultations and physician-approved products are available. For more information, call 610-402-CARE.
Healthy You Classes

FREE HEALTH SCREENINGS
For information, call 610-402-CARE.

• Blood Pressure and Pulse Screenings
  Lehigh Valley Mall — upper level
  Tuesday, March 19; 8:30-10 a.m.
  Tuesday, April 16; 8:30-10 a.m.
  Tuesday, May 21; 8:30-10 a.m.
  Amos Department Store — Trexlertown
    (blood pressure only)
    Tuesday, April 2; 8 a.m.-noon
    Tuesday, May 7; 8 a.m.-noon

• Stroke Screenings
  (blood pressure, pulse, carotid bruit)
  CC — Auditorium
  Thursday, May 16; 7 p.m.

• Osteoporosis Screenings
  See page 26 for dates and locations
  Registration required.

• UV Sun Damage Screenings
  MUH — Youthful You Institute
  Wednesday, March 20; 6-8:30 p.m.
  Wednesday, March 27; noon-2:30 p.m.
  Thursday, April 11; noon-2:30 p.m.
  Tuesday, April 16; 6-8:30 p.m.
  Saturday, April 20; 9-11:30 a.m.
  Thursday, May 9; noon-2:30 p.m.
  Tuesday, May 14; 6-8:30 p.m.
  Appointment required; call 610-402-CARE.

• Carpal Tunnel Screening
  CC — President's Room
  Thursday, March 28; 5-7 p.m.
  Thursday, May 9; 11 a.m.-1 p.m.
  Appointment required; call 610-402-CARE.
  MUH — Youthful You Institute
  Thursday, April 4; 11 a.m.-1 p.m.
  Wednesday, April 17; 5-7 p.m.
  Appointment required; call 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, April 3; 10-11 a.m.
  (first session)
• Wednesdays and Fridays, May 15; 10-11 a.m.
  (first session)
Classes meet at TX.

Balanced Fitness
Using an air-cushioned exercise ball, this versatile workout will strengthen your back, chest and abs, and improve stability and balance. Perfect for beginners and cross-trainers.
6 classes • $30
• Wednesdays, March 20; 8:15-9:15 p.m.
  (first session)
• Wednesdays, May 8; 8:15-9:15 p.m.
  (first session)
Classes meet at TX.

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.
1 session/6 classes • $55
2 sessions/12 classes • $90
• Saturdays, March 16; 9:45-10:45 a.m.
  (first session)
• Wednesdays, March 27; 8-9 a.m.
  (first session)
• Saturdays, April 27; 9:45-10:45 a.m.
  (first session)
• Wednesdays, May 1; 7-8 p.m.
  (first session)
Classes meet at TX.

Cardio Kickboxing
Are you bored with your current fitness routine? These high-powered exercises strengthen the body and mind, and increase endurance and cardiovascular power. Wear loose clothing.
12 classes for 6 weeks • $48
• Tuesdays and Thursdays, April 9; 8:15-9 p.m.
  (first session)
Classes meet at TX.
March - May 2002

Mind and Body

Healing Our Wounds: Fostering Creativity and Flexibility NEW

Traumas such as Sept. 11 show that life does not always go as planned. This presentation discusses trauma-related fears and explores practical hints for soothing jangled nerves and settling distressed spirits.

Free
• Thursday, May 2; 7-9 p.m.
  Class meets at MUH—Banko, Room 4.
• Wednesday, May 8; 7-9 p.m.
  Class meets at CC, Classroom 1.
See related article on page 19.

Body Rolling NEW

This is a non-exercise class, combining the relaxing, pleasurable effects of massage with the toning effects of exercise. This whole-body workout will release tension, stretch muscles, increase blood flow and promote healing. Wear comfortable clothing.

$15
• Wednesday, April 3; 6:45-7:45 p.m.
• Wednesday, May 1; 6:45-7:45 p.m.
Class meets at 2166.

Guided Meditation

Tap into your own natural resources and draw energy from within. Meditation can reduce stress and promote clarity and peace of mind. Bring a pillow and blanket.

$20
• Wednesday, April 17; 7-8 p.m.
Class meets at 2166.

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 (SO, Vitality Plus GOLD members)
  • Mondays, April 8; 6-7:15 p.m. (first session)
  • Mondays, April 8; 7:30-8:45 p.m. (first session)
  • Thursdays, April 11; 10-11:15 a.m. (first session)
Classes meet at TX.

• Energizing Yoga — A stimulating flow of poses for strength, stamina, flexibility and balance.
  6 classes • $55 (SO, Vitality Plus GOLD members)
  • Mondays, March 18; 11:15 a.m.-12:30 p.m. (first session)
  • Thursdays, April 11; 6-7:15 p.m. (first session)
  • Mondays, April 29; 11:15 a.m.-12:30 p.m. (first session)
Classes meet at TX.
• Tuesdays, April 9; 7-8:15 p.m. (first session)
Class meets at MUH—Banko, Rooms 1 and 2.

Mini-Medical School

Minimize-Based Stress Reduction

Learn deep relaxation through yoga and mindfulness meditation. This group approach is effective in reducing everyday stress, chronic anxiety and chronic pain.

For information on dates and location, call 610-402-CARE.
Partnered Relaxation
This workshop for you and your partner uses techniques of massage, yoga and relaxation to reduce stress and increase body awareness and flexibility. You'll leave feeling relaxed and invigorated!
$40 per couple
• Saturday, April 20, 1-2:30 p.m.
Class meets at 2166.

Women's Health

Mammography and Your Breast Health NEW
Learn the importance of mammography and how it helps with early diagnosis of breast diseases and cancer. We'll answer questions about recent controversies concerning mammograms and discuss bone densitometry—a helpful test for osteoporosis.
Free
• Tuesday, March 19, 7 p.m.
Class meets at Hamburg Community Health Center:
John G. Pearce, M.D., chief of mammography
See related article on page 18.

Maintaining Your Gynecologic Health NEW
Learn how you can take control of your gynecologic health. This program will discuss early detection, diagnosis and treatment of reproductive cancers.
Free
• Wednesday, April 17, 7 p.m.
Class meets at Hamburg Community Health Center:
Carla Donkus, R.N, Pamela Reetz, R.N, and Sandi Tkach, R.N, oncology nurse clinicians

Preventing Cardiovascular Disease in Women NEW
The leading cause of death for American women, heart disease is preventable. Learn about breaking down barriers to better health through FUN—Fitness, Understanding and Nourishment. Cardiovascular health self-assessment provided.
Free
• Monday, April 8, 1-2:30 p.m.
Class meets at St. John's Ukrainian Church, Northampton.
• Thursday, May 2, 11:30 a.m.-1 p.m.
Class meets at 17, School of Nursing, Auditorium.
Fran Derhammer, R.N.
Patrick Rooney Jr., exercise physiologist
See related article on page 10.

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 cards available.

<table>
<thead>
<tr>
<th>Massage Therapies</th>
<th>Prices</th>
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<tr>
<td>Relaxation</td>
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<td>30-minute • $30</td>
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Sessions held at TX, MUH—Youthful You Institute, Hamburg Community Health Center and CC—Jaindl Pavilion.
Learn More About
Down Syndrome
Home, Health and Future 2002

Focusing on "the facts of life and more," conference speakers will discuss issues of social competence and sexual development for those with Down syndrome. Registration deadline, March 22.

$20, member of support group; $25, others

- Saturday, April 6; 8:30 a.m.-3:30 p.m.
- Meetings at 22.
- Leslie Walker-Hirsch, educational consultant, keynote speaker; Donald Leavitt, M.D., pediatrician; Brian Stello, M.D., family practice; Robert Covi, D.O., neuropediatrician

See related article on page 8.

Safe Night

A night of education and fun for teens. Topics include teen sexuality, dating, self-defense, drugs, alcohol and violence.

Sponsored by various community partners.

May 8, Easton YMCA

1225 W. Lafayette St., Easton

May 31, William Allen High School,

126 N. 17th St., Allentown

For information, call 610-402-CARE and see the May/June Healthy You for more details.

See related article on page 16.

Childbirth and Newborn Care

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.

$20

- Friday, April 12; 11:30 a.m.-12:30 p.m.
- Friday, May 10; 11:30 a.m.-12:30 p.m.

Class meets at 22.

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. Gift cards are available.

- Maternity Tours—See the Center for Mother and Baby Care in the Jaindl Family Pavilion at Lehigh Valley Hospital—Cedar Crest and 1-78, Allentown. Adult tours are available on Tuesdays, Wednesdays and Sundays; sibling tours on Saturdays.

- Prepared Childbirth—Covers relaxation, breathing, stages of labor, medications, Cesarean birth, and newborn feeding and care. $95 per couple, four-week series.

- Weekend Prepared Childbirth—Accelerated childbirth preparation for couples who are willing to spend a concentrated amount of learning time. $135 per couple, includes breakfast, lunch.

- Baby Care—For expectant and adopting parents—even grandparents! Feeding, newborn care, preventive measures and practical tips on clothing, furniture and equipment. $35 per couple, two-week session.

- Breastfeeding Your Baby—Designed for expectant parents who are considering breastfeeding. Learn the benefits for baby and mother from our lactation nurse. $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! $55 for 60-minute session with a medical massage therapist.

- Safe Sitter—Designed for youngsters age 11-13 who want to learn responsible babysitting and child care. First aid and behavior management techniques. $35 for 2-day course.

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

Kidney Care — Finding Your Strength

This educational program helps those with kidney disease and those at risk for developing it understand the importance of proper kidney care. Complimentary education videos provided.

Free
- Wednesday, March 27; 6:30-7:30 p.m.
  Class meets at CC, Classroom 1.
- Wednesday, April 10; 6:30-7:30 p.m.
  Class meets at MUH—Basco, Room 4.
  Ralph Marano, nephrology nurse educator
  See related article on page 14.

What You Should Know About Underactive Thyroid

As many as 5 million Americans suffer from hypothyroidism (underactive thyroid gland), and many aren't diagnosed because the symptoms are so general. Learn the causes, symptoms and treatment for this common metabolic problem.

Free
- Wednesday, April 3; 1-2 p.m.
  Class meets at TX
  Gerald Sanchez, M.D., endocrinologist

Heart Failure Education

The Healing Hearts Program of The Regional Heart Center will complement your physician's existing medical program and recommendations. Series focuses on lifestyle modification, nutrition and medication management. Your doctor’s referral is necessary.

- Wednesday, March 6; 6-7:30 p.m.
  Class meets at CC, Morgan Cancer Center, Classroom 1a/b.

Living With Kidney Disease

This two-session Renal Education Enhancement Program (REEP) deals with the treatment of kidney disease and lifestyle concerns for patients and families.

Free
- Monday, May 13 and 20; 6-8 p.m.
  Classes meet at CC, Morgan Cancer Center, Conference Room 1b.
  See related article on page 14.

Diabetes Education

The Helwig Center for Diabetes and Nutrition Education 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 36.

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

Living With Grief: Loss in Later Life

Join Cokie Roberts, ABC News analyst, and a panel of experts at this live-via-satellite televised broadcast. Examine the range of losses that many experience in later life and learn coping skills for dealing with these losses.

Free
- Wednesday, April 24; 1:30-4 p.m.
  Class meets at CC, Auditorium.
  Sponsored by the Hospice Foundation of America

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 one week prior to class start.

- Heartsaver Adult (Course A) — One-person adult heart-saver CPR. Includes clearing blocked airway.
  $30
  - Monday, March 18; 7-10 p.m.
  - Monday, April 15; 7-10 p.m.

- Fundamentals of Basic Life Support (BLS—Course C) — One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing blocked airway.
  3-part course • $50
  - Mondays, March 25, April 1 and 8; 7-10 p.m.
  - Mondays, May 6, 13 and 20; 7-10 p.m.
  For more information on achieving CPR provider status, call 610-402-CARE.

- BLS Renewal — To attend you must have a current Course C card.
  $30
  - Monday, March 11; 7-10 p.m.
  - Monday, April 22; 7-10 p.m.

- Heartsaver Pediatric (Course D) — Focus on infant and child CPR, including clearing a blocked airway.
  $30
  - Wednesday, March 20; 7-10 p.m.
  - Wednesday, April 24; 7-10 p.m.
  - Monday, April 29; 7-10 p.m.

The American Heart Association presents CPR Saturday, a free cardiopulmonary resuscitation (CPR) training event. Learn this life-saving skill in just two hours. For those age 9 and over, under 14 must be accompanied by an adult.

Free
- Saturday, May 4; 9-11 a.m.; 11:30 a.m.-1:30 p.m.; 2-4 p.m.
  Meets at Easton Area High School, 2601 William Penn Highway, Easton.
  To register, call 610-402-CARE.
Healthy You

Health Improvement Classes

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

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

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

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

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

Welcome to Vitality Plus!

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

**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

**Community Member Benefits Free**

- Newsletter
- Health plan and insurance claims counseling
- Invitations to special events

- Dance lessons at reduced rates
- Volunteer opportunities

**Discounts**

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

For either membership, you need a card. Call 610-402-CARE or use the form on the next page.
PARTICIPANT INFORMATION: This section must be completed

Name ____________________________
Address ____________________________
City __________________ State ______ Zip ______
Phone (Home) __________________ (Work) ____________
Date of Birth __________________ Social Security # ______
Email address ________________________

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

TO REGISTER FOR A CLASS:
Please refer to the course schedule (pages 26-36) for class title, date/time and fees. Please print.

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

__________________________ ____________________________
__________________________ ____________________________

TO BECOME A VITALITY PLUS MEMBER:
Enroll me in Vitality Plus—Healthy Living for People 50 and Over. Please refer to the reverse side of this page 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 __________________________
Email address __________________________

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: $ ____________
Cancer Education

Cancer Services Education Program
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.
Free
To schedule an appointment, call 610-402-CARE.

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.
Free
• Tuesdays, 7:30-9 p.m.
  Meets at CC, Morgan Cancer Center, Meditation Room.
• Tuesdays, 5:30-7 p.m.
  Meets at MUH-Bankos.

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.

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

March
Managing Stress Through the Cancer Journey
Life is often unpredictable and unmanageable. Learn techniques to reduce stress that may accompany life changes.
Free
• Thursday, March 21; 7 p.m.
  Class meets at CC, Morgan Cancer Center, Conference Rooms 1a and 1b.

April
Keys to Survivorship
Interact with social workers, nurses, dietitians and financial counselors to learn tips for living with, through and beyond cancer, and how to talk with your health care team.
Free
• Wednesday, April 24; 10:30 a.m.-2 p.m.
  Class meets at CC, Morgan Cancer Center, Conference Rooms 1a and 1b.
  Sue Gardner, R.N.
  Carole Murtz, R.N.
  Co-sponsored with The Leukemia and Lymphoma Society

May
Storytelling: Once Upon a Time...
Become part of the web of histories, legends, tales and songs that promote healing. Learn and practice the art of storytelling.
Free
• Thursday, May 16; 7 p.m.
  Class meets at CC, Morgan Cancer Center, Conference Rooms 1a and 1b.
  Lorraine Gyllen, R.N.

Special Events
Nutrition and Fatigue Management Fair
Join us at this health fair event to learn how to manage nutritional challenges and minimize the fatigue that can accompany cancer treatments.
Free
• Thursday, April 4; 10:30 a.m.-1:30 p.m.
  Meets at CC, Morgan Cancer Center, Lobby and Atrium.

Second Annual Survivor Celebration
An afternoon of celebrating life through humor, inspiration and complementary therapies.
Free
• Sunday, May 5; health fair, 1-2 p.m.;
  3:15-4:15 p.m.
• Focusing on the Right Stuff,
  2:15-3:15 p.m.
  Meets at CC, Morgan Cancer Center, Lobby and Atrium.
  Leo Frangiapani, M.D.

Mother's Day Share the Walk 2002
Join others for a walk and balloon lift in honor and memory of women battling cancer.
Free
• Sunday, May 12; noon-4 p.m.
  Meets at Rodale Park, Tresslerstown.
  Scott Oce, coordinator, eagle scout project

To register, call 610-402-CARE.
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 many support groups, including:

- **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.

- **Cancer Support Groups** (see page 35)

- **Crohn’s and Ulcerative Colitis Support Group**—Find reassurance, understanding and the sharing of experiences with others in this educational group.

- **Diabetes Support Group**—For adults with diabetes.

- **Hospice Support Group**—Support, education and fellowship for anyone who has experienced a loss through death.

- **Lyme Disease Support Group**—Discussions include symptoms, testing, latest treatments and prevention.

- **Parkinson’s Support Group**—For those with Parkinson’s disease and their families, friends and caregivers, the group offers a forum for problems, concerns and learning.

- **Partner Support Group**—For those living with someone with an illness or disability, learn how to better cope.

- **Sleep Disorders: Are You at Risk?**—Sleep disorders can be a problem for anyone. If you are overweight, snore and have hypertension, you may be especially at risk.

- **Breast Health Services**—Learn about advances in breast disease evaluation and treatment from Breast Health Services staff.

- **Cardiac Topics**—Learn about heart disease treatment and prevention. Choose from the following topics:
  - Women and Heart Disease
  - How to Modify Your Risk for Heart Disease
  - Heart Attack—the First Hour
  - New Ways to Treat Heart Disease

Want to Know More? For more information on these free support groups and other groups, call 610-402-CARE. Log on to our web site (www.lvh.org) and click on Education Programs to learn more about support groups in your area.

---

**Support Groups**

**Speaker’s Bureau**

Lehigh Valley Hospital has health care professionals who are anxious to share their expertise with you. Learn about new health resources in your community by hosting a speaker at one of your community group’s meetings. Topics include:

- **The Center for Healthy Aging**—
  Opening in fall 2002, this new facility at 17th and Chew streets in Allentown will house community education, social and clinical services, a learning resource center and the Vitality Plus program.

To schedule a speaker for your group, call 610-402-CARE.
Lehigh Valley Hospital has the most experience in the region in the early detection, diagnosis and treatment of cancer. Our doctors participate in national research on preventing and treating cancer, and our patients benefit from advanced radiation oncology and surgical techniques not available at every hospital.

You'll find doctors at our Cancer Center who are experts in a wide range of specific types of cancer. Most important, our cancer support team is there for you and your family every step of the way. That's why, when it matters most, more people choose the Cancer Center at Lehigh Valley Hospital.


"There's no place else I would have trusted with my life. A year later, I can prove I made the right decision."

Pat Gradwohl, Nazareth, cancer survivor

Look for your free brochure about our Cancer Center at Lehigh Valley Hospital—Muhlenberg inside this issue of Healthy You.

Lehigh Valley Hospital
Cedar Crest & I-78
Allentown

Lehigh Valley Hospital—Muhlenberg
2545 Schoenersville Road
Bethlehem

610-402-CARE • www.lvh.org

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

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ALLENTOWN, PA 18105-1556

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