Welcome to the new Healthy You, your ONE source for the most readable and comprehensive LOCAL health care information.

Inside each issue you’ll find local health care news . . .

- Local features on staying healthy and new insights into medical advances.
- Comprehensive class listings — fitness, smoking cessation, weight loss, nutrition counseling and much more.
- WomanCare, a special women’s health section with profiles on local women and health tips just for women.
Dear Reader:

We’re proud to send you the premiere issue of Healthy You, a magazine published by Lehigh Valley Hospital and Health Network. Healthy You is one more way we’re focusing the attention of our community on wellness and prevention. It’s all part of our continuing commitment to improve the health and well-being of the people of the Lehigh Valley.

We think there are a lot of good reasons to read Healthy You.

**It combines three publications in one convenient format.** Three quarterly health publications formerly published by Lehigh Valley Hospital and Health Network—HealthStyle, WomanCare and Healthy You—are now combined in the new Healthy You, which you’ll receive six times a year.

**It’s the best local source of health care information.** Healthy You is an easy-to-read, comprehensive source of health care news, providing expanded information from local experts for the whole family. There are features on the latest medical advances, tips on staying healthy, convenient community education schedules and much more.

**There’s a special emphasis on women.** The WomanCare section is the most comprehensive source of women’s health care news in the Lehigh Valley. A feature on the revolution in female reproductive surgery and a profile on Spirit of Women in Sports award winners are just some of the great reading in this issue of Healthy You.

**It’s more than just a magazine.** When you read Healthy You, you’re connected to Lehigh Valley Hospital and Health Network and our commitment to lifelong learning. You’re connected to the largest local network of physicians, to a wide array of community education programs and to the 402-CARE information line that gives you immediate access to specially educated nurses.

As you can see, you’re getting a great magazine and a lot more. Enjoy your first issue of Healthy You with many more to come. And, as we continue to publish Healthy You, we want to respond to your needs. Share your comments by completing the short survey in the back.

Sincerely,

Elliot J. Sussman, M.D.
President and CEO
Healthy You

NEW, Expanded Magazine
Health Information for Everyone
Class & Lecture Schedule Inside

JULY/AUGUST 1996

Inside WomanCare Section on p.18
Contents

FEATURES
The Right Way to Bike.........................1
  For family fun and fitness

Making Sense of Medical Research ..4
  What do all those findings mean?

When Is It Time to Call the Doctor?....5
  402-CARE can help you decide

A Perfect (Low-Fat) Picnic...............6
  Tasty variations on the hamburger

CLASS & LECTURE SCHEDULE
Class Descriptions..........................7-13

It's Camp HealthRock! .....................14
  A cool way for kids to learn

How to Register for Classes and More........16-17

WOMANCARE
A Healthier Start for Newborns ..........20
  The Perinatal Partnership

A "Revolution" in Female Surgery.....23
  Laparoscopy reduces pain, scars, recovery time

Creating a Community of Women.......25
  Is the old neighborhood really gone?

WomanCare Profile .........................26
  Donna Strauss of the Parkettes

To Your Health............................28
  Help for pain sufferers, menopause facts and more
The Right Way to Bike

Safe bicycling is tops for family fun and fitness

When architect Scott Pidcock wants to take his family bike-riding, he heads for the Bob Rodale Cycling and Fitness Park in Trexlertown. It's a great place for children to learn to ride a bike, and Pidcock should know. His firm, G. Edwin Pidcock Co. of Allentown, designed the park.

Choosing a place like Rodale Park, with its smooth riding surface, scenic surroundings and carefully planned safety features, is one good way to help your family enjoy the benefits of biking. The sport, one of the top family pastimes, inspires togetherness and a feeling of freedom. And it's an excellent fitness activity.

That's important to neurologist Alex Rae-Grant, M.D., of Lehigh Valley Hospital's medical staff. A competitive swimmer

Continued on next page

The Pidcock family prepares to take a spin around the Bob Rodale Cycling and Fitness Park in Trexlertown. "The park was designed to be family friendly," says fitness park designer Ralph Atmo. The 71-acre complex features several paved paths, a "safety zone" circling the entire track and a separate loop for children on trikes and training wheels.
as well as avid biker, he encourages his wife and four children to share the aerobic benefits of biking. “We usually take our bikes along when we spend weekends away from home,” Rae-Grant says. “We also enjoy cycling vacations, where our gear, lodging and an itinerary are provided and we ride from one point to the next.”

But with all the freedom and pleasure of biking, there is also a responsibility: knowing the rules of safe participation.

Number One: Wear a Helmet

As a specialist in the treatment of brain and spinal disorders, Rae-Grant understands the serious side of cycling. He’s seen the head injuries that can result when a biker fails to use a safety helmet. Rae-Grant equips all of his own kids with helmets “as soon as their feet reach the pedals.”

Pat Marshall is another advocate, in her capacity as “Helmet Lady” for the Allentown Health Bureau. Wearing an oversized foam headpiece, Marshall makes appearances at events that promote the use of helmets as well as other bike safety measures.

“When we talk to children about the importance of balance and coordination, we can actually put them on a bike and have them maneuver around an obstacle course to test their riding skills,” she says. “We can also demonstrate how to secure a helmet properly. A helmet is an accessory that has proven very effective in protecting cyclists from serious injury.”

Pennsylvania law requires all children under 12 to wear approved helmets. To protect your head from injury, wear a helmet certified by ANSI, SNELL, ASTM or any other nationally recognized organization.

Choose the Right Size Bike

Another important consideration for cyclists, particularly growing children, is the size of the bike they ride. “It’s unsafe and uncomfortable for children to ride bikes that are too big for them,” says Scott Kleinschuster, regional manager of BikeLine, a national retailer specializing in bicycles and riding accessories at four Lehigh Valley locations. “They need to develop a

The Rules for Riding

- Stop and check for traffic before you enter a street from a driveway, parking lot or sidewalk.
- Avoid riding after dark or in bad weather. If you must, your bike should have front and back wheel reflectors.
- Obey traffic signs and signals, just as you would if you were driving a car.
- Always ride on the right side of the street, in the same direction as traffic.
- Slow down at busy intersections, or walk your bike across them.
- Avoid broken pavement, mud or leaves, which can cause you to lose control.
- Form a single line when you’re riding with a group, and keep at least one bike length apart.
- Always keep both hands on your handlebars. (Keep any carry-along items in a bike basket.)
- To prevent dehydration, take a water bottle with you, especially on long rides.
certain level of skill and coordination to graduate from a two-wheeler with training wheels to a 16-inch bike, even from a 20-to a 24-inch bike."

Investing in the right bike isn’t cheap. While new bicycles for youngsters are comparatively more affordable than those for older children and adults, Kleinschuster says, the price ultimately depends on what a cyclist wants out of a bike. “New ‘hybrid,’ ‘cross’ or ‘city’ bikes suitable for street riding start at $240,” he says. “On the other hand, a mid-range all-terrain bike, for trail or mountain riding, can cost upwards of $400.”

In many cases, you can get a good buy on a used bike—for example, at a yard sale. “But if you’re not mechanically inclined,” Kleinschuster says, “be sure you have any potential problems checked out first.”

Maintain Your Bike

Perhaps equally as important as the helmet a cyclist wears is the condition of the bike that he or she rides. Loose handlebars, improperly inflated tires and cracked brake cables are just a few of the mechanical problems that put cyclists at risk, Kleinschuster says.

“We provide our customers with instruction in the maintenance and use of their bikes,” he says. “But we also encourage people with older bikes to bring them in—or take them to a bike mechanic—for a visual inspection and an estimate on any needed repairs.”

For a free brochure on bike maintenance and safety and a list of the best places for families to ride in the Lehigh Valley, call (610) 492-CARE.

Manager Scott Kleinschuster (right) and mechanic Chris Dait do a maintenance check on a customer bike at the BikeLine shop in Allentown.
Making Sense of Medical Research

It's enough to make your head spin...but what does it mean?

The news media are full of medical research reports, and Americans eagerly consume them. But does it make sense to change your lifestyle with each new finding? And what do you do when the findings are contradictory?

The problem isn't the research itself but how it's interpreted, according to a recent editorial in The New England Journal of Medicine. The authors urge readers to keep these facts in mind:

Most research studies aren't meant to stand alone. Thus, they are not definitive proof, but rather pieces of a much larger puzzle that is assembled slowly and painstakingly over time.

Any study can have unknown biases. For example, the people in the study may be healthier, not because they're eating a high-fiber diet or taking antioxidants, but for reasons that have nothing to do with their diet—even for reasons no one knows about.

The results of a study may be due to chance. "Nearly all studies of connections between lifestyle and health deal with probabilities," the Journal authors state. "Chance cannot be ruled out even when it is highly unlikely."

Results that are valid in one group of people may not be in another. For many years, researchers drew conclusions about heart disease based on male-only studies. Now, research studies—including a project at Lehigh Valley Hospital—are finding that women's risk factors do not mirror those of men.

If you have a question based on research findings, talk it over with your doctor. He or she is likely to recommend moderation. Doctors know that research is a long, slow process and that the news media often exaggerate or oversimplify results. Your physician can help you make those lifestyle changes that have been proven effective (quitting smoking is a prime example) or are worth the risk in your particular situation.
When Is It Time to Call the Doctor?

If you're not sure, call 402-CARE, and nurses Jill Korn and Chris Morehouse, (above, L-R), can help you sort it out.

You've had a nagging headache for the past three days. You don't know if it's sinus, stress, eyestrain or something more serious. Do you need to call the doctor?

When seemingly minor health problems persist, it's always advisable to get a professional opinion, according to Jill Korn and Chris Morehouse, registered nurses with 35 years of combined clinical experience.

Korn and Morehouse answer questions about personal health concerns at (610) 402-CARE, Lehigh Valley Hospital's free health information and physician referral line. "We are able to help people make the best decision on a particular health concern," Morehouse says. "And if we don't have the answer, we can always connect you to someone who does."

Some decisions are obvious. The 402-CARE team strongly recommends prompt medical attention for people with pain that affects their ability to function.

Most calls to 402-CARE are not this extreme. Morehouse and Korn help callers who need a physician referral, want to register for a health education program or are seeking information on subjects ranging from back pain and menopause to nutrition and sexually transmitted diseases. "We can also provide guidelines for good health, including recommendations for health screenings," Morehouse says.

The 402-CARE service is not intended to take the place of your physician. "We encourage people to establish a relationship with a primary care doctor," Morehouse says. "A doctor who treats you over time is in the best position to monitor and help you maintain your health. This is also the most effective way to prevent serious and costly health problems later."

For free and confidential health information, a physician referral, to register for Healthy You courses and programs, or to receive guidelines for immunizations and health screenings, call (610) 402-CARE Monday through Friday 8:30 a.m. to 4:30 p.m. After hours, an answering service will take messages.
A Perfect Picnic

The recipe for the perfect picnic is easy to follow: Combine clear skies with lively guests and a varied menu; then mix thoroughly.

“But if you want to be the perfect host, be health-conscious,” says Barbara Carlson, a clinical dietician at Lehigh Valley Hospital. “Give your guests a menu that’s low in fat, sugar and salt, but loaded with flavor.”

Variations on a Hamburger
If you like traditional picnic fare, Carlson suggests fat-free hot dogs and lean beef hamburgers. For extra flavor and less fat, mix beans or grains into the burgers.

Poultry is a good alternative.

“You can marinate chicken strips in bottled sauce, or make your own with equal parts unsweetened pineapple juice, orange juice and hot sauce,” she says. “I like turkey burgers, too, but add skim milk to your mix since turkey can be dry.”

When preparing meats in advance, freeze separately, then begin thawing in the refrigerator the night before. And keep individually packed meats in a cooler to preserve food safety on the way to the picnic.

Sizzling Side Dishes, Snacks and Desserts
For a healthy side dish, make potato or macaroni salad with fat-free mayo; serve corn on the cob or baked potatoes with fat-free sour cream or margarine; and prepare a tray of fresh vegetables with fat-free sour cream dip.

Instead of potato chips, serve fat-free pretzels or baked tortilla chips with salsa. And remember that bottles of cold water are often more refreshing than soft drinks.

For dessert, gelatin “jiggles” are a big hit with kids. Watermelon, strawberries and other seasonal fruits go over well with children and adults alike. For a decorative touch, hollow out a watermelon and fill it with chunks of fresh fruit.

If your guests love homemade cupcakes or brownies, cut the fat by substituting applesauce for one-half the margarine or oil in the recipe.

And finally...keep everyone active. Have horseshoes, hula hoops, a volleyball and other sports equipment on hand. It’s a great way to burn off calories and keep the party going.

To receive a free packet of low-fat, low-salt picnic recipes or a brochure on picnic food safety, call (610) 402-CARE.

TIME-SAVING TIP: Give your guests skewers, lean meat cubes and veggies for make-your-own shish kebabs!
Keri DuPree and Christina participate in the “Hey Baby, Let’s Work Out” program for new moms and their infants.
Summertime makes fitness a pleasure, with fresh foods from the garden and lots of chances for outdoor fun. In the following pages you'll find a summer's worth of wellness from Lehigh Valley Hospital and Health Network—lectures, workshops and these special offerings:

- **Food Safety**, a lecture that will help you ensure that the fruits, vegetables and other foods that reach your table are safe and nutritious.

- **Weigh Less—Exercise More!** will teach you how to achieve and maintain a healthy body weight.

- **New Moms Network**, a chance for new mothers (and their babies) to share information, ideas and support.

---

**How to Register**

Classes and lectures are held at convenient hospital and community locations. Many are offered free-of-charge while a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.

**CLASS LOCATIONS**

- Lehigh Valley Hospital, Cedar Crest & I-78
- Lehigh Valley Hospital, 17th & Chew
- School of Nursing, 17th & Chew
- Martin Cancer Center, Cedar Crest & I-78
- 1243 S. Cedar Crest Blvd.

**ABBREVIATIONS**

| CC  | 17 | SON | MCC | 1243 |

*Plus many new locations throughout the Lehigh Valley!*

---

**FAX**: You can register by fax, with payment by MasterCard or Visa. Fax (610) 402-3020. Use the registration form on page 17.

**PHONE**: You can register with a credit card by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.

**MAIL**: Use the registration form on page 17.

**IN PERSON**: You can register in person at the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, Pa.
Specialty Lectures

Food Safety & Practices
- 1 session. Free.
  Wednesday, Aug. 7, 7-9:30 p.m.
  Jane Ziegler, M.S., R.D.
  Denise Hackman, R.D.
If you have a garden, you know the toll that pests, diseases, fungi and weeds can take on your harvest. Learn how to ensure that these fruits, vegetables and other foods reach your table and how to make informed decisions about diet and health.
Class meets at CC, Auditorium.

Health Promotion

"Healthy You" Lifestyle Profile
- 1 session. $55.
Overall health is not indicated by just a single measurement. In addition to blood pressure, body composition and total and HDL cholesterol level, an accurate health profile takes into account your lifestyle practices. For a "complete picture," schedule an appointment with our staff for several quick tests, a computerized profile and an evaluation of your results. Please allow one hour for the testing and evaluation. No fasting is needed for the cholesterol test.

Individual Body Composition Measurement
- 1 session. $35.
This testing provides you with an important parameter in your total health picture. In this half-hour session, our health educator will perform the test and discuss the ways in which you can continue to maintain a healthy body composition or begin to make necessary lifestyle changes to improve your overall health.

Individual Nutrition Counseling
This service is provided by a registered dietitian or nutritionist who will evaluate your current food intake and lifestyle habits. Based on the information you provide, a realistic and nutritionally sound diet will be specifically designed for you including gradual steps toward achieving positive lifelong changes. Call for fee information and to schedule an appointment.

Good Food That's Good for You

What's in the Cart? Heart Health Program
Eating smart for your heart begins at the grocery store where most food decisions are made. This program will give you suggestions for filling up your cart with nutritionally balanced foods.
Group sizes are limited and pre-registration is required.
- 1 session. Free.
  - Wednesday, July 10
    9:30-11 a.m.
  - Tuesday, July 23
    7-8:30 p.m.
Class meets at Food 4 Less,
Lehigh Street, Allentown.
- Tuesday, Aug. 6
  9:30-11 a.m.
- Wednesday, Aug. 14
  7-8:30 p.m.
Class meets at GIANT Food Store,
Cedar Crest and Tilghman Streets, Allentown.

Now That the "Weight is Over"...

Weigh Less-Exercise More:
Weight Management Program
- 9 sessions. $110.
Begins Tuesday, July 2; 6:30-8 p.m.
This nine-week weight management program mixes nutrition, exercise and motivation for a healthier you! Shape up your attitudes and beliefs and make positive changes in your current eating and exercise patterns.
Class meets 1243, Lower Level.

Fitness For All Ages

Aerobic and Conditioning Classes for Adults
Fee: Month-To-Month; call for more information.
To achieve optimal health and fitness, participate in any of our 40 weekly classes that are offered morning, noon and night at various Lehigh Valley locations. Whether your goal is to have a positive impact on your health or to achieve a higher level of fitness, these classes offer the variety, instruction and motivation you need.
Fitness Without Fear Seminars
1 session. Free.
- Monday, July 8, 6:30-8 p.m.
- Monday, Aug. 5, 6:30-8 p.m.
Exercise & for all of us. This interactive program will teach you about the benefits of exercise and how to integrate exercise into your busy lifestyle. Also, you’ll learn the workout moves that will keep you motivated and injury-free. Participants should wear comfortable clothes and sneakers. A medical history review and a blood pressure measurement will be provided.
Class meets at 1243, Lower Level.

“Walk on the Wild Side” Seminar
Get active and learn how you can achieve a healthier lifestyle through this back-to-basics exercise program. Lace up your sneakers for the Rockport Walking Test and get a personal computerized walking prescription and our “take home” tips to keep you motivated.
1 session. $10.
- Tuesday, July 2, 6:30-8 p.m.
Class meets 1243, Lower Level.
- Saturday, July 20, 8:30-10 a.m.
Class meets South Mall, Lehigh Street, Allentown.

“Forever Fit” Activity Classes for Older Adults
Fee: Month-to-Month; call for more information.
Designed especially for older adults, these daily classes will increase your stamina, raise your energy level and help you achieve a healthy and active lifestyle.

NOTE: In addition, maternity fitness classes are offered. See page 13.

W.O.W!
Walking-Out Workout Club
Now at three locations!!
$10 ($5 for adults 55 and over).
Join Lehigh Valley Hospital's popular program to shape the future of your health! You can exercise, have fun and earn prizes at the same time through the W.O.W!—Walking Out Workout Club. South Mall, Lehigh Street, Allentown; Saucon Valley Community Center, Hellertown; and Lehigh County Senior Citizens’ Center, Elm Street, Allentown.

Mind-Body Fitness Programs for Adults
Yoga
Eight week session, $52.
Class meets MCC
- Begins Tuesday, Sept. 3, 6:30-7:45 p.m.
- Begins Thursday, Sept. 5, 6:30-7:45 p.m.
The practice of Yoga is designed to lead students to ever-increasing knowledge of themselves and the needs of their body and mind in order to achieve good physical and mental health. Improve your flexibility through stretching postures. Release tension and tone muscles.

When You’re Ready To Quit Smoking...
QuitSmart®
- 5 sessions. $85.
  Begins Monday July 1, 7-8 p.m.
Developed at Duke University, this five part program helps people to quit smoking and control the urge to start again through self-hypnosis and the Better Quit® Cigarette Substitute. The six-month success rate averages 61 percent.
Class meets at 1243, Lower Level.

Smoke Stoppers® Self-Directed Kit
- $30.
This structured self-help approach is recommended for people who are motivated to quit smoking but are unable to attend a formal group program. The kit is a great complement to the nicotine patch which can be prescribed by your physician.

Individual Tobacco-Use Cessation Counseling
Call for fee information and to schedule an appointment.
This program combines the Smoke Stoppers® Self-Directed Kit or QuitSmart® with a one-on-one format to analyze the participant’s tobacco-use practices and patterns. Although many participants quit smoking during the second week of treatment, continuing support is provided over a three-month period.
**Special Events**

**Community Blood Pressure Screening**
Free.
- Tuesday, July 9; 8:30 a.m.-noon.
- Tuesday, Aug. 13; 8:30 a.m.-noon.

*South Mall, Lehigh Street, Allentown*

**Camp HealthRock – A Place Right Out of History!®**

5 sessions. $100.
- July 15-19 (ages 7-9).
- July 22-August 2 (ages 10-12).
- Aug. 19-23 (ages 7-9).

Lehigh Valley Hospital provides the perfect antidote for the summertime blues: Camp HealthRock—a cool, five day adventure exclusively for children. There will be plenty for kids to yabbu-dabb-o including activities that mix fun with learning in the areas of fitness, nutrition and safety, among others.

Camp HealthRock is held in cooperation with Lehigh County Parks and Recreation Department. *Camp meets each day at Wellness Center, Fish Hatchery Road, Allentown.*

**Diabetes Education**

- 9 sessions. $20/session.

The Helwig Diabetes Center of Lehigh Valley Hospital offers a series of educational programs for adults with diabetes. Advance registration and an assessment of the registrant’s diabetes education needs are required. A family member or friend may accompany the registrant at no extra charge. For more information, call (610) 402-CARE.
- What Is Diabetes?
- Medicine
- Special Food Situations
- Learning the Exchange List
- Diabetes and Exercise
- High and Low Blood Glucose
- Diabetic Complications
- Foot Care
- Coping with Diabetes

**CPR Courses**

**Course A**
- Monday, Aug. 5; 7-10 p.m. $25
- Monday, Oct. 14; 7-10 p.m. $25.

Learn one-person adult heart-saver CPR and how to clear the blocked airway of a conscious or unconscious adult. *Class meets at 1243, Third Floor.*

**Course C**
3-part course $35.
- Monday, July 1, 8 & 15; 7-10 p.m.
- Monday, Aug. 12, 19 & 26; 7-10 p.m.
- Monday, Sept. 16, 23 & 30; 7-10 p.m.

Learn adult one- and two-person, child and infant CPR. Mouth to mask ventilation and clearing the blocked airway of conscious and unconscious adults, infants and children are taught. You must attend all three classes and complete written and practical examinations to be eligible for provider status. *Class meets at 1243, Third Floor.*

**Course C-renewal**
Renewal $20.
- Monday, June 24; 7-10 p.m.
- Monday, July 22; 7-10 p.m.
- Monday, Oct. 7; 7-10 p.m.

This course reviews all material covered in Course C. You must have a current Course C card or one that has expired within one month to attend. *Class meets 1243, Third Floor.*

**Course D**
- Monday, July 29; 7-10 p.m.; $25.
- Monday, Sept. 9; 7-10 p.m.; $25.
- Monday, Oct. 21; 7-10 p.m.; $25.

Learn infant and child CPR and how to clear the blocked airway of a conscious or unconscious adult. *Class meets at 1243, Third Floor.*

**Speaker’s Bureau**

Lehigh Valley Hospital’s Speaker’s Bureau provides presentations on a variety of health care topics to civic, social and church organizations. Topics include:
- Breast Cancer: How to Protect Yourself
- Current Topics in Nutrition
- Drugs Don’t Work Here in the Lehigh Valley
- How to Build a Drug-Free Community
- Partners in Progress: Lehigh Valley Hospital and the Challenges Facing Health Care
- Planning a Smoke-Free Workplace
- Successful Aging
- The Lethal Lure of Tobacco
- Time Is Muscle: Heart Attack Awareness
- Women and Heart Disease

For more information, call (610) 402-CARE.
Support Groups

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

Many support groups are tailored to specific audiences, for example, women with breast cancer, men with prostate cancer, adults with diabetes and families and friends. For more information please call (610) 402-CARE.

Childbirth And Parenting Education

"From Pregnancy to Parenthood"

Because babies don't come with instructions, we offer the next best thing - prepared childbirth and parenting education programs sponsored by Lehigh Valley Hospital WomanCare.

Through these programs, we can provide you with timely, accurate information about what to expect when you're expecting and after your baby is born. We can also help expectant and new moms meet the physical demands of pregnancy and delivery through our prenatal and postpartum fitness programs.

From our Prepared Childbirth (Lamaze) Series to our new and expanded "New Moms Network," all of our classes have been carefully designed to address and meet your needs at this special time in your life. For more information about the classes, schedules or fees, place a checkmark in the boxes next to the programs of greatest interest to you. Complete the form on page 16 and mail or fax to us or call (610) 402-CARE weekdays between 8:30 a.m. and 4:30 p.m. Because class size is limited, please register as early as possible.

Becoming a Family...Before Lamaze

• 1 session. Free.

Join other parents-to-be for this free, introductory program to help you begin your exciting journey toward parenthood. Our guest speakers will cover "what happens now that you are pregnant," including physical and emotional changes, various diagnostic tests, and nutritional and overall health needs. "What to expect when you deliver" at Lehigh Valley Hospital is also highlighted. Special sessions, refreshments and door prizes are included.

Prepared Childbirth (Lamaze) Series

• Call for schedule and fee information.

This course helps couples prepare for labor and delivery and new parenthood and includes information about relaxation and Lamaze breathing techniques, medications, Cesarean birth and caring for your baby in the first weeks after delivery. This series is also offered in three Saturday sessions.

One-Day Lamaze

• Call for schedule and fee information.

This one-day childbirth preparation program is ideal for couples who are unable to commit to a six-week series because of busy or unpredictable schedules. Participants will be expected to read and review materials provided to them several weeks before the class begins. Advance registration and payment must be received eight weeks prior to start of class. Continental breakfast and lunch are included in the course fee.

Healthy Beginnings Labor and Delivery Series

• Call for schedule and fee information.

Information about labor and delivery including relaxation and breathing techniques, medications and Cesarean birth is outlined in this four-part daytime course which is offered every month.

Refresher Classes

• Call for schedule and fee information.

We offer refresher classes to parents who are expecting another child and have already attended a prepared childbirth (Lamaze) program. The classes cover relaxation and breathing techniques, issues regarding siblings and Vaginal Birth After Cesarean (VBAC).
Newborn Care Class

Call for schedule and fee information. This session is offered monthly and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care and resources available to them. Grandparents are welcome to attend.

Healthy Beginnings
Parenting Newborn Series

Call for schedule and fee information. This four-part daytime course is offered every other month and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care and resources available to them.

Prenatal Fitness Program

- Call for schedule and fee information.
  Women who want to maintain a moderately active fitness regime during pregnancy are encouraged to attend this safe, professionally-supervised exercise class. Physician approval is required for participation and a signed consent form must accompany your registration form.

Postpartum Fitness Program

- Call for schedule and fee information.
  This professionally-instructed exercise class can help women restore muscle tone and strength following pregnancy. New moms can also enjoy playtime with their babies and receive instruction in gentle infant massage techniques. Participants may attend following their postpartum check-up. Women interested in registering for this class can sign up for either the six-week course or our new three-week mini-sessions.

Sibling Classes

- Call for schedule and fee information.
  These classes help brothers and sisters prepare for the arrival of their new sibling. Separate sessions are offered for children in different age groups. Parents are expected to attend with their children.

Breastfeeding Classes

- Call for schedule and fee information.
  This class provides expectant parents with a better understanding of breastfeeding and its benefits to babies. The services of a certified lactation consultant are available to women who deliver at Lehigh Valley Hospital.

New Moms Network
(Support group for new moms)

Free.
- July 11 - Calming the Crying Infant
- July 25 - Infant Growth & Development
- Aug. 8 - Your Infant & Sleep
- Aug. 22 - Changes in Parents' Role
  Information • Ideas • Support • Sharing
Experience all this and more with other new moms and bring your baby along to explore the changes in you and your little one as your parenthood progresses. The new moms network meets during the day every other Thursday. Register by calling (610) 402-CARE at least two weeks before the scheduled session.

Your Incredible Infant

Call for schedule and fee information.
- Sept. 19
- Dec. 19
It won't be all that long before your infant begins to emerge as an adventurous little person. So you may be unprepared for the fast and furious growth and developmental changes during the second six months of your child's life. Join us for this session which will address any concerns you may have about infant feeding, teething, safety, changes in behavior, sleep patterns, health, separation anxiety, learning and motor and social skills.
Maternity Tours
- Free.
  We invite expectant parents and their family members to tour the maternity unit at Lehigh Valley Hospital and learn more about its services and facilities for women, infants and children. Adult tours are held Mondays and Saturdays except holidays. Tours for children who are awaiting the arrival of a new sibling are offered several times a month throughout the year. Registration is required in advance.

Infant/Child CPR
- Call for schedule and fee information.
  Safety information and instruction in emergency care of infants and children are provided to expectant parents during this class. Hands-on practice is key to the successful completion of the course, which meets American Heart Association standards.

Our First
Free

Our First is a special program of Lehigh Valley Hospital for first-time parents. The program helps couples prepare for the physical, emotional and lifestyle changes that come with having a baby.

Membership in the program is free. The benefits to new and expectant parents include an informative monthly newsletter; discounts on a wide range of products and services from area merchants; and access to the Storkline, a telephone information line.

"Our goal is to promote wellness among children early in their lives. It's the best way to help them grow up to become healthy adults."

GREG SALEM, camp coordinator
HealthRock

At Camp HealthRock, kids learn about

**Fitness** — Games and exercises build strength and flexibility. There’s even a chance to learn self-defense!

**Nutrition** — Cooking up low-fat Rice Krispie™ treats is a tasty way to learn about diet.

**Safety** — An exciting visit to the MedEvac emergency helicopter reinforces the importance of injury prevention.

**Healthy Lifestyle** — Childhood is the time to learn positive habits, such as NOT to smoke.

**Camp HealthRock Works!**
This creative approach to health and fitness education has impressive results. The majority of participants show marked improvement in physical ability and knowledge of healthy lifestyle practices.

**There’s a Camp HealthRock Just for You...**

<table>
<thead>
<tr>
<th>Ages</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-9</td>
<td>July 15-19</td>
</tr>
<tr>
<td>10-12</td>
<td>July 29-Aug. 2</td>
</tr>
<tr>
<td>7-9</td>
<td>Aug. 19-23</td>
</tr>
</tbody>
</table>

Five sessions — $100

Camp meets each day at Wellness Center, Fish Hatchery Road, Allentown.

In cooperation with Lehigh County Parks and Recreation Department, this year’s camp will be held at the Lockridge Furnace Park in Allburtis, Pa., and on the Cedar Crest campus of Lehigh Valley Hospital (Cedar Crest Blvd. and I-78).

For Matthew and Nicholas Erland, art projects are just part of the fun at Camp HealthRock. The 8-year-old twins are the sons of Ken and Lorrie Erland of Coopersburg.

To register, fill in and send the form on page 17.
For more information, call (610) 402-CARE.
How To Register

Classes and lectures are held at convenient hospital and community locations. Many are offered free-of-charge while a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, please call (610) 402-CARE.

Class Locations

Lehigh Valley Hospital, Cedar Crest & I-78
Lehigh Valley Hospital, 17th & Chew
School of Nursing, 17th & Chew
Morgan Cancer Center, Cedar Crest & I-78
1243 S. Cedar Crest Blvd.

Abbreviations

CC
17
SON
MCC
1243

Plus many new locations throughout the Lehigh Valley!

Fax: You can register by fax, with payment by MasterCard or Visa.
Fax (610) 402-3020. For childbirth and parenting education use the registration form below. For all other classes, use the registration form on facing page.

BY PHONE: You can register with a credit card by telephone.
Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.

BY MAIL: For childbirth and parenting education use the registration form below.
For all other classes, use the registration form on facing page.

IN PERSON: You can register in person at the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, PA.

FOR MORE INFORMATION ON CHILDBIRTH AND PARENTING EDUCATION PLEASE CHECK THE CLASSES OR PROGRAMS THAT INTEREST YOU.

Mail this checklist & completed form to:
Lehigh Valley Hospital
Attn: WomanCare, 17th & Chew, P.O. Box 7017
Allentown, Pennsylvania 18105-7017
Fax: (610) 402-3020

- Becoming a Family... Before Lamaze
- Prepared Childbirth (Lamaze) Series
- One-Day Lamaze
- Healthy Beginnings Labor and Delivery Series
- Refresher Classes
- Prenatal Maternity Fitness Program
- Postpartum Maternity Fitness Program
- Sibling Classes
- Breastfeeding Classes
- Newborn Care Class
- Healthy Beginnings Parenting Newborn Series
- New Moms Network
- Your Incredible Infant
- Maternity Tours
- Infant/Child CPR
- Our First
Mail or fax this form to:
Lehigh Valley Hospital,
Center for Health Promotion & Disease Prevention
1243 South Cedar Crest Blvd., Allentown, PA 18103
Fax Number (610) 402-3020

Participant's Name

Address

City State Zip

Phone (Home) (Work)

Date of Birth Social Security #

Are you a Lehigh Valley Hospital employee? Yes No

SELECTION: please refer to the course schedule for class title, date/time and fees. Please print.

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

Make check payable to: Lehigh Valley Hospital or
Charge to my Credit Card □ MasterCard □ Visa

CREDIT CARD ACCOUNT NUMBER

Signature Exp. Date

PAYMENT: Total amount enclosed: $

Ask if you are eligible for class discounts.

Release Statement:
I hereby release Lehigh Valley Hospital, Inc., their agents, employees, representatives and assignees from any and all liability which may or could arise from my participation in the classes indicated above. I understand the nature of the classes and the possible consequences of my participation, including the risk of injury. I further understand that program fees are not refundable or transferable after class start date.

Participant's Signature Date
Welcome to a New Generation of WomanCare

The publication you’re holding is new, combining three former Lehigh Valley Hospital and Health Network magazines. Our goal is to reach more women and their families with health and wellness information.

For nine years, the WomanCare program has been a unique resource for women of all ages in the Lehigh Valley. WomanCare sponsors “Spirit of Women,” bringing national speakers to the Lehigh Valley. (Find out more about this year’s event, the recent Spirit of Women in Sports, on page 26.)

Area women also benefit from WomanCare’s classes and library/resource center.

WomanCare magazine has explored a wide variety of health issues that concern women—everything from estrogen replacement to vitamin supplements, from pediatrics to political advocacy for women’s health.

In this new format, we’ll continue the effort to bring you well-researched stories, thought-provoking features and health information you can trust. We welcome your suggestions and feedback at (610) 402-CARE.

PHOTO: Connie Kunda (left foreground), teaches a community health heart class at Muhlenberg College. Kunda, wellness director and acting athletic director at the college, won an award at the Spirit of Women in Sports. (see page 27)
A Healthier Start for Newborns

When a mother-to-be doesn't receive medical care and support during pregnancy, her baby has a much higher chance of problems. The situation is all too common in low-income women. It's a tragedy not only for the family, but for the entire community. Over a lifetime, a baby with low birth weight can cost up to $400,000 in medical care.

In the Lehigh Valley today, this picture is much brighter thanks to the Perinatal Partnership. The partnership is a community-based outreach program created by Lehigh Valley Hospital and Health Network. Its goals are to improve health care for low-income pregnant women, give infants a healthier start, and ultimately reduce newborn deaths (which are closely linked to prematurity and low birth weight).

As the chart on this page shows, the partnership is showing strong results. This year, it won a national award for programs for the medically disadvantaged.

What prevents low-income women from seeking prenatal care? It's partly a matter of funds; many of these working women earn just enough to be disqualified for medical assistance, yet have no other health coverage. But the barriers also include language, transportation and access to the health care system.

The Perinatal Partnership solves these problems by bringing the care to the women, through bilingual community outreach, satellite clinics and free van service. "The program is one of the first of its kind in Pennsylvania to link public and private funding.

<table>
<thead>
<tr>
<th>Perinatal Partnership Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Term Births</td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Low Birth-Weight Babies</td>
</tr>
<tr>
<td>Cesarean Sections</td>
</tr>
</tbody>
</table>

"Photo above: Ungkhana Musing"
Perinatal Partnership services helped all five of these children. Outreach workers linked Ramon's mother to prenatal care. Ana's mother used the van for her appointments. Bilingual services made prenatal care possible for Mario's mother. Jasmine is the healthy result of a high-risk pregnancy. And the Partnership helped replace the clothes Ungkhana lost in an apartment fire.

sources," says Joan Linnander, R.N., program director. "It clearly shows how government and business can work together to improve health and social services for low-income people."

In the four years of its existence, the Perinatal Partnership has served more than 2,300 women. Nearly 80 percent are single, divorced or separated. It has raised the number receiving prenatal care from 57.5 percent in 1991 to 70 percent in 1995; when the woman had contact with a Perinatal Partnership outreach worker, the figure was 93 percent.

The partnership provides medical care through the state-funded Healthy Beginnings Plus program. Then it adds an array of privately-funded enhancements that improve access to care. "No one approach works for every group," says James Balducci, M.D., medical director of the Perinatal Partnership. "With an array of services, you can choose the appropriate ones to meet each woman's unique needs."

A key member of the partnership's team is the bilingual outreach worker. "Someone who lives in the community she serves and who speaks the same language is in the best position to know the woman's needs," Linnander says.

Another key component is transportation. The program uses its own van, with a bilingual driver, to transport pregnant

Continued on next page
women and newborns to and from appointments and other services. "A quarter of the women in the program have used the van one or more times over the last four years," Linnander says. "It has been a major factor for women in outlying areas."

The Perinatal Partnership's job doesn't end with the birth of the baby. The program links each mother and newborn to a "medical home"—a convenient hospital or clinic for ongoing care. "This is a comprehensive managed care program for low-income women," Balducci says. "It is the direction our country is heading, and the Perinatal Partnership is a national model of how to do it well."

---

**High-Risk Childbirth Care: A Growing Service**

To meet the growing needs of mothers and newborns throughout the region, Lehigh Valley Hospital has expanded the Perinatal Partnership and specialized perinatology (high-risk childbirth) services.

**The perinatology team** now includes three specialist physicians. James Balducci, M.D., division chief, and Robert Atlas, M.D., will be joined this summer by Orion Rust, M.D., who recently completed his fellowship at the University of Mississippi Medical Center. Also on the team are the hospital's neonatologists (physicians who specialize in the care of ill newborns) and a clinical nurse specialist.

**The Regional Perinatal Network** is a partnership bringing the specialists at Lehigh Valley Hospital in contact with obstetricians at nearby community hospitals. The specialists educate and support their colleagues in the care of high-risk births. Mothers and newborns can be transferred to Lehigh Valley Hospital if needed.

**Satellite perinatology clinics** are growing in number, to provide better access to specialty care for local obstetricians and their patients. Satellites now exist at Nesbitt Memorial Hospital in Wilkes-Barre as well as at each of the hospitals in the new PennCARE network including Doylestown Hospital, Gnaden Huetten Memorial Hospital, Grand View Hospital, Hazleton General Hospital, Hazleton-St. Joseph Medical Center, Lehigh Valley Hosp tal, Muhlenberg Hospital Center and North Penn Hospital and participating physicians of their medical staffs. Future locations include Stroudsburg and Pottsville, Pa., and Phillipsburg, N.J.

**Research** is expanding knowledge of perinatology. The three specialists at Lehigh Valley Hospital are studying such areas as diabetes and pregnancy, the use of anesthesia in pregnancy and cost management of labor and delivery.
The wave of the future: 3D laparoscopy gives surgeons depth perception, a boon for difficult and intricate surgeries. Here, (L-R) Mary McNamara, M.D., Craig Sobolewski, M.D., and Vincent Lucente, M.D., take a look at the new technology.

A “Revolution” in Female Reproductive Surgery

In the past, a hysterectomy was always major surgery involving anesthesia, several days in the hospital and a lengthy recovery period. Now, the less invasive technique of laparoscopy is revolutionizing many types of female reproductive surgery. The benefits for the patient are enormous: less pain, less scarring and a quicker return to normal life.

Laparoscopy involves the use of several small incisions rather than one large one. Long thin instruments inserted through narrow tubes allow the surgical team to view the pelvic area on video while performing a variety of diagnostic or treatment procedures.

Hysterectomy is one of those. Laparoscopy can assist in a vaginal hysterectomy by freeing the uterus for removal through the vagina. The technique is also used for tubal ligations, removal of ovarian cysts and treatment of infertility and chronic pelvic pain.

“It is particularly valuable for endometriosis,” says Vincent Lucente, M.D., chief of gynecology at Lehigh Valley Hospital. Laparoscopy played a key role in establishing the diagnosis of this elusive disease, in which the uterine lining migrates into the abdominal cavity. “Now that physicians can actually see the condition, we can accurately evaluate the extent of the problem,” Lucente says.

Continued on next page
Laparoscopy is also valuable in the treatment of gynecologic cancer. "We use it for staging—sampling the lymph nodes to see if a cancer has spread," says David J. Hetzel, M.D., gynecologic oncologist. "We can even do some extensive cancer operations, such as radical hysterectomies for cervical cancer, through the laparoscope.

"Laparoscopy also allows us to save the ovaries in some cases by moving them out of the path of radiation treatment," he says. "This technology is rapidly expanding what we can do for our patients. Things that were impossible before are being done today on a daily basis."

While laparoscopy is now well established—newer obstetrician/gynecologists have never been without it—the technique is still evolving. Lucente, a specialist in pelvic disorders, has begun using laparoscopy to treat female urinary incontinence. In the future he will apply the technology to pelvic reconstruction.

"It takes time to evaluate the track record of a new technology," Lucente says. "In some cases, such as removal of an ectopic (tubal) pregnancy or an ovarian cyst, the results are more immediate. In the case of incontinence, we will be watching the long-term success of the procedure." In the meantime, he cautions women to talk with their gynecologist carefully about the risks, limitations and benefits of "new" laparoscopic techniques.

It will also take time to realize laparoscopy's cost savings. "Right now, the costs are about the same as traditional surgery," Lucente says. "The patient spends less time in the hospital, but operating time may be longer and the equipment costs are high. But, as with any technology, the costs are coming down."

A new development in laparoscopy holds great promise in both cost and patient convenience. Microlaparoscopy uses instruments so fine they can be inserted through an opening not much larger than an IV needle. These "needlescopic" procedures can be done under local anesthesia right in the doctor's office.

"The cosmetic results are better, there's less pain and you avoid the risk of general anesthesia," says Craig Sobolewski, M.D., who recently joined the Lehigh Valley Hospital obstetrics/gynecology staff. "Also, since she is awake, the patient is able to view the video screen and interact with the physician, which is very helpful in cases such as infertility or diagnosis of chronic pelvic pain."

For more information or a physician referral, call (610) 402-CARE.
Creating A Community of Women

"I grew up in a real neighborhood," says Marie Shaw, director of women's health services at Lehigh Valley Hospital. "Every night, there would be family or friends on the front porch. You never had to worry about a baby-sitter."

Shaw eventually moved away; and today, despite a family of her own and friends at work, "that sense of community is missing." She's not alone in feeling this void; in our mobile society, more and more people are hungry for an old-fashioned neighborhood.

Women feel the isolation most keenly, Shaw believes. "We're socialized to need nurturing. My husband tells me, 'You have an incredible need to chat.'"

Over the years, she has discovered a variety of ways to create community for herself.

One of the simplest ways is to make time to do things with women friends—dinner, shopping, movies. "For example, you cannot see 'The Bridges of Madison County' by yourself," Shaw says. "Everyone I know went to see it with a friend, and they've been talking ever since."

This kind of informal community arises naturally at certain stages of life—for example, among new mothers. But Shaw says that too often, such fellowship is "catch as catch can" unless you treat it seriously.

A more formal community of women can begin in a college class, church, health club, service organization—almost anywhere. Shaw found a wonderful outlet in the local chapter of the Executive Women's Golf League. "We're much less driven than male golfers," she says. "We golf to relax and socialize, and we have a ball."

Today, she sees a growing trend toward the conscious creation of communities. "I just read an article in a woman's magazine about 'friendship clubs' popping up around the country," she says. "It's a bit like a substitute family, always there for you."

This sense of female community is one of the primary reasons behind WomanCare's "Spirit of Women" conferences. "One of the difficulties in reaching out to others is just having the courage to do something different," Shaw says. "Our conferences create a powerful feeling that women can make changes in their lives."
Donna Strauss has loved gymnastics since her college days. But back in the early 1960s, gymnastics was far from the high-powered sport it is today. "There was no competition; we were purely an exhibition team," Strauss says. "Even the equipment was different. We did calisthenic routines with wands and Indian clubs, and we used the flying rings. When the balance beam came in during my senior year, no one knew what it was for."

After her graduation, Strauss became a physical education teacher for the Allentown School District. She and her husband, Bill, began teaching gymnastics to interested girls after school, with the inspiration and help of school principal Carroll Parks. "We named our program the Parkettes in his honor," she says.

The Strausses had no idea in those early years what their Parkettes would become. The team practiced on used equipment, in a succession of places including an unheated barn, a dimly lit church basement, the upper floors of Symphony Hall in downtown Allentown and the Strausses' back yard. "The school shop teacher made us our balance beam, and we held bake sales to buy mats," Strauss says.

By this time women were competing in gymnastics nationally, but the sport was still small-scale in the Olympics. "I remember showing my students the first Olympic TV coverage of gymnastics in Mexico City in 1968," Strauss says. "Then in '72, Olga Korbut came along and changed everything." Strauss and her husband traveled to those 1972 Munich Olympics. "It was an incredible thrill," she says.

As national interest in women's gymnastics grew, so did the Parkettes. In 1976, a Parkette first qualified for the U.S. Olympic Team. (It happened again in 1988 and 1992.) In 1979, the team competed for the United States in the Pan American Games, and 1981 found a Parkette on
the USA World Gymnastics Championship Team in Moscow.

But the Strausses knew that for their gymnasts to reach their true potential, they needed a modern training facility. A community fund drive was mounted (as a non-profit corporation, the Parkettes continue to rely on donations), and in 1981 the gymnasts moved into one of the finest training centers in the country. Since that time their successes have continued. Donna Strauss has been named Coach of the Year three times by the USA Gymnastics Federation, and in 1989 she and her husband were inducted into the U.S. Gymnastic Hall of Fame.

Exciting and gratifying as it may be, however, Olympic-level gymnastics is only one aspect of what Strauss and the Parkettes are all about. They have been deeply involved in the Special Olympics and a variety of other programs for youngsters with mental and physical disabilities.

“When you can help blind or cerebral palsied children develop strength and skill, it makes such a difference in their lives,” Strauss says.

She also points to the benefits of early gymnastic training for every child. Girls’ gymnastics has come under increasing criticism lately for the pressure it places on young women. But the highly competitive aspect of the sport is just a small part of the picture, Strauss says.

“A healthy gymnastics program has room for the serious competitors, but it’s also just plain fun,” she says. “And our youngsters develop skill, coordination, strength and balance that they can apply to other sports.” Parkettes have moved on to play various high school sports. Among the program’s “alumni” are a diving champion, a 1996 NCAA most valuable basketball player, 1996 NCAA gymnastic champions, a member of the national cycling team and all three of the Strausses’ very athletic children: Michael, 24, Tricia, 22, and Christy, 19.

“Even for those who never compete,” Strauss says, “the discipline of gymnastics is invaluable. Kids crave this kind of discipline. They learn how to use their time, deal with success and failure, and develop lifelong habits of good nutrition and physical fitness. This for me is the most gratifying thing about the Parkettes.”

---

**Spirit of Women in Sports Awards**

At the “Spirit of Women in Sports” event April 19, 1996, Donna Strauss received a Lifetime Achievement Award from G.O.A.L.S. (Girls’ and Women’s Opportunities for Achievement in Lehigh Valley Sports). This special award honors her dedication to advancing athletic opportunities for girls and women. Also honored by G.O.A.L.S. were:

**Spirit of Sport Award**
Eileen and Ellen Ogozalek
(Basketball, Muhlenberg College)

**Wilma Rudolph Courage Award**
Lauren Buyyounouski
(Volleyball, Muhlenberg College)

**Sportsgirl of the Year**
Kenna Plangemann
(Swimming, Christ the King School, Coplay)

**High School Sportswoman of the Year**
Laura Newhard
(Basketball, Northampton High School)

**Community College**
**Sportswoman of the Year**
Amy Ombrello
(Volleyball, Lehigh Carbon Community College)

**College Sportswoman of the Year**
Michelle Marciniak
(Basketball, University of Tennessee)

**Mentally Challenged Sportswoman of the Year**
Carolyn Grant (Gymnastics, Easton)

**Senior Sportswoman of the Year**
Elisabeth Wilson
(Athletic director, Moravian Academy)

**Master’s Sportswoman of the Year**
Jane Seneus (Running, Springtown)

**Coach of the Year**
Ellen Malone
(Basketball, Northampton High School)

**Fit Woman Award**
Connie Kunda
(Acting athletic director, Muhlenberg College)
Center for Pain Management Opens This Summer

Lehigh Valley Hospital and Health Network has a new facility designed to meet the needs of people suffering from chronic (long-term) pain. The Center for Pain Management opens this summer at the hospital's John and Dorothy Morgan Cancer Center. It will care not only for cancer patients but also those coping with surgery-related pain, musculoskeletal pain and pain from nerve injury, among others.

Chronic pain sufferers must deal not only with the pain itself but also with changes in lifestyle and emotional well-being. It is not uncommon for them to lose their job, become physically inactive, overuse medications or alcohol and become isolated from friends and family.

Specially educated professionals at the the Center for Pain Management will offer a multidisciplinary approach to pain and symptom management. The clinical director is Bruce Nicholson, M.D., director of pain management at Lehigh Valley Hospital and a member of the faculty at Penn State's College of Medicine.

For more information, call (610) 402-CARE.

Breast Self-Exam Study Seeks More Participants

If a woman is properly trained and experienced in breast self-examination, can she be as effective as a physician in finding a breast lump? Two specialists at Lehigh Valley Hospital believe the answer is "yes." The two, Vincent Lucente, M.D., and Patrice Weiss, M.D., are conducting a research study to test their hypothesis.

Women of all ages are invited to take part in the breast self-exam study. Participants come to the hospital for a 30-minute training session, then come back once a month for six months to examine plastic breast models with various abnormalities.

There's a big benefit of the study for the women taking part. "By the end of the study, our participants will feel very comfortable and confident about doing breast self-exams," Weiss says. "What holds most women back is that it's difficult to
know what's normal and what's not. The key is to become familiar enough with your own body that you recognize when there is a change.

For information about the breast self-exam study, call (610) 402-CARE.

June Is Menopause Awareness Month

Menopause...the term can be frightening to women. In fact, public discussion of this mid-life change in women's bodies was once considered taboo.

Today, we know much more about the natural changes associated with menopause, and we know how to protect women from the increased health risks associated with it. For example, women over 40 are at much higher risk of dying of heart disease than of breast cancer. Osteoporosis is another major health concern.

A national grassroots effort has designated June National Menopause Awareness Month. The goals are to remove the myths about menopause that have lingered over the years, and to promote healthier lifestyles and prevent disease in women over 40. Here are some ways you can take part:

Arrange for a speaker on the myths and facts of menopause for your group, club, church or other organization. Specialists from Lehigh Valley Hospital are available year-round as speakers on any aspect of women's health; call (610) 402-CARE.

Check out your own midlife health risks by completing a self-assessment questionnaire. Questionnaires are available on menopause, women and heart disease and osteoporosis.

You can use the questionnaire results to help you discuss these issues with your doctor. For your free questionnaires, call (610) 402-CARE.

Watch for WomanCare workshops this fall on menopause and other aspects of women's health in midlife.

For more information, check the next issue of Healthy You or call (610) 402-CARE.
Tough Questions... One Answer.

Everywhere you turn you see or hear hospitals marketing themselves. Some discuss size or location. Others talk about affiliations. Still others present lots of statistics in an effort to show why they should be your health care provider.

At Lehigh Valley Hospital, we believe that to make the best possible health care decisions for yourself and other family members, it is important to ask some tough questions and get answers to them you can understand and trust.

(610) 402-CARE

If you have specific questions you need answered today, call (610) 402-CARE. This line is staffed with caring professionals specially trained to see to it that all your questions receive prompt attention and you get the information you're looking for.
Tough Questions... One Answer.

Everywhere you turn you see or hear hospitals marketing themselves. Some discuss size or location. Others talk about affiliations. Still others present lots of statistics in an effort to show why they should be your health care provider.

At Lehigh Valley Hospital, we believe that to make the best possible health care decisions for yourself and other family members, it is important to ask some tough questions and get answers to them you can understand and trust.

(610) 402-CARE

If you have specific questions you need answered today, call (610) 402-CARE. This line is staffed with caring professionals specially trained to see to it that all your questions receive prompt attention and you get the information you’re looking for.