Get the Most From Fresh Herbs
When Grandparents Are the Parents
In-line Skating for Fitness

Caring for Children
(between pages 18 & 19)
When Your Child Has Diabetes

How Safe Are Cholesterol-Lowering Drugs?

What to Do About Fibroids

Using Fresh Herbs

EXERCISE AND MOVEMENT

Playing It Safe: In-line Skating

MIND AND BODY

The Truth About Schizophrenia

HEALTH AWARENESS

Medications and Sunburn

Are You Using Enough Sunscreen?

Do You Have the Blues?

(Insurance, That Is)

Health in the News

Healthy Fun at the Fair

PARENTING

Be a Safe Sitter

Young People Can Have Sleep Problems, Too

When Your Child Has Diabetes

Women's Health

She's a National Winner

Helen Barnes of Allentown

Nominate an Inspiring Woman

What to Do About Fibroids

Men's Health

Men Don't Have to Live With Incontinence

LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

JULY/AUGUST 2002
It's All About Healthy Children

In this issue, you'll find lots of information on how to keep your children healthy, what to do when there's a problem—and the array of special services for children and teens at Lehigh Valley Hospital. Some highlights:

- Health in the News about trampoline and roller coaster safety (page 4)
- Playing It Safe: In-line Skating (page 9)
- Young People Can Have Sleep Problems, Too (page 16)
- When Your Child Has Diabetes (page 18)
- Classes—Is Your Child Sleeping Well? (page 32)

Want to Know More about the developmental "ages and stages" children go through from birth to 16, with pediatricians' strategies for parents? Call 610-402-CARE.

Vitality Plus

Parenting the Second Time Around
More people today take on the responsibility of raising grandchildren

Pelvic Problems That Come With Age
Incontinence, prolapse and other disorders are often interrelated

How Safe Are Cholesterol-Lowering Drugs?
Make sure you work with your doctor to take them properly

Test Your Memory: Allentown Fair Quiz

Vitality Plus Registration and Benefits

DISEASE PREVENTION AND CARE

Are You at Risk for Lymphedema?

Athlete's Foot
It's not just for athletes!

All About Vaccines
Taking a new look at an old ally

HEALTH IMPROVEMENT CLASSES

Class Listing
A full array of exercise classes for all ages and fitness levels plus lectures on women's health, pregnancy, parenting and more

Class Registration Form

HEALTH RESOURCES

Where to Go for More Information

610-402-CARE • www.lvh.org • Healthy You
Don't miss this fun family event — the food, rides, music and crafts. Plus free screenings and education at Saturday's Health Fair, noon-3 p.m. (see page 31).

Aug. 14-17

Are You at Risk for Lymphedema?

If you've been treated for cancer, you could be at risk for lymphedema, the accumulation of lymphatic fluid in the arm, leg or other part of the body where lymph nodes are damaged by surgery or radiation. Most common in women after breast cancer treatment, lymphedema also affects men and women treated for cancers of the colon, bladder and prostate. (The condition also can be caused by infection or trauma.)

Lymphedema can develop weeks, months or years after surgery, so prevention is important, says Rebecca Miller, a physical therapist with Lehigh Valley Hospital and Health Network.

Want to Know More? For a brochure on preventing lymphedema, call 610-402-CARE.

Mark Your Calendar

Lymphedema Prevention and Management

July 23; Aug. 8; Aug. 20; Sept. 12; Sept. 24
Details on page 34

Be a Safe Sitter

Safe Sitters today, better parents tomorrow. That's part of the mission of the Safe Sitter workshop being offered through Lehigh Valley Hospital. (For details, see page 32.) It's a nationally recognized program that teaches boys and girls ages 11-13 essential skills for safe and responsible babysitting and child care. Participants can choose one 8-hour session or two 6 1/2-hour sessions focusing on topics such as first aid, injury prevention and management, safety for the sitter, child care essentials and babysitting as a business.

"This is a must-have for all families with children," says Deanna Shisslak, parent education coordinator at Lehigh Valley Hospital and Health Network. Participant Ashley Dymond, 12, of Germansville agrees: "I just had my first babysitting job and what I learned was really helpful. The class was fun and I would really recommend it."

Want to Know More? For a brochure on preventing lymphedema, call 610-402-CARE or visit our web site at www.lvh.org.

Nominate an Inspiring Woman

She gives more than she takes and inspires you with her dedication to work, family and health. Sound like someone you know? Nominate her for a Spirit of Women award! The awards are given to women age 14 and older. Each honoree will be recognized locally during the 2002 Spirit of Women conference "The Heart of a Woman" on Oct. 25 at the Holiday Inn, Bethlehem. All honorees will qualify for a national award.

For a nomination form, call 610-402-CARE or visit our web site at www.lvh.org.

She's a national winner — Helen Barnes of Allentown, founder of Meals on Wheels of Lehigh County, is the first local Spirit of Women winner to receive the national award. Barnes, 88, was chosen from winners around the country for her contributions to work, family and health. She received the award in Phoenix, Ariz., in April.

2 Healthy You To Your Health
Photosensitivity Alert

Common types of drugs that contain photosensitive chemicals:

- **antihistamines**
  - for colds and allergies

- **non-steroidal anti-inflammatory drugs, or NSAIDs**
  - for pain and inflammation

- **antibiotics**
  - for infections

Medications and Sunburn

It's no secret that the sun's rays can damage your skin and your health. But did you know that some medications can add to the problem? Certain chemicals in these drugs, when exposed to ultraviolet A (UVA) light, cause a condition called photosensitivity. Your skin develops a rash or looks sunburned.

UVA light is produced by the sun, tanning booths and even purple mosquito zappers. You can have a photosensitive reaction 30 minutes to an hour after exposure, says Jason Laskosky, pharmacist at Lehigh Valley Hospital and Health Network.

"Not every medication has photoreactive agents, and not everyone who takes a medication with these agents will have a reaction," Laskosky says. "Talk to your physician or pharmacist. If you're taking a drug you know causes photosensitivity, limit exposure to off-peak hours, wear protective clothing and use a sunscreen with SPF 15 and UVA/UVB protection."

Are You Using Enough Sunscreen?

You applied sunscreen before you hit the beach, yet still got burned. Is your sunscreen too weak? "It's more likely you didn't use enough," says dermatologist Steven Oberlender, M.D., of Lehigh Valley Hospital and Health Network. If you plan to be in the sun all day:

- Use sunscreen with an SPF (sun protection factor) of at least 30.
- Apply it 30 minutes before leaving home, using a full-length mirror to make sure all areas are covered.
- Reapply after 30 minutes of sun exposure.
- Repeat the process every two hours and each time you come out of the water.

Even if you're not outside all day, it's wise to take precautions. Apply a facial moisturizer of at least SPF 15 daily. It will protect your skin when you're not aware of sun exposure, such as driving to and from work.

Want to Know More? Call 610-402-CARE for a detailed list of common medications with photosensitive chemicals, call 610-402-CARE.

Men Don't Have to Live With Incontinence

Urinary incontinence affects millions of men each year. Many suffer in silence from symptoms—and often, a more serious underlying problem—

that can and should be treated, says Richard Lieberman, M.D., a urologist at Lehigh Valley Hospital and Health Network.

"Talk to your doctor about any change in urinary patterns, from leaking urine to a weakened urine stream," Lieberman says. "Often we can treat the cause and not just the symptom, preventing more serious damage to the bladder. Incontinence does not have to be part of aging."

There are several types of urinary incontinence. In many cases, the cause is a urinary tract infection, prostate condition or bladder obstructions and irritation, Lieberman says. Stroke and neurological disorders are other common causes. When the underlying cause cannot be treated, incontinence often can be controlled with medication or with an implant.

Incontinence also can result from treatment of prostate cancer, either surgically or with radiation. "While men fear incontinence as a side effect even more than impotence, improved surgical techniques are helping more men regain bladder control after surgery," Lieberman says. "Prostate treatment should not be delayed."
Health in the News

Caution on the Coaster

Roller coaster injuries requiring a doctor's care are extremely rare—one in 124,000 rides—but medical professionals are watching the newer, faster coasters that create high G-forces. A recent study detected a slight increase in neurological (brain) injuries from rides.

"If you ride and then suffer severe headache, tingling in your arms or legs, or a lot of confusion, seek treatment immediately," says emergency specialist John McCarthy, D.O., of Lehigh Valley Hospital and Health Network. Learn more about ride safety on page 6.

Forget That Trampoline

A trampoline is no toy, and the American Academy of Pediatrics recommends the device never should be used at home, either indoors or outdoors. "Injuries—including fractured bones, strains, sprains and lacerations—are common, and can be severe," says pediatrician Michael Consuelos, M.D., of Lehigh Valley Hospital and Health Network. Most injuries occur from falls, and many happen when several people use the trampoline at once. According to the Consumer Product Safety Commission, trampoline-related injuries have nearly tripled in the past decade—from 38,800 in 1991 to more than 100,000 in 2000.

Do You Have the Blues? (Insurance, That Is)

How will your health insurance plan be affected by the split-up of Capital Blue Cross and Pennsylvania Blue Shield? The two companies have a joint operating agreement, so your plan stays in effect until your annual renewal. At that time, your employer and/or your insurance company will contact you about choosing a new plan. Both plans are accepted at Lehigh Valley Hospital.

Older adults with Medigap coverage from the two plans will receive information about plan changes, but coverage will continue uninterrupted with one of the companies.

Want to Know More? If you're looking for health care options for yourself, are an employer looking for options for your company, or need an appointment with an APPRISE counselor to help sort out your Medigap coverage, call 610-402-CARE.

Honored for Diabetes Excellence—
The Helwig Center for Diabetes and Nutrition Education earned the 2002 Recognition for Community Support award from the Lehigh Valley chapter of the American Diabetes Association. The honor cited Helwig's outreach and education, insulin pump training (see story on page 18) and clinical programs.

Grant Helps Mothers in Need—
Clothing, diapers, toys... women who are pregnant or new mothers receive these (and other) useful items in LVHNN's Healthy Behaviors program. Through the program, funded in part with a new $22,000 March of Dimes grant, mothers who qualify earn "baby dollars" when they attend prenatal appointments and classes and deliver at the Center for Mother and Baby Care.

At the Baby Bazaar—Larissa Heckman of Allentown (with her daughter, Tiara Odwando) was one of more than 180 mothers who spent "baby dollars," earned for healthy behaviors, at a recent hospital bazaar.

Want to Know More about these programs? Call 610-402-CARE.
Put down the salt shaker and leave that heavy dressing behind. Fresh herbs are a healthier, more flavorful way to spice up your diet. From parsley and sage to rosemary and thyme, these fragrant green leaves are easy to grow, plentiful at grocery stores and bursting with flavor. They have no fat or calories. Some help with digestion or freshen your breath. And some herbs—including oregano, rosemary and sage—even contain cancer-fighting antioxidants.

“Fresh herbs have better flavor than dried. Once you learn how to use them properly, you'll discover interesting new ways to enhance your meals,” says Al Frey, executive chef at Lehigh Valley Hospital and Health Network. He offers these guidelines:

- **Keep them fresh.** From your garden, pick just what you need for each meal. From the market, store in a paper bag or perforated plastic bag in the refrigerator. (A tight seal will wilt them.) Wash only what you're going to use at the time, use cool water and pat dry gently with a paper towel.

- **Prepare with care.** The oils that give herbs their flavor and aroma escape when the leaves are injured and chopped, so don't slice until you're ready to use. Pick the leaves from the stalk and slice them delicately with a very sharp knife to prevent bruising.

- **Adjust the quantity.** Flavor is less concentrated than with dried herbs, so you'll need about four times as much of the fresh.

- **Cook to perfection.** If fresh herbs cook too long, they change flavor and become bitter. Add at the end of the cooking process, and no more than 45 minutes before completing a soup or stew. For salads, add herbs when you toss the other ingredients.

- **Learn the combination.** Experiment with fresh herbs to learn which flavors mix best with specific foods and which herbs mix best with other herbs. (See Want to Know More?)

- **Enjoy all year.** It's easy to freeze your fresh-grown herbs. Lay them uncovered on a baking sheet and place in the freezer. When frozen, gently place in plastic bags and return to the freezer.

**Chef Al Frey explains how to get the most from these healthy seasonings**

**Want to Know More?**
For a guide to using 10 favorite herbs and a Wegmans' brochure on fresh herbs, call 610-402-CARE.
You can already taste the funnel cake and feel the wind in your face from the latest thrill ride. But in your rush to get out the door and experience Dorney Park and Wildwater Kingdom, the Allentown Fair and other summer

**Healthy Fun at the Fair**

You can already taste the funnel cake and feel the wind in your face from the latest thrill ride. But in your rush to get out the door and experience Dorney Park and Wildwater Kingdom, the Allentown Fair and other summer

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**Eating Healthy**

*Your first instinct is to scan the food stand’s menu.* “Take a careful look at the rest of the stand, too,” says Nancy Amici, registered dietitian at Lehigh Valley Hospital and Health Network. Doing so can help you avoid germs or bacteria that can cause food-borne diseases.

- **What to look for.** “The equipment should be clean, and so should the cutting board,” Amici says. “Be sure the hot foods are kept hot and the cold foods cold. Anything in between is breeding ground for bacteria.” If you’re eating cooked meat, such as hamburger, make sure it's fully cooked and has no pink inside.

- **What to stay away from.** Avoid eating at stands where servers are touching both food and money, since money often carries germs. Don’t eat at stands where food is sitting in the open.

*And even if the corn dogs, french fries and cotton candy look wonderful, don’t overindulge. “Everything in moderation,” says Scott Rice, M.D. “You can eat a hot dog or fries, but don’t load up with 10 hot dogs or six sausage sandwiches. An upset stomach will result.”*

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**Keeping Clean**

Petsing the livestock and nibbling on finger foods—these two favorite fair activities can be a dangerous mix. At the Allentown Fair and other events overseen by the Pennsylvania Department of Agriculture, all animals are screened by veterinarians before they’re displayed, helping to ensure safety. Even so, there are precautions to take after viewing and touching the livestock.

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**Riding Wisely**

Afraid to go on an amusement ride? Don’t be. Studies show you’re more likely to get injured in your own home. “Safety is our foremost concern,” says Jackie Swika, chairman of the Outdoor Amusement Business Association and co-owner of S&S Amusements, which has provided rides for the Allentown Fair for 17 years. “We have six certified state inspectors checking each ride daily.” The key to staying safe is riding responsibly. Here’s how:

- **Take special care at the water park.** Running in wet areas or pushing and shoving at wave pools and water slides can lead to slips, bruises, twisted ankles or worse.

*Get special care at the water park. Running in wet areas or pushing and shoving at wave pools and water slides can lead to slips, bruises, twisted ankles or worse.*

- **Ride before you eat.** It will lessen your risk of the queasiness that often comes with those fast up-down-and-sideways rides.

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![Image](image-url)
The eats are irresistible—
As Angelita Wood of Bethlehem demonstrates, there's no end to yummy treats at the fair, carnival or amusement park. Avoid overdoing it and your tummy will be as happy as the rest of you!

• Wash your hands before you eat. Adults realize you shouldn't put your fingers to your mouth after handling animals, but your youngster may not know any better. “Be sure the entire family washes its hands after visiting the livestock and before eating,” says internist John Pettine, M.D., of Lehigh Valley Hospital and Health Network.

• Carry an extra supply of hand sanitizers. If you're at an event where a restroom isn't nearby, use antibacterial gel or wipes to keep hands clean.

Staying Cool
In midsummer, a cool day can quickly become a sweltering one. Too much activity in steamy weather puts you at risk for heat stroke and loss of consciousness. Some careful planning will help you avoid trouble.

• Drink lots of fluids. “On really hot days, drink liquids that will replenish what your body loses, like water or sports drinks,” Pettine says. “Stay away from alcohol and caffeinated beverages (including colas), which dehydrate you.”

• Pay attention to your body. If your mouth gets dry or if you’re lightheaded, weak, tired, disoriented or confused, your body is telling you to slow down. If you feel these symptoms, drink fluids and rest until you feel well enough to continue.

• Watch the skies. Rapid weather changes can produce surprise thunderstorms. “If you hear the thunder, lightning isn’t far behind,” Rice says. Seek cover inside permanent buildings. Don’t seek cover under a tree, an aluminum food stand or an area with lots of wires and poles.

Sticking Together
Few things are scarier for a child or parent than getting separated in a large crowd. “You have to remember that an amusement park or fairgrounds is a city all its own,” McCarthy says, “and precautions should be taken.” Here’s how to keep track of each other:

• Know the grounds. Many fairs offer hand-held maps. Find out if there’s a lost children’s area, know where it is in case you get separated, and make sure your children know to go there. Take note of other key locations such as first-aid stations.

• Stay close. If your children are of varying ages and like different rides, don’t let them scatter without adult accompaniment. If you don’t have extra adults along, take turns: have the little ones watch with you while your teen tackles the roller coaster, then have your teen hang tight during the kiddy rides. And make sure your children wear visually identifiable clothing.

• Pick a place. If there’s more than one adult and you decide to separate, select a place and agree to meet there at a set time.

Want to Know More? To help you plan safe, fun summertime outings, brochures with detailed maps of the 2002 Allentown Fair and Dorney Park and Wildwater Kingdom are available by calling 610-402-CARE.
Athlete's Foot

It's not just for athletes!

The burning. The itching. It's enough to drive you crazy and it's right...between...your...toes! Athlete's foot is the most common type of fungus infection of the skin, and you don't have to be an athlete to get it.

"About one in five people will get athlete's foot in a lifetime," says family practice physician Joseph Habig, M.D., of Lehigh Valley Hospital and Health Network. "It can be persistent and recurring, but it's also very treatable."

Athlete's foot is caused by a fungus most commonly found in warm, moist environments like public pool areas and locker room showers. Not everyone whose bare feet come in contact with the fungus develops athlete's foot. "Some people are just more susceptible to it," says Habig. "This is especially true if you have a weakened immune system or don't practice good foot hygiene."

How do you know if you have athlete's foot? "Persistent itching, stinging, peeling or cracked skin, and a foul odor between the toes are pretty good indicators," Habig says.

When it comes to treatment, you can start with an over-the-counter cream, spray or powder. "Look for terbinafine on the list of ingredients," he says. "It seems to be quite effective and often requires a shorter period of treatment. If the symptoms persist after two weeks of home treatment, see your doctor."

The wisest way to treat athlete's foot is to prevent it. "Keep your feet clean and dry, especially between the toes," Habig says. "It's your best defense."

Want to Know More about treating athlete's foot? Call 610-402-CARE.

Mark Your Calendar

Put Your Best Foot Forward
Aug. 21
Class details on page 28

Hygiene Tips for Your Feet

- Wear sandals, flip-flops or other suitable footwear in public pool, shower and locker room areas.
- Avoid tight-fitting shoes.
- Discard old athletic shoes that may harbor the athlete's foot fungus.
- Wear 100 percent cotton socks and wash them in hot water. Never wear the same socks two days in a row. If your feet sweat a lot, change socks as needed throughout the day.
- Thoroughly dry between your toes before putting on footwear.
- Sprinkle a dusting of antifungal powder into your shoes in the summertime.
Put those four-wheel roller skates in the attic alongside the eight-track tapes. In-line skates are now all the rage, and 20 million people glide down paths and trails on them each summer.

Skating provides a great fitness workout—done vigorously, it burns as many calories per hour as jogging. But it also poses hazards. “You will fall, and it’s common to fracture or break your wrist,” says orthopedic surgeon Dale Federico, M.D., of Lehigh Valley Hospital and Health Network, himself an in-line skater. “But most injuries can be prevented with proper instruction and safety equipment.”

Here’s what you should know:

Getting started
- Start slow. Even if you used roller skates previously, you’ll need different control techniques for in-line skating. Learn them at an organized class taught by trained instructors.
- Learn to brake. It’s a tricky balancing act because only one of the skates has a rubber brake. Practice makes perfect.
- Learn to fall. There are several proper techniques, but one thing not to do is try to break your fall with your arms. “That’s what leads to wrist fractures,” Federico says.
- Skate in open areas. You want a smooth surface, but avoid streets and high-traffic areas. Most area roller rinks allow in-line skates, as do some local parks.

Staying safe
- Choose the right skates. A good pair can cost $135 and up, but is often worth it because higher quality provides better ankle support. Your skates should fit snugly around your foot, with your toes touching the front of the skate. If you don’t want to invest in new skates at first, rent a high-quality pair.
- Wear a helmet. Skating helmets are rounded in the back, thus covering both the top and back of your head.
- Use knee, wrist and elbow guards. Neoprene slip-on guards are good, but Velcro guards keep you cooler. Each has a plastic shell that absorbs impact. They’re made so you can slide on the plastic—and not raw skin—when you fall.
- Maintain your skates. Check for and tighten loose wheels monthly and rotate wheels for even wear.

Want to Know More? Nestor’s Competition Sport offers in-line skate clinics every Wednesday night in Whitehall and every Saturday in Quakertown through Aug. 10. For details or a half-off coupon, call 610-402-CARE.
It's not "split personality" à la Dr. Jekyll and Mr. Hyde. It doesn't result from personal failure, a super-high IQ, childhood trauma, poverty or bad parenting.

Schizophrenia has been in the news lately, thanks to the Oscar-winning film "A Beautiful Mind"—but it remains to be seen if that will be enough to dispel the many myths about this disorder. The truth? "Schizophrenia is a medical illness, period," says psychiatrist Pushpi Chaudhary, M.D., of Lehigh Valley Hospital and Health Network.

It can occur in anyone, she says, but is far more likely when there is a family history of the disease. The overall risk for schizophrenia is about 1 percent. If a parent or sibling has it, the risk rises to 10 percent, and with both parents, to 40 percent. Researchers haven't yet pinpointed the cause, which may involve irregularities in the brain cells, imbalance in brain chemicals or problems with blood flow in the brain.

One of the tragic aspects of the disease is that it usually strikes young people in their teens. "Some major disruption in life, such as going away to college, can precipitate the first episode of psychosis or loss of contact with reality," Chaudhary says. Drug use, while it doesn't cause schizophrenia, can trigger it.

The person in psychosis may have hallucinations (seeing or hearing something that's not there) or delusions (false beliefs, such as that your food is being poisoned or the FBI is following you). "In this state," Chaudhary says, "it's very hard to differentiate what's real from what's not."
**SCHIZOPHRENIA**

Often, the person has no idea what's happening and is reluctant to tell anyone about it. "Onlookers may just think, 'This is a strange person,'" Chaudhary says. But a psychotic episode rarely goes away on its own.

**Medication is the mainstay of treatment for schizophrenia.**

"The older antipsychotic drugs were effective against symptoms like hallucinations and delusions," Chaudhary says. "Today, we have a new class of drugs that also relieves the so-called negative symptoms—apathy, lack of emotion and the like. These new medications also have fewer side effects."

That's important in getting the patient to stick with the medication, a major issue with schizophrenia. "Limited insight can be part of the illness," Chaudhary says. "That prevents the person from understanding the seriousness of his condition and the need for treatment." Researchers are working on long-acting forms of the newer medications that will make complying with treatment easier.

The other key element in treating schizophrenia is therapy to help the patient fully grasp the nature of the illness and accept it in his life. "It's as if something is broken and you need to pick up all the pieces and put them back together," Chaudhary says. Once the psychosis has passed, there often will be a period of depression, she says. And the risk of suicide is much higher in schizophrenics than in the general population.

**The family, too, needs care.** For one thing, when the family is involved the patient is much more likely to stay in treatment. But spouses and parents go through their own adjustment process including shock, sadness, anger, confusion, disappointment, guilt and shame.

What is the long-term prognosis for a person with schizophrenia? "It's very hard to predict," Chaudhary says. "Some have severe lifetime symptoms, others never have more than one psychotic episode. We do know that the longer the psychosis goes untreated, the greater the chance of irreversible changes in the brain. Early treatment really is the key."

**Want to Know More?** For a detailed brochure on schizophrenia, call 610-402-CARE.

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**Recognizing the Early Signs**

Looking back, most families can recall subtle personality changes in the person years before the first psychotic episode. "These early signs vary from person to person," says Pushpi Chaudhary, M.D. "But the common thread is social withdrawal. If we can identify the problem at this stage, we may be able to spare the patient from the pain of psychosis. Early treatment can change the course of schizophrenia."

If a young person you know shows signs like those listed below, talk to a mental health professional right away. For a confidential referral, call 610-402-CARE.

- withdrawal from friends and activities
- suspicion
- depression
- anxiety
- irritability
- changes in sleep or appetite
- fatigue
- trouble concentrating
- decline in functioning at school or work

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610-402-CARE • www.lvh.org • Healthy You 11
If you'd lived in the Lehigh Valley 100 years ago, someone you knew would have died of smallpox, diphtheria or another infectious disease. "The development of vaccines has virtually eliminated many infectious threats from our lives," says Tim Friel, M.D., infectious disease specialist at Lehigh Valley Hospital and Health Network.

Over the years, childhood immunization has become a routine part of visiting the pediatrician. But immunizations aren't just for children. Adults need a tetanus booster every 10 years, and if you're over 65, a yearly flu shot is a good idea. (A dead virus is used, not a live one, so you

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How Do Vaccines Work?

1. Vaccine, which mimics certain forms of infection, is injected into your body.

2. By interacting with the vaccine, your immune system has a chance to "get acquainted" with the infection and produce antibodies to fight it. These antibodies fit the specific invader like a key in a lock.

3. If you're ever exposed to the real disease, your immune system "remembers" it and calls the custom-designed antibodies into battle.
can't get even a mild case of the flu from the vaccine.

Finally, if you're planning travel it's essential to get the recommended immunizations for your destination.

Beyond that, most of us haven't thought much about vaccines—until this past year. After Sept. 11, the threat of bioterrorism made the topic big news. While the U.S. government has stockpiled enough smallpox vaccine to protect everyone, we also have been assured that we needn't run straight to the doctor. "Vaccinating everyone because of a potential threat is a debatable solution," Friel says. "We know from experience that the vaccine still can prevent infection after exposure if given in a timely fashion." Now, scientists are working hard to develop an effective vaccine against anthrax.

The other factor that's made vaccines big news is medical research, especially against HIV/AIDS, Friel says. "It is unlikely that a traditional vaccine will work against HIV because of the many strains and because the virus itself changes constantly. But research has helped us better understand how different types of vaccines can boost the immune system. This should help us devise better strategies for the prevention and treatment of HIV."

It also has led scientists to examine the possibility of vaccines for diseases not caused by bacteria or viruses. "One day," Friel says, "we hope to have vaccines that help the body kill cancer cells or eliminate the risk of Alzheimer's disease by keeping protein plaque from forming in the brain."

**Want to Know More about the vaccines your family needs?**

For a chart with schedules, call 610-402-CARE.

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**New Vaccine May Prevent Recurrence of Colon Cancer**

People who've had colon surgery to remove a cancerous tumor have more hope today thanks to a new vaccine co-developed by Herbert Hoover, M.D., chair of surgery at Lehigh Valley Hospital and Health Network.

OncoVAX uses the patient's own cancer cells to boost the immune system against a recurrence of the disease. After surgery, cells from the tumor are sterilized, frozen and subjected to radiation. Then they're mixed with an immune system stimulant. The patient receives a series of four injections over several weeks, beginning about a month after surgery.

The vaccine is still in clinical trials; it won't be commercially available until more studies are completed successfully and OncoVAX earns FDA approval. So far, Hoover says, the results have been encouraging.

**Want to Know More about taking part in the OncoVAX trial?**

Call 610-402-CARE.

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**610-402-CARE • www.lvh.org Healthy You 13**

**How Safe Are Childhood Immunizations?**

Most American children get 10 immunizations for 11 different diseases before age 2. "That may seem like a lot," says Raj Totlani, M.D., pediatrician with Lehigh Valley Hospital and Health Network, "but almost all the old combination vaccines now are given as single shots."

The disease-causing factors in most vaccines are removed, he says, so your child can't get even a mild case of the illness from the vaccine. The only live vaccines—for chicken pox and measles-mumps-rubella (MMR)—are greatly weakened.

Some parents worry that immunizations raise their child's risk for developing asthma or diabetes. Scientific studies have found no link. The same is true for claims that the preservatives in vaccines (mercury or thimerosal) can cause autism. "Autism often is diagnosed during the same time period when children are being immunized," Totlani says, "but many studies have shown that immunization is not the cause." Because of public pressure, vaccine manufacturers are eliminating those two preservatives.

Totlani urges parents to have their children immunized. "Being from India, I know about the large number of infants and children who die when vaccination is not routine," he says. "Your children have a far greater risk for harm from not being immunized than from any potential side effects."

**Want to Know More?** For a complete chart of childhood immunizations or for questions and answers on vaccine safety, call 610-402-CARE. Visit our web site at www.lvh.org for more information on childhood immunizations.
Most women have these benign uterine tumors. For those who need treatment, there are new options.

At age 37, Kathy Haag of Fleetwood started having unusually heavy periods. The cause was a large, non-cancerous tumor of the uterus called a fibroid. As Haag was to learn, about 80 percent of women have them, and most aren't troubled by serious symptoms.

Fibroids can grow on the inside or outside of the uterus or within the uterine walls, and it's common to have more than one. They generally appear in the childbearing years and shrink after menopause as estrogen levels decline. If you have mild symptoms and are nearing menopause, you can simply wait for the fibroids to go away on their own. That wasn't an option for Haag and others like her whose fibroids interfere with normal life.

Some women suffer a pressure-like discomfort in the lower abdomen that can be severe. Others experience such heavy or long-lasting menstrual bleeding it causes anemia or affects their daily functioning.

"Treatment is appropriate in cases like these," says gynecologist Craig Sobolewski, M.D., of Lehigh Valley Hospital and Health Network.

Haag's regular doctor told her she needed a hysterectomy, but she didn't like the idea of having her uterus removed. She consulted Sobolewski to find out what alternatives were available. "He asked me what my goal was, gave me some options, and let me decide what to do," she says.

While 40 percent of hysterectomies are done because of fibroids, Sobolewski says, women do have other options. When

Questions to ask your doctor

If you have been diagnosed with fibroids, you will need to think about your treatment options. Here's a list of questions to ask your doctor.

- How was my fibroid diagnosed?
- What size is my fibroid?
- Is my fibroid located on the outer surface, inner surface or in the wall of my uterus?
- What treatment options are available for the type of fibroid I have? What are the benefits and risks of each option?
- What is recovery like for each option?
- What are your views on treating fibroids with hysterectomy vs. other alternatives?
- Do you ever recommend uterine artery embolization as a treatment for fibroids?
- Do you do myomectomies (removing the fibroid and leaving the uterus intact)? If so, how frequently? (Make sure your doctor is experienced in this technique.)
- If you start a myomectomy and are unable to remove just the fibroid, what is the next option?
- If I opt for a hysterectomy, will you remove just my uterus, or my ovaries and cervix as well? If so, why?
- What treatment do you recommend for me, and why?
- Is this the least traumatic treatment possible?
- Can I develop fibroids again in the future?

Want to Know More? For more information on how fibroids are diagnosed, call 610-402-CARE.
deciding how to treat fibroids, the choices include:

**Myomectomy**—removing the fibroid but leaving the uterus intact.
Women who still want to have children will often go this route. Depending on the size and location of the fibroids, the procedure can be done through the vagina, through a traditional abdominal incision, or laparoscopically.

Laparoscopy involves three or four tiny incisions rather than one big one; the surgeon uses a small scope to view the inside of the pelvis. The pluses for the patient are no overnight hospital stay (in most cases), a recovery time of two or three weeks rather than six, and minimal scarring.

“Even women with very large fibroids often can avoid traditional surgery by taking drugs called GnRH agonists beforehand,” Sobolewski says. “The drugs temporarily shrink the fibroids so they can be removed vaginally or laparoscopically. In Kathy’s case we were able to go this route, making it possible to do a laparoscopic procedure.”

**Embolization**—a newer non-surgical procedure that’s a good alternative for women nearing menopause. Doctors thread a catheter through an artery to the uterus and release particles that block the blood flow to the tumor. With no blood supply, the fibroid shrinks and dies. “I don’t recommend this option to women who still want to have children because there isn’t enough information yet on the effect it may have on future pregnancies,” Sobolewski says.

**Hysterectomy**—If you no longer want to have children, the benefit of a hysterectomy is that you don’t have to worry about new fibroids forming. “The problem can recur after a myomectomy,” Sobolewski says.

In the end, Haag opted to have a myomectomy. “I don’t have children and I don’t know if I will, but it was an option I wanted to keep, if possible,” she says.

Want to Know More about fibroids? For a detailed brochure, call 610-402-CARE.

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After surgery, she’s going strong again—
For Kathy Haag of Fleetwood, fibroids were more than a nuisance; they interfered with her life. At Lehigh Valley Hospital, she discovered that she had some new treatment options.

Mark Your Calendar

**Exploring Options When the Diagnosis Is Fibroids**
July 31
Class details on page 32

610-402-CARE • www.lvh.org • Healthy You
Looking at the monitors—Jimmy Schnettler (foreground) gets a lesson in sleep monitoring from his stepfather, Ken Sloyer, a Sleep Disorders Center technologist. Jimmy himself had overnight testing to detect the seizure disorder that was disrupting his life.

Fifteen-year-old Jimmy Schnettler suffered headaches, felt lethargic and struggled with his schoolwork at Freedom High School. Tests ruled out a learning disability. Fortunately for Jimmy, his stepfather, Ken Sloyer, works as a technologist at the Sleep Disorders Center at Lehigh Valley Hospital—Muhlenberg.

“I suspected sleep apnea,” Sloyer says. “He snored at night and had trouble waking up even after 12 to 14 hours of sleep. It seemed like more than a teen thing.”

Apnea—a condition in which breathing repeatedly stops during sleep—is the major reason children come to the Sleep Disorders Center for testing. But as it turned out, apnea wasn’t Jimmy’s problem. Overnight monitoring of his muscles, breathing and brain waves revealed that he was having continuous seizures.

Now on medication for epilepsy, Jimmy is much more energetic and has become an honor roll student. More important, he’s no longer at risk for developing a more serious or life-threatening health problem.

As Jimmy’s case shows, sleep disorders can disrupt the lives of children as well as adults. “Sleep apnea in children is most common between ages 2 and 8,” says pulmonologist Jay
Kaufman, M.D., of the Sleep Disorders Center. “It’s almost always due to enlarged tonsils and adenoids blocking the child’s airway.”

Snoring or noisy breathing is common to all apnea sufferers. But while adults struggle with daytime sleepiness, children are more likely to be restless and have short attention spans, often misdiagnosed as attention deficit disorder (ADD). “In one study of low academic achievers, about 20 percent had evidence of apnea,” Kaufman says. “Those who chose to have tonsillectomies did significantly better in school.”

Besides apnea, the Sleep Disorders Center can help detect many other types of childhood sleep problems and refer your child for appropriate treatment. These problems include:

- **Limit-setting sleep disorder**, a type of sleep deprivation that occurs when children don’t want to go to bed and parents don’t make them. “Young children really need 10 to 12 hours of sleep a day,” Kaufman says.
- **Sleep onset behavior disorder**, a psychological problem in which children can’t fall asleep unless a specific set of circumstances is in place.
- **Narcolepsy**, a sleep disorder that usually starts during adolescence. It causes excessive daytime sleepiness, runs in families and appears to be related to brain chemicals.
- **Night terrors**, a condition of younger children that occurs in the deepest stage of sleep. “The child will sit up screaming and sweating, heart beating fast and eyes wide open, yet unlike a nightmare will not remember it in the morning,” Kaufman says. “All you can do is comfort him and make sure he gets enough sleep.”
- **Sleepwalking**, another deep-sleep problem that can range from merely sitting up to walking around the house or neighborhood—none of which is remembered the next day. “Obviously, safety is the issue here,” Kaufman says. Severe sleepwalking is sometimes treated with medications; it’s usually outgrown.
- **Delayed sleep phase syndrome**, a problem many adolescents have involving the circadian rhythms that govern sleeping and waking. “Most of us have a circadian rhythm of alertness in the morning and a little fatigue by midafternoon,” Kaufman says. “With this disorder, the pattern shifts so the teen is wide-awake until 2 a.m. and can’t get going the next day until noon.” Needless to say, schoolwork often suffers. Kaufman suggests regular bedtimes and bright light in the morning to stimulate wakefulness.

**Want to Know More** about sleep disorders diagnosis and treatment? Lehigh Valley Hospital operates Sleep Disorders Centers at both Muhlenberg and 17th and Chew. For a brochure on these centers, call 610-402-CARE.

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Apnea and other conditions can interfere with a child or teen’s school or family life.
When Your Child Has Diabetes

Elizabeth Lamm of Schnecksville is a lot like other 6-year-olds. She has a sweet smile that reveals two missing teeth, and she enjoys activities like soccer and Brownies. But the insulin pump on her hip suggests her life has special challenges.

Elizabeth was diagnosed with Type 1 diabetes at age 2. Her pancreas does not produce insulin, the substance that allows our bodies to burn sugar for fuel, so she needs lifelong insulin replacement.

A year ago, Elizabeth was one of the youngest children in the region to start using the insulin pump. The device provides a steady, adjustable flow of insulin, compared with the set amount in an injection. It allows the Lamms to manage Elizabeth's diabetes with insulin, rather than with a strict meal schedule. "I can eat whenever I want and that's the good part," Elizabeth says.

But managing this chronic disease is still demanding. Elizabeth began learning to count carbohydrates soon after she learned to count. She needs her blood sugar tested at least four times a day and has learned to recognize the warning signs of low blood sugar. "We wanted her to take ownership of her diabetes," says Elizabeth's mom, Cheryl Lamm, "so we told her, 'It's your disease; we will give you the guidance you need.' And she responded."

Having a child with diabetes takes more careful scheduling and planning ahead, Lamm says. "We worry about the sweets at birthday parties, and we avoid play dates unless the friend's parents are familiar with the pump and have phone numbers for backup." Packing for a family vacation means lots of extra supplies, including spare batteries for the pump, insulin with a syringe and pre-written prescriptions.

Building a support system

The Lamms rely on a network of family and friends to help Elizabeth continue an active and fulfilling lifestyle. Not only do Cheryl and her husband, David, know how to use the pump, so do the grandparents, babysitter and several friends.

Education in school and sports also is essential, says Carol Stevens, registered dietitian and diabetes educator with the Helwig Center for Diabetes and Nutrition Education. She's worked with the Lamms since Elizabeth was first diagnosed. "We work with school nurses to set up protocols and procedures and teach them how to recognize an emergency," Stevens says. "Teachers also should be aware of the signs of high or low blood sugar, and children always should have a designated buddy in their class to walk them to the nurse's office."
Has Diabetes

While children with diabetes can compete in sports, increased activity affects the blood sugar. So coaches, too, should be educated, especially in case parents aren’t present at a practice or game, Stevens says.

Challenges of growing up

When children reach puberty, hormonal changes can alter blood sugar levels, says Geraldo Saavedra, M.D., endocrinologist at Lehigh Valley Hospital and Health Network and Elizabeth’s doctor. “Just as monitoring the blood sugar becomes more essential, teen-agers are more distracted and don’t test themselves as often as they should,” he says. “They’re more independent and not always making wise decisions, so it takes extra effort to remind them they’re living with a chronic disease.”

College also brings new challenges, as teens move away from home for the first time. It’s the stage where some young adults begin drinking alcohol, which can cause a dangerous drop in blood sugar for those with diabetes.

College is 10 years away for Elizabeth Lamm, but she’s off to a good start in managing her diabetes. She has enjoyed school field trips and a vacation to Walt Disney World. Besides soccer, she’s been active with swimming, T-ball and gymnastics.

“Children like Elizabeth show that you can live an active, normal life and no longer feel excluded from activities,” Saavedra says.

Want to Know More about ensuring that your child’s school knows how to respond to diabetes-related problems? Call 610-402-CARE for an Action Plan for school personnel, as well as information on family resources (Camp Red Jacket and the Sugar Free Kids support group).

Is Your Child Ready for the Pump?

There is no magic age when a child is ready to go on the insulin pump, but it does take maturity in the child and commitment from the parents, says endocrinologist Geraldo Saavedra, M.D. “Parents have to be intensely interested to learn about the pump and carbohydrate counting,” he says.

Besides learning how to activate the insulin dosage, children have to learn how to insert the pump’s catheter, at the side of their abdomen. The pump needs to alternate from one side of the body to the other every two to three days to keep the insulin flowing well, Saavedra says. Other skills include protecting the catheter site, hooking and unhooking the pump, and wearing it on appropriate clothing.

Freedom to play—
Elizabeth can relax and enjoy a game of soccer, thanks to good diabetes management and watchful teachers and coaches. She wears her insulin pump on her belt (see photo below).

610-402-CARE • www.lvhn.org • Healthy You
Look for these Vitality Plus features:
- Pelvic Problems That Come With Age
- How Safe Are Cholesterol-Lowering Drugs?
- Allentown Fair Sesquicentennial Trivia Quiz
Your children are grown and married. Toilet training, sleepovers and teacher conferences are not even on your radar screen. You never expected to start it all again at age 50 or 60—but a growing number of grandparents choose to do just that.

"Many step in to provide day care when the parents are working," says Pat Fuisz, R.N., clinical nurse specialist in psychiatry at Lehigh Valley Hospital and Health Network. "In cases where the parents have health or other problems, the grandparents actually may take custody of the children."

Marie and Roger Dionne moved from New Jersey to Easton five years ago to care for their three grandchildren, Nathaniel (age 12), Julia (9) and Joseph (6). They live in the same neighborhood as their son and daughter-in-law, Jeffrey and Abby Dionne, both of whom have busy careers.

Before school, the children eat breakfast with their grandparents. After school, Marie, a former elementary school teacher, supervises homework. "We moved here to make life less hectic for our son and daughter-in-law and the kids," she says. But there have been benefits to the grandparents as well. "My grandchildren keep me young," she says. "When I'm with them I don't focus on my little aches and pains, and these kids are just a hoot!"

Rewarding as it may be, caring for your grandchildren shouldn't be undertaken lightly, Fuisz says. "You still may be enjoying success in your career—or if you're retired, enjoying activities and travel. It's hard to give all that up, whether you provide day care or assume full parental responsibility. If your own child is an irresponsible parent, the issues are even more difficult."

Despite the challenges, grandparents are uniquely well-equipped to take on new roles, says Francis Salerno, M.D., chief of geriatric medicine at Lehigh Valley Hospital and Health Network. "Experience has taught older people how to adapt to change," he says.

More grandparents today are taking on the responsibility of helping raise their grandchildren.

Walking home with their grandmother—Marie Dionne, a former teacher, tends her grandchildren (l-r, Joseph, Nathaniel and Julia) after school each day.
"Most are willing to give up some comfort to make a difference in a grandchild's life."

From the child's point of view, he says, grandparents can have a very positive influence. "They have wisdom and perspective, and often have more time to listen to children than their busy parents."

Whether your grandchildren live with you (as 6.3 percent of children in the United States now do) or you just care for them regularly, here are some things to consider.

**Take your health into account.** "Caring for kids demands energy and physical agility," Salerno says. "Be realistic about your abilities before you make the commitment. If you have a chronic illness like arthritis, it may prevent you from doing a good job."

The Dionne family took a thoughtful approach to this issue. Before he entered kindergarten, little Joseph went to day care so Marie and Roger, both in their 70s, were not taxed beyond their energies with caring for a toddler.

Once you do take on the responsibility, Salerno says, don't neglect regular exercise and healthy eating. It's important for your stamina and also to fend off disease. Older adults are more susceptible to viruses children bring home from school.

**Brush up on parenting skills.** "Many things about child-rearing are different from when you were raising your children," says Kelly Costello, M.D., pediatrician at Lehigh Valley Hospital and Health Network. For example, toilet training takes place later these days, there are more immunizations, and time outs have replaced spankings. And many grandparents aren't familiar with research findings that babies should sleep on their backs, not their stomachs, to prevent Sudden Infant Death Syndrome.

**Make sure you're all on the same wavelength.** If you provide day care, communication and cooperation with the parents are essential. "Continuity is important for kids," Costello says. "Keep the child's regular nap and bed times. Discuss meals, treats, outings and discipline. If the parameters change constantly or if there's disagreement, it's very confusing for the child."

**Get help with finances.** Many couples who rely on grandparents for child care reimburse them, just as they would a day care center. But when the parents aren't in the picture, it's often a different story. "Being a custodial grandparent can be a finan-
cial nightmare, especially for retirees on a fixed income,” Salerno says. Simply finding affordable health insurance is often an issue. “Older people value their independence, but in this case you need to ask for help,” he says. “Check with social service agencies, and don’t be too proud to ask other family members.”

- **Take breaks from each other.** Find activities for the children, whether it be play groups, story hour at the library, gym class or a music program. The Dionne children spend several weeks at day camp each summer. “It sure is quiet and lonely here when they’re away,” Marie says, “but I know it’s good for them, and it gives us a break.”

She’s right on both counts. From the pediatrician’s point of view, “kids need to interact with other kids,” Costello says. “And grandparents need some time off to pursue their interests and be with other adults,” says Salerno, the geriatrician.

- **Nurture your spiritual side.** In the middle of daily struggles, it helps to focus on the larger picture. “The whole act of stepping in to care for a child is a spiritual commitment,” Salerno says. “Grandparents do it because they love their grandchildren and want to help them grow up well.”

Want to Know More about providing day care or just being a good grandparent? Call 610-402-CARE, or go to www.lvh.org and click on “grandparents.” And don’t miss the special insert on children’s health in this issue of Healthy You.

### Quick Tips for Caregiving Grandparents

- **Take a parenting class** to learn what’s new.
- **Childproof your house** (fire alarms, outlet covers, childproof latches, medications out of reach).
- **Have someone show you how to operate** strollers, baby swings, etc.
- **Have age-appropriate car seats** and make sure they’re properly installed.
- **Get to know the child’s pediatrician** and teachers.
- **Monitor television viewing** and Internet access.
- **Join a support group** for people in your situation.

Want to Know More about local support groups for grandparents acting as parents? Call 610-402-CARE for a list of contacts.

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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
- Dance lessons at reduced rates
- Volunteer opportunities

**Discounts**

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

**Community Member Benefits Free**

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

610-402-CARE • www.lvh.org • Healthy You 23
Pelvic Problems That Come With Age

Just like the rest of your body, the muscles, ligaments and nerves that support your pelvic floor can stretch, weaken and tear with age. The condition affects at least 13 million women. Sadly, many go untreated because the resulting symptoms, like incontinence, are so embarrassing to talk about.

“These problems may be common, but they’re not normal—and there are good treatments,” says urogynecologist Marisa Mastropietro, M.D., of Lehigh Valley Hospital and Health Network. Her field of medicine approaches the organs of the pelvic floor as a coordinated system. “It makes sense because prolapse and incontinence tend to go together,” she says.

Prolapse is a dropping of the uterus and vagina caused by a loosening or break in the support structures. Urinary incontinence results from weakening of the urethral sphincter or bladder muscle, and loss of bowel control can come from weakening of the anal sphincter.

“Many of the risk factors for these problems overlap,” Mastropietro says, “and the common thread is increased abdominal pressure.” Childbirth, the main reason for prolapse, is a prime example. (Number of children and length of labor play a role.) Other pressure-causing conditions are chronic cough, obesity, and jobs that involve repeated heavy lifting or carrying.

The symptoms of pelvic weakness may be less obvious than incontinence or a vaginal bulge; for example, you may feel pressure or heaviness, or difficulty emptying your bladder. The key is to have your doctor look at the whole picture, Mastropietro says. “In some cases a diaphragm-like device can relieve the problem, but often women need surgery; and it may be preferable to address all the problems in the same procedure.”

Typically, prolapse surgery includes removal of the uterus (hysterectomy) and rebuilding of vaginal walls and ligaments using the patient’s own tissue or an added graft. Often, it can be done through tiny incisions. There are many new procedures for incontinence.

If you suspect you may have pelvic floor weakness or are troubled by incontinence, don’t delay talking to your doctor about it, Mastropietro says: “Treatment can make such a difference in your life. You’ll definitely feel like yourself again.”

Mark Your Calendar

Pelvic Health in Later Years
July 24; July 31; Aug. 7, Sept. 18
Class details on page 27

To Help Prevent the Problem...
- Control your weight.
- Use proper lifting techniques.
- Avoid constipation by including fiber in your daily diet and drinking plenty of water.
- Do Kegel exercises to strengthen pelvic floor muscles.
For instructions on how to do Kegels, call 610-402-CARE.

Want to Know More about new treatments for incontinence? For a copy of a previous Healthy You story on the subject, call 610-402-CARE or visit www.lvhn.org.
If you take a statin drug to lower cholesterol, you may have heard that one of the statins was taken off the market last year due to safety concerns. There's no cause for alarm, says family practice physician Jeffrey Brown, D.O., of Lehigh Valley Hospital and Health Network. "The five remaining statins are safe and effective medications when used appropriately to reduce the risk for heart disease and stroke," he says.

"Statins can cut your LDL ('bad' cholesterol) in half and significantly reduce your total cholesterol and triglycerides (another 'bad' blood fat, or lipid)," says Brown, who has a degree in pharmacology as well as medicine. "They are the first choice for millions of people with high cholesterol. But they do need to be taken properly."

Cerivastatin (Baycol) was withdrawn because it was linked with 31 fatal cases of a rare skeletal muscle disorder. The cases involved higher dosages in people of advanced age, as well as interaction with another lipid-lowering agent, Brown says.

"Work with your doctor to carefully select the right statin—and the right dosage, based on your age, other medications, and the health of your kidneys and liver," he says.

It's important to review all your medications with your primary care doctor. It's also wise to have all your prescriptions filled from one pharmacy. "Your pharmacist helps screen for potential interactions," Brown says. "Some statins can interact with your blood pressure medication, antibiotic or even your morning grapefruit juice."

Faced with a family history of high cholesterol, Robert Edwards, 70, of Hellertown combined an active lifestyle, low-fat diet and statins to lower his cholesterol dramatically over the last 14 years. In addition to tending to his black raspberry, strawberry and blackberry plants, the retired high school science teacher is on the road training other science teachers, has written a series of children's books and builds six-plank cedar chests. About his diet: "It takes a lot of discipline. I eliminated white sugar and red meat, eat fruit three times a day and salmon every day for lunch." He now takes a 20-milligram dose of his statin just four times a week.

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Cholesterol</th>
<th>Triglycerides</th>
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<tr>
<td>1988</td>
<td>493</td>
<td>766</td>
</tr>
<tr>
<td>2002</td>
<td>149</td>
<td>123</td>
</tr>
</tbody>
</table>
1. What was the price of admission to the "Lehigh County Agricultural Fair" when the fair first opened in 1852?
   a. 10 cents  
   b. 25 cents  
   c. free  
   d. 5 cents

2. What event caused the fair's cancellation in 1862?
   a. The assassination of President Lincoln  
   b. An outbreak of hepatitis  
   c. A strike by fair workers  
   d. The Civil War

3. What is the name of the clown who has appeared at the fair every year since 1964?
   a. Dapper Dan  
   b. Krusty the Clown  
   c. Bozo the Clown  
   d. Clarabelle

4. Why were children forbidden to attend the 1916 and 1941 fairs?
   a. The beginning of World Wars I and II, respectively  
   b. An epidemic of chicken pox  
   c. An outbreak of polio  
   d. Wartime rationing of ice cream

5. What were the fairgrounds used for during World War I?
   a. A training center for the U.S. Army Ambulance Service  
   b. Home for a traveling circus revue  
   c. A venue for a religious festival  
   d. The scene for a series of camel races

6. What was the name of the fair's bingo operator who appeared for 68 years starting in 1910?
   a. Haystacks Calhoun  
   b. Big-Hearted Benny  
   c. Rufus T. Firefly  
   d. Clam Kadiddlehopper

7. A gigantic bill in 1963 featured Jimmy Durante, Tennessee Ernie Ford, Red Skelton and what five boys who went on to appear at the fair a record eight times before having a plaza named after them in 1978?
   a. The Beatles  
   b. The Osmond Brothers  
   c. Alabama  
   d. The Dave Clark Five

8. What band is second in total number of appearances (seven) at the fair?
   a. Jay and the Techniques  
   b. REO Speedwagon  
   c. The Beach Boys  
   d. The Lettermen

9. What late-night legend made an unprecedented fair appearance in 1968?
   a. Jack Paar  
   b. Steve Allen  
   c. Soupy Sales  
   d. Johnny Carson

10. Who was the Allentown Fair's Goodwill Ambassador for 31 years?
    a. Sammy Davis Jr.  
    b. Bobby Darin  
    c. Ed Ames  
    d. Candy Candido
Healthy You
Health Improvement Classes

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 37 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.

Vitality

Age 50-Plus

Behind the Scenes of the Great Allentown Fair

NEW

Join local historian John McHugh, Ed.D, for this behind-the-scenes look at the evolution of the Allentown Fair from 1852 until now. You’ll be privy to never-before-told accounts of the famous attractions and celebrities who have visited Allentown, one of the first fairs in the country to host Hollywood and television personalities (such as General MacArthur, the Osmonds, Liza Minnelli, Roy Rogers and Dale Evans, to name a few). Also learn of the fair’s agricultural impact on the area, the development of the fair midway, and the fair’s long-term relationship with Allentown Hospital, the first city institution to host a day care and restaurant tent in the fairgrounds.

As part of the 150th celebration of the fair, you can purchase a copy of Backwards: An Historical Cookbook Celebrating Our Sesquicentennial. The book includes photos and favorite recipes of celebrities and VIPs. (Cash sales only, $15. Proceeds benefit the 150th celebration festivities.)

Free
- Tuesday, July 16; 6:30-8 p.m.
Class meets at 17, Auditorium.
John McHugh, Ed.D.
See related article on page 26.

Your Future in Social Security

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

Free
- Thursday, Sept. 5; 7-9 p.m.
Class meets at MUH—Banke, Room 3.

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.

Join us as the Center for Healthy Aging presents Pelvic Health in Later Years

Urinary incontinence, although common, does not have to be part of aging. Learn more about causes and treatment options. Take a urinary distress inventory to determine the need for referral or assistance.

Free
- Wednesday, July 24; 6-7 p.m.
Class meets at ManorCare, Easton.
Denise Trumbauer, nurse practitioner; senior continence program
- Wednesday, July 31; 2-3 p.m.
Class meets at Atria, Bethlehem.
Marisa Mastropietro, M.D., urogynecologist
Valerie Schleider, nurse practitioner
- Wednesday, Aug. 7; 10-11:30 a.m.
Class meets at Saucon Valley Community Center, Hellertown.
Marisa Mastropietro, M.D., urogynecologist
Melvin Steinbank, M.D., urologist
Valerie Schleider, nurse practitioner
- Wednesday, Sept. 18; 1:30-3 p.m.
Class meets at Luther Crest.
Denise Trumbauer, nurse practitioner; senior continence program
See related article on page 24.
**Health Improvement Classes**

- Vitality Plus: 27-28
- Health Awareness: 28
- Exercise and Movement: 29-31
- Mind and Body: 31-32
- Screenings: 31
- Massage Therapy: 32
- Women’s Health: 32
- Parenting: 32-33
- Childbirth and Newborn Care: 33
- Disease Prevention and Care: 33
- Diabetes Education: 34
- Cancer Education: 34
- CPR Courses: 35
- Support Groups: 35
- Speakers’ Bureau: 35
- How to get to class locations: 29
- Registration form: 37

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**Classes and lectures marked with ❤️ can be used to fill your Spirit of Women Passport to Heart Health.**

This fact-filled booklet helps you track your heart health, set goals and be eligible for monthly prize drawings. For your free passport, call 610-402-CARE.

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**55-Alive Driver Safety Program**

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)
- Friday and Monday, Aug. 9 and 12; 9 a.m.-1 p.m.
- Tuesday and Thursday, Sept. 10 and 12; 9 a.m.-1 p.m.
- Classes meet at 17, School of Nursing, Auditorium.

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**Health Awareness**

**Put Your Best Foot Forward NEW**

With back-to-school and fall sports around the corner, healthy feet are important. Join a podiatrist for a discussion on proper shoe fitting from athletic to everyday shoes, and treatments for common foot problems.

- Free
- Wednesday, Aug. 21; 10-11 a.m.
- Class meets at TX: Paul Kaulius, D.P.M., podiatrist
- See related article on page 8.

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**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, Aug. 6: 5:30-6:30 p.m.
- Tuesday, Sept. 10: 5:30-6:30 p.m.
- Class meets at 2166, First Floor Conference Room.

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**Healthy Hands and Natural Nails**

Caring for your hands and nails is important to grooming and better health. This 30-minute educational program and consultation will increase your health awareness. Appointment required; call 610-402-CARE.

- Free
- Tuesday, July 30, 10 a.m.-noon
- Tuesday, Sept. 10, 6-8 p.m.
- Class meets at MUH, Youthful You Institute.
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. You must be 18 years or older for most exercise and movement classes. To register, call 610-402-CARE.

Get Walking!

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, Aug. 6; 6:30-7:30 p.m.
  Class meets at 2166, First Floor Conference Room.

Get Fit While You Sit

A total body workout while using a chair? Yes—these safe, low-demand exercises increase energy and improve health. Great for beginners.

6 classes for 6 weeks • $22

- Tuesdays, Aug. 20; 10-11 a.m. (first session)
- Wednesdays, Aug. 21; 11:15 a.m.-12:45 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, Rt. 22 & 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. 222, Trexlertown

Community Locations

Atria • 1745 W. Macada Rd., Bethlehem
Whitehall Township, Zephyr Park • Schadt Ave. and Campus Drive
Luther Crest Retirement Community • 800 Heusman Rd., Allentown
ManorCare • 2600 Northampton St., Easton
Saucon Valley Community Center • 323 Northampton St., Easton

New Location

Youthful You Institute Fights Aging

The Youthful You Institute at Lehigh Valley Hospital—Muhlenberg offers a comprehensive approach to looking and feeling younger. Wellness, health and pampering are now viewed as a combined experience. For a brochure and a complete list of services, call 610-402-CARE.
Healthy You Classes

Mini-Medical School
Designed for an adult audience including high school juniors and seniors with a strong interest in science. Learn from experts in their fields and get the inside track on how doctors diagnose and treat disease. Attend all five sessions and graduate with a certificate of achievement. Registration is required.

Free Classes meet at MUH—Banko.

Behavioral Health
- Monday, Sept. 23
  Michael Konstan, M.D., psychiatrist
  Karen Forbes, Ph.D., Lafayette College

Child Development and Caring for the Pediatric Patient
- Monday, Sept. 30
  John Vinsbrinkle, M.D., pediatrician

Tour and Hands-on Demonstrations
- Monday, Oct. 7
  - Reproductive Endocrinology and Infertility Lab
  - The Children's Hospital of Philadelphia Specialty Care Center and Pediatric Ambulatory Surgery Unit
  - Cardiac Rehabilitation
  - Cardiac Catheterization Lab
  - Behavioral Health Science Center

Women and Heart Disease
- Monday, Oct. 14
  Deborah Sundling, D.O., cardiologist
  Donald Cummings, Ph.D., East Stroudsburg University

Reproductive Physiology and Infertility
- Monday, Oct. 21
  Albert Peters, D.O., reproductive endocrinologist
  Katherine Wardlaw, Ph.D., embryologist

For details, call 610-402-CARE.

Nazareth Days—Health and Wholeness Fair
Hosted by St. John's UCC. Coordinated by Parish Nurse Program, which is funded by Lehigh Valley Hospital and Health Network
- Saturday, July 20;
  rain date, Sunday, July 21
  9 a.m.-3 p.m.
  Nazareth Borough Park
  North Broad Street Extension

Health information and fun activities:
- music and entertainment
- screenings and assessments;
  first course, first served (see page 31)
- fire safety information
- teddy bear checkup clinic

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

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

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

12 classes for 6 weeks • $30
- Wednesdays and Fridays, Aug. 21; 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. A perfect fit for beginners and cross-trainers.

6 classes • $30
- Wednesdays, Aug. 21; 7-8 p.m. (first session)
Classes meet at MUH—Banko, Rooms 1 and 2.

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, July 20; 9:45-10:45 a.m.
  (first session)
- Sundays, July 31; 6:45-7:45 p.m.
  (first session)
- Saturdays, Aug. 31; 9:45-10:45 a.m.
  (first session)
- Wednesdays, Sept. 11; 6:45-7:45 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 the mind, and increase endurance and cardiovascular power. Wear loose clothing.
12 classes for 6 weeks • $48
• Tuesdays and Thursdays, Aug. 27; 8:15-9 p.m. (first session)
Classes meet at TX.

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 pillows and blanket.
$20
• Saturday, Aug. 3; 10-11:30 a.m.
Class meets at 2166, First Floor Conference Room.

Yoga
Your health will benefit from this ancient practice that incorporates breathing, stretching, strengthening and relaxation. Bring pillows and blanket.
• Relaxing Yoga — A gentle flow of poses to reduce stress and improve flexibility.
6 classes • $55 (50, Vitality Plus GOLD members)
• Mondays, July 15; 6-7:15 p.m. (first session)
• Mondays, July 15; 7:30-8:45 p.m. (first session)
Classes meet at TX.
• Thursdays, July 25; 10-11:15 a.m. (first session)
• Mondays, Sept. 9; 6-7:15 p.m. (first session)
• Mondays, Sept. 9; 7:30-8:45 p.m. (first session)
• Thursdays, Sept. 12; 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 (50, Vitality Plus GOLD members)
• Thursdays, July 25; 6:45-8 p.m. (first session)
• Mondays, July 29; 11:30 a.m.-12:45 p.m. (first session)
• Thursdays, Sept. 12; 6:45-8 p.m. (first session)
• Mondays, Sept. 16; 11:30 a.m.-12:45 p.m. (first session)
Classes meet at TX.
• Tuesdays, July 23; 10-11:30 a.m. (first session)
• Tuesdays, Sept. 17; 7-8:15 p.m. (first session)
Classes meet at MUH — Banko, Rooms 1 and 2.

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

Blood Pressure and Pulse Screenings
Lehigh Valley Mall — upper level
• Tuesday, Aug. 20; 8:30-10 a.m.
• Tuesday, Sept. 17; 8:30-10 a.m.
MUH — Youthful You Institute
• Wednesday, July 24; 11:30 a.m.-1 p.m.
• Wednesday, Aug. 28; 11:30 a.m.-1 p.m.
Hamburg Community Health Center (page 33)
• Thursday, July 18; 6-6:30 p.m.; 7:30-8 p.m.
Hamburg Community Day (page 29)
• Saturday, Aug. 17; noon-4 p.m.

Osteoporosis Screenings
Nazareth Days
• Saturday, July 20; 9 a.m.-3 p.m.
Summer Festival at MUH

Cardiac Risk and Stroke Assessments
Nazareth Days
• Saturday, July 20; 9 a.m.-3 p.m.
Summer Festival at MUH

Pulmonary Function Test
Nazareth Days
• Saturday, July 20; 9 a.m.-3 p.m.

Sleep Disorders Screenings
Nazareth Days
• Saturday, July 20; 9 a.m.-3 p.m.
Summer Festival at MUH

Seated Chair Massages
Hamburg Community Day
• Saturday, Aug. 17; noon-4 p.m.
Summer Festival at MUH

Blood Sugar Screening
Hamburg Community Day
• Saturday, Aug. 17; noon-4 p.m.

Body Fat Analysis
Hamburg Community Day
• Saturday, Aug. 17; noon-4 p.m.

Balance Screenings
Nazareth Days (page 30)
• Saturday, July 20; 9 a.m.-3 p.m.
Summer Festival at MUH (page 2)
• Saturday, Aug. 17; noon-3 p.m.

• Sleep Disorders Screenings
Nazareth Days
• Saturday, July 20; 9 a.m.-3 p.m.
Summer Festival at MUH
• Saturday, Aug. 17; noon-3 p.m.

To register, call 610-402-CARE • Healthy You 31
Create peace from the inside out with a weekly workout of slow and graceful flowing movements that improve vitality and well-being and reduce stress.

- **Fundamentals of Tai Chi**—An introduction to the basic movements and techniques.
  - $20
  - Saturday, Aug. 10; 11 a.m.-12:30 p.m.
  - Class meets at TX.
- **Tai Chi**
  - 6 weeks • $55 (50% Vitality Plus GOLD members)
  - Mondays, Aug. 26; 10-11:15 a.m. (first session)
  - Tuesdays, Aug. 27; 8:45-8 p.m. (first session)
  - Class meets at TX.
- **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, Aug. 10; 1-2:30 p.m.
  - Class meets at MUH—Banko, Rooms 1 and 2.
- **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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<tbody>
<tr>
<td>Relaxation</td>
<td>30-minute • $35</td>
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<tr>
<td>Therapeutic</td>
<td>60-minute • $55</td>
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<tr>
<td>90-minute • $75</td>
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<tr>
<td>Aromatherapy</td>
<td>45-minute • $50</td>
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<tr>
<td>Foot</td>
<td>30-minute • $35</td>
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<td>Pregnancy</td>
<td>60-minute • $55</td>
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<tr>
<td>Hot Stone</td>
<td>60-minute • $65</td>
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<tr>
<td>Neck, Back and Shoulder</td>
<td>30-minute • $30</td>
</tr>
<tr>
<td>Massage.com—puter</td>
<td>30-minute • $30</td>
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</tbody>
</table>

Sessions held at TX, MUH—Youthful You Institute, Hamburg Community Health Center and CC—Jaindl Pavilion.

- **First Strides—Beginner Walking and Running Workshop**
  - The Lehigh Valley Road Runners and the Women's 5K Classic Inc. are offering a 12-week workshop for women of all ages interested in beginning a walking or running fitness program. The program goal is to complete safely and comfortably the 3.1-mile Women's 5K Classic to benefit breast- and other female cancer programs in the Lehigh Valley on Oct. 19.
  - $30; includes T-shirt for course completion
  - Tuesdays, Aug. 6; 6:30-7:30 p.m. (first session)
  - Meets at Lehigh Parkway, Allentown.
  - Jane Semel, nationally recognized women's running mentor
  - For more information, call 610-402-CARE.

- **Is Your Child Sleeping Well?**
  - Discover the most common sleep disorders that may affect your child—including sleep disordered breathing—and how they can influence daytime behavior and learning. A question-and-answer session follows; light refreshments provided.
  - Free
  - Thursday, Aug. 22; 7-9 p.m.
  - Class meets at CC, Auditorium.
  - Jay Kauffman, M.D., pediatrician
  - Marcia Kenfjnan, Ph.D., clinical psychologist
  - See related article on page 16.

- **Safe Sitter Workshop**
  - Designed for youngsters ages 11-13 who want to learn responsible babysitting and child care, including first aid and behavior management techniques. *Bring a brown bag lunch.*
  - $25 for one- or two-day course
  - Thursday, August 22; 9 a.m.-5 p.m.
  - Class meets at MUH—Banko.
  - See related article on page 2.
Preparing for Pregnancy, Childbirth and Parenthood  NEW

So you've entered the "baby zone." Learn how to make your pregnancy safe and pleasant plus tips on preparing for labor and delivery, newborn care and parenthood responsibilities.

Free • Monday, Sept. 9; 7-8 p.m.
Class meets at TX.
Larry Glazerman, M.D., obstetrician/gynecologist
Michael D. Schwartz, M.D., pediatrician
Terry Thomas, Healthy Steps specialist

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

For more information, call 610-402-CARE.

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 initial newborn care. $92 per couple, four-week series.
- Weekend Prepared Childbirth—Accelerated childbirth preparation for couples who are willing to spend a concentrated amount of learning time. $95 per couple; one 8-hour day or weekend program available.

Childbirth and Newborn Care

Disease Prevention and Care

High Blood Pressure and Your Risk for Heart Disease  NEW

High blood pressure is a major risk factor for heart disease, but it is one that can be controlled—and lifestyle plays a big role. Learn more about how blood pressure affects your heart. Free screenings provided.

Free • Thursday, July 18; 6:30-7:30 p.m.
Screenings 6:30 p.m. and 7:30 p.m.
Class meets at Hamburg Community Health Center.
James Sandberg, M.D., cardiologist

Asthma and Allergies in Adults and Children  NEW

Anyone who suffers from asthma or allergies knows the frustration of coping with these conditions. Learn the latest on treatments and managing symptoms.

Free • Thursday, Aug. 8; 7-8 p.m.
Class meets at Hamburg Community Health Center.
Theodore Getz, M.D., ear, nose and throat specialist

8th Annual Parkinson’s Symposium

$20 per person includes continental breakfast, lunch and educational materials

• Saturday, Sept. 21; 8:30 a.m.-2:30 p.m.
Holiday Inn, Rts. 78 and 100, Fogelsville
Keynote speaker — Thomas Chase, M.D., National Institutes of Health

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.

• Wednesdays, Sept. 4, 11 and 18; 6-7:30 p.m.
Classes meet at CC.
For more information and a schedule, call 610-402-CARE.

To register, call 610-402-CARE • Healthy You 33
**Diabetes Education**

**Light Lines—Weight Management Program NEW**

This two-month comprehensive program will help you assess your energy needs and how you relate to food. Learn what foods decrease hunger and promote weight loss, build a personal exercise program and develop a healthy relationship with food.

$55/month

- Wednesday, Aug. 14; 11:30 a.m.-12:30 p.m.
  Class meets at MUH.
- Wednesday, Aug. 14; 5-6 p.m.
  Class meets at CC.

For details and to register, call 610-402-4CARE.

**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, 171 and MUH. See our support group, page 35.

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

**Cancer Education**

**Lymphedema Prevention and Management**

Learn how to minimize your risk for developing lymphedema, a common after-effect of cancer treatment, and what to do should it occur.

Free

- Tuesdays, July 23, Aug. 20 and Sept. 24; 8-9 a.m.
- Thursdays, Aug. 8 and Sept. 12; 3-4 p.m.
  Meets at CC, Morgan Cancer Center; Conference Room 1A.

See related article on page 2.

**Cancer Services Orientation 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 with our team of nurses, social workers and dietitians, 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.

- Tuesdays, 7:30-8 p.m.
  Meets at CC, Morgan Cancer Center; Meditation Room.
- Tuesdays, 5:30-7 p.m.
  Meets at MUH—Bauko.

**Gyn Support and Outreach Program**

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

Free

- First Wednesday of each month; 7:30-9 p.m.
  Meets at CC, Morgan Cancer Center; Suite 114.

**Men Facing Cancer**

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

Free

- First Monday of each month; 7:30-9 p.m.
  (will not meet in September)
  Meets at CC, Morgan Cancer Center; Conference Room 1B.

**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 610-402-4SOS (4767).

**Adolescent Support Group**

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

Free

Ted Brent, Camelot for Children

For dates, times and location, call 610-402-CARE.
CPR

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

- **Heartsaver Adult (Course A)** — One-person adult heart-saver CPR. Includes clearing blocked airway.
  - $30
  - Monday, Sept. 9; 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, Aug. 12, 19 and 26; 7-10 p.m.
- **BLS Renewal** — To attend you must have a current Course C card.
  - $30
  - Monday, July 29; 7-10 p.m.
  - Wednesday, Aug. 7; 7-10 p.m.
- **Heartsaver Pediatric (Course D)** — Focus on infant and child CPR, including clearing a blocked airway.
  - $30
  - Wednesday, July 17; 7-10 p.m.
  - Monday, Aug. 5; 7-10 p.m.
  - Wednesday, Aug. 21; 7-10 p.m.
  - Monday, Sept. 16; 7-10 p.m.

Speakers’ Bureau

At Lehigh Valley Hospital, we know that learning is essential to good health. Our highly accomplished team of physicians, nurses and other health care professionals would be happy to share the latest information on a variety of timely topics with your group or organization. Here’s a sampling:

- **Heart Health** — 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
- **What You Can Do to Prevent Skin Cancer** — Think twice before going for that bronze glow. Learn ways to protect yourself and your family from the risk of skin cancer.
- **New Advances in Knee Replacements** — Learn about the latest developments in joint replacement, from diagnosis to recovery.
- **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.

This is only a small selection of the many interesting and informative presentations we have to offer. Please visit us at www.lvh.org for the entire list of speakers and health care topics available. To schedule a speaker for your group, call 610-402-CARE, or submit your request online at www.lvh.org.

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 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 34)
- **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.

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.

To register, call 610-402-CARE • Healthy You
Caring for Children
(between pages 18 and 19)
John D. VanBrakle, M.D.
chairman, department of pediatrics
Julie Stern, M.D.
pediatric hematology/oncology
The Children's Hospital of Philadelphia
Specialty Care Center of the Lehigh Valley
Lehigh Valley Hospital—Muhlenberg
Robert Miller, M.D., pediatric pulmonology
The Children's Hospital of Philadelphia
Specialty Care Center of the Lehigh Valley
Lehigh Valley Hospital—Muhlenberg
Louis Hansrote, M.D., pediatric cardiology
Children's Heart Center of Northeastern Pennsylvania, Allentown
Chris Chang, M.D., pediatric surgery
The Children's Hospital of Philadelphia
Specialty Care Center of the Lehigh Valley
Lehigh Valley Hospital—Muhlenberg
Debra Fullan, D.O., pediatric anesthesia
Lehigh Valley Hospital—CC & I-78
Lehigh Valley Hospital—Muhlenberg
Sabrina Logan, M.D.
pediatric critical care
Pediatric Intensive Care Unit
Lehigh Valley Hospital—CC & I-78

Are You Using Enough Sunscreen? (page 3)
Steven Oberlender, M.D.
Advanced Dermatology Associates, Ltd.
Allentown

Men Don't Have to Live With Incontinence (page 3)
Richard Lieberman, M.D.
Richard M. Lieberman, M.D., PC, Allentown

Caution on the Coaster (page 4)
Healthy Fun at the Fair (page 6)
John McCarthy, D.O.
LVPG—Emergency Medicine, Allentown
Forget That Trampoline (page 4)
Michael Coresulas, M.D.
LVPG—Pediatrics
ABC Family Pediatricians
Allentown, Coopersburg, Laurys Station
Healthy Fun at the Fair (page 6)
Scott Rice, M.D.
LVPG—Pediatrics, Allentown
John Pettine, M.D.
John P. Pettine, M.D., M.B., PC, Allentown

Athlete's Foot (page 8)
Joseph Habig, M.D.
Medical Associates of the Lehigh Valley
Dr. Wolf, Kender and Habig
Allentown
In-line Skating (page 9)
Dale Federico, M.D.
Valley Sports and Arthritis Surgeons, Allentown
The Truth About Schizophrenia (page 10)
Pushpi Chaudhary, M.D.
LVPG—Psychiatry, Allentown

All About Vaccines (page 12)
Timothy Friel, M.D.
LVPG—Infectious Diseases, Allentown
Raj Tullani, M.D.
Lehigh Valley Pediatric Associates, Inc.
Allentown
Herbert Hoover, M.D.
chair, department of surgery
Oncology Specialists of the Lehigh Valley
Allentown

What to Do About Fibroids (page 14)
Craig Sobolewski, M.D.
LVPG—Obstetrics/Gynecology
Center for Women's Medicine, Allentown

Young People Can Have Sleep Problems, Too (page 16)
Jay Kaufman, M.D.
Pulmonary Associates, Allentown

When Your Child Has Diabetes (page 18)
Geraldo Saavedra, M.D.
LVPG—Endocrinology
Health Center at Treskertown

Parenting the Second Time Around (page 21)
Francis Salerno, M.D.
chief, geriatrics
LVPG—Internal/Geriatric Medicine, Allentown
Kelly Costello, M.D.
LVPG—Pediatrics, Allentown

Pelvic Problems That Come With Age (page 24)
Marisa Mastrogianni, M.D.
Center for Women's Medicine, Allentown

How Safe Are Cholesterol-Lowering Drugs? (page 25)
Jeffrey Brown, D.O.
Muhlenberg Primary Care, PC
Health Center at Hellertown

For referral, call 610-402-CARE (888-LVH-CARE) • www.lvh.org
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Healthy You is published by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE for further assistance.

To register, call 610-402-CARE • Healthy You 37
Lehigh Valley Hospital has the region's only Pediatric Intensive Care Unit, where pediatric-certified intensive care specialists are there for your child every hour of the night and day. We have the only surgery unit designed just for children, the area's only pediatric anesthesiologist, and The Children's Hospital of Philadelphia Specialty Care Center on our Bethlehem campus.

You have the comfort of knowing our nurses and doctors specialize in caring for children. We have doctors in more than 20 pediatric specialties to make sure your child gets the right care, close to home.

Call 610-402-CARE today to find the right doctor for your child.
Joey Tomlinson is fighting cancer, thanks to first-rate care close to home. Read about our many services for children and teens...and how they helped Joey and others.
With today's medical care, children are surviving conditions they wouldn't have survived in the past. Much of the time, their treatment doesn't even require an overnight hospital stay. But high-quality care close to home is the key.

For your child, it means being able to continue a normal life during treatment—enormously important in terms of growth and development. For you, it means not having to travel long distances and disrupt your work and family life.

We had a vision of the kind of care we wanted to offer children and teens at Lehigh Valley Hospital and Health Network, and today that vision is a reality:

- More than 20 different pediatric specialties and subspecialties
- A relationship with one of the very finest children's hospitals in the nation

This is highly unusual outside of a children's hospital. Pediatricians specially educated in the care of hospitalized children (intensivists and hospitalists) are on-site 24 hours a day. They work as a team with our nurses, nutritionists, therapists and other staff, all trained and experienced in the care of children.

The Children's Hospital of Philadelphia chose to collaborate with our hospital, in large part due to our strong commitment to children. At our facilities in the Lehigh Valley (see facing page), our own physicians work hand-in-hand with The Children's Hospital faculty, many of whom now base their practices here. When a child needs extraordinary resources, our partnership provides ready access to The Children's Hospital of Philadelphia.
you'd want the **highest-quality care, close to home.**

**A focus on children’s needs**

The Children’s Hospital of Philadelphia Specialty Care Center and all our other care sites for children are built on the principles of family-centered care. (For details, see page 11.) We offer strong support for our young patients and their families, focusing not on the disease but on the child as a person.

What does all this mean to you? Several local families answer that question in the following pages; you'll learn from and be inspired by their stories.

Our hope, of course, is that you and your child will never need to come to Lehigh Valley Hospital. We have a wide range of wellness programs and a full staff of family practice physicians and pediatricians whose goal is to keep your family healthy.

But rest easy in the knowledge that if you do need first-rate hospital care, it's available right here, close to home. That is our promise.

John D. VanBrakle, M.D.
*Chairman, Department of Pediatrics*

**Quality Care From Birth Through Teens**

**At Lehigh Valley Hospital—Cedar Crest**
- Level III (highest level) Neonatal Intensive Care Unit
- Pediatric Intensive Care Unit
- Pediatric Inpatient Unit
- Level I (highest level) Trauma Center with additional qualification in Pediatric Trauma

**At Lehigh Valley Hospital—Muhlenberg**
- The Children’s Hospital of Philadelphia Specialty Care Center of the Lehigh Valley (outpatient)
- Pediatric Ambulatory Surgery Unit
- Behavioral Health Science Center: Adolescent Inpatient Unit and Adolescent Transitions

**At locations throughout our network**
- Pediatricians and pediatric specialists, including adolescent medicine (see full list on page 12)
Helping her young patients get on with their lives is a top priority for pediatric oncologist Julie Stern, M.D., and her team. Joey Tomlinson's family could sense it the minute they arrived at Lehigh Valley Hospital. "We loved Dr. Julie immediately," says Joey's mother, Barbara, of Telford.

Joey was just 9 years old that day in March 2001. He'd been tired and achy for weeks, and when he came home from school with a big bruise, his mother (who has a medical background) grew concerned. Blood tests confirmed her suspicion: acute lymphocytic leukemia, one of two childhood types of blood cancer.

"Joey's type is easier to treat and has a higher cure rate, up to 90 percent," Stern says. But the outlook wasn't so rosy at first. Though he'd played kickball at school earlier that day, Joey's kidneys were failing due to the high concentration of cancer cells in his blood. "We watched him closely that night and transferred him to The Children's Hospital of Philadelphia for specialized dialysis," Stern says. He responded so quickly to chemotherapy that he didn't need the dialysis and was able to have the rest of his
treatment at Lehigh Valley Hospital.

Over the next year, Joey had regular chemotherapy as well as radiation to eliminate any cancer cells in his spinal cord. He was hospitalized twice with a weakened immune system, and he needed a total of 20 transfusions. Through it all, his care team made sure the Tomlinsons understood each step of the process—and whenever possible, allowed Joey to be the decision-maker.

The team also worked to keep his life as normal as possible. “The Specialty Care Center is a place where good as well as difficult things happen,” Stern says. Joey took part in art projects (and later spoke to Lafayette College art students about it). He kept up with his beloved Phillies. He shared lots of hugs and kisses with his doctors and nurses.

Joey also chose to join a nationwide research study of chemotherapy drugs. “It’s really just a more intense form of treatment,” Barbara says, “that will lower his risk of relapse.” Joey’s view: “I want to help other kids like me.”

Remarkably thoughtful for one so young, Joey knows that although his prognosis is excellent, there are no guarantees. “If it’s the last day of my life,” he says, “I want to be happy.” And so he is, according to his mother: “Joey is always happy. He’s our hero.”

**Joey Tomlinson’s Care Team**
- Pediatric hematologist/oncologists
- Radiation oncologist
- Nurses and other staff of The Children’s Hospital of Philadelphia Specialty Care Center of the Lehigh Valley
An exuberant Anna—You wouldn’t know today that little Anna Malnight (hands raised) was once the frailest of her siblings (l-r) Alex, Madeline and Kathryn.

In many ways, Anna Malnight’s room looks like any other toddler’s: there’s a crib, a Muppet lamp, a teddy bear on the windowsill. But until recently, the room also housed a collection of ventilators, oxygen and other medical equipment. For the first two years of her life, Anna wasn’t able to breathe on her own.

Anna is one of quadruplets born prematurely in September 1999 to Laura and Rick Malnight of Bethlehem. The frailest of the four, she was hit so hard with pneumonia and colds in her first months that she had to be flown to a specialty hospital. At 7 months, she had a tracheostomy (a surgically formed airway in the neck) performed there.

The 90-minute drives for follow-up care were exhausting, Laura says: “I’d pack portable oxygen, a suction machine, a battery for the ventilator, an AC adapter, asthma medications—everything, just in case something went wrong.”

The family was delighted when The Children’s Hospital of Philadelphia Specialty Care Center opened at Lehigh Valley Hospital-Muhlenberg. Anna could be cared for close to home by pediatric pulmonologist Robert Miller, M.D. “He was perfect for our family,” Laura says.

Miller cares for 15 to 30 ventilator-dependent children, many of them premature infants like Anna. “Pre-term infants lack surfactant, the substance that keeps the lungs from collapsing,” he says. “A ventilator may solve the problem, but over time can cause scarring in the lungs, or bronchopulmonary dysplasia (BPD). Eventually, the child will recover.”

Meanwhile, the family must cope with a ventilator—in Anna’s case, stationary and portable models, 24 hours a day. “At first, I was afraid I’d do something wrong and end up hurting her,” Laura says. Regular visits...
from respiratory therapist Mary Brawner gave her the knowledge and confidence she needed. Anna also had a feeding tube. Like most ventilator-dependent children, she associated her mouth with breathing, not eating—and breathing took so much energy there wasn't any left for food.

But Anna Malnight is a trooper. Just after her second birthday (well ahead of predictions) she had her tracheostomy tube removed, and two months later was breathing on her own. She's catching up developmentally and learning to walk. “Anna's a totally different child now,” Laura says. “She's much happier.”

Anna and her siblings, all of whom have some degree of lung problems, remain under Miller's care. “He's the kind of doctor I know I could page in the middle of the night,” Laura says. “He's interested in the whole child, not just the lung patient, and he and his team really understand our special needs.”
Heart Health
Lifestyle plays a major role in preventing heart disease, America's number-one killer

High cholesterol in a 3-year-old? Pediatric cardiologist Louis Hansrote, M.D., has seen even younger children with total cholesterol as high as 300. "It's unusual," he says. "But high cholesterol is one of the most frequently inherited syndromes."

If you or your spouse has total cholesterol of 240 or higher, or if anyone has had high blood pressure, stroke or coronary artery disease before age 55, your children should be tested beginning at age 2, Hansrote says. "Total cholesterol should not exceed 170 in a child."

Even if your family is healthy, the growing incidence of childhood obesity (which raises the risk for heart disease later) should be a concern for every parent. What can you do to protect your children's future health?

Watch what they eat
Children with high cholesterol usually don't take medication before age 10, so a lower-fat diet is the cornerstone of treatment. "It's a delicate balance, because growing children need a certain amount of fat," Hansrote says. "The key is the type, and to know that, you have to read the label."

Take peanut butter, for example. It's a healthy choice if it's the natural, 100-percent-peanuts type (the kind you have to stir). "But processed peanut butter has the peanut oil extracted and replaced with coconut or palm oil," he says. "The label may read 'no cholesterol,' but those fats are readily converted into cholesterol in your body."

Don't put your child on a diet before consulting with a dietitian, Hansrote cautions. But there are many healthy changes you can go ahead and make in the family menu: for example, four to six daily servings of fruits and vegetables, smaller portions, and limits on salty or fried foods. "To work, these changes need to involve the entire family," he says.
Get them moving
At least 30 minutes of daily aerobic activity is "an absolute must" for children, Hansrote says. It can come in almost any form, although he cautions against heavy body-building in the teens, which can push blood pressure dangerously high.

If you have a hard time getting your children off the couch, you're not alone. "The most powerful thing you can do is be a good role model," says Gerald Rodriguez, director of Muhlenberg Behavioral Health and a father of three. "Establish a fitness routine of your own so the kids can see it's important. Also, take part in fitness activities with them." He and his family love biking or walking together. "The key," he says, "is to make it fun."

Gear it to their age
To get through to your child, you need to know the right language for his or her developmental stage. In other words, what works with a 5-year-old won't play with a pre-teen. For a summary of the "Ages and Stages" developmental milestones your child goes through from birth to age 16, with pediatricians' strategies for parents, call 610-402-CARE or visit www.lvh.org.

Motivating Children to Be Fit
- Explain why it's important. "Building strong muscles on the bike will help you play T-ball better!"
- Do it with them. A positive role model is the best motivator.
- Don't expect too much. Little ones need a slower, more flexible pace.
- Gear it to the child. Some youngsters love organized sports, others prefer non-competitive activities.
- Make it a habit. Whether the activity is walking the dog or hiking the park, do it regularly.
- Be a community advocate. Speak out for school fitness programs, volunteer as a coach, pitch in for town cleanups.
All better now! — Two of Katrina Bergey’s favorite stuffed animals (they’re still wearing hospital ID collars) went with her to the pediatric same-day surgery unit. Today, all three parties are back home with Katrina’s mother, Tracy Rappold, and feeling fine.

For pediatric surgeon Chris Chang, M.D., repairing a hernia is the most common same-day surgery he performs. But as Tracy Rappold of Slatington discovered with her daughter, Katrina Bergey, the way Chang and his team handle this procedure is anything but routine.

Katrina, 9, was diagnosed with a double hernia, a condition in which part of the intestine pushes through the abdominal wall. Like other common childhood ailments such as appendicitis, undescended testicles and infected tonsils and adenoids, a hernia can be corrected surgically in 15 to 40 minutes, and most children can go home in just a few hours.

“Most outpatient pediatric surgeries are very routine and children recover quickly. But we know how worried children and especially their parents can be, so we treat every one as if it were major surgery,” Chang says. He is specially educated in complex major

Katrina Bergey’s Care Team
- Pediatric surgeon
- Pediatric anesthesiologist
- Nurses and other staff of the Pediatric Ambulatory Surgery Unit of Lehigh Valley Hospital—Muhlenberg
"When I saw how they were able to make Katrina relax, it made me feel a lot better about her surgery."

surgeries as well as simpler procedures for children ranging in age from newborn to teens.

On the morning of Jan. 14, 2002, Katrina brought her favorite blanket and stuffed animals with her to the new pediatric same-day surgery unit in The Children's Hospital of Philadelphia Specialty Care Center of the Lehigh Valley. Nurses gave her extra ID bracelets to put on her stuffed animals as collars, and showed her the brightly decorated waiting area equipped with everything from puzzles to video games.

"I was a wreck that morning, but the doctors and nurses were great with Katrina, doing a lot of little things that really relaxed her," Rappold says. "You could tell they knew how to relate to kids and also how to deal with worried parents."

Chang and pediatric anesthesiologist Debra Fullan, D.O., reviewed the details of the surgery with Katrina's parents and gave Katrina a light sedative. "We do this to calm the child and minimize the separation anxiety all children have when they go in for surgery," Chang says. "When the child is calm, the parents feel better, too."

Less than an hour after a nurse escorted Katrina and her animals out of the waiting room, Chang had completed the procedure and was back, assuring her parents that their daughter was fine. They greeted her in the recovery area and by early afternoon, everyone went home. Katrina was back in school the following week, and it wasn't long before she was practicing her gymnastics again.

The Area's Only Pediatric Anesthesiologist

"When children undergo surgery, it's not like caring for little adults," says Debra Fullan, D.O., the area's only fellowship-trained pediatric anesthesiologist. "In addition to the usual monitoring we use for adults, we also must pay particular attention to the airway, especially in infants."

Fullan works exclusively with children, and her job extends beyond administering anesthesia. She's skilled at relating to them on their level—and also to the parents. "Parents can be very unsettled about anesthesia, even for the simplest surgery," she says. "So I take the time to explain exactly what we will do and what they can expect."
"They cared for Kyle, all of them, like he was their own child. At every turn they were there to support us and give us comfort and hope."

In one day—Jan. 4, 2002—"the whole world turned upside down" for the Keech family of Morgantown. An auto accident injured Kim and Steve Keech's two daughters and nearly killed their 13-year-old son, Kyle.

Flown by medical helicopter to Lehigh Valley Hospital, Kyle had severe head injuries, a ruptured spleen, collapsed lung, broken bones and most seriously, a torn aorta (the main heart artery). Within minutes a "SWAT team of doctors," as Kim describes it, had rushed in. Kyle was already in surgery by the time his father got there.

First on the agenda was replacing the damaged aorta with a Dacron tube that will remain with Kyle through life. On a ventilator and with a catheter in his brain to relieve the swelling, Kyle was placed in a medically induced coma to help regulate his blood pressure and brain activity. "It was a delicate balancing act," says critical care specialist Sabrina Logan, M.D., "because we also had to make his heart work harder to keep blood flowing to the brain."

It was clear that Kyle's condition was grave. "We were pretty devastated," Steve says. But cardiothoracic surgeon Raymond Singer, M.D., and neurosurgeon Mark Li, M.D., along with the nurses and staff in trauma and the Pediatric Intensive Care Unit (PICU), tempered the realism with strong support for the family. For example, there was late-shift nurse Scott Paul, R.N., who "was there for me in the middle of the night," Kim says. And there was chaplain Brian R. Holben, who connected spiritually with the Keech family and helped sustain them through the ordeal of that first week in intensive care.

Looking back at Kyle's journey—Stephen and Kim Keech keep a photo album of their son's heroic recovery from the accident that nearly took his life. Here, daughters Jackie (I) and Tori share the memories.
After five days, Kyle was doing so well his doctors began bringing him out of the medically induced coma. The process would take several days, but he showed eye and hand movements within a day. Each tiny sign was a milestone for his family. “We knew he was getting better by the number of tubes they were taking out,” Steve says.

After three weeks in the PICU, Kyle spent the next several months at The Children’s Hospital of Philadelphia’s Seashore House. His rehabilitation could take up to two years. It’s a frustrating process for a teen-ager whose former life revolved around hunting, fishing and riding his dirt bike.

The Keech family is just grateful Kyle is alive. “We’ve learned a lot about living one day at a time,” Kim says. Adds Steve: “We have been thanking God every day since Kyle was brought to Lehigh Valley Hospital. It’s a miracle; this experience has just been one miracle after another.”

**Kyle Keech’s Care Team**
- Trauma specialist
- Pediatric trauma specialist
- Pediatric critical care specialist
- Neurologic surgeon
- Cardiothoracic surgeon
- Nurses and staff of the Pediatric Intensive Care Unit
- Hospital chaplains

**A Family-Centered Approach**

The pediatric unit at Lehigh Valley Hospital—Cedar Crest is a model of how to gear hospital care around the patient’s, not the hospital’s, needs. It was planned with input from area families. A few highlights:

- **Nurses work in team areas near patient rooms** instead of a central nursing station. They spend far more of their time with patients and less on administrative duties.

- **Services are brought to the patients**, not vice versa. For example, instead of going to a central admitting office and waiting to be treated, youngsters come directly to the pediatric unit.

- **A “neighborhood” theme**, including a stepping-stone walkway and starry ceiling, creates a cheery atmosphere.

- **Patient rooms include sleeping and working accommodations** for parents and siblings.

  “In designing the unit, we wanted to meet and even exceed patient and family expectations,” says pediatric director Cindy Max, R.N.
If your child were ill or injured, that's what you would want—and it's what we offer at Lehigh Valley Hospital and Health Network. The range of services we provide is the most complete in the region. Even more important is the quality of our doctors, nurses and other staff. They have specialized training, many years of experience... and as these photos demonstrate, the kind of warmth and caring you and your family need when it matters most.

A Full Range of Services for Children and Teens

- Adolescent medicine
- Allergy care
- Anesthesiology
- Burn care
- Cardiology
- Critical care
- Dentistry
- Endocrinology
- Hematology
- Hospitalist (hospital-based) care
- Neonatology (intensive newborn care)
- Neurology
- Newborn nursery
- Oncology (cancer care)
- Ophthalmology
- Orthopedics
- Plastic surgery
- Primary care/pediatricians
- Psychiatry, child/adolescent
- Pulmonology
- Radiology
- Surgery
- Trauma care

Caring for the littlest ones are Christopher Morabito, M.D. (above), medical director of the Neonatal Intensive Care Unit, and Cathy Kistler, R.N. (right).

Expert Care for Tiny Newborns

For premature or critically ill newborns, Lehigh Valley Hospital provides the highest level of care in its Neonatal Intensive Care Unit (NICU). Heading the NICU team are board-certified neonatologists, physicians specializing in the care of ill newborns. They work closely with perinatologists (specialists in high-risk pregnancy) to provide expert care before and after the birth.

Parents are part of the baby's care from the very first day; our philosophy is that this is your baby, not the hospital's. We call it "family-centered care." Our NICU nurses work with each family to build skills and confidence before the baby goes home. To help families cope with the stress of an ill newborn, we offer a special NICU support group.
Specializing in the diagnosis of children, Steven Welch, M.D., is a fellowship-trained pediatric radiologist.

Giving a lung test is about more than "pulmonary function"—it's also a chance for Cindy Schmoyer, pediatric respiratory therapist, to have a friendly chat with Andrew Rivera.

Helping children cope is licensed social worker Leanne DuBois, who works at The Children's Hospital of Philadelphia Specialty Care Center of the Lehigh Valley.

Keeping up on "her" young patients, Deanna Heydt, R.N., is a member of the specially educated Pediatric Intensive Care Unit nursing staff.

Putting her patient at ease—Pediatric Ambulatory Surgery Unit staff member Melissa Vaupel shows little Ilisha Garay how a stethoscope works.

Clinical support services
- Helwig Center for Diabetes and Nutrition Education
- Inpatient/outpatient pediatric rehabilitation (physical, occupational, speech therapy)
- Neonatal Apnea Clinic
- Pediatric home and hospice care
- Pediatric nutrition and weight management
- Pediatric respiratory therapy

Research
- Participation in clinical trials and other studies in cooperation with The Children's Hospital of Philadelphia, Penn State University College of Medicine, Lehigh University and others

Community education/partnerships
- Lactation (breastfeeding) consultants
- Classes in parenting, CPR, Safe Sitter
- Reach Out & Read—Pediatric Outpatient Unit
- Lehigh County Child Advocacy Center
- Allentown School District
- Early Head Start
- Coalition for a Smoke-Free Valley
- ALERT Partnership (substance abuse prevention)

Want to Know More about any of these services? Call 610-402-CARE.
Every pediatric nurse at Lehigh Valley Hospital gets intensive education on the special needs of children. It's an investment we make for you and your family.

"Caring for children isn't like caring for little adults," says Cindy Max, R.N., director of pediatric patient care services. "Their anatomy is different, and they respond differently to treatment. And knowing how to communicate— with the children and their parents—is vital."

Before they can administer a single IV, our pediatric nurses go through weeks of classes and hands-on, supervised clinical practice. Besides this initial education, our nurses are required to take ongoing classes every year to keep up-to-date on their clinical skills. Nurses in the pediatric intensive care unit get specialized education at The Children's Hospital of Philadelphia.

We're heavily invested in the quality of our pediatric nursing staff... and it shows. Pediatric nurses at Lehigh Valley Hospital have an average of 12 years of experience.

Isn't that what you would want, if your child needed hospital care?

Tuned into children—
like all of our pediatric nurses, Cindy Max, R.N., cares tenderly for her little patients including Zachary Kostantewicz (above) and Brendan Lynch.

The Children's Hospital of Philadelphia
A pediatric healthcare network