Healthy You

September/October 1996

- Choosing a Health Plan
- Leading Up to Menopause
- Into the Pumpkin Patch & Classes Inside

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One who did his homework:
Sales manager Roger Denny, on a visit to the plant floor at Spirax Sarco. Denny looked carefully at five health plan options offered by his employer, a manufacturer of steam system specialty equipment.
"A plan that pays for preventive care encourages you to take care of yourself."

ROGER DENNY
SPIRAL SARCO

regular physical, eye and dental exams. A plan that pays for preventive care encourages you to take care of yourself."

The couple's seven children are grown now, but the youngest presented a special health insurance challenge. "She just completed college in Texas," Denny says. "We needed a plan that would cover her and be recognizable out of state." The plan they chose did not have a national name—the Dennys went with one of Spiral Sarco's own plans—but "there was always a knowledgeable person at the other end of the 800 line."

Denny is satisfied he chose "a well-rounded package with good coverage at a reasonable price." His employer was a big help in the process. "The company went to a lot of trouble to set up briefings on each plan. You heard all the pros and cons at once, which made the decision much easier."

Denny is a good role model for health plan shoppers. He knew his needs, read the fine print and wasn't shy about asking questions. The process isn't much different from shopping for a house.

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**General Coverage**
- Are pre-existing conditions covered?
- Is there a waiting period?
- An allowance during the waiting period?
- Are prescriptions covered?
- Is mental health covered? Home care? Rehabilitation?

**Family Coverage**
- What does my spouse's plan cover compared with mine?
- What kind of coverage do I get for my son/daughter who's out of town in college?

**Doctor/Hospital**
- What is my choice of doctors? Hospitals?
- Are there enough eligible doctors, hospitals and pharmacies in my neighborhood?
- Can I change my doctor easily if I want to?
- Can I see doctors outside the plan? What will it cost?
- Do I need a referral from my primary doctor before seeing a specialist?
- What percentage of the plan's doctors are board-certified in their specialty?

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**Emergencies & Vacations**
- How are emergencies covered?
- What kind of coverage does my family get for out-of-town care on vacation?
Picking a Health Plan — Like Buying a House

Here are the basic areas everyone should consider:

Coverage (the roof). Your needs will vary depending on your age and circumstances, but pay attention to emergency coverage, prescriptions (especially medications you depend on), preventive care and “pre-existing conditions” such as heart disease, diabetes or even high blood pressure. In some plans, you must be enrolled at least a year before coverage begins for such a condition.

Costs (the mortgage). Look beyond monthly premiums to the total costs of the plan, including co-payments and deductibles. See if there is a limit on what you must pay out-of-pocket in a given year. Also, check lifetime limits on what the plan will pay; even a large limit can be wiped out by a serious health problem.

Choice and Access (the neighborhood). The key criterion for many people is choice of physician and hospital. Most managed care plans have some limits on your choice, but there is a lot of variability in this area.

Questions to Ask About Your Health Plan

Costs & Billing
● Are there co-payments?
● Will I have to fill out claim forms?
● Will the doctor bill me for the balance due?
● Is there a yearly limit on my out-of-pocket costs?
● Is there a lifetime maximum the plan will pay for my care?

Prevention & Wellness
Which wellness and preventive services are covered?
● Well baby visits
● Immunizations
● Mammograms and PAP smears
● Prostate cancer screenings
● Colorectal cancer screenings
● Education—stress management, smoking cessation, nutrition, weight control, etc.

If you have questions about whether your health plan includes Lehigh Valley Hospital and its affiliated physicians, call (610) 402-CARE.
Oh, My Aching Back
Often, the Patient Plays Key Role in Managing Back Pain

For the 34 million Americans who suffer from back problems each year, simple remedies often prove to be the most effective, according to a recent study by the U.S. Department of Health and Human Services.

Bruce Ellsweig, M.D., supports these findings but goes one step further. “Most people hold the key to their own recovery,” he says.

Each year, in his Allentown office practice, more patients seek treatment for back pain than any other medical condition.

“I explain what I can do to pinpoint the cause of the problem,” he says. “But I also tell patients they may have to do 90 percent of the work to correct it.”

A family physician and member of Lehigh Valley Hospital’s medical staff, Ellsweig bases his professional opinion on the patient’s medical history, day-to-day activities (including exercise and sleep patterns) and a thorough physical exam.

In most cases, he finds that back pain can be relieved and prevented through positive lifestyle practices. (See box)

“While over-the-counter medications can provide temporary pain relief, preventive measures are long-lasting,” he says. “Of course, for some people, they’re not as easy to swallow.”

When pain persists or becomes debilitating, Ellsweig recommends more intensive medical treatment.

“Some people may derive the greatest benefits from rehabilitative services like physical therapy,” he says. “Others may require more advanced treatment methods such as pain management services.”

Specialized Care for Chronic Pain

Chronic back-related problems account for the majority of patient referrals to Lehigh Valley Hospital and Health Network’s Center for Pain Management, according to Bruce Nicholson, M.D., clinical director.

The center, now located in the John and Dorothy Morgan Cancer Center, also treats patients for pain stemming from cancer, surgery and injury.

“We pool the expertise of anesthesiologists, psychologists, physical therapists and other health professionals,” Nicholson says of the center’s “team” approach to treatment. “By addressing the physical and emotional consequences of chronic pain, we can often help our patients achieve a complete recovery.”

Patient education is another important part of the treatment process.

“Many back-related problems can be attributed to physical inactivity and other unhealthy behaviors,” Nicholson says. “To prevent pain from recurring and to enjoy healthier lives, patients need to learn how to help themselves.

For free brochures on back pain prevention and services offered by the Center for Pain Management, please call (610) 402-CARE.

Positive Lifestyle Practices for Preventing Back Pain

- When standing, lift your chest so that your shoulders relax backwards and the natural curve of your spine remains normal.
- When sitting, try to maintain the normal curve of your lower back. Use a portable seat insert for back support when working at a desk or driving.
- Avoid sitting for long periods of time. Stand up and stretch periodically to avoid fatigue and strain on your back.
- When lifting an object, stand as close to it as possible, and keep your knees bent as you lift.
- Exercise regularly to prevent extra pounds from causing back strain.
- Always use equipment that is appropriate to the activity such as long-handled, adjustable tools for yardwork or comfortable, flexible sneakers for running.
- Get adequate rest. The best position for sleeping is on your back and on a firm mattress.
Immunization Is Not Just for Kids

Did you know that the number of vaccine-preventable deaths is 60 times greater for adults than children in the United States? If older adults were aware of the benefits of immunization, they'd be quick to roll up their sleeves.

"Immunization is integrated into children's health care, but it is not routine for adults," says John D. Nuschke, M.D., of Lehigh Valley Hospital's medical staff. "That may explain why many adults are unaware of their risk for otherwise preventable health problems."

Nuschke encourages older adults to talk with their doctor or local health bureau about vaccination schedules and costs (which are often covered by Medicare). "Vaccines work best when they're given at the recommended time and on a regular schedule," Nuschke says. "They are among the safest, most effective medicines and cause very little if any discomfort."

The Centers for Disease Control recommends that most adults be immunized against eight diseases:

The Big Three:

**Influenza (flu)** is a highly contagious disease spread by direct contact with an infected person or with the airborne virus in crowded places. Adults over 65 are at greater risk of complications such as pneumonia. How often do you need vaccination? Every year, ideally in November.

**Pneumococcal Disease** can cause serious infections of the lungs (pneumonia), bloodstream (bacteremia) and brain covering (meningitis). How often? At least once in your life; for those at high risk, every six years.

**Tetanus (lockjaw)** occurs when soil contaminated with tetanus bacteria gets into a wound or other break in the skin. This deadly disease is easily prevented with a combined tetanus-diphtheria shot. How often? If you got a DTP vaccine in childhood, you need a booster every 10 years. If you didn't, see your doctor immediately.

**You Also Need:**

- Hepatitis B
- Diphtheria
- Measles
- Mumps
- Rubella

For a free pamphlet on adult immunization or referral to a physician, call (610) 402-CARE.
Good News About Gourds

Pumpkins, squash are rich in nutrients and flavor

H and most people a pumpkin and they'll carve a face on it. Yet this versatile vegetable belongs not just on the Halloween circuit, but on the menu. The pumpkin and its cousins the squash, are low in fat, high in fiber, and—in the case of the orange family members—loaded with beta carotene.

What to Do with a Pumpkin

First you need to pick the right pumpkin, says Lehigh Valley Hospital clinical dietitian Barbara Carlson. “The best kind for eating is usually labeled ‘pie’ or ‘sugar’ and is smaller, thicker-stemmed and less seedy than the kind you carve.”

The possibilities for pumpkin go well beyond pie, she says. It can be shredded for salad, pureed, sprinkled with seasonings and served warm, or used as an ingredient in other dishes (see recipe below).

To cook pumpkin, cut it in half, remove the pulp and seeds, and rinse inside and out. Cover each half with foil and set skin-side up on a cookie sheet, then bake at 350 degrees until fork tender. Remove the skin after the pumpkin cools, and it's ready to use.

The Many Varieties of Squash

“As a popular ingredient in breads, cakes and salad, zucchini is probably the most familiar squash,” Carlson says. “But squashes come in many shapes and sizes, including yellow crookneck, patty pan, acorn, butternut and spaghetti.”

Acorn, she says, is one of the tastiest and easiest to prepare. “Scrape out the seeds and fibers and sprinkle each half with honey or brown sugar and a little cinnamon. Bake skin-side down at 350 degrees until tender. You can eat it right out of its shell.” As a low-calorie alternative to pasta, Carlson also recommends spaghetti squash.

Most people associate gourds with fall, but squash varieties can be found almost year-round. Pumpkin, too, deserves year-round attention. You can freeze your own pureed pumpkin or buy it canned.

“Pumpkins and squash may be decorative,” Carlson says, “but they are even more delicious.”

Learn more about preparing pumpkins and squash by venturing “Into the Pumpkin Patch,” a fall festival for family health Oct. 12. See page 16 for details.
HIGHLIGHTS!

School will soon be back in session at Lehigh Valley Hospital, where new and exciting programs are scheduled for the fall semester. Enroll today in any of the fitness, nutrition, weight management and wellness programs listed here.

- **Charisma—The Magnetic Personality** is an encore presentation for women seeking greater personal and professional satisfaction and success.

- **Into the Pumpkin Patch** will feature pumpkin carving, painting and cooking demonstrations; health screenings; tips for safe trick-or-treating and more!

- **Exercise for Life classes**, developed from recommendations by the U.S. surgeon general, promote better health through moderate physical activity.

- **Seasons of a Woman’s Life** will highlight strategies women can use to enjoy physical, emotional and spiritual health at every stage of life.

How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; 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
Morgan Cancer Center, Cedar Crest & I-78
1243 S. Cedar Crest Blvd.

**NEW LOCATION!**
Muhlenberg Hospital Center

**ABBREVIATIONS**
CC
17
SON
MCC
1243

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

**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**: 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

Carbohydrate Counting
- 1 session. Fee.
  Monday, Oct. 14: 7-8:30 p.m.
  CAROL GREENLEE, M.D., ENDOCRINOLOGIST &
  DIABETES SPECIALIST
  KAREN FREEDLY, R.D., C.D.E.
Carbohydrates are the main nutrient in food that affects sugar levels. That's why carbohydrate counting is so effective in helping people manage diabetes and maintain weight. Now, learn how to add flexibility to your food choices that will make for more appetizing meals while meeting your nutritional needs.
  *Class meets at CC, Auditorium.*

Building Your Activity Pyramid
- 1 session. Free.
  Wednesday, Nov. 6: 7-8:30 p.m.
  GREG SALEM, B.S., C.L.C.
  EXERCISE PHYSIOLOGIST
Learn how everyday activities can improve your health and how to incorporate them into your busy schedule. Activities that you are sure to enjoy and benefit from will be demonstrated and discussed.
  *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 levels, 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 testing and evaluation. No fasting is needed for the cholesterol test.

Individual Body Composition Measurement
- 1 session. $35.
Body composition testing provides you with an important parameter in your total health picture. During this hour session, our health educator will perform the test and outline the ways for maintaining a healthy body composition and improving 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.

Shop Well and Eat Well

What's in the Cart? Heart Health Program
The best way to begin eating smart for your heart is at the grocery store where you make most food decisions. This program will give you suggestions for filling up your cart with nutritionally balanced, heart-healthy foods.
  *Group sizes are limited and pre-registration is required.*
  1 session. Free.
  - Wednesday, Sept. 18: 7-8:30 p.m.
  - Wednesday, Oct. 23: 9:30-11 a.m.
  - Tuesday, Nov 5: 7-8:30 p.m.
  *Class meets at GIANT Food Store,
  31st & Emmaus Avenues, Allentown.*
  - Tuesday, Sept. 24: 9:30-11 a.m.
  - Wednesday, Oct. 9: 7-8:30 p.m.
  - Wednesday, Nov. 13: 9:30-11 a.m.
  *Class meets at GIANT Food Store,
  Cedar Crest and Tilghman Streets, Allentown.*
  - Wednesday, Oct. 2: 9:30-11 a.m.
  - Class meets at Food 4 Less, Lehigh Street,
  Allentown

Stop Dieting and Lose Weight

Weigh Less—Exercise More:
Weight Management Program
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.
  - 9 sessions. $110.
  - Begins Thursday, Sept. 12: 6:30-8 p.m.
  *Class meets at Muhlenberg Hospital Center,
  Banko Family Community Center, Bethlehem.*
  - 9 sessions. $110.
  - Begins Monday, Sept. 16: 6:30-8 p.m.
  *Class meets 1243, Lower Level.*

Illustration by turtle apps
Shapedown® - Child and Adolescent Weight Control Program

- 9 sessions, $215.
  Begins Wednesday, Sept. 11; 6:30-8 p.m.
  Through Shapedown®, children and adolescents ages 8-14 can learn to develop healthy eating and exercise habits while building self-esteem and communications skills. Led by trained health educators, the program encourages parents to participate to help their children make positive lifestyle changes.
  Advance registration is required.
  Class meets 1243, Lower Level.

Shape-up Solutions

“Exercise For Life” Classes for Adults

If you engage in little or no physical activity, our new Exercise For Life classes are a good way to get started. The classes were developed in response to a recent report by the U.S. surgeon general which reveals that even moderate physical activity can offer considerable health benefits. Whether you participate in a 30 “healthy” minute session or the 60 “fitness” minutes program, the classes will do wonders for your body and mind.

Thirty “Healthy” Minutes Classes

- 8 sessions, $12.
  • Begins Wednesday, Oct. 2; 10:40-11:30 a.m.
  • Begins Saturday, Oct. 5; 10:40-11:30 a.m.
  Class meets at Muhlenberg Hospital Center, Banko Family Community Center, Bethlehem.

- 8 sessions, $12.
  • Begins Saturday, Oct. 5; 9:30-10:30 a.m.
  Class meets at 1243, Lower Level

- 17 sessions, $25.
  • Begins Tuesday, Oct. 1; 10:40-11:30 a.m.
  Class meets at 1243, Lower Level

- 25 sessions, $37.
  • Begins Wednesday, Oct. 2; 9:30-10 a.m.
  Class meets at 1243, Lower Level

These half-hour classes can help to lower your blood pressure, reduce cholesterol levels, help prevent osteoporosis, ease arthritis and help delay the onset of heart disease.

Sixty “Fitness” Minutes Classes

- 8 sessions, $16.
  • Begins Wednesday, Oct. 2; 10:40-11 a.m.
  • Begins Saturday, Oct. 5; 10:40-11 a.m.
  Class meets at Muhlenberg Hospital Center, Banko Family Community Center, Bethlehem.

- 8 sessions, $16.
  • Begins Saturday, Oct. 5; 9-10 a.m.
  Class meets at 1243, Lower Level.

- 17 sessions, $34.
  • Begins Tuesday, Oct 1; 10-11 a.m.
  Class meets at 1243, Lower Level.

- 25 sessions, $50.
  • Begins Wednesday, Oct. 2; 9:30-10:30 a.m.
  Class meets at 1243, Lower Level.

Through these classes, you can improve your heart and lung capacity for more energy, build up reserves of lean muscle mass and stretch to your limits to reach a new and improved state of well-being.

W.O.W.! Walking-Out Workout Club

- $10. ($5 for adults 55 and over.)
  Now at three locations! 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 W.O.W.! - the Walking Out Workout Club.
  Class meets South Mall, Lehigh Street, Allentown; Saucon Valley Community Center, Hellertown; and Lehigh County Senior Citizens’ Center, Elm Street, Allentown.

Stress Reduction Programs for Adults

Yoga

Eight week session, $52.
  Class meets at 1243, Lower Level.
  • Begins Tuesday, Oct. 29; 6:30-7:45 p.m.
  • Begins Thursday, Oct. 31; 6:30-7:45 p.m.
  The practice of Yoga is designed to lead the students to greater self-knowledge and awareness of the needs of the 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, Sept. 9; 2-3 p.m.
  • Begins Monday, Oct. 21; 2-3 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.

CPR Courses

Course A
- 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, Sept. 16, 23 & 30; 7-10 p.m.
- Monday, Oct. 28, Nov. 4 & 11; 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, Oct. 7; 7-10 p.m.
- Monday, Nov. 18; 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, 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.

Special Events

Community Blood Pressure Screening
- Free.
- Tuesday, Sept. 10; 8:30 a.m.-noon.
- Tuesday, Nov. 12; 8:30 a.m.-noon.
  South Mall, Lehigh Street, Allentown.

Community Cholesterol Testing (non-fasting)
- $10.
- Tuesday, Oct. 8; 8:30 a.m.-noon
  South Mall, Lehigh Street, Allentown
- Wednesday, Oct. 9; 10:30 a.m.-12:30 p.m.
  Saucon Valley Community Center, Hellertown

Diabetes Education

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.

EASY CLASS REGISTRATION
402-CARE
VISA or MASTERCARD

Healthy You
Women's Health

Continued Healing of the Inner Child

- 10 sessions, $70.
  Sept. 17: 7-9 p.m. (First session)
  MARCIA FELKAY, M.A., COUNSELOR

If you are stuck in co-dependent relationships or suffer from low self-esteem, join other women for this interactive growth group and learn how to heal your past and regain your personal power in a supportive environment.

Classes meet at SON, Parlor A.

Seasons of a Woman’s Life

- 1 session. Free.
  Wednesday, Sept. 18: 7-8 p.m.
  PATRICE M. WEISS, M.D.
  OBSTETRICIAN/GYNECOLOGIST

Join Dr. Weiss as she traces the evolution of women's roles in society and parallels these changes with the evolution of women's health. How to achieve physical, emotional and spiritual health through exercise and fitness and other measures including health screenings will be discussed. Learn how to take charge of your health as you move through the seasons of your life.

Class meets at CC, Auditorium.

Charisma—The Magnetic Personality

- 1 session. Free.
  Thursday, Oct. 3: 7-8:30 p.m.
  MARY LILLEY-THOMPSON, PRESIDENT, IMAGE FOR SUCCESS

Do you have what it takes to draw others toward you, to inspire them into action, to capture their imagination, to impassion them to follow you? Back by popular demand, Mary Lilley-Thompson of Image for Success will present this workshop with her usual wisdom, wit and warmth. You will learn your charisma quotient; six ways to become more likeable and several communication techniques that can reach the hearts and minds of others.

Class meets at CC, Auditorium.

Support Groups

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

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, and adults with diabetes. For more information, call (610) 402-CARE.

Measurable Results: A Woman's Workshop for Assessing & Improving Your Health

- Monday, Oct. 7 & Monday, Oct. 14, 6:30-9 p.m.

Learn how to improve your chances of living a long and healthy life at this two-part program.

Session 1 (Oct. 7): Complete a confidential health risk assessment (comprehensive questionnaire, blood pressure, total cholesterol, HDL screening and body composition testing.)

Screenings are coordinated by nurses and other qualified health professionals.

Session 2 (Oct. 14): Receive a detailed personal report about your health status based on the
health risk assessment from session one. You can
then attend three workshops on achieving a
healthier lifestyle. Refreshments are included
both evenings. Space is limited. Registration
deadline is Oct. 4.
Classes meet at MCC.

Feel Good Again —
Leaving Depression Behind
• 1 session. Free.
Thursday, Oct. 17: 7-8 p.m.
DONNA STEVENS, OTR/L, DIRECTOR OF
PSYCHIATRIC REHABILITATION
Learn to differentiate “the blues” from signifi-
cant signs of depression, and find out about gen-
eral treatment options. A take charge approach
will be offered to help you feel better - instead
of allowing sadness to control your life. Join us
for some no-nonsense tips to keeping your
mental health in good health. A review of avail-
able resources will be offered if further help is
necessary.
Class meets at CC, Auditorium.

Turning Back the Clock on Aging Skin
• 1 session. Free.
Tuesday, Nov 5: 7-8:30 p.m.
STEPHEN M. PURCELL, D.O.
Dr. Purcell will discuss the effects of sun, winter
weather, and age on the skin, plus the prevention
of skin damage and the latest techniques for
rejuvenating aging skin.
Class meets at CC, Auditorium.

Menopause: Fallacies, Facts &
New Possibilities
• 1 session. Free.
Wednesday, Nov 21: 7-8:30 p.m.
MICHAEL SCHENBERG, M.D.
FRAN DERHAMMER, R.N., B.S.N.
Women in their prime who want to stay that
way, join our speakers as they separate fact from
fiction and answer your questions about hor-
mone replacement therapy and other
menopause-related concerns. You will leave this
lecture with a more positive view of menopause
and “postmenopausal zest” as you prepare for
the best stage of your life.
Class meets at 17, Auditorium.

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 in cooperation with
Lehigh Valley Lamaze Associates.
Through these programs, we can offer 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 preg-
nancy and delivery through our prenatal and
postpartum fitness programs.
From our Prepared Childbirth (Lamaze)
Series to our “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 or to register, 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.

Early Pregnancy
(3-5 months)

Becoming A Family
1 session. Free
• Sept. 15
• Nov 17
Join other parents-to-be for this free, introd-
ucory program to help you begin your exciting
journey toward parenthood. Our guest speakers
will cover “what happens now that you are preg-
nant,” 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 high-
lighted. Special evening, refreshments and door
prizes are included.
Class meets at 17, Auditorium.

Childbirth Preparation
(6-8 months)

Prepared Childbirth (Lamaze) Series
6 part series. $55.
• Sept. 16 (First session)
• Oct. 28 (First session)
This six-week course helps couples prepare for
labor and delivery and new parenthood and
includes information about relaxation and
Lamaze breathing techniques, stages of labor,
medications and Cesarean birth. The program
will also address feeding options, postpartum
issues, caring for your baby in the first weeks
after delivery and characteristics of your new-
born. Call for locations.
One-Day Lamaze
1 session. $105 includes continental breakfast and lunch.
• Sept. 7
• Sept. 28
• Oct. 5
• Oct. 26
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. This program focuses on relaxation and breathing techniques, stages of labor, anesthesia and coping strategies for labor and birth, cesarean birth and postpartum issues. Advance registration and payment must be received eight weeks prior to start of class.
Call for locations.

Refresher Classes
3 sessions. $40.
• Sept. 11 (First session)
• Oct. 1 (First session)
• Nov. 13 (First session)
Refresher classes for 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).
Call for locations.

"Just Breathing" Class
1 session. $20.
• Sept. 20
• Nov. 1
For parents who have had a baby within the past three years and attended a childbirth class, this class includes a quick review of all stages of labor in addition to a comprehensive review of breathing and pushing techniques.
Call for locations.

Breastfeeding Classes
1 session. $20.
• Sept. 10
• Oct. 16
This class provides expectant parents with a better understanding of breastfeeding and its benefits to babies to enable you to get off to a good start. The services of a certified lactation consultant are available to women who deliver at Lehigh Valley Hospital.
Call for locations.

Prenatal Fitness Program
2 times a week for 6 weeks. $40.
• Sept. 10 (First session)
• Nov. 4 (First session)
Women who want to maintain a moderately active fitness regime during pregnancy are encouraged to attend this safe, professionally-supervised exercise class. The class includes an educational component that focuses on the prenatal changes in a woman's body and their effects on exercise. Physician approval is required for participation and a signed consent form must accompany your registration form.
Call for locations.

"All About Baby" Class
(21 Newborn Care)
1 session. $20.
• Sept. 20
• Nov. 1
This single session provides expectant parents with information on basic newborn care, including feeding, safety, immediate health problems, well child care and resources available to families. Grandparents are welcome to attend.
Call for locations.
Sibling Classes

• 1 Session: $10 per child; $15 for 2 or more children.
  Age 3-4  Age 5 and older
  • Sept. 5  • Sept. 12
  • Oct. 3  • Oct. 10
This class helps brothers and sisters prepare for the arrival of their new sibling. A variety of activities will take place with refreshments, gifts and a sibling tour of the maternity unit. Separate sessions are offered for children in different age groups. Parents are expected to attend with their children. Class meets at SON, Room 916.

Healthy Beginnings

Labor and Delivery Series

4 sessions $20.
Healthy Beginnings Plus participants (cost included in health package)
  • Sept. 3 (First session)
  • Nov. 5 (First session)
Information about labor and delivery including relaxation and breathing techniques, medications and Cesarean birth is outlined in the four-part daytime course which is offered every month. Classes meet at SON.

Healthy Beginnings

Parenting Newborn Series

4 sessions $20.
Healthy Beginnings Plus participants (cost included in health package)
  • Sept. 3 (First session)
  • Nov. 5 (First session)
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 families. Classes meet at SON.

Postpartum Programs

(After the Baby is Born)

"Hey Baby, Let's Work Out"

Full session: 2 times a week for 6 weeks $40.
Mini session: 2 times a week for 3 weeks $20.
  • Sept. 30 (First session)
  • Nov. 11 (First session)
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. Classes meet at 1243, Lower Level.

New Moms Network

(Support group for new moms)

From.
  • Sept. 5 - Feeding Your Infant
  • Sept. 19 - When to Call the Doctor
  • Oct. 3 - Calming Your Crying Infant
  • Oct. 17 - Infant Growth & Development 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) 460-CARE at least two weeks before the scheduled session. Classes meet at 1243, Lower Level.

Your Incredible Infant

1 session $10.
  • 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. Classes meet at SON.

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 selected 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. Classes meet in lobby, 17.
Into the Pumpkin Patch

A Fall Festival for Family Health

Oct. 12 Noon-5 p.m.
Fish Hatchery Road
Allentown
(directly behind Lehigh Valley Hospital, Cedar Crest & I-78)

FEATURING A SPECIAL PERFORMANCE BY
Bloopy™ and
Jumping Jack of
Bloopy’s Buddies™
the popular PBS children’s
health and safety program

- Pumpkin Painting
- Pumpkin Carving Demonstration
- Cooking with Pumpkin and Squash Demonstration
- Blood Pressure Screening
- On-site Physician Referral Service
- Computerized Nutrition Profile
- Halloween Bags and Tips for Safe Trick-or-Treating
- Child ID Photos
- Koola Bear from the Burn Prevention Foundation
- Bert and Ernie Puppet Show
- Poison Prevention with Mr. Yuk
- Flu Shots (available for a nominal fee)
- Refreshments

Show time, 2 p.m.

Admission: $4 per person
($10 for family/group of four)
To register, please call (610) 402-CARE.
Advance registration/payment is required.
How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; 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
Morgan Cancer Center, Cedar Crest & I-78
1243 S. Cedar Crest Blvd.

NEW LOCATION!
Muhlenberg Hospital Center

ABBREVIATIONS
CC
17
SON
MCC
1243
MHC

Plus many new locations throughout the Lehigh Valley!

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

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: Use the registration form below.

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

Class & Lecture Registration Form

Questions?
Call (610) 402-CARE

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.

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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 whether you are eligible for class discounts.
Parkinson’s Disease: Patient and Family Symposium
Saturday, Sept. 28; 8:30 a.m.-3 p.m.
Lehigh Carbon Community College, Schnecksville
Fee: $15 per person
An update on treatment approaches including new drug therapies and procedures will be presented at this program for people with Parkinson’s Disease and their families. Participants can also learn more about psychological self-enhancement and attend workshops in physical, occupational and speech therapies. Sponsored by Regional Parkinson’s Support Groups and Lehigh Valley Hospital.

National Depression Screening Day
Thursday, Oct. 1
Call (610) 402-CARE for location
Free
Learn more about the causes and latest treatments for depression and how to enjoy good mental health. During this nationwide outreach program, professionals will educate and evaluate participants and offer recommendations for self-help or referrals for follow-up treatment, if necessary. Sponsored by Lehigh Valley Hospital Psychiatry Department.

Breast Health Day
Tuesday, Oct. 22
Conference Rooms 1 A/B, Morgan Cancer Center
Free
Women of all ages are encouraged to participate in this series of interactive sessions on breast health including self-examination techniques and the early detection, treatment and prevention of breast cancer. Join health professionals and volunteers dedicated to breast health for an informative program, refreshments and gifts at Lehigh Valley Hospital during Breast Cancer Awareness Month in October.

Mothers-to-Be Week
Shopping Tours at Your Local Stores
Free
Sunday, Oct. 27  Food for Less, 2919 Lehigh St., Allentown
11:30 a.m., noon and 12:30 p.m.
Monday, Oct. 28  Valley Farm Market, 704 W. Emmaus Ave., Allentown
5, 5:30 and 6 p.m.
Wednesday, Oct. 30  Valley Farm Market, 1014 Union Blvd., Allentown
1:30, 2 and 2:30 p.m.
       Lanco, 1800 Sullivan Trail, Easton
            3, 3:30 and 4 p.m.

Nutritious foods for expectant mothers and babies-to-be will be highlighted during guided tours at area supermarkets. Educational materials, recipes, refreshments and sample foods will also be available at in-store information booths. Call for additional dates and Lanco/Food Lane locations.
Sponsored by the March of Dimes, the Lehigh Valley Dietetic Association and Lehigh Valley Hospital.
Time for one last slide before we go home.”

Ethelmae Marushak, Allentown, drives her grandson, Joseph Magargal, 3, to and from Lehigh Valley Child Care, Allentown.
Leading Up to M

'Perimenopause' Is a Long, Gradual Process—And There's a Lot You Can Do to Make It Easier

- Shelly, 39, is having irregular menstrual periods and feeling low on energy.
- Karen, 52, is gaining weight for the first time in her life and waking up at night bathed in perspiration.

Which woman is going through menopause?

Probably both women—but what they're going through is perimenopause. “Many people think menopause is like a light switch that goes on and off. Actually, it's a long, gradual process more like puberty,” says Stephen Klasko, M.D., chair of the department of obstetrics and gynecology at Lehigh Valley Hospital and Health Network.

If you adopt some good health habits during this five- to 10-year process, you'll have an easier time with menopause itself and a healthier old age as well. As Klasko puts it, “Perimenopause is a kind of ‘amnesty period’ for your future.”

Perimenopause can begin as early as the late 30s. It ends when a woman stops menstruating for six months; there is a hormone test to confirm the fact. “The average age of menopause today is about 51,” Klasko says, “but the whole process is extremely variable from woman to woman.”

So what's to be expected during perimenopause?

What You Can Do: Exercise!

It helps control weight, boosts energy and mood, staves off bone loss and protects your heart.

What You Can Do: Educate Yourself!

Learn about menopause and your health risks; talk to your doctor about hormone replacement.
Some of the classic symptoms are physical:

**Unusual menstrual periods.** As estrogen production slows and the body prepares to cease ovulating, periods often become irregular in timing and flow.

**A tendency to gain weight.** The metabolism slows with reduced hormone production.

**Symptoms such as hot flashes, night sweats and vaginal dryness.**

But you can also expect emotional changes at this time of life. There's the "empty nest" syndrome; even women with fulfilling careers can find it traumatic when children leave home. "Also, many women have trouble adjusting to the realization that their reproductive life is over," Klasko says. "And relationships can be a challenge. Males in mid-life go through a psychological menopause of their own, which can impact on a couple's emotional and sexual life."

**A Lack of Good Information**

Until recently, women went through menopause without much support from the medical community. Even college-educated women got their "facts" from friends, relatives or television. (One woman told a researcher she'd learned about menopause from Edith on "All in the Family"!)

"We've come a long way," Klasko says. "In part, this is due to pressure from the 'baby boom' generation, a very health-conscious group who revolutionized childbirth care and are approaching menopause the same way. And why should an active woman at the prime of her career have to suffer through menopause if there are things she and her doctor can do to make her feel better?"

What are the things you can do to feel better? Three of the most important are exercising, eating right and educating yourself. "Putting, say, 10 percent more effort into exercise and good

*Continued on next page*
nutrition can do a lot to offset hormonal changes,” Klasko says. “If you don’t start before menopause, maintaining your ideal weight and fitness level becomes much more difficult later.”

Educat ing yourself means learning all you can about the risk factors that can lead to problems in later life. If you have a family history of osteoporosis, for example, it’s critical that you know how to prevent the rapid bone loss that occurs in the first few years after menopause. And heart disease after menopause is a major threat to women. Hormone replacement therapy is effective against both of these conditions; look into the possibility ahead of time.

For a Smooth Transition

Begin routine mammograms and breast self-exams, if you haven’t already done so. (See story on page 23.)

Take charge of your overall health. “During the reproductive years, many women don’t think beyond gynecology issues,” Klasko says. “Now, you need a complete annual physical that includes the heart and other systems.”

Evaluate your relationship with your partner. Both of you are going through hormonal, family and perhaps career changes. How can you best support each other during this time?

Learn new things. Let go of old attitudes about what you can and can’t do; you’re only as old as you allow yourself to feel.

Be happy with yourself. “In our youth-obsessed culture, it may take wisdom to look in the mirror at age 50 and smile,” says Fran Derhammer, education coordinator, Women’s Health Services at Lehigh Valley Hospital and Health Network. “But for many women, this decade can be the beginning of the most exciting time in life, what Margaret Mead called ‘post-menopausal zest.’

“You’re looking forward to a period when you’ll be free of responsibility for children, more confident in your career and able to focus on your own needs and self-expression. The second half of life can be a blossoming of new possibilities.”

If you would like more information about menopause, including a free questionnaire on your risk of osteoporosis, heart disease or breast cancer, call (610) 402-CARE.
Do You Need a Mammogram?

It Depends on Your Age and Risk

Factors—But When the Time Comes,
Mammography Is Definitely Worthwhile

There's no argument that mammograms—X-rays of the breast—are the key to early detection of breast cancer. Mammography can spot cancerous lumps too small to be felt, when the cancer is most curable.

"Research has shown that in women over 50, annual mammograms result in a 33 percent higher breast cancer survival rate," says Elisabeth Crago, research coordinator at Lehigh Valley Hospital's John and Dorothy Morgan Cancer Center.

Given that kind of statistic, you'd think every woman would be lining up for a mammogram. The reality, however, is that most find a reason to put it off. "Only 42 percent of the women who should get mammograms actually do," Crago says. "And the numbers are even lower for minority and low-income women."

Why don't women take advantage of this important weapon against breast cancer? Continued on next page

"The discomfort is so minor.
It's just a matter of seconds—if you've been through childbirth, a mammogram is nothing.
I've always heard that after 40 you should have one every year, so I asked for my first mammogram."

Kathy Congilio, 42
Schnecksville

"Mammograms are part of my regular mid-life wellness routine.
They're just like physical fitness and good nutrition.
Five years ago, some calcifications showed up.
I discovered that no one, no matter how healthy, is exempt from needing a mammogram."

Dale Honig, 51, Emmaus
"Don't wait for your doctor to bring it up.

Take the initiative.
At 35, I asked my doctor and we had that first mammogram for comparison two years later when an abnormal area turned out to be cancer."

Sandra Gray, 38
Bethlehem

"We have a family history of breast cancer.
My grandmother died of it, and my mother had a mastectomy. She would have found the cancer earlier if she'd had mammograms. My sisters and I started on them right away. Whatever your fears, it's so important to do this."

Wanda Broders, 33, Allentown

The reasons range from lack of awareness to "not enough time" to fear of pain or cancer. The truth about mammograms is that there's very little embarrassment or discomfort. The test is done by a female technologist and involves briefly compressing each breast between photographic plates. You're exposed to less radiation than in a dental X-ray. And 90 percent of mammograms turn out normal.

Do you need a mammogram? The American Cancer Society currently recommends mammograms every year for those over 50 and every one to two years for those 40 to 50. But area specialists say it's a bit more complex than that.

"Everyone agrees that the benefit is greatest for women 50 and over," says Gregory R. Harper, M.D., new director of the Morgan Cancer Center (see story on page 28). "But the evidence is less strong for those under 50. If you have risk factors such as past breast biopsies or a family history of breast cancer, I would certainly recommend you get a mammogram every year. If you're not at high risk, it's a matter of personal choice."

Crago suggests you consult your doctor in making the decision about when to begin mammograms. "There are many factors to consider," she says, "including the density of your breast tissue (which affects the ability to get an accurate X-ray) and your personal anxiety about the disease.

Once you start, Harper says, make regular mammography a habit. "The value of the procedure is being able to compare current and past X-rays, and a mammogram five years old is less useful than a more recent one."

As valuable as mammography is, it's only one component of

Mammography Centers
Mammography Services/Lehigh Valley Hospital
• 1230 S. Cedar Crest Blvd. Allentown
• 401 N. 17th St. Allentown

Mammography Centers/Muhlenberg Hospital Center
• 2545 Schoenersville Rd. Bethlehem
• 190 Brohead Rd. (off Rt. 512), Bethlehem
• 3735 Nazareth Rd. Easton

American Cancer Society Recommendations for Women of Average Risk

• Begin mammograms by the time you're 40.
• Have a mammogram every one to two years between 40 and 50.
• Have a mammogram every year if you're over 50.
• Keep past mammograms for comparison; if you move, be sure to take them with you.
"I'm ashamed to say I put off my first mammogram for 12 years!
I didn't have the time.
I was afraid it would be painful. There was always an excuse.
But there's no pain at all,
and mammograms are very, very important. Don't let fear
of the unknown prevent you from having one."

Anna Mae LeChee, 58, Allentown

"I found a lump while taking a shower.
The symptoms weren't typical of cancer,
but I insisted on a mammogram and it confirmed the
diagnosis. Five years later I am cancer-free. I'm also
faithful about having mammograms and doing self-
exams like clockwork."

Mary Ann Hamm, 41, New Tripoli

breast health, says Diane Garrigan, D.O., director of
mammography services for Women's Health at
Muhlenberg Hospital Center. "Besides mammograms,"
she says, "you need a professional breast exam once a
year, and the most important thing of all: breast self-
exams every month. I can't emphasize this enough.
Mammography is good at picking up things you or your
doctor can't feel, but only you can detect subtle differ-
ences from month to month."

And mammography itself has its limitations. It produces
false negatives in about 15 percent of cases. "But turn that
around and mammography is 85 percent accurate," Crago says.
"It's by far the best method we have, really the only effective
method for screening and early detection of breast cancer."

Call (610) 402-CARE if you are interested in the following:

• a free questionnaire to help determine your risk
  of breast cancer
• free instruction on breast self-exams
• Lehigh Valley Hospital's fund for women who cannot
  afford a mammogram

Checklist: How to Choose a Mammography Center

___ Is the facility accredited by the
  American College of Radiology?

___ Does it specialize in mammograms?
  (Check for high volume and a specially trained staff.)

___ How quickly will I get my results?

___ Is the facility comfortable and convenient,
  with staff sensitive to my needs and concerns?

___ What is the hospital affiliation? (In other words, if my
  mammogram is abnormal can I get the follow-up I need
  without having to go somewhere else?)

Healthy You 25
Can Day Care Affect The Parent-Child Bond?

Is there a parent who hasn't felt a pang as she hands her child over to the day care center? She can rest easier now. Early findings from a long-term national study show that day care isn’t likely to damage the mother-child relationship, as long as the relationship itself is solid.

These findings hold regardless of type of child care, quality, quantity or age of entry. However, in cases of insensitive or unresponsive mothering, the mother-child bond is damaged by poor-quality day care.

The study by the National Institute of Child Health and Human Development is tracking 1,150 children from infancy through age 7. The early findings are for 15-month-olds, so the jury is still out on the long-term effects of day care.

But the day-to-day experience of pediatricians indicates there’s no real cause for worry. “In our practice, we haven’t seen significant problems with parent-child attachment due to day care,” says Michael Schwartz, M.D., Lehigh Valley Hospital physician. “We do see other problems, such as more ear infections. But emotionally, if there’s a stable, loving home, day care isn’t a negative factor.”

Schwartz says some cultures deliberately choose group child-rearing practices. “Kibbutz children in Israel live away from their parents almost from infancy, to encourage the sense of the entire community as family. Parent-child bonds are close.”

Are there things an American parent can do to help make day care a positive experience? Schwartz suggests:

- **Ideally, keep your infant home for the first six months.** It’s easier to breastfeed and form a solid early attachment.
- **See if your employer offers on-site day care.** Dropping in for a visit during the day is a big plus for both child and parents.
- **Don’t change day-care providers unless you have to.** Children are more secure in a stable situation.
- **Young children do better with frequent day care.** To make separation easier, have a regular schedule of day care, frequently enough for the child to get used to.
- **Spend quality time with your child.** Read aloud in the evenings, and plan parent-child activities on the weekends.

How to select a day care program is outlined in “The Questions You Should Ask” pamphlet. Call (610)402-CARE.

Megan Phillips, 20 months, enjoys a laugh with her mother, Dana (left), of Easton, and caregiver, Anna Rosado of Carefree Learning Center, Bethlehem.
The Power of a Group:
Lehigh Valley Road Runners Women’s 5K Classic

How does a small-scale women’s 5K run turn into a major event—with 1,000 participants and $20,000 in proceeds for breast cancer treatment and research—in the space of just four years? It’s a testament to the power of a group, says Wendy Body Rothrock, race coordinator.

“The Lehigh Valley Road Runners held a women’s run for years,” Rothrock says, “but it was sparsely attended. In 1993, Jane Serues, the ‘mentor’ of our group, got me involved and I thought, ‘We can make something more out of this.’”

Rothrock’s first strategy was to de-emphasize the race aspect in favor of wellness. “We wanted to introduce women to physical fitness in a supportive environment,” she says. Then she began thinking about purpose. “I figured if we’re going to get all these women together, why not raise funds to support a women’s cause? And what better cause than breast cancer?”

Rothrock, an engineer, had “never done anything like this in my life.” But her boss, Lee Butz, gave her the funds to start the event and the confidence to go after more sponsorships. And she soon had a hard-working and enthusiastic committee.

“Loretta is the creative one who adds class to our event,” Rothrock says. “Sharon organizes the volunteers. Ingrid is very good at the race details and the kids’ run. Terry became our publicity expert, and Brian does all our registrations on computer.”

“We all came together for no other reason than the cause,” Rothrock says. “Each of us adds something to the project because we’re so different. Over the years, we’ve become great friends.”

Today the Lehigh Valley Road Runners Women’s 5K Classic is the Valley’s largest all-female wellness event and very possibly the largest athletic event for either gender in the region. “The most wonderful thing is that we are 100 percent volunteer run,” Rothrock says. “Virtually all the expenses are donated, so entry fees go straight to the cause and 90 percent of our sponsors’ money goes there, too.”

In the final weeks each year, committee members suffer a bit of burnout. “Toward the end we wonder why we do this because it’s so much hard work. We donate toward the costs, too,” Rothrock says. “But that night, it’s the biggest high to sit back and look at what we created—to see what a bit of elbow grease and dedication can do. This is what makes us come back each year.”

Top row (L-R): Anne Povenski, Terry Oravec, Sharon Matthews, Brian Patterson, Jane Serues, Wendy Rothrock.
Bottom row (L-R): Ingrid Olsen, Loretta Dodson, Sara Glassman, Julene Martin.

Walk or run in the “Race for Life.” Details on page 29.
Harper Is New Director of Morgan Cancer Center

Gregory R. Harper, M.D., Ph.D., has been named director of the John and Dorothy Morgan Cancer Center at Lehigh Valley Hospital. He previously headed the division of medical oncology at Albany Medical College, N.Y., and was founding medical director of the inpatient cancer unit at Albany Medical Center Hospital.

Harper was instrumental in developing outreach services for breast cancer education, counseling and detection for low-income women in the Albany region. The effort led to a research award from the American Cancer Society. He also expanded breast cancer education and screening programs in Poland through a U.S. government grant.

Dedicated to Improving Children's Health. This country-style playhouse will be raffled Sept. 28 as part of Nite Lites at Dorney, a fund-raiser to benefit Lehigh Valley Hospital pediatric services. Pictured with the playhouse is Kim Fritz, a member of the Nite Lites committee, and sons Kevin (center) and Kyle. The playhouse was donated by Boyle Associates, local contractors, and valued at $7,500. It measures 10 by 12 feet, is wired for electricity and could easily convert to an artist's studio. Raffle tickets are $1. Call (610) 402-CARE for information.

Harper is active in clinical investigations and is board-certified in medical oncology.

Art Show and Sale Is Picture-Perfect

The 10th annual art show and sale, sponsored by the Arts Advisory Council of Lehigh Valley Hospital, will open with a reception Oct. 26 from 6 to 9 p.m. in the Kelly Gallagher Atrium at the John and Dorothy Morgan Cancer Center, CC & I-78. The show will continue daily from 10 a.m. to 6 p.m. through Nov. 2.

Original works in many mediums by local artists will be available for purchase during the reception and show, which are open to the public.

Becoming a Better Babysitter

With a focus on health and safety issues, SuperSitter can help young people, ages 11 and up, become more knowledgeable and confident babysitters. The program,
Lehigh Valley Road Runners
Women’s 5K Classic

Come out and run, come out and walk, or come out and do both!

It’s a fitness day for women. Proceeds benefit breast cancer treatment and research.

SATURDAY, OCTOBER 26
10 a.m. Lehigh Parkway, Allentown

Pre-register and get a free t-shirt! Pre-registration $15
Day-of-event registration $20
Prizes for competitors, a flower for every finisher
Bring your kids to the children’s run
Sign up your husband as a volunteer
This is a family event

Keystone Savings Bank, Presenting Sponsor

Some Races Are for Kicks, Some Races Are for Glory...
This Race Is for Life

For information or to register, call (610) 402-CARE.

In The Next Issue

- Choosing a Health Plan:
  If you’re self-employed. Part two in our managed care series

- Healthy Holiday Foods

- Seasons of a Woman’s Life

- Teens and Smoking
  If there is another topic you would like to see in an upcoming edition of Healthy You, call (610) 402-CARE.

Zirka Halibey, M.D., is one of several Lehigh Valley Hospital-affiliated obstetrician/gynecologists now caring for patients of Women’s Health at Muhlenberg Hospital Center.

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Vincent Lucente, M.D., Obstetrics & Gynecology
Consumer Information Line Jill Kern, R.N.
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Healthy You is published six times a year by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help in finding a physician, call (610) 402-CARE for further assistance.
Every week, nurses Chris Morehouse and Jill Korn talk with hundreds of callers to 402-CARE about health issues like allergies, Lyme disease, insomnia and menopause. They answer questions about general and personal health concerns and send out free information like recommendations for immunizations and screenings.

And for help finding a doctor, Chris and Jill can refer you to one of Lehigh Valley Hospital's more than 700 physicians. They can even help you prepare questions for the doctor before your visit.

Call 402-CARE weekdays between 8:30 a.m. and 4:30 p.m. to talk to our qualified professionals about the latest health information or to register for one of our many health education classes. If you leave a message after hours, we'll return your call at your convenience.