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PUT YOUR HEALTH FIRST

FIND A DOCTOR
LVHN.org/findadoc

WATCH VIDEOS OF OUR SURGEONS
Visit LVHN.org/surgery.

STAY UP-TO-DATE
Get daily health information on our Lehigh Valley Health News blog.
Visit LVHN.org/news.

READ THIS ISSUE
of Healthy You magazine online – and read extra stories – at LVHN.org/healthyyou.
Know the ‘Story of Your Health’ With MyLVHN

In the past, most medical information was written on a paper chart or typed into separate electronic medical record systems. Neither was easy for patients to access. Now at LVHN, we’ve transitioned to a single, integrated computer system called Epic.

Among the many great aspects of Epic is a feature called MyLVHN, which allows patients to log in and review test results, after-visit summaries, allergy records and much more. It’s really the story of your health.

Ready to get started? First, visit MyLVHN.org. There you can read frequently asked questions and watch a short video about how to activate your account. If you have an activation code and medical record number, you can activate your MyLVHN account right from the main MyLVHN.org page. You also can activate MyLVHN at your next appointment with a Lehigh Valley Physician Group (LVPG) provider.

With an activated MyLVHN account, you can:
- Send a secure message to your health care provider.
- Review medications
- Request a prescription refill
- Review test results
- See previous after-visit summaries of your care
- Pay a bill

You also can send a secure, non-urgent message to your health care provider’s team. When we receive a message from a patient, our team handles the request or forwards it to me for advice. I often answer it myself and can reply directly or ask a team member to check in with that patient. It’s a great feature that will save you time. And with MyLVHN, you can see if your message has been read.

If you provide care to children or a loved one, you can request proxy access to view portions of their MyLVHN account. For parents, this is a way to track your child’s milestones or immunizations. For caregivers, this is a way for you to understand the scope of your loved one’s care. At their next appointment, speak with the care team about MyLVHN proxy access.

As a physician, I strongly believe MyLVHN offers you one of the most engaging ways to understand your health. I encourage you to activate your MyLVHN account so you can benefit from this patient-friendly technology.
Get Started

USE THESE TIPS AND START YOUR PERSONAL JOURNEY TO BETTER HEALTH TODAY

Stories by Kyle Hardner, Richard Laliberte, Rick Martuscelli and Sidney Stevens.

Pump Up That Pumpkin

It’s almost autumn, and pumpkins are everywhere. So it’s a perfect time to cook up some savory pumpkin dishes – and not just pumpkin pie. There are plenty more great ideas – roasted seeds in the oven, pumpkin soup and pumpkin bread. Here’s one to get you started:

Rigatoni With Roasted Pumpkin and Goat Cheese

Makes 6 servings

4   pounds fresh pumpkin (can substitute with squash, as seen at left)
4   ounces shallots, peeled and quartered
3   tablespoons olive oil
¼   cup sage leaves, fresh
¼   teaspoon salt and pepper
12 ounces uncooked rigatoni
2   tablespoons butter
5   ounces goat cheese, crumbled

DIRECTIONS

► Preheat oven to 425 degrees.
► Remove seeds, peel skin and cut pumpkin into 2-inch chunks.
► Toss pumpkin, shallots, olive oil, sage, salt and pepper together, arrange on sheet pan and roast about 30 minutes.
► Cook pasta in large pot of salted boiling water until al dente. Strain pasta and reserve ¼ cup of cooking water.
► Return pasta, cooking water, pumpkin, shallots, butter and goat cheese to pot. Gently fold to combine well.

Nutritional information per serving (416 grams): 470 calories, 66 g carbohydrates, 15 g protein, 18 g fat, 150 mg sodium, 40 mg cholesterol, 4 g dietary fiber

—Sidney Stevens

Next Step

For more pumpkin recipes including spiced pumpkin bars and pumpkin muffins, visit LVHN.org/recipes or call 610-402-CARE.
LVHN to Join Memorial Sloan Kettering Cancer Alliance

An agreement has been signed for Lehigh Valley Health Network (LVHN) to join the Memorial Sloan Kettering (MSK) Cancer Alliance. The alliance’s goal is to bring the most current knowledge and advanced cancer care into the community setting.

LVHN and MSK – the world’s oldest and largest private cancer center – are participating in a mutual process to determine how the organizations can best work together to improve care for patients and enhance cancer research at both organizations. Once that process is complete and LVHN becomes a member of the MSK Cancer Alliance, here is what will happen:

► Patients will benefit from expanded access to MSK clinical trials, as well as the latest discoveries in cancer research.
► LVHN physicians will discuss their more complex cancer cases with MSK physicians, who have experience in treating different and rare forms of cancers.
► LVHN physicians will visit MSK to observe new techniques.
► Both institutions will share educational resources, and collect and track data on quality of care, outcomes and patient satisfaction.

5 Freebies for You This Fall

The children are returning to school. The leaves will soon change color, and it’s a great time to recharge your health goals. To get started, try these five free activities:

1. Sign up for MyLVHN. If you go to an LVHN or LVPG provider, you now can view your test results, after-visit summaries, allergy records and much more online. Get the story of your health. Visit MyLVHN.org.

SEE PAGE 3.

2. Get that flu shot. Circle Nov. 7 or 8 on your calendar (or create an alert on your smartphone). That’s when LVHN will be providing free flu shots at Dorney and Coca-Cola parks in Allentown.

SEE PAGE 21.

3. Connect with others. Are you a stroke survivor? Do you live with Parkinson’s, MS or myasthenia gravis? Do you have diabetes? Get free support.

SEE PAGE 22.


SEE PAGE 21.

5. Learn to prevent falls. Attend the 50+ Wellness Expo, where you can get blood pressure and balance screenings, win a raffle, and – most importantly – learn to stay safe on your feet.

SEE PAGE 21.

Appalachian Trail, state parks, rail trails: “Our area offers great hiking,” says certified athletic trainer Jeffrey Silliman with Lehigh Valley Health Network. He suggests these steps to return from trails safe and sound.

1. ASSESS: Know the terrain, weather and hazards ahead – and whether you can handle them.

2. HAVE PROPER FOOTWEAR: Good tread and ankle support provide stable footing on rocky trails.

3. FILL UP: Consume healthy foods and water before starting. Carry snacks, and drink at least one quart of water every two hours.

4. TELL SOMEONE: Knowing where you’re going, when you’ll get there, what route you’ll take and when you expect to get back helps rescuers if you get in trouble.

5. CARRY ESSENTIALS: Pack a flashlight, whistle and first-aid kit.

6. STAY ON TRAILS: You’ll be easier to find if lost or injured. Plan what to do and where to go if companions get separated.
The Power of Survivorship

SALLY McCLAIN SAVORS LIFE, LONG AFTER CANCER TREATMENT

Sally McClain (below, right) fought breast cancer. Now, nearly 20 years later, one of her lasting memories of the experience is the support she found afterward.

“I meet with a nurse practitioner every year for an annual exam,” says McClain, 74, of Upper Macungie Township. “In the past I’ve also had genetic testing, where I was relieved to learn that my breast cancer didn’t run in my family.”

It’s all part of a Lehigh Valley Health Network program called Survivor PLACE (programs for living after the cancer experience). It provides a nurse practitioner who will look for any signs of cancer returning and offer recommendations on managing pain, fatigue or other issues related to treatment. You’ll also have a dietitian, counselor, social worker and a rehabilitation specialist available as needed.

“Everyone there is so helpful and positive,” McClain says. “They know where to send you in the health network for whatever services you may need.”

SALLY’S STORY
For McClain, the cancer journey began at age 55 when she lived in the Lancaster area. A mammogram found a type of cancer called infiltrating duct carcinoma. “The lump was so small, even my surgeon wasn’t able to feel it,” she says. That early detection meant her cancer was highly treatable.

She underwent a lumpectomy and lymph node removal, followed by six weeks of radiation therapy. Then, for the next five years, she took a prescription medication (Tamoxifen) that blocks the actions of estrogen and helps to prevent certain types of breast cancer.

SUPPORT AND FOLLOW-UP CARE
Two years after surgery, McClain developed lymphedema – a swelling in her arm most commonly caused by the removal of or damage to lymph nodes. After moving to the Lehigh Valley, she went to Lehigh Valley Hospital–Cedar Crest in Salisbury Township and met nurse practitioner Dena Wich, CRNP, with the LVHN Survivor PLACE program.

“She referred me to a physical therapist, who was able to recommend an additional compression sleeve worn at night in order to keep the swelling down,” McClain says.

Such support can mean a great deal to people after cancer treatment. “We consider survivorship a distinct phase of cancer care,” Wich says. “Having cancer is one of the most stressful experiences someone will go through in their lifetime, and we’re here to help you cope with the physical and emotional aspects.”

Survivor PLACE, available through a physician’s referral, provides additional services, including a free three-month membership at an LVHN Fitness location, grief support and other resources. For McClain, it’s been a key step in her journey.

“I believe early detection, the right medical treatment and a strong support system got me where I am today,” she says. “I’m alive and enjoying every day with my family and friends.”

–Leslie Feldman
Meet the Many Faces of Breast Cancer

Every person who has breast cancer has a unique and individual experience with her diagnosis, treatment and life impact. It’s the most personal of diseases, and it inspires people to help one another.

In that spirit, many local breast cancer survivors who received treatment at LVHN have stepped forward to share their stories in their own words. Get inspired by their stories. Visit LVHN.org/manyfaces.
Can breast cancer be a blessing in disguise? Yes, says Paula Steiner of Whitehall. She lived through the diagnosis, several surgeries and chemotherapy. Then she took steps that enhanced her self-esteem. “I wanted to be sure something good came of this,” she says.

Her journey began eight years ago with a diagnosis of stage 3 cancer in her left breast. Under the care of surgical oncologist Heiwon Chung, MD, with LVPG Surgical Oncology–1240 Cedar Crest, Steiner had a lumpectomy and had lymph nodes removed. Yet those procedures didn’t take all her cancer.

Rather than have another lumpectomy, she chose to have her left breast removed and opted for a prophylactic mastectomy on her right breast. Her decision meant reconstructive surgery, which Lehigh Valley Health Network (LVHN) plastic surgeon Randolph Wojcik Jr., MD, with LVPG Plastic and Reconstructive Surgery–1243 Cedar Crest, performed in January 2008 using tissue from Steiner’s abdomen.

“Breast cancer is life-changing,” Wojcik says. “I think all patients having surgery for breast cancer should talk with a plastic surgeon about their options – from doing nothing to full reconstruction and a lot in between.”

A few weeks after her mastectomies, she started chemotherapy, which proved difficult. “I can’t sit still,” says Steiner, who rides a bicycle 20 miles a day and craves the adrenaline rush from exercise. “During chemo I faithfully rode my bike on the Ironton Rail Trail. Sometimes I was a little sick, but riding distracted me from the sickness.”

On her rides, she had plenty of time to think. And while she wasn’t pleased with how chemo affected her – it left her feeling bloated, and she lost her hair – she realized she wanted to feel good about her physical appearance in the long term, starting with her breasts.

“She had a great result, but she wanted a bit more fullness,” Wojcik says. “There was only so much fat in her abdomen, so we added volume with implants.”

Steiner was unsure of how much “volume” she wanted, until literally right before surgery in summer 2008. She took a piece of medical tape and a Sharpie, wrote “Make my breasts like Jennifer Aniston’s,” and stuck it on herself as they wheeled her in for surgery.

Going up one cup size allowed her to “feel more comfortable about myself, and that’s what counts,” Steiner says. After the surgery, she reflected on some of the thoughts she had during chemotherapy – including imperfections she saw in her nose and neck. So she asked Wojcik to do plastic surgery on those two areas as well. “I probably never would have done [any of these procedures] if I hadn’t had breast cancer,” she says.

For Wojcik, seeing people recover from breast cancer and regain their self-esteem is a professional and personal passion. “Having cancer can be demoralizing and depressing, and it shatters your confidence,” he says. “My job isn’t just to make you look good in clothes. It’s to make you whole again.” And that’s exactly how Paula Steiner feels.

Medical esthetician Emily Doster, with LVPG Plastic and Reconstructive Surgery–1243 Cedar Crest, applied makeup for Paula Steiner’s Healthy You magazine photo shoot. Learn more about skin care and facial services available for you. Visit LVHN.org/plasticsurgery.
"My job isn’t just to make you look good in clothes. It’s to make you whole again."

Randolph Wojcik Jr., MD  
Plastic surgery  
Watch his videos at LVHN.org/Wojcik.

Heiwon Chung, MD  
Surgical oncology  
Watch her video at LVHN.org/Chung.

Next Step  
LEARN MORE ABOUT PLASTIC SURGERY at LVHN. Visit LVHN.org/plasticsurgery.
“How quickly can I go home again?”
It’s the question most people ask following any type of surgery. Now a new program available within Lehigh Valley Health Network (LVHN) is designed to help people return home and resume normal daily activities quickly and safely following elective colon-rectal surgical procedures.

Called ERAS (pronounced air-is), it stands for enhanced recovery after surgery. LVHN is one of 10 hospitals nationwide chosen by the American College of Surgery to administer the program.

“Recently, large U.S. institutions have shown ERAS to decrease complications and reduce return trips to the hospital,” says LVHN’s Pat Toselli, DO, with LVPG General Surgery–Hausman Road. Colon-rectal surgery is a particular focus because “such procedures often are complex, leading to a high morbidity and higher length of stay,” Toselli says.

HOW IT WORKS
ERAS begins with a team approach. “All surgeons, anesthesiologists, nurses and hospital staff contribute,” Toselli says. The team follows specific protocol. For example, during surgery, a noninvasive cardiac (heart) monitor is used to guide fluid administration in order to avoid bowel wall edema (swelling). When edema can be avoided, your gastrointestinal tract recovers faster, which means you can return home sooner.

After surgery, you are encouraged to be mobile and start drinking as soon as possible, often times while still in the recovery room. This helps avoid blood clots (called deep vein thrombosis) that could develop in your legs with too much rest. And once you leave the hospital, a nurse practitioner will call to make sure you are taking your medications as directed, that your recovery is progressing nicely, and that your wound is healing as expected. This helps to reduce or eliminate return trips to the hospital.

ERAS IN ACTION
ERAS began this spring, and it helped Barbara Dabney (above). This past May, the 74-year-old from Cresco, Monroe County had a routine colonoscopy that uncovered a large, flat polyp. Its location and shape meant Toselli couldn’t remove it during the colonoscopy, so Dabney needed colon resection surgery.

“I had the surgery on May 28 and was home three days later,” Dabney says. “I didn’t have any problems. After surgery I walked briskly, I sat up in a chair all day like I was supposed to, I went to the bathroom, and I didn’t have any postoperative pain.”

Dabney had three great reasons to get out of the hospital as soon as possible – to visit her son and his twin sons, who live nearby in Allentown.

—Leah Ingram
First you feel the pain in your wrists. Then you feel numbness and tingling in your fingers that wakes you up at night. What could it be? The likely cause: carpal tunnel syndrome, which affects up to 3 million people nationwide each year. It’s equal opportunity, occurring in people with white-collar (using a keyboard) and blue-collar (using a jackhammer) jobs. Yet it also has a genetic component. “You can be predisposed to it,” says Lehigh Valley Health Network orthopedic surgeon Paul Sibley, DO, with VSAS Orthopaedics. “A lot of people I see who have carpal tunnel say it runs in their families.”

WHAT IT IS
The carpal tunnel is a small passageway approximately the size of the thumb located on the palm side of the wrist. This is where the median nerve and tendons pass from your forearm into your hand. When this area swells, it puts pressure on the nerve and causes carpal tunnel syndrome. In severe cases it can cause persistent numbness in your fingers and loss of function and strength in your hand.

How do genetics affect it? “Sometimes people are simply born with smaller carpal tunnels, which make them more prone to this syndrome,” Sibley says. “Certain jobs (using a keyboard or a jackhammer, for example) can make the symptoms come on sooner.” Health conditions such as thyroid disorders, diabetes, obesity and rheumatoid arthritis also may bring an increased risk. Women are three times more likely than men to develop carpal tunnel syndrome, with the risk increasing after menopause. Men are most likely to see it midlife and later. It’s rarely seen in children.

HOW TO TREAT IT
“There are a variety of conservative approaches that can relieve symptoms of carpal tunnel syndrome,” Sibley says. These include tendon-gliding exercises (or exercises that promote movement), anti-inflammatory medications, wrist splints and even acupuncture. “Steroid injections can be effective but are often temporary,” Sibley says. “However, a good result with an injection often indicates a good result with surgery.”

Conservative approaches can buy you a few years, but eventually most people will need surgery. “It’s a 10-minute outpatient procedure that relieves the pressure on the nerve,” Sibley says. Most patients are back to normal activities in two to four weeks depending on the severity of the issue and how the wound heals. Studies indicate fewer than 5 percent of people who have the surgery ever experience a recurrence of carpal tunnel syndrome.

So that numbness and tingling … you can live without it. “I’ve seen patients put up with the pain from carpal tunnel syndrome for years,” Sibley says, “but relief is out there.” –Ted Williams
They started with an ocean-like whooshing noise. Then came super-sensitivity to light and sound, followed by pounding in her head. They were migraine headaches, and for years Barbara Faulkinberry couldn’t solve them. Sometimes prescription medication (rizatriptan benzoate, or Maxalt®) offered relief, and later Novocain shots did the same. But too often she had to retreat to a darkened room for two to five days with ice packs on her head. “I still managed to work as a special education teacher, but it was hard,” says Faulkinberry, 63, of New Ringgold.

Still, she continued her lifelong dream of owning horses and starting a therapeutic riding school to help children with autism and other mental disabilities. Teaching special-needs children to ride and care for horses often helps them physically and emotionally. Faulkinberry and her husband even bought a 21-acre farm and two horses, Eddie and Dylan, so she could begin learning to ride and develop a program.

THAT ‘PINCHED FEELING’

Then, about three years ago, Faulkinberry’s migraines became completely unbearable. “I got this pinched feeling in my neck and down through my shoulders and arms,” she says. “Sometimes it felt like I was going into a seizure.”

After much soul-searching, Faulkinberry decided to take early retirement. She continued earning money by offering psychic readings in her home, and tried to stay focused on her horses and planning her riding program. “I rode for the next two years, but I really shouldn’t have because I was in so much pain,” she says. “Then last summer, I couldn’t lift bales of hay by myself anymore. I just started crying alone in the barn. I thought, ‘I’ll do whatever it takes so I can have a normal life and a second chance.’ ”

AN UNLIKELY CAUSE

Relief came after she received an August 2014 referral to Lehigh Valley Health Network (LVHN) neurosurgeon Christopher Lycette, MD, with LVPG Neurosurgery. An MRI quickly uncovered the cause of her migraines and pain. Four of the disks between the vertebrae in her neck were herniated (ruptured) and were pressing on the spinal cord.

Herniated neck disks usually are caused by normal wear and tear from aging, a condition called cervical degenerative disk disease. “Her case was more severe than most, because it involved four disks rather than the usual one or two,” Lycette says.

A few weeks later, Faulkinberry underwent anterior cervical diskectomy and fusion (ACDF), a minimally invasive (small-scar) but extremely delicate procedure that essentially rebuilds the spine with the aid of a technologically advanced microscope the size of half a room.

“It’s an amazing piece of machinery that allows us to use a drill and special tools to remove the damaged disk material and then replace it with bone grafts,” Lycette says. “With Barbara, we secured all four grafts in place with a titanium plate and screws so new bone cells could fuse the vertebrae together. This provided her neck with the support it was begging for all along.”

PAIN-FREE LIVING

Faulkinberry’s recovery was easier than she expected. Within a month of surgery, her migraines and pain had completely disappeared. “Most patients do really well with this type of surgery, even when it’s as complicated as Barbara’s,” Lycette says. “They’ve suffered from nerve pain for so long that once the spine is supported and the pressure is off, they feel better almost immediately.”

This past April, Faulkinberry began riding her horses again and now is able to clean stalls and spend full days working on her farm. Best of all, she’s moving forward with her therapeutic riding program, planning to buy three more horses and start signing up students. “Dr. Lycette did a great job, and I’m very grateful,” she says. “I have a second chance, and my dreams are finally coming true.”

–Sidney Stevens
Next Step

LEARN MORE about surgery for degenerative disk disease at LVHN. Visit LVHN.org/degenerative-disk-disease or call 610-402-CARE.

Barbara Faulkinberry is back to enjoying life on her farm again with neighbor children Colette (left) and Madeline Balestier (right).

Christopher Lycette, MD Neurosurgery
Watch his videos at LVHN.org/Lycette.
Decide Those Food Labels

Organic, Gluten-free, Whole grain. Those food labels sound healthy. But are they? “It’s important to know the answer, because some labels aren’t regulated by the government, and some foods with healthy labels aren’t so healthy,” says Lehigh Valley Health Network (LVHN) family medicine physician Chau Nguyen, DO, with LVPG Family Medicine-Catasauqua.

Get the skinny on common food labels on the next page. Below, learn more about the Nutrition Facts label and some other common food packaging terms.

About Those Nutrition Facts

In addition to food labels, always read the Nutrition Facts, typically located on the back or side of any food product. “Look for the amount of sodium, fat, cholesterol, sugar and calories per serving (for the most part, lower is better), as well as how that fits into a healthy meal plan,” says registered dietitian Kimberly Proccacino with Sodexo.

Decoding Other Common Food Labels

- **Low calorie:** 40 calories or less per serving
- **Calorie-free:** Less than 5 calories per serving
- **Low cholesterol:** 20 milligrams or less (and 2 grams or less of saturated fat) per serving
- **Fat-free/sugar-free:** Less than ½ gram of fat or sugar per serving
- **Low sodium:** 140 milligrams or less of sodium per serving
- **Reduced:** At least 25 percent less of specified nutrient or calories than the usual product
- **High in:** Provides 20 percent or more of the Recommended Daily Value of a specified nutrient per serving
WHAT IT MEANS. Only the “USDA Organic” seal means food is certified to meet strict Department of Agriculture standards (that is, produce grown without chemical fertilizers and pesticides, and livestock raised without growth hormones and antibiotics).

Foods with the USDA seal can be labeled:
- 100 percent organic – all ingredients are certified organic.
- Organic – at least 95 percent of ingredients are certified organic.

Foods containing 70 to 94 percent certified organic ingredients cannot bear the USDA seal but can say “Made with organic ingredients” (or list a specific ingredient). Foods with fewer than 70 percent organic ingredients can only include them in the ingredient list.

IS IT HEALTHIER? Organic foods are typically more expensive but are worth it health-wise.

GLUTEN-FREE

WHAT IT MEANS. The Food and Drug Administration (FDA) requires foods labeled “gluten-free” (also “free of gluten,” “without gluten,” and “no gluten”) to contain fewer than 20 parts per million (ppm) of gluten protein. Gluten is found in grains, such as wheat and barley, and can damage the small intestines of people with an autoimmune disorder called celiac disease.

IS IT HEALTHIER? If you have celiac disease (or less severe non-celiac gluten sensitivity), paying attention to gluten-free labels is essential for your health. If you don’t have either condition, gluten-free foods may not benefit you.

WHAT IT MEANS. The FDA doesn’t regulate use of the term “whole grain,” but does recommend only products containing all parts of the grain (bran, germ and endosperm) should carry it. However, the FDA does require foods bearing the health claim “diets high in whole grains may reduce heart disease and cancer risk” to contain at least 51 percent whole-grain ingredients.

IS IT HEALTHIER? Whole-grain products are higher in fiber and vitamins. Avoid foods with meaningless labels like “wheat bread,” “enriched” or “stoneground wheat,” which may contain white flour dyed brown. True whole-grain products have at least 2-3 grams of fiber per serving, so always check the nutrition label.

Natural

WHAT IT MEANS. The government doesn’t regulate vegan labels, other than requiring them to be “truthful and not misleading.” Vegan foods should not contain meat or animal-derived products, including milk, honey and eggs, so always check the ingredient list yourself.

IS IT HEALTHIER? Eating vegan can be a healthy personal choice if your diet includes enough non-meat protein, like beans and tofu.

WHAT IT MEANS. The FDA doesn’t regulate use of the term “natural,” but allows it on products that don’t contain synthetic additives or artificial colors and flavors.

IS IT HEALTHIER? “Natural” foods may be healthier, but verify it by reading the nutrition label.

–Sidney Stevens

Next Step

LEARN MORE about nutrition labels, the power of green foods and gluten-free diet tips. Visit LVHN.org/healthyyou or call 610-402-CARE.

Kimberly Procaccino
Nutrition services

Chau Nguyen, DO
Family medicine
She Swept Away the Weight

OLIVETTE LAMBERT
SHEDS 130 POUNDS
She lived on smoothies. She tried pills that promised to boost her metabolism and quell her hunger. She counted calories, cut portions and tried diet after diet. “I kept believing that if I tried hard enough, it would work, but nothing did,” says Olivette Lambert, 34, of Easton. “Every night, I felt like I was just sitting there at the dinner table with my family, starving myself. I wound up just giving up.”

By the end of 2014, Lambert weighed 244 pounds and wore size 22 pants. The extra weight made walking painful, and simple daily activities, like climbing a flight of stairs, made her feel as if her legs were buckling. “Even if I wanted to exercise, I couldn't. No way, no how,” she says.

INSPIRATION FROM HER COUSIN

Years earlier, Lambert’s cousin had gastric bypass surgery that removed part of her stomach and rerouted the remaining pouch to a different part of her intestine. Lambert watched as her cousin’s weight seemed to melt off after the procedure. That piqued her interest in surgical weight loss, but Lambert also heard that gastric bypass made eating certain types of foods – such as chewy, dense meats – difficult to digest. She wanted the weight loss her cousin had experienced but without the complications. Then she learned about a newer option called sleeve gastrectomy.

During the procedure, surgeons create a small banana-shaped pouch (called a sleeve) in the stomach. “Because sleeve gastrectomy removes 70 percent of the stomach where the hunger hormone ghrelin is produced, patients feel dramatically less hungry, fill up more quickly and lose almost as much weight as people who’ve undergone a bypass,” says weight-loss surgeon Richard Boorse, MD, with LVPG General and Bariatric Surgery—1240 Cedar Crest.

Also, because the natural connection between the stomach and the intestine remains intact, sleeve gastrectomy doesn’t pose some of the potential complications of gastric bypass, such as bowel obstruction or poor nutrient absorption. “Gastric bypass has been the gold standard for weight-loss surgery for more than two decades,” Boorse says. “The public impression is that it’s scary and dangerous. In reality, it’s one of the safer operations that surgeons perform, with a lower mortality risk than hip replacements. But no one surgical option is right for everyone, and for Olivette, sleeve gastrectomy was the right choice.”

FROM SIZE 22 TO SIZE 8

Boorse performed sleeve gastrectomy surgery on Lambert last February. Five months later, she dropped more than 100 pounds. By summer she fit into size 8 pants and had the confidence and energy to do things she hadn’t done in years, like go down slides at an indoor water park.

Lambert credits much of her success to the support she’s received from LVHN’s Weight Management Center’s group meetings as well as from her family. “When I first had the surgery, LVHN counselors told me I would mourn food,” she says. “At the time, I didn’t understand what that meant. I thought, ‘How can you mourn food?’” But soon after the surgery, she found herself depressed because she couldn’t eat what she used to consider a “full serving.”

For a while, she stopped eating dinner with her family. It was her fiancé who brought her back to the dinner table saying, “We’re still a family. Come to the table and sit with us and talk.” Lambert’s fiancé, William Stanton, and teenage son, Frank Perez Jr., did even more than encourage her. They joined her quest, exercising and tracking their food intake with a smartphone app. Stanton has dropped 40 pounds since, and Perez has lost 35 pounds.

Lambert and Stanton often work out together with fitness DVDs and a home gym. Now Lambert is constantly in motion, carrying laundry up the steps, picking up toys off the floor, dusting furniture and doing other types of housework. She’s even started a housecleaning business. “I just can’t stop,” she says. “My fiancé can’t believe how much I’ve changed. I’m amazed and happy with everything that I am able to accomplish.”

–Alisa Bowman
Take Charge  HEART DISEASE  TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

What Happens During a Cardiac Catheterization

INSIDE THIS COMMON HEART HEALTH TEST

You’ve likely heard someone talk about a cardiac catheterization or know someone who has had one. Cardiac catheterizations are performed commonly because the procedure is one of the most useful methods to evaluate and treat your heart’s blood vessels, valves and muscles that control its pumping function. About 9,500 catheterizations are done at Lehigh Valley Health Network (LVHN) annually.

Cardiac catheterizations are performed by physicians called interventional cardiologists who specialize in the procedure. “A thin, flexible tube called a catheter is inserted into an artery through a small incision in the groin or wrist,” says LVHN interventional cardiologist Bryan Kluck, DO, with LVPG Cardiology—1250 Cedar Crest. “A dye that is visible by a special X-ray is injected. It allows us to see if any blood vessels are blocked or narrowed, examine heart valves, look for birth defects and check the pumping function of the heart.” You are typically awake during the procedure and receive medication that helps you relax.

The information a cardiac catheterization provides helps your doctor determine the best treatment. “Sometimes – as in the case of someone having a heart attack – it’s clear that we have to work quickly to open the blocked artery causing the heart attack,” Kluck says. “Other times I can take the information the cardiac catheterization provides and talk with the patient’s primary care physician or cardiologist to determine the best course of action.”

A cardiac catheterization also is performed as part of other procedures to treat heart disease. These include:

➤ **Ablation** – During this procedure for heart rhythm disorders, the catheter delivers extreme heat or cold to destroy the abnormal heart tissue causing the heart to beat erratically.

➤ **Transcatheter aortic valve replacement (TAVR)** – For patients unable to have open-heart surgery, a catheter is used to replace a diseased aortic valve.

➤ **Valvuloplasty** – The catheter’s balloon presses against hardened tissue in a faulty valve, which helps the valve open and close more effectively.

➤ **Occluder insertion** – In this procedure used to treat people born with a hole in the heart, a catheter delivers an umbrella-like device that covers the hole.

—Rick Martuscelli

**9,500 catheterizations are performed at LVHN annually.**

Bryan Kluck, DO
Interventional cardiology

Next Step
LEARN MORE ABOUT HEART CARE AT LVHN.  
Visit LVHN.org/heart.
Take That Catnap

A 10- to 20-MINUTE MIDDAY BREAK IS GOOD FOR YOU

How often have you hit that post-lunch lull and wished for a quick nap? It’s something we all think about – but is it healthy? Yes.

A short nap of 10 to 20 minutes is proven to improve mood, alertness and memory retention, enhance performance and reduce mistakes and accidents. According to the Pew Research Social and Demographic Trends, 34 percent of Americans say they nap on a typical day.

“Naps benefit the brain,” says Lehigh Valley Health Network (LVHN) pulmonologist Richard Strobel, MD, who practices at LVHN’s Sleep Disorders Center. “Insufficient sleep is linked to heart disease and other illnesses including cancer. It also is related to weight gain.”

WHEN SHOULD I NAP?
The best time to nap is between 1 p.m. and 4 p.m., which matches the low point of your body’s circadian (sleep) cycle. “For the most benefits, your nap environment should mirror your sleep environment,” says LVHN’s Madi Capoccia, DO, with LVPG Family Medicine–Cetronia Road. “Make sure the temperature in the room is comfortable, and try to limit the amount of noise heard and the extent of the light filtering in.”

CAN I NAP TOO LONG?
Yes. If a nap lasts more than 30 minutes, it can lead to grogginess (called “sleep inertia”). “Another drawback is that a longer nap – or one taken too late in the day – may adversely affect the quality and length of your nighttime sleep,” Capoccia says.

WHAT IF I HAVE ‘UNPLANNED NAPS’?
If you’re oversleeping, falling asleep unexpectedly during the day or do not feel well-rested after a nap, you may have some type of sleep disorder. One potential cause is obstructive sleep apnea, a disorder that causes people to stop breathing momentarily during sleep and may lead to increased need for sleep and daytime fatigue. Also, numerous prescription medications can disrupt sleep; so too can alcohol use, thyroid disease and depression.

“If you find yourself sleeping more than eight hours per night or falling asleep unexpectedly during the day, an evaluation may be necessary to identify, diagnose and treat your sleep problem,” Strobel says. “Your primary care provider can refer you to a specialist or to the Sleep Disorders Centers where the necessary testing to diagnose the issue can be performed.”

–Leslie Feldman

Richard Strobel, MD
Pulmonology

Madi Capoccia, DO
Family medicine

34% of Americans nap each day.

Next Step
LEARN MORE ABOUT LVHN’S SLEEP DISORDERS CENTERS. Visit LVHN.org/sleep.
When That Itch Is Lice

LEARN HOW TO SPOT THEM AND WHETHER THEY’RE CONTAGIOUS

The school year has just begun. You notice your child continually itching. Then you see white flakes in his hair, near the scalp. You’re convinced those white flakes are nits, the eggs that soon will hatch into lice. Is it time to keep him out of school for a few days?

Not necessarily, says pediatrician Stephen Alvarado, MD, with LVPG Pediatrics–West Broad. “Parents often self-diagnose lice when often their children actually have something else,” Alvarado says. That’s because nits appear tiny and white, similar to dandruff and other debris.

In one study, teachers, parents and school nurses submitted nits specimens to Harvard infectious disease researchers, who examined them under microscopes. According to the researchers, many of the so-called nits were in fact dandruff, hairspray droplets, scabs or dirt.

SEASAME-SEED SIZE
The lice themselves are somewhat easier to identify than their nits, given they are the size of sesame seeds, have six legs and are grayish-white in color. Yet even if your child does have lice, there’s no reason for her to miss school.

“Lice are not a health hazard, and they do not spread disease,” Alvarado says. “They’re also not as contagious as many people believe.” Because lice do not hop or jump, your child cannot spread them to other children simply by sitting next to them. Lice are most often spread through head-to-head contact.

IF YOU SUSPECT LICE:
▶ See a health care professional. “If it’s dandruff or dry skin, it’s not going to get better with lice treatments,” Alvarado says.

▶ Follow directions on over-the-counter products. A cream rinse called Nix (permethrin 1 percent) will kill lice quickly. Apply it to damp hair and leave it on for 10 minutes. Then rinse, but do not shampoo until the following day. Use the rinse again in nine days to kill any remaining, newly hatched lice. Use a lice comb throughout the treatment process to pick off any remaining nits. See your health care provider after the second treatment if you suspect your child still has lice.

▶ Help prevent the spread of lice. Though your child is safe to return to school following an initial head lice treatment, encourage her not to share hair accessories or hats with other children.

—Alisa Bowman
What’s New

20th Annual Parkinson’s Symposium
For patients and caregivers, learn the most current information on Parkinson’s disease treatment and research. To register, call 610-402-CARE.
Sept. 26: 8:30 a.m.-2:30 p.m. at LVH–Cedar Crest

50+Wellness Expo
Expo promotes health and preventing falls. Includes blood pressure, balance and other health screenings, raffle, giveaways and healthy snacks.
Sept. 19: 9 a.m.-1 p.m. at LVH–Cedar Crest

Helwig Diabetes Center Annual Community Event
Join Helwig Diabetes Center and more than 20 health care vendors for this community event. Free health screenings, flu shots, refreshments and giveaways.
Oct. 31: 8:30 a.m.-noon at LVH–Cedar Crest

Survivors of Suicide Support Group
After losing someone to suicide, you may experience a multitude of emotions. Join fellow suicide loss survivors in a confidential setting.
Meets first Tue. of month: 7-8 p.m. at LVH–Muhlenberg
Sponsored by Greater Lehigh Valley Chapter, American Foundation for Suicide Prevention

Around Our Community

Community Exchange
Create a healthier community by becoming a member of our TimeBank. Give and earn time by exchanging services with friends and neighbors. All community members welcome. To get involved, call 610-402-CARE.

Drive-Through Flu Vaccines
For adults and children 6 months and older (children must be accompanied by a parent or guardian). Nonperishable, nonexpired food donations accepted for area food banks and shelters. Please no pets in vehicle.
Nov. 7: 9 a.m.-3 p.m. at Dorney Park, Allentown
Nov. 8: 9 a.m.-3 p.m. at Coca-Cola Park, Allentown

Get Out! Lehigh Valley
This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to get-outlehighvalley.org or call 610-402-CARE.
Hawk Mountain
Sept. 26: 10 a.m.
Glen Onoko
Oct. 10: 10 a.m.
Archibald Johnston Estate
Oct. 24: 10 a.m.
Lock Ridge Iron Furnace
Nov. 14: 10 a.m.

Women’s 5K Classic
Run or walk a 5K (3.1 miles) in support of female cancers. Health expo includes packet pickup, wholesome food, health screenings, raffles and more.
Expo
Oct. 16: 3-7 p.m. at St. Luke’s West End Medical Center, Allentown
5K
Oct. 17: 9 a.m. festivities begin at Lehigh Parkway, Allentown

Caring for Mind and Body

Aqua New
Water exercise for posture, balance, strength and confidence.

Massage Therapy
Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction
Internationally recognized program uses meditation and group support.
Free information sessions
Sept. 15, Sept. 22, Sept. 24 at LVH–Cedar Crest
Class sessions
Starting Sept. 29 at LVH–Cedar Crest
Retreat
Nov. 14 at LVH–Cedar Crest

Protecting Your Health

Cessation, What Works?
How to succeed in beating tobacco addiction.
Oct. 20: 5-6 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Tobacco Free Northeast PA
Tobacco treatment referral services available for individuals and businesses.

Living With Diabetes
Our team will work with you and your health care provider to design a program to fit your needs.
Raising a Family

Preventing Childhood and Baby Combination Class—Six-week series
Covers labor, birth, caring for your newborn, breastfeeding and what to expect in the days after birth.

Preparing for Childbirth
Three-week series
Weekend: Saturday one-day
On the Internet
Teens Only

Preparing for Baby
Baby Care
Breast-feeding Baby

Staying Safe
Babysitting – Safe Sitter
Babysitters ages 11-13 will learn essential life skills in one session for safe and responsible babysitting.

CPR – Family and Friends
Learn rescue skills for infants, children and adults, and what to do for an obstructed airway.

Safe Ride – Car Seat Safety
Certified technicians show how to correctly install car seats and secure children.

After-Delivery Support
Monday Morning Moms
Postpartum Support
Understanding Emotions After Delivery
Meets second and fourth Thu. of month: 6:30 p.m.

Parenting Workshops
Surviving Toddler Years
Peacefully parenting your 18-month–4-year-old
Sept. 23
Top 10 Ways to Get Kids to Listen
Oct. 14
Grandparenting
Call 610-402-CARE for dates.

We provide education for:
• Prediabetes
• Type 1 and type 2 diabetes
• Gestational diabetes

We will help you learn more about:
• Healthy eating
• Being active
• Testing your blood sugar
• Taking medication
• Reducing risks
• Problem-solving and healthy coping

We also offer:
• Insulin pump training
• Continuous glucose monitoring system training
• Support groups for adults and children
• Medical nutrition therapy

• Insulin Pumps
Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). For details, call 610-402-CARE.

Pattern Management – What really affects your blood sugars
Sept. 10 at 1243 S. Cedar Crest Blvd., LMC 1

What’s New – Troubleshooting Review and Technology Open House
Nov. 5 at 1243 S. Cedar Crest Blvd., LMC 1

Sweet Success
Monthly support group for adults with type 2 diabetes. For details, call 610-402-CARE.

Diabetes Medication Update
Sept. 17: 6:30 p.m. at LVH–Muhlenberg

Diabetes and Dental Care—What’s the Connection?
Oct. 15: 6:30 p.m. at LVH–Cedar Crest

Sugar-Free Kids
Monthly support group for children with type 1 diabetes. Call 610-402-CARE to register for events.

Safe at School Program
Sept. 9: 6 p.m. at 1243 S. Cedar Crest Blvd., Suite 2600

October Halloween Party
To be announced

Prediabetes Self-Management Classes
Offered periodically throughout the year. Call 610-402-CARE for information.

Coping With Illness

Amputee Support Group
Meets third Mon. of month: 5-6:30 p.m. (includes dinner) at LVH–Cedar Crest

Bereavement Support Services
Grief Process Groups
Individual, Family and Couples Counseling
Ladies Lunch Club
Men’s Breakfast Group
Spiritual-Based Adult Grief Support Group
Stepping Stones for Children

Brain Warriors Stroke Support Group
For survivors and caregivers, share emotional and physical issues to help deal with life after stroke.
Meets third Mon. of month:
11 a.m.–noon at LVH–Cedar Crest

Huntington’s Support Group
Meets second Sat. of month at LVH–Cedar Crest

Joint Replacement Prep
What to expect for knee or hip replacement.
Sept. 16, Oct. 21 at LVHN–Tilghman
Sept. 23, Oct. 28: 1:30-3 p.m.; Oct. 6, Nov. 3: 9-10:30 a.m. at LVH–Cedar Crest
Oct. 8: 8:30-10 a.m.; Nov. 12: 1:30-3 p.m. at LVH–Muhlenberg

Kidney/Pancreas Transplant Information Session
If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call 610-402-CARE.

Myasthenia Gravis Support Group
Oct. 8: 5:30-7 p.m. at LVH–Cedar Crest

Parkinson’s and Multiple Sclerosis Get Up and Go
Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes.
Mon. and Thu.: 10:30-11:30 a.m. and noon-1 p.m. at 1243 S. Cedar Crest Blvd.
Tue. and Fri.: 11 a.m.–noon at 1770 Bathgate, Bethlehem

Safe at School Program

Preoperative Spine Class
Prepares you for surgery, postoperative care and aftercare.
Sept. 15, Oct. 7, Oct. 20, Nov. 4, Nov. 17

Look Good...Feel Better
Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence.
Sept. 14, Nov. 9: 2-4 p.m. at LVH–Cedar Crest
Oct. 19: 6-8 p.m. at LVH–Muhlenberg

With American Cancer Society.
Managing Your Weight

Monthly Support Group
Support and information on weight-loss surgery.

Realities of Live: Overcoming Regain and Environmental Sabotage
Oct. 7: 6-7:30 p.m. at LVH–Cedar Crest

Making Healthy Choices
Nov. 4: 6-7 p.m. at LVH–Cedar Crest

Motivational Therapy Group
6-week program
Starting Oct. 6: 4-5 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Weight-Loss Surgery Information Events
What to expect.
Evening sessions
Sept. 17, Oct. 6,* Oct. 27, Nov. 3: 6-7 p.m. at LVH–Cedar Crest
*Simulcast to LVH–Muhlenberg
Day sessions
Oct. 16, Nov. 13: noon-1 p.m. at LVH–Cedar Crest

Weight Management Services
INDIVIDUAL
Nutrition Counseling
Assessment, body-fat analysis and goal-setting.

Nutrition Counseling/Metabolism
Body Composition Test
Counseling plus personal metabolism test and interpretation.

Six-Month Supportive Weight-Loss Program
Individualized expert-level care for nutrition, behavior and fitness.
Two of the 10 BEST hospitals in Pennsylvania. 

Right here.

There are hundreds of hospitals in Pennsylvania. And right here there’s a health network with two hospitals ranked among the top 10 in the state – Lehigh Valley Health Network. *U.S. News & World Report* has once again ranked LVH–Cedar Crest as #3 in PA, and has ranked LVH–Muhlenberg as #10. This is recognition of our passion for better medicine and the level of care and treatment we provide to the Lehigh Valley. When it comes to your health and the health of your family, take comfort in knowing that the very best care is right here at home.