

Healthy You

Lehigh Valley Hospital and Health Network

MAY/JUNE 2008



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On the cover: As Amber, 7, of Whitehall Township discovered last summer, Camp Red Jacket isn't just a place where children learn about their type 1 diabetes—it's a lot of fun! Thinking about a summer camp for your child? See story on page 2. Cover photo by Mary Frederick, Amico Studios



Keep Your Head in the Game

How to protect yourself and your children from concussions



It was a big soccer game for Matt Kosik. As he and his Emmaus High School teammates raced to block a corner kick, heads collided and suddenly everything went fuzzy.

Kosik sustained a minor concussion that day. The 18-year-old is fine now, but the experience made him realize how dangerous concussions can be. "I didn't want another," he says. "I wore protective headgear the rest of the season."

A concussion is a brain injury most often caused by a fall, blow to the head or vehicle crash. It's a common condition: Lehigh Valley Hospital's trauma department sees about 1,000 concussion victims every year, says trauma surgeon Michael Pasquale, M.D.

Concussions range from mild to severe, and people of all ages and both genders suffer from them. The most vulnerable group is young athletes, says Mark Li, M.D., a neurosurgeon at the hospital. Not only are they engaged in risky activity, their brains are still developing. "If a concussion affects their ability to learn, it can be the difference between success or failure in school and possibly the rest of their lives," he says.

Fortunately, most people recover from a concussion without permanent damage. But it's important to seek medical attention right away if you notice symptoms (see at right). "Concussions take time to heal, and a health professional can decide how serious the concussion is and when it's safe to return to sports and other activities," Pasquale says.

A second concussion before the first has healed can result in "second impact syndrome," a serious condition affecting blood flow in the brain that can cause permanent brain damage and even death.

In school athletics, trainers are the first line of defense

against this problem because they're educated to recognize concussion symptoms, says Laura Dunne, M.D., a sports medicine physician with the hospital.

Of course, prevention is the best strategy of all. Always wear a properly fitted helmet in sports that require one, and avoid direct strikes to the head. The sports of major concern are football, soccer, basketball and field hockey.

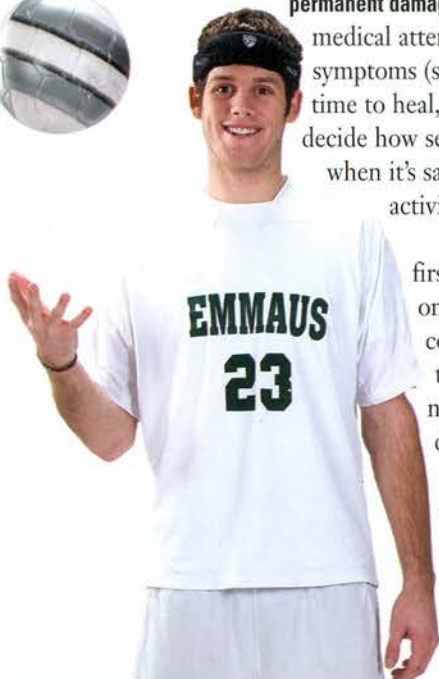
"The reality is that most kids who play these sports won't become professional athletes," Li says. "But they will always need their brains, so they need to make intelligent choices and be aware of the risks."

Kosik knows that's true. He'll need all his brain power at Lehigh University this fall, where he'll major in integrated business and engineering. He'll also play soccer. "I love the sport, it's my passion," he says. "But I'm a smarter player now." ●

Want to Know More about concussion symptoms and how to care for your teen athlete? Call 610-402-CARE or visit lvh.org/healthyyou.

Symptoms of a Concussion

- Headache
- Vision disturbance
- Dizziness
- Loss of balance
- Confusion
- Memory loss
- Ringing ears
- Difficulty concentrating
- Nausea
- Possible brief loss of consciousness



School's Out? Time for Camp!

Today's camps offer many options to help children grow and build memories



Of all the activities at summer camp, cheerleading was one Jill Sava never imagined she'd try. But the summer before sixth grade, at the encouragement of her brother's friends, she gave it a whirl. "Two weeks later, I was teaching the class," says the 31-year-old Allentown woman. She remained a cheerleader throughout her school years.

Today Sava helps other children tackle new adventures in her job as camp director at the Jewish Community Center (JCC) of Allentown. While camp options for children have grown tenfold since she was a camper, the benefits remain the same.

"Children make lasting friendships, develop new passions, learn different values and experience life outside of home," says family medicine physician Kimberly Legg Corba, D.O., of Lehigh Valley Hospital and Health Network. "And the memories can last a lifetime."

Choosing the right camp

The first step in ensuring a good experience for your child is selecting the right camp. But with so many choices—day, overnight, nature, sports and educational camps among them—where do you begin?

"Match your child's personality with the camp," says Moshe Markowitz, M.D., a pediatrician at the hospital. "If he enjoys sports, a traditional outdoor camp may be the right one. If he enjoys schoolwork, a camp with learning activities like music or cooking might be best."

Children can start attending day camp by age 3. For overnight camp, many experts recommend waiting until age 10 or 11. "But every child matures differently," Corba says. "Some are never ready for overnight camp."

If your child expresses interest in a sleepover camp but is concerned about being away from home, you can test the waters. "Ask if she wants to spend a weekend at a relative's house," Markowitz says. The JCC and other organizations offer same-day (as well as overnight) travel camps, where children visit destinations like Gettysburg and return home at night.

A safe bet for camping success: give your child a say. "Let her choose the theme or activity, and you choose the specific camp," Corba says.

Ensuring safety

"Camps offer 24/7 supervision that ensures your child is as safe as possible," says Gary Kimball, a communications specialist who directs Camp ALERT network, a 24-hour camp emergency response service. Still, it pays to be careful. Visit the camp before enrolling. Ask about staffing and supervision (How many students per counselor?), screening for counselors (Are background checks required?), health care (Is it available 24/7, and are counselors educated in CPR?) and accreditation. The American Camp Association—acacamps.org—evaluates camps' health, safety and program quality.

Once you're confident the camp is well-run, how will you know if your child is having a good time? "If he comes home tired, it often means he had a good day," Corba says. "If he can't wait for the next session, you know he's making those long-lasting memories." ●

Want to Know More about preparing children, including those with health conditions, for camp? For advice from experts, call 610-402-CARE or visit lvh.org/healthyyou.

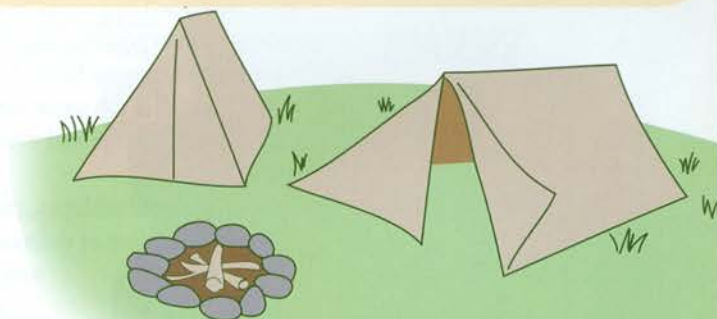
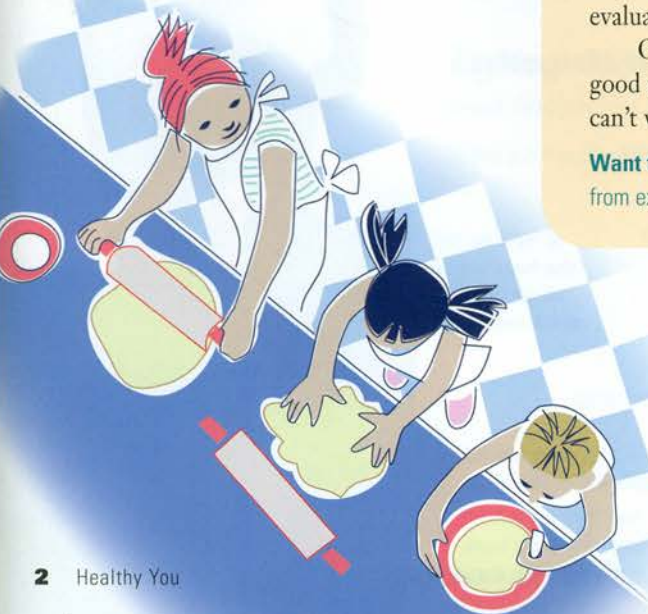
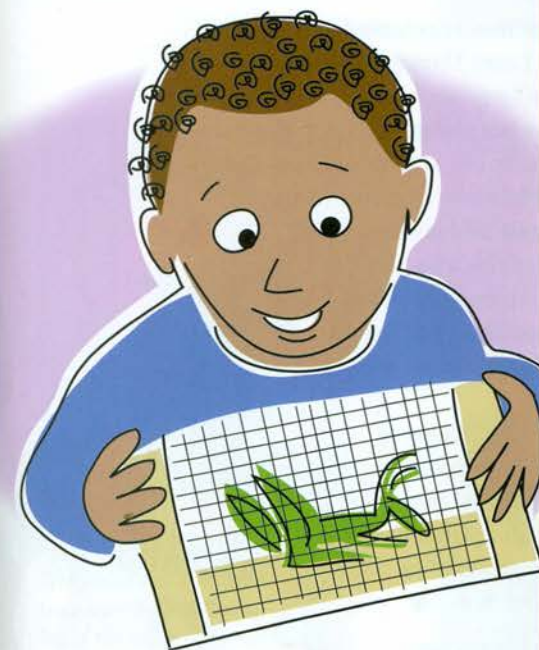


Illustration by Jane Hallinan

Reshaping a Slimmed-Down Body

How contouring surgery helped one woman after major weight loss

After weight-loss surgery in 2005, Phyllis Whymark lost 134 pounds in 15 months. Her knees no longer hurt when she walked. She could exercise without getting out of breath, and jump in the pool with her grandchildren.

But one thing still bothered the Bethlehem woman—the 6-inch flap of skin around her middle. “It was like having to tuck a thick sweater in my waistband,” she says. In 2007, she decided to have body-contouring surgery to get rid of that extra skin. “I didn’t have any illusions about looking like a supermodel,” she says. “I just wanted to look like a normal 52-year-old woman.”

Many people with massive surgical weight loss end up with skin folds, says plastic surgeon Randolph Wojcik Jr., M.D., of Lehigh Valley Hospital and Health Network. “It depends on age, genetics and the amount of weight lost,” he says. “Skin folds also can happen when people lose weight through diet and exercise, but it’s less common.”

Body contouring can be performed on any part of the body carrying excess skin, most commonly breasts, upper arms, thighs and waist. Some people just need a “tummy tuck” (abdominoplasty). Whymark had a total body lift (removal of excess skin from the abdomen and back) performed by Michael Morrissey Jr., M.D., a plastic surgeon at the hospital.

Not everyone is a candidate for body-contouring surgery. “Patients who have high blood pressure, diabetes, pre-existing anemia or a history of smoking are at increased risk for surgical complications,” Wojcik says.

“Nutrient deficiency associated with gastric bypass also raises the risk.”

Cost is another factor. Insurers typically don’t cover cosmetic surgery, and body contouring can range from \$5,000 to \$10,000 or more. For Whymark, the surgery was a good investment: “I figured I was worth the price of a used car,” she laughs.

Clearly, whether or not to have this surgery is a big decision, says Gerald Rodriguez, a licensed clinical social worker who counsels many weight-loss surgery patients at the hospital’s Weight Management Center. “After recovering from that surgery and making the effort to eat right and exercise for a year or more, ending up with skin folds can be disappointing,” he says. That’s why he works with patients ahead of time to help them accept themselves, set realistic expectations about how they’ll look—and focus on the most important factor, their improved health. If body contouring is an option, Rodriguez helps them do a cost-benefit analysis to determine if the expense is worth it.

Even after body contouring, people can regain weight, and their skin will stretch out again. “This is not a magic wand,” Whymark says. “I eat healthy and exercise every day. I feel I’ve been given a second chance, and I’m not going to blow it.” ●

Want to Know More about the various types of body-contouring surgery and the programs and support groups at the Weight Management Center? Call 610-402-CARE or visit lvh.org/healthyyou.

Sign Up Now

**Weight-Loss Surgery
Support Group**

June 18

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Healthy eating habits—

Phyllis Whymark helps maintain her postsurgery weight loss by choosing foods wisely, a habit she’s instilling now in her 1-year-old granddaughter, Faith.

You’re a Candidate for Body Contouring If...

- It’s 12-18 months since your weight-loss surgery
- You’ve been at your ideal weight for 3-6 months
- You’re in good health
- You’re a nonsmoker
- You’re committed to healthy eating and exercise
- You have realistic expectations

'I'm Gonna Be a Safe Driver!'

Prepare your children now for safety behind the wheel

"Don't drink and drive."
Juan, 10, of Allentown



It's a sobering fact: Motor vehicle crashes are the leading cause of death for teens in the United States. As a parent or grandparent, you can help make the roads safer by looking at your own driving habits, says emergency medicine physician Bryan Kane, M.D., of Lehigh Valley Hospital and Health Network. "Next time you're in the car with your child or grandchild, make sure you're being a good role model. Children pick up on your actions and assume they're OK."

To encourage youngsters to start thinking early about what makes a safe driver, Kane and his hospital colleagues worked with the Da Vinci Science Center to create an interactive display. "It's designed to help young people make the right decisions before getting in the car *and* while driving," Kane says. Here are some of the key points in the display:

Don't get distracted—Whether it's goofing around with friends, playing with the radio or drinking a soda, distractions are a major cause of car crashes. "Driving is one of those times in life when you shouldn't multitask," Kane says. "Would you want a pilot texting his friend while he's trying to land your plane?"

Don't drive impaired—Before turning the ignition key, think about how taking that drink—or being exhausted, or not properly maintaining your car—might impact your driving. "You can't predict when something bad will happen,"



The rules of the road—At the Da Vinci Science Center, students from Allentown's Ritter and Holy Spirit elementary schools learn about driver distraction, seat-belt safety and how emergency personnel respond to accidents. In photo at left are (l-r) Mario and Ariana, both 10; above, (l-r) Tanya, 10, and Gebar, 9; next page, (l-r) Kailey and Willow, both 10.

"Put your seat belt on."
Madison, 5, of Allentown



What Is a 'Medical Fitness Center'?

It's about more than weight loss and looking good

Have you joined a commercial health club, but stopped going because you got bored with your routine, didn't get the results you hoped for, or hurt yourself exercising? If so, consider a medical fitness center. There are several benefits:

Individual approach "We determine each person's fitness level with a comprehensive assessment, then customize a program around his or her goals," says John Graham, director of Healthy You Fitness Centers.

Medical connection Medical fitness centers are affiliated with hospitals and can help people with a chronic disease or disability manage their condition. "We work with their doctors to design the best program for their unique needs," Graham says. Insurance may cover a portion of the membership.

Regular follow-up Every 12 weeks or so, workouts are revised. "Variety keeps your muscles challenged and your mind engaged, so you're more likely to keep exercising," Graham says. It's one of the reasons medical fitness centers have higher retention rates than many commercial health clubs.

Certified professionals Medical fitness centers have college-degreed exercise specialists with backgrounds in orthopedics or sports medicine. "We look at people from an overall health perspective rather than focusing only on weight and appearance," says Brian Zarbatany, fitness manager of the Human Performance Center in Allentown. "Professionals are always nearby to make sure you're doing the exercises correctly."

Focus on injury prevention Whether you're 14 or 90, staying

"Practice a lot."
Jamie, 7, of Whitehall



Kane says. "But you *can* make sure you and your car are in the best shape to drive."

Always buckle up—Drivers age 16-20 have the lowest rate of seat-belt usage, and the highest number of unbuckled injuries and deaths. "Buckling up is *so* simple and so important," Kane says. ●

Want to Know More? For information from the ALERT Partnership on helping teens drive safely, call 610-402-CARE or visit lvh.org/healthyyou. For details on the Da Vinci Science Center display, see page 20.



active means preventing injury. "We give our clients exercises to target many of the smaller stabilizing muscles, like the rotator cuff, so they won't get hurt when swinging a golf club or performing daily activities," Zarbatany says. ●

Want to Know More about the health conditions a medical fitness center can help you manage, or where to find a center near you? Call 610-402-CARE or visit lvh.org/healthyyou. Read about the Healthy You Fitness Centers on page 16.

How Healthy Is Milk?

Wholesome image is hotly debated nationwide

One day it's good for you, the next it's not. Milk's wholesome image is getting tainted today by those who claim the all-American drink is laden with hormones, antibiotics and pesticides. Here are the facts, from clinical dietitian Donna Boden and family medicine physician Jyoti Gopal, M.D., of Lehigh Valley Hospital and Health Network:

Don't worry about antibiotics and pesticides. The United States has strict testing methods and regulations, and milk must be free of antibiotics to be sold. It does not have to be free of pesticides (even organic milk may have some pesticide residue), but the government tests to ensure that pesticides are within acceptable limits.

Hormones are another story. All milk contains natural hormones. What's stirring up the debate is the use of a synthetic hormone to increase milk production. The synthetic hormone rBST (recombinant bovine somatotropin) has been used ever since the Food and Drug Administration pronounced it safe in 1993.

"Some studies suggest rBST is linked to early puberty," Boden says. "But more conclusive research shows that the hormone can't be absorbed in your digestive tract, and early puberty is likely due to rising obesity."

"If you're still concerned about artificial hormones, you can opt for organic milk, which is free of rBST," Gopal says.

The bottom line: milk really is good for you. Dairy products are a major source of nutrients in the American diet. Milk provides vitamins A and B12, potassium, niacin, riboflavin and protein, and is an especially good source of calcium, vitamin D and phosphorous, essential to bone health throughout your lifetime. If you're worried about fat intake, choose nonfat or low-fat milk (1 or 2 percent). The other nutrients are identical.

Not inclined to drink milk? Buy yogurt, cheese and other dairy products instead. "If you're lactose intolerant," Gopal says, "you can take Lactaid or use lactose-free dairy products, which are increasingly available." Other alternatives are soy, rice and almond milk. They don't contain lactose and are also suitable for people allergic to the proteins in cow, sheep and goat milk. ●

Want to Know More? For nutritional differences between cow's milk and other types, or for information about free osteoporosis screenings, call 610-402-CARE or visit lvh.org/healthyyou.

Your Child's Needs

Pre-age 1—Only breast milk or formula, not cow's milk

Ages 1-3—500 milligrams (mg) of calcium daily (1 1/2 cups of milk). Switch to low-fat or nonfat only after age 2; babies need saturated fat for brain development.

Ages 4-8—800 mg of calcium daily (2 1/2 cups of milk)

Ages 9-18—1,300 mg of calcium daily (3 cups of milk and added servings of calcium-rich foods). These are peak bone-building years.

For strong bones, children also need vitamin D and daily exercise!

Boost Your Mood With Food

Snapping out of that funk is as easy as...eating blueberries?

After a hard day at work, you're feeling stressed and anxious. There's one thing on your mind when you arrive home—you want comfort food, and fast.

Too often, that means a fat-laden cheeseburger, chips or ice cream. But comfort foods don't have to be unhealthy. Believe it or not, you can ease a low mood with foods that are tasty *and* good for you.

"It's no secret that certain foods

contain vitamins and minerals associated with good health," says registered dietitian Kathy Hanuschak of Lehigh Valley Hospital and Health Network. "What many people don't know is that certain nutrients—vitamins B and C, zinc, folic acid, fiber, omega 3 fatty acids and antioxidants—can actively help you relax and boost your mood."

See Hanuschak's top 10 mood-changing foods below. Which are the

best choices for you? It depends on your individual tastes. "For me, something crunchy like whole-grain pretzels is comforting," Hanuschak says. Other people prefer a sweet and creamy texture. "Don't deny yourself comfort foods," she says, "just match a healthier alternative to how you're feeling." ●

Want to Know More about other ways to reduce stress? Call 610-402-CARE or visit lvh.org/healthyyou.

1 Blueberries are low-calorie and contain fiber, antioxidants and stress-reducing vitamin C.

2 Fortified breakfast cereals can provide a day's worth of B vitamins. Choose whole-grain cereals that don't list sugar high on the label.

3 Green vegetables contain generous amounts of folic acid, a known depression fighter.

4 Lean red meat is high in protein and surprisingly good for you. Once it's digested, protein from red meat creates specific amino acids that increase alertness.

5 Salmon and other fatty fish contain energy-boosting omega 3 fatty acids and vitamin B12.

6 Complex carbohydrates like whole-grain pasta and brown rice trigger the release of serotonin (the "feel-good" brain chemical).

7 Nonfat or low-fat milk contains an array of vitamins and other nutrients that make you feel alert and responsive.

8 Almonds and other nuts are an excellent source of stress-fighting protein, magnesium and zinc. Next time you crave chips, reach for nuts instead.

9 Low-fat cottage cheese and fruit make a delicious combination. Both are high in vitamins and minerals that reduce stress and the blues.

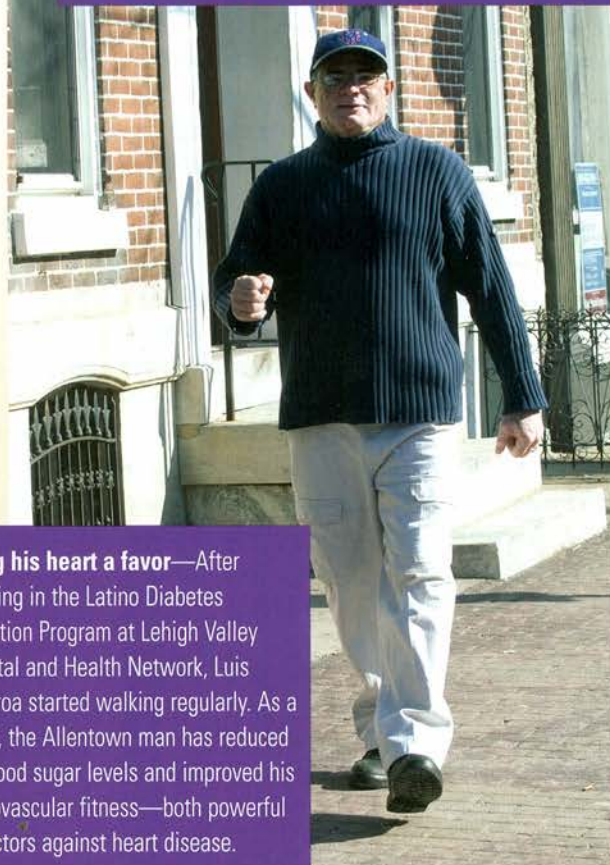
10



Broccoli makes her smile—Lisa Leon of Allentown enjoys the taste of this nutrition-packed veggie, and its health benefits are emotional as well as physical.

Diabetes and Your Heart

If you're diagnosed with type 2, your heart health needs extra attention



Doing his heart a favor—After enrolling in the Latino Diabetes Education Program at Lehigh Valley Hospital and Health Network, Luis Figueroa started walking regularly. As a result, the Allentown man has reduced his blood sugar levels and improved his cardiovascular fitness—both powerful protectors against heart disease.

Want to successfully manage your diabetes? Then take charge of your heart health—because having type 2 diabetes means you already have the equivalent of heart disease.

“People with diabetes have as high a risk for a heart attack as someone who’s already had one,” says cardiologist Andrew Sumner, M.D., of Lehigh Valley Hospital and Health Network. “And diabetes makes other cardiac risk factors more lethal.”

It’s all about your blood vessels, says Sumner’s colleague, endocrinologist Larry Merkle, M.D. “High amounts of sugar in the bloodstream tend to accumulate in vessel linings, making it easier for cholesterol to build up,” he says.

Rising obesity levels have fueled a diabetes “epidemic” in our nation, but the prognosis for each individual is brighter thanks to improved treatment methods. To fend off a heart attack or stroke, here’s what you need to address besides blood sugar control:

Cholesterol—“Your LDL (bad cholesterol) target needs to be much lower than for a non-diabetic person,” says Yehia Mishriki, M.D., an internist at the hospital: “Aim for a level

below 70, the same target we use for a person with established heart disease.”

Cholesterol-lowering statin drugs are the norm for most people with diabetes.

Blood pressure—“Your treatment goal is below 130/80, compared with 140/90 for the average person,” Sumner says. “To reach that, you may need three different classes of blood pressure medications.” It’s worth it: Every 10-point reduction in blood pressure reduces your risk for premature death by 11 percent.

Smoking—“A person with diabetes who smokes is throwing fuel on the fire,” Mishriki says. “The combination accelerates clogged arteries faster than anything. Quitting is hard, but there are excellent new approaches and medications today.”

Central obesity—Excess weight in the abdomen raises heart disease risk, and if you have type 2 diabetes, you have a genetic tendency to gain there. “In prehistoric times, it was a survival trait,” Merkle says. With today’s fatty diets and sedentary habits, it’s the opposite.

Diet and exercise—“Living a healthier lifestyle is by far the most important thing you can do if you have diabetes,” Mishriki says. That includes diet principles like controlling portions, limiting fats and increasing fiber with whole grains, vegetables and fruits. Daily exercise—it can be as simple as a brisk walk—is equally vital.

Take it a small step at a time, and learn all you can, Merkle says: “Diabetes is one disease where education can make all the difference in the world.” ●

Want to Know More about how the Helwig Health and Diabetes Center can help you? Call 610-402-CARE or visit lvh.org/healthyyou.

Sign Up Now

**Programs for
Diabetes Patients and
Their Families**

Details on page 19

To Your Health

Gestational Diabetes and Childhood Obesity

Women who develop pregnancy-related (gestational) diabetes and are not treated for it are more likely to produce overweight children, according to a new study by the American Diabetes Association. Researchers tested 10,000 women and children. After following up 5-7 years later, they found that children born to mothers with poorly controlled high blood sugar were 89 percent more likely to be overweight and 82 percent more likely to be obese than children whose pregnant mothers had normal blood sugar. The good news: the risk decreased in children whose mothers were treated for gestational diabetes.

The Blood in Your Body—a Fascinating

Blockages Aren't Just in the Heart

Six years ago, Jack Callery was surprised to discover he had four blocked arteries near his heart. After bypass surgery, the Bethlehem Township man resolved to take charge of his health, and was quickly back on the golf course.

Fast-forward to 2007. Callery, now 61, was feeling great—except for the pain in his calves during workouts and golf games. A simple test comparing blood pressure in the arms and legs revealed the problem: his leg arteries were severely blocked, robbing his muscles of the blood supply they needed.

Callery's earlier and more recent health problems were caused by the same thing: vascular disease.

The vascular system is made up of the vessels that carry blood throughout the body. "The most common type of vascular disease is atherosclerosis, a buildup of plaque inside an artery that affects blood flow," says internal medicine physician Mark Kender, M.D., of Lehigh Valley Hospital and Health Network. "If you have atherosclerosis in one area of the body, you probably have it in others."

The warning signs of atherosclerosis differ depending on where the blockage is located (see list, next page). By the time you notice symptoms, though, the condition already may be serious. "That's why it's important to address the risk factors you can control," Kender says (see box below).

"If the blockages aren't life-threatening, we usually can manage the condition by addressing the risk factors—for example, helping the patient improve his diet and fitness level," says Kender's colleague, cardiologist Anthony Urbano, M.D. When atherosclerosis causes a heart attack or stroke, quick action is needed to bypass or open the blocked arteries.

The location of the blockage determines the kind of surgery. Some arteries can be unclogged with a tiny inflatable balloon (angio-



New Test Detects Calcium Buildup

For breast cancer it's a mammogram, for colon cancer a colonoscopy—but for heart disease, there is no safe and effective screening test. The cardiac catheterization test traditionally used to find blockages around the heart is an invasive procedure with too much radiation and risk to be done regularly.

However, if you're at greater-than-average risk for developing heart disease, cardiac calcium scoring may be useful. "It's done with a CT scan, which involves less radiation than angiography," says radiologist James Newcomb, M.D., of Lehigh Valley Hospital and Health Network.

If you're healthy or already have diagnosed heart disease, cardiac calcium scoring is not appropriate. "This test is for people with risk factors," says Newcomb's colleague, family medicine physician Christine Chen, M.D. (see box).

Here's how the test works. Over time, the soft plaque that builds up in arteries

Risk Factors for Heart and Vascular Disease

- Smoking (now or in the past)
- High cholesterol
- High blood pressure
- Being overweight
- Physical inactivity
- Diabetes
- Family history

Sign Up Now

Your Heart Is In Your Hands

May 17

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Warning Signs of Vascular Disease

Blockage in **heart**

- Discomfort or pain in chest, arms, back, neck, jaw, stomach
- Shortness of breath
- Cold sweats
- Nausea
- Lightheadedness

Blockage in **legs**

- Pain in calf or thigh while walking a certain distance or uphill

Blockage in **brain**

- Weakness on one side of body
- Slurred speech
- Loss of vision
- Dizziness

plasty) and held open with a stent. That's how Callery's left leg was repaired. The remaining blockage in his right leg, Urbano says, can be opened using new laser technology (available at Lehigh Valley Hospital) that vaporizes the plaque.

With a healthy heart and improved blood flow, Callery says, "I've noticed a dramatic improvement. I can walk without pain, and I feel like the luckiest guy on the planet." ●

Want to Know More? For details on vascular screenings, see page 17. To learn about Lehigh Valley Hospital's VIP (Vascular Improvement Plan) for Life program, call 610-402-CARE or visit lvh.org/healthyyou.

turns into hard calcium. The CT scan locates areas of calcium buildup and calculates a score. "The higher your score, the more calcium in your arteries, possibly increasing your risk for a heart attack," says Michael Rossi, M.D., a cardiologist at the hospital. This information can help your doctor determine the best treatment.

The test isn't perfect, and the \$200-\$250 cost is not covered by insurance. However, talk to your doctor about cardiac calcium scoring if you have any risk factors for heart disease, Rossi says: "It may be the best way to pick up silent coronary artery disease and start treatment before something happens." ●

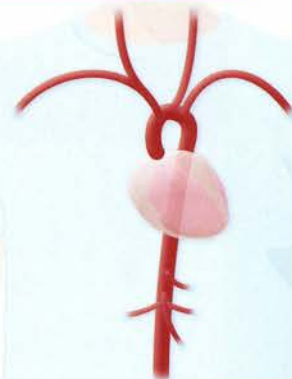
Want to Know More about lowering your cholesterol or about other heart tests? Call 610-402-CARE or visit lvh.org/healthyyou.

A Bulge Can Cause Problems Too

If your body were a house, the aorta would be its water main. This artery runs from your heart through your chest and abdomen, carrying blood to all parts of your body. In some people and for reasons that still aren't fully understood, degeneration causes the walls of the aorta to weaken. A bulge in a weak area is called an aneurysm—and if an aneurysm bursts, it's usually deadly.

"People with an aortic aneurysm typically have no symptoms or may experience only back pain," says cardiothoracic surgeon James Wu, M.D., of Lehigh Valley Hospital and Health Network. "That's why it's important to control the risk factors (see box, opposite page) to prevent one from forming."

Aortic aneurysms usually are discovered during tests for other health problems; if found early, they can be controlled or repaired. Those near the heart require surgery. "Aortic aneurysms in the abdomen—the more common type—can be repaired with a stent that prevents the aorta from rupturing," says Wu's colleague, vascular surgeon Eric Wilson, M.D. ●



Your aorta is shaped like a cane. If an aneurysm is located in the curved section, open surgery is often needed. If it's in the straight section, a cloth and wire mesh tube (stent-graft) can be placed inside the aorta to take pressure off the weak area.



The graft used to replace a damaged section of the aorta (left) is much larger than the wire mesh stent used to hold open an artery near the heart (right).

What Happens If the Aorta Bursts?

You need to get help fast, as Carl Galanti learned. The 76-year-old Allentown man had back pain and dizziness, then lost consciousness. The cause: an aneurysm (bulge) in his aorta had burst open in his abdomen, and he had only a 50 percent chance of survival. At Lehigh Valley Hospital, vascular surgeon James McCullough, M.D., trauma/critical care surgeon Dale Dangleben, M.D., and intensive care specialists saved Galanti's life with their quick response.

If you'd like to read his story...

Visit lvh.org/healthyyou
or call 610-402-CARE.

Calling the Ambulance—Q & A

Here are the answers on how to handle a medical emergency

You know what to do in a medical emergency: “Call 9-1-1. It’s the fastest way to get emergency care,” says Andrew Miller, D.O., emergency physician at Lehigh Valley Hospital and Health Network. Beyond that, though, you may have lots of questions...

Q. When should I call 9-1-1?

A. “Call as soon as the thought enters your mind,” says Miller’s colleague, family medicine physician Mark Wendling, M.D. “Don’t debate whether it’s necessary to call 9-1-1. It’s better to be safe than sorry.”

Call 9-1-1 if someone is:

- Experiencing heart attack or stroke symptoms
- Having trouble breathing
- Unconscious
- Bleeding significantly
- In a car accident
- Not able to move
- Having trouble getting up after falling

In fact, call 9-1-1 anytime you feel that you or someone else needs to get to the hospital immediately. Never drive yourself—it could be a significant danger to you, your loved ones or the community.

Q. What happens when I call?

A. You’ll talk to a “call taker” at your local 9-1-1 communication center. “They’ll ask where you are and what’s wrong,” says Alan Heckman, program coordinator with the hospital’s Emergency Medicine Institute.

“They’re trained to give medical instructions over the phone.”

The call taker will relay information to a dispatcher, who’ll send an ambulance from the company that covers the area where your emergency is located. Dispatchers are like air traffic controllers. They know whom to send based on pre-defined service areas. If all your local ambulance crews are busy, dispatchers will send the ambulance company that backs up your local company.

Q. What should I do while waiting for the ambulance?

A. Stay calm, especially if a child is involved. (Children get very upset when they see worried adults.) Assure the patient that help is on the way. Turn on the porch light, and if possible, send someone outside to flag down the ambulance crew. Secure pets so they don’t get in the way.

Q. What should I do when the ambulance arrives?

A. Tell the crew what happened prior to its arrival and everything you know about the patient’s medical condition. If you live alone or have a history of health problems, you can save precious time by having a written medical history posted

on the fridge. The list should include the patient’s:

- Doctor’s name
- Hospital of choice
- Medications
- Allergies
- Past surgeries
- Advance directives

“People with heart problems should keep a copy of their most recent EKG (electrocardiogram), so emergency doctors can compare it to a new one,” Miller says.

Q. Where will the ambulance take me?

A. If you have a serious injury or burn, you’ll be taken to the nearest trauma or burn center (for our region, Lehigh Valley Hospital). If not, the choice is up to you. When crew members ask, tell them which hospital you want.

Q. How will I pay for it?

A. Medicare and most insurance policies cover emergency transport. “It’s important to understand what your policy does and doesn’t cover,” says Larry Wiersch, Cetronia Ambulance Corps executive director. “Try to anticipate your health care needs and ask your agent if your policy covers those.”

Most policies have a deductible for

Myths and Truths About Suicide

It's a taboo subject, but the reality affects thousands of families

Suicide causes twice as many deaths as HIV/AIDS, and we're even less likely to talk about it. That's a tragedy, says Gail Stern, psychiatric clinical nurse specialist at Lehigh Valley Hospital and Health Network. "Every community should be working to better understand and respond to suicidal people and their families, despite the discomfort surrounding the issue," she says.

More than 30,000 Americans take their own lives each year. There are anywhere from 8-25 attempted suicides for every completed one, says Ralph Primelo, M.D., a psychiatrist at the hospital. "The two highest-risk groups are teens and older white men," he says. "Women make more suicide attempts, but men use more lethal means." Women also are more apt to seek help for depression, a major suicide risk factor (see box at right).

Given the stigma of suicide, it's not surprising that myths abound:

Myth #1: **People who talk about suicide won't actually do it.** "Nearly all people who take their own lives give clues," Primelo says. "Talking or writing about suicide always should be taken seriously. Chances are this is not just 'attention-seeking,' but a serious plea for help."

Myth #2: **Suicide and depression are signs of moral weakness.** "Depression is a brain illness, and highly treatable," Stern says. "Suicide typically arises from a complex weave of illness, misfortune and lack of support—and under those circumstances, any one of us could feel overwhelmed and hopeless."

Myth #3: **Once a person is intent on suicide, nothing will stop him.** "Suicidal crises usually are temporary, especially in young people," Primelo says. "Most people don't really want death, they just want the pain to stop."

Myth #4: **Talking to a person who's threatened suicide will just encourage her.** Actually, talking often brings a sense of relief and may be lifesaving.

If someone you love seems hopeless or gives clues like setting his or her affairs in order, it's vital that you reach out, Stern says. Ask the question: When you said you'd like to die, were you talking about killing yourself? "If the person is contemplating or planning suicide, call a mental health professional or crisis worker right away (see Want to Know More, below) and make sure someone stays there until help arrives," Stern says.

Even if the situation doesn't seem critical, anyone with suicidal thoughts needs professional care, Primelo says. "If your loved one resists, a trusted figure like the family doctor or clergy person may be able to persuade him." Meanwhile, keep guns and alcohol (a factor in half of all suicide attempts) out of the house.

You may feel uncomfortable or inadequate reaching out to a suicidal person, but don't delay, Stern says: "Knowing that someone cares can be the first step in helping him reconnect to life and hope." ●

Want to Know More about the warning signs of suicide or local crisis services and support groups? Call 610-402-CARE or visit lvh.org/healthyyou.

Major Risk Factors for Suicide

- Depression or other mental illness
- Substance abuse
- Prior suicide attempt
- Family history of suicide
- Adverse life events (loss of spouse or job, major illness), especially if they are shame-related
- Access to lethal means

an ambulance call. However, if you pay a membership fee to an ambulance company, you won't be charged for the amount your insurance doesn't cover after your deductible is met.

Most important, don't hesitate to call 9-1-1 because of worry about paying the bill. "Worry about getting better first," Wiersch says. Most ambulance companies will provide the care you need and then work with you to determine an affordable payment plan. ●

Want to Know More? To learn what first responders, EMTs and paramedics do, or to get a list of heart attack and stroke symptoms, call 610-402-CARE or visit lvh.org/healthyyou.

Sign Up Now

When to Call the Ambulance

June 4

Details on page 15

In the Military

Studies show that wartime can drive up suicide rates. To learn how the U.S. military is responding and how you can help a service member you care about, call 610-402-CARE or visit lvh.org/healthyyou.



CHEMOTHERAPY BEFORE BREAST CANCER SURGERY?

Depending on the type of tumor, it can be the wisest option

When your doctor tells you you have breast cancer, your first impulse is to get rid of that tumor. Hold on! As Jill Kardos discovered, an immediate surgery isn't always the best treatment.

The 36-year-old Hellertown woman was diagnosed in October 2006. She used Lehigh Valley Hospital's Breast Cancer Consultative Service to help her decide on a treatment course that began with eight rounds of chemotherapy to shrink her tumor. By the time of her lumpectomy the following May, the tumor had disappeared. Just to be sure, her surgeon removed some nearby tissue and lymph nodes—and it all tested negative.

"I felt the tumor begin to shrink after the third round of chemotherapy," Kardos says. "I was thrilled, because it confirmed that the treatment was working."

Traditionally, breast cancer patients receive chemotherapy after their surgery, to kill any remaining cancer cells. "The main advantage to doing chemotherapy first is that it gives more women the option of a breast-saving lumpectomy rather than a full mastectomy," says Gregory Harper, M.D., oncologist at Lehigh Valley Hospital and Health Network.

For women whose biopsy reveals cancer in the lymph nodes or whose cancer has spread, starting chemotherapy immediately (instead of waiting until a month after surgery) is a definite advantage. The chemotherapy targets both the breast tumor and any microscopic cancer cells that may have escaped the breast.

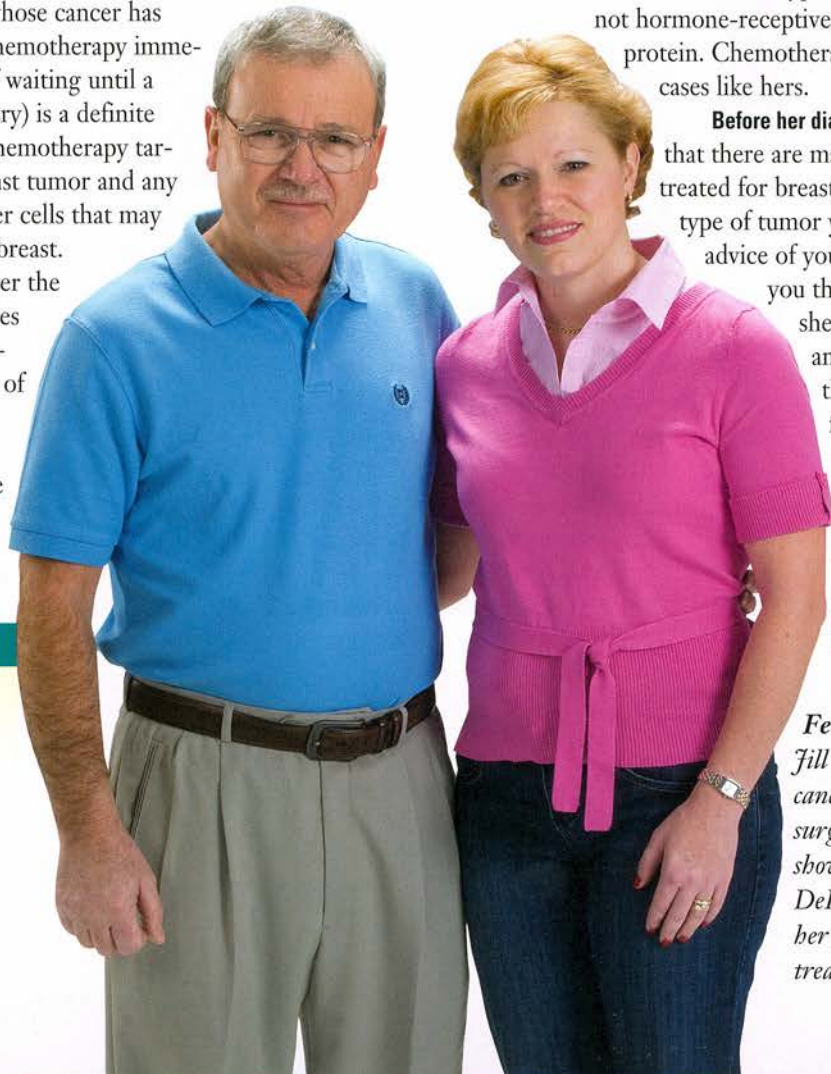
"Research over the past several decades has helped us analyze various types of breast cancer," Harper says. "We now can tailor the treatment to the individual patient based on her

Sign Up Now

Preparing for Breast Cancer Surgery

Cancer Survivors' Celebration

Details and dates on page 19



Options in Breast Cancer Surgery

Lumpectomy—Removal of the tumor only, leaving the breast intact. This breast-saving option is appropriate for about two-thirds of newly diagnosed patients today.

Mastectomy—Removal of the entire breast. This option is still necessary if the tumor is large, if cancer is in several areas of the breast or body, if the patient has had previous radiation for breast cancer, or if there is a family history of breast or ovarian cancer.

heredity, menopausal status, the stage of her tumor and whether it's receptive to hormones or proteins that promote cancer growth."

In tumors that are "estrogen- or progesterone-receptor-positive," those hormones stimulate the tumor's growth, and anti-estrogen therapy (with tamoxifen, for example) is effective. In tumors coated with a specific tumor-stimulating protein, treatment involves neutralizing that protein.

Kardos' tumor was of a type called "triple negative"—not hormone-receptive and not coated with the protein. Chemotherapy is especially effective in cases like hers.

Before her diagnosis, Kardos was unaware that there are many different ways of being treated for breast cancer. "Knowing what type of tumor you have and following the advice of your physicians can really help you through this difficult time," she says. "I feel fantastic now, and I'm looking forward to the rest of my life cancer-free." ●

Want to Know More about the different types of breast cancer tumors or about the Breast Cancer Consultative Service? Call 610-402-CARE or visit lvh.org/healthyyou.

Feeling "fantastic" now—Jill Kardos overcame breast cancer thanks in part to pre-surgery chemotherapy. She's shown with her father, Bruce DeHart of Easton, who drove her to her chemotherapy treatments.

GREAT GADGETS FOR OLDER ADULTS

Scared of computers? Limited by poor hearing or vision? There's help for you!

When Jim Hassler saw an oversized TV remote at an area drug-store, he knew it was the perfect solution for his 75-year-old mother, Jean. Once he'd programmed it, the device eliminated all those pesky individual remotes—for TV, VCR and DVD player—that cluttered up her Allentown house. Better yet, Jean Hassler could see the buttons very easily.

Interacting with today's electronics can be a daunting experience for many older adults. "The products keep getting smaller, making it difficult for people with vision problems and arthritis," says Kelly Wilson of Rehability, an assistive technology store in Allentown. "Combination products like camera-phones and music and video players aren't always convenient for older adults. And computers in general do not meet their needs."

"Psychologically, many older people are intimidated by computer technology, thinking they're too old to learn," says occupational therapist Bethany McCullough of Lehigh Valley Hospital and Health Network. "And there are many physical obstacles, including the size of computer screens and keys and the design of the computer mouse."

As millions of baby boomers enter their senior years and technology plays an ever-expanding role in everyday life,

the demand grows for products designed with older adults in mind.

Organizations like the Society for the Visually Impaired and retailers like Rehability are responding—not only with new electronics but also with mechanical aids to make life easier.

Occupational therapists can provide an assessment to identify an older person's specific issues and what kind of product could be useful. "In some

cases it's obvious, but in others, less so," says Heidi Singer, C.R.N.P., a geriatric nurse practitioner at the hospital's Center for Healthy Aging. "For example, an older person suspected of being forgetful or confused may simply be hearing-impaired."

"There's an endless amount of equipment available, depending on your individual needs," says registered pharmacist Brian Lenich of Health Spectrum Pharmacies. Here's a sampling...



All-in-one remote—Jean Hassler of Allentown enjoys the big buttons and convenience of a single remote control for her TV, VCR and DVD player. "One thing's for sure," she says, "I'll never lose it!"

If you have vision problems

The Talking Rx Pill Bottle, designed to ensure that you take your medication as prescribed. This reusable bottle acts as an "audio label," reading out instructions on how to take the drug, potential side effects and what to do if a dose is missed.

Watches with large-print numerals. Some models provide added assistance with a talking feature, which can be set to announce the day, date and time every hour.

Remote controls with lighted keypads and big buttons. These can operate televisions, DVD players, cable boxes and more.

If you have hearing problems

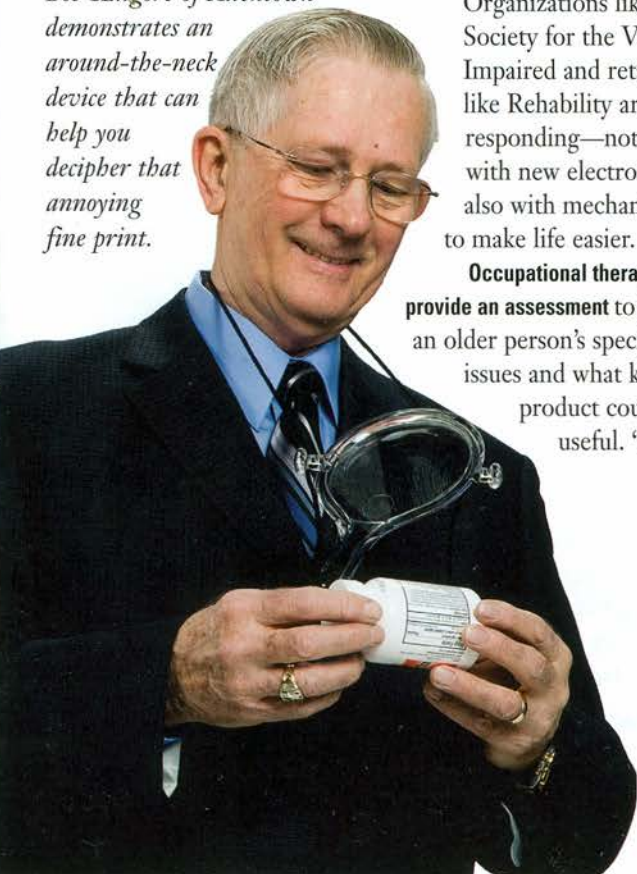
The Pocket Talker Listening System, an amplification system for use with TV, radio and more.

The Wake Assure Clock, with an adjustable volume

Comfy pen—With the ergonomic "Penagain," arthritis won't stop you from writing the great American novel (or just a note to a friend).



Hands-free magnifier—Bob Killgore of Allentown demonstrates an around-the-neck device that can help you decipher that annoying fine print.





The Doorknob Turner—Betty Jean Killgore of Allentown shows a device that lets you easily open doors no matter how weak or arthritic your hands may be.

buzzer and bed shaker.

The Photo Phone, which displays photos of incoming callers. It also features a hearing aid-compatible handset and large, high-contrast buttons to assist those with visual impairments.

If you have arthritis

The Book Butler, which holds open books for readers with limited use of their hands.

The Doorknob Turner, an attachment that allows for easier opening regardless of your strength or dexterity.

The Penagain Ergonomic Pen, designed around the contour of your hand to ease symptoms of writer's cramp and arthritis.

If you have trouble with computers

Computer screen enlargers, either mechanical or in the form of software, that magnify what's on your monitor for easier reading.

Slip-on typing aids to make typing easier for those with limited hand control.

Celery, a service that lets you send and receive e-mails without a computer. It works with any fax machine and your regular phone line. ●

Want to Know More about the resources in this story and others in our area? Call 610-402-CARE or visit lvh.org/healthyyou.



Large-numeral watch—You'll never have to squint to tell what time it is.

What's a Healthy Weight for Older Adults?

It depends on your activity level and diet

Whether you're 70-, 80- or 90-something, you may be wondering if you have to be as vigilant about your weight as you did in your younger years. The answer: it depends.

Healthy older adults should try to keep their weight in the "normal" range, but there is a little wiggle room now. "As long as you're active, eating healthy foods and in control of any health issues like diabetes, it's generally OK to carry a few extra pounds," says geriatrician Anne Yawman, M.D., of Lehigh Valley Hospital and Health Network.

However, if your blood pressure or diabetes isn't properly managed, it's wise to lose that excess. "Dropping just 5-10 percent of your body weight can make a big difference in controlling a health condition and avoiding complications," Yawman says.

The ideal way to lose weight is by increasing your activity level. Get started by walking three to four times a week, and work up to 30 minutes a walk. A healthier diet—smaller portions, less fat and sugar, lots of fruits and vegetables—also will help you trim down, says Yawman's colleague, registered dietitian Laurie Baker. "Make a meal like soup and freeze individual portions for future use," she says.

Weight loss in and of itself isn't always a good thing in elderly people. "We tend to lose lean muscle mass as a normal part of aging," Yawman says. A loss of too much muscle mass due to illness, inactivity or poor protein intake is linked to increased falls, brittle bones, fatigue and susceptibility to infections (like colds and flu). Unexplained weight loss also can be a warning sign of depression or an underlying medical condition.

The bottom line: Healthy eating and regular exercise will help you not only control your weight, but protect your overall health and well-being! ●

Want to Know More about increasing your activity level or eating the right portions? Call 610-402-CARE or visit lvh.org/healthyyou.

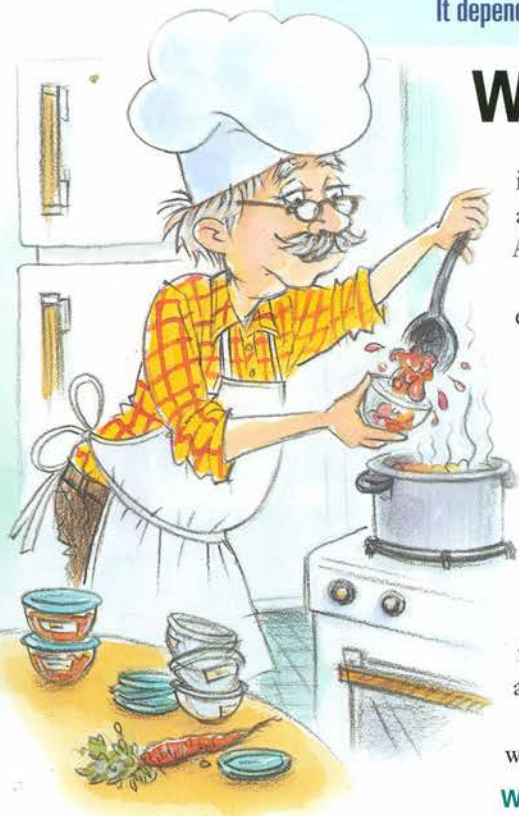


Illustration by Amy Wommer

Communities ON THE MOVE

for a Healthy You!

Join today for a healthier tomorrow

Have you been thinking about taking steps to live a healthier life? Then Communities on the Move is for you. This fun program for Lehigh Valley residents is all about getting active and educating yourself on important topics like eating right, protecting your heart and more. Participate in the program for your chance to

win prizes and, more importantly, improve your health.

Get Healthy—Win Prizes!

Earn "steps" by being physically active (whether it's walking, gardening, swimming or more) and get "bonus steps" by participating in Healthy You Health Improvement Programs listed in this issue and our July/August edition.



To sign up or for more details, go to lvh.org/onthemove or call 610-402-CARE.

Healthy You

Health Improvement Programs

Registration is required!

Class space is limited.

To secure your spot,

call 610-402-CARE or visit lvh.org. If we have to cancel a program or class due to low enrollment, you will be notified and receive a full refund.



Aging Well

NEW When to Call the Ambulance

In what situations should you call for help? When you call 9-1-1, which ambulance company responds? Who decides what hospital you go to? This informative presentation prepares you for an emergency. **FREE**

• Wed., June 4; 2-3 p.m.

At LVH—Cedar Crest, Kasych, conference room 9

Alan Heckman, Emergency Medicine Institute

John Wildermann, Cetronia Ambulance Corps

See related article on page 10.

Ongoing programs

55-Alive Driver Safety Program

\$10; Free with Vitality Plus GOLD

At LVH—17, CHA

For details, call 610-402-CARE.

Medicare Counseling **FREE**

• Walk-in hours most Fridays; 1-3 p.m.

At LVH—17, CHA

BenefitsCheckUp **FREE**

• First, third Mon. of month; 1-3 p.m.

At LVH—Mublenberg, pharmacy

• Second, fourth Wed. of month; 12:30-4:30 p.m.

At LVH—17, CHA



Eating Healthy



Eat Well for Life—Parts 1 and 2

Learn healthy food choices to improve your well-being and help you manage your weight long-term. Includes grocery tour.

4 sessions each • \$60 per part

For details, including possible insurance discounts, call 610-402-CARE.

Managing Your Weight

NEW Weight-Loss Surgery Support Group

Learn what to expect if having plastic surgery after surgical weight loss. **FREE**

• Wed., June 18; 6-7:30 p.m.

At LVH—Cedar Crest, auditorium Randolph Wojcik Jr., M.D.

See related article on page 3.

L.E.A.R.N. to Lose Weight!

Use **L**ifestyle, **E**xercise, **A**ttitude, **R**elationships, **N**utrition to manage your weight. Nationally known group program. Tools, strategies, grocery tour, follow-up.

12 weeks • \$195

For details, including possible insurance discounts, call 610-402-CARE.

The NEW You



Medical Weight Loss

This 6-month individual/group program will help you reach your goal.

Information Session—Meet with bariatrician Theresa Piotrowski, M.D., to discuss nonsurgical options. **FREE**

For details, call 610-402-CARE

Weight-Loss Surgery

We offer comprehensive preoperative programs and long-term follow-up.

Surgery Information Night—Monthly program on what to expect, from a surgeon and others. **FREE**

At LVH—Cedar Crest, auditorium

For details, call 610-402-CARE.

Bounce Back to a NEW You—After weight-loss surgery, focus on goals. 4 weekly classes, 5 months follow-up. • \$150

For details, location and registration, call 610-402-CARE.

Weight Management Services

Metabolism/Nutrition Counseling—

Measure metabolism and develop goals with a dietitian. • \$89

Assessment—Meet 1-on-1 with a registered dietitian. • \$50

Body Composition Analysis—Learn your body fat percentage. • \$13.50

Food Diary Analysis—Submit a 3-day food diary for detailed individual breakdown. • \$22.50

Recipe Makeover—Learn to trim fat and calories from your favorite recipe. • \$15

For details, call 610-402-CARE.

How Do I Get There?

Classes and lectures are held at many hospital and community locations. Here's a complete list, keyed to the abbreviations you'll find in each class listing. Questions? Call 610-402-CARE (2273).

Lehigh Valley Hospital and Health Network Locations

- LVH—Cedar Crest**
Lehigh Valley Hospital
Cedar Crest and I-78, Allentown
- LVH—17**
Lehigh Valley Hospital
17th and Chew Sts., Allentown
- LVH—Muhlenberg**
Lehigh Valley Hospital—Muhlenberg
Rt. 22 and Schoenersville Rd., Bethlehem
- CAHC—Center for Advanced Health Care**
1250 S. Cedar Crest Blvd., Allentown
- Healthy You Center**
3401 Fish Hatchery Rd., Allentown
- HYFC—Healthy You Fitness Center—Cedar Crest**
1243 S. Cedar Crest Blvd., Allentown
- HYFC—Healthy You Fitness Center—Muhlenberg**
1770 Bathgate Rd., Third floor, Bethlehem
- CHA—Center for Healthy Aging**
LVH—17
- Health Center at Bethlehem Township**
2101 Emrick Blvd., Bethlehem
- Health Center at Trexlertown**
Rt. 222 and Lower Macungie Rd.
Trexlerstown
- Human Performance Center**
250 Cetronia Rd., Allentown
- 1243**
S. Cedar Crest Blvd., Allentown
- 2166**
S. 12th St., Allentown

Community Locations

- Bethlehem Township Community Center**
2900 Farmersville Rd., Bethlehem
- Cedar Crest College**
100 College Dr., Allentown
- Da Vinci Science Center**
Hamilton St. bypass and Cedar Crest Blvd.
Allentown
- Good Shepherd Rehabilitation Hospital**
631 St. John St., Allentown
- Hanover Township Community Center**
3660 Jacksonville Rd., Bethlehem
- Lower Macungie Township Community Center**
3400 Brookside Rd., Macungie
- Whitehall Township Schadt Avenue Park**
1975 Schadt Ave., Whitehall

Staying Fit

You'll find the right workout here! You need to register (610-402-CARE) and fill out a health readiness questionnaire. Age 16 or older.

Ongoing programs

Fitness classes are scheduled in Allentown (A), Bethlehem (B), Whiteball (W) and Lower Macungie (LM). For exact locations, call 610-402-CARE.

Cardio Fit—Recreational water class builds cardiovascular fitness. Appropriate for post-cardiac recovery.

12 classes/6 weeks • \$65;
\$50 with Vitality Plus GOLD
At *Rodale Aquatic Center, Cedar Crest College*

Staying Strong—A functional strength class combining low-impact cardio moves with resistance to improve endurance, tone muscles and slow bone loss.

24 classes/8 weeks • \$66
• Mon., Wed., and Fri.; starting
July 14; 10-11 a.m. (LM)

16 classes/8 weeks • \$44
• Tue. and Thu.; starting
May 22; 5:45-6:45 p.m.

*New Bethlehem location—
1770 Bathgate Rd.*

Body Wedge 21™—Repetition exercises targeting the major fat-storage areas and muscle groups.

8 classes • \$56
• Thu., starting June 12; 6-6:45 p.m. (A)



Belly Dancing for Fun and Fitness—Belly dancing stimulates senses, tones muscles, builds coordination, boosts creativity.

8 classes • \$56

Intro

• Mon., starting June 9; 6:15-7:15 p.m.

*New Bethlehem location—
1770 Bathgate Rd.*

• Tue., starting July 8; noon-1 p.m. (A)

Level II

• Mon., starting June 9; 7:30-8:30 p.m.

*New Bethlehem location—
1770 Bathgate Rd.*

Belly Danse Elite (Intro and Level II prerequisites)

• Tue., starting July 8;
1:15-2:15 p.m. (A)

Tabya, dance instructor

Get on the Ball—An inflated exercise ball enhances your balance, stability, core strength. For all adult fitness levels.

8 weeks • \$56

• Sat., starting May 31;
10:15-11 a.m.

At HYFC—Cedar Crest

• Mon., starting June 2;
9:30-10:15 a.m. (A)

PUMP—Challenging muscle strength/endurance workout targets major muscle groups using progressive resistance.

8 classes • \$64

• Wed., starting May 28;
6:30-7:30 p.m. (A)

• Sat., starting May 31; 7:45-8:45 a.m.
or 9-10 a.m.

At HYFC—Cedar Crest



Pilates Express—Deep muscle conditioning builds core strength.

8 classes • \$48

• Wed., starting May 28;

5:15-6 p.m. (A)

• Tue., starting June 10; 5-5:45 p.m. (A)

Exercise for Life—A low-intensity class to prevent disease, build muscle and boost well-being.

Monthly fee \$34 per session;
\$30 with Vitality Plus GOLD

• Mon., Wed., Fri., 8-9 a.m. (LM)

• Mon., Wed., Fri., 9-10 a.m. (W)

FlashFit—Circuit training—a fun, motivating way to boost energy and burn fat.



16 classes/8 weeks • \$64

• Tue. and Thu., starting June 19;
7-7:45 p.m.

*New Bethlehem location—
1770 Bathgate*

• Mon. and Wed., starting May 19;
8:30-9:15 a.m. (A)

• Mon. and Thu., starting June 23;
5-5:45 p.m. (A)

Age-Proof Workout—Low-impact cardio, strength training and yoga—mind/body exercise!

16 classes/8 weeks • \$80

• Tue. and Thu., starting May 20;
8:30-9:45 a.m. (A)

Enjoy a FREE Fitness Center Visit

Here's a chance to visit the fitness centers; test your muscle strength, endurance and flexibility; participate in screenings and earn prizes. Attend one of these get-acquainted events (dates below) and sign up for Communities on the Move (see page 15), and you'll earn bonus steps on your way to wellness.

Healthy You Fitness Center—Cedar Crest*

• Sat., May 31; 11 a.m.-2 p.m.

Healthy You Fitness Center—Muhlenberg*

• Sat., June 21; 11 a.m.-2 p.m.

Human Performance Center

• Sat., June 28; 11 a.m.-2 p.m.

*Participation in Communities on the Move makes you eligible to enroll in the Healthy You Fitness Centers.

All three facilities feature:

- A qualified team of exercise physiologists, certified group fitness instructors and member services staff
- All new cardiovascular equipment
- All new free weights, dumbbells, cables and machine weights, core machines and much more!

Caring for Mind and Body



Ongoing programs

NEW Healing Dance—A program for women recovering from surgery, designed to promote creative spirit for relaxing and healing.

- 4 weeks • \$28
- Mon., starting June 9: 5:15-6 p.m.
- At 1770 Bathgate Rd., Bethlehem
- Tabya, dance instructor

Mindfulness-Based Stress

Reduction—Reduce stress using group support, improved communication and deep relaxation through yoga and meditation. Nationally known program led by mental health professionals has 25+ year history.

- Free information session
- Thu., May 29; 6-7:30 p.m.
- 8 classes
- Tue., starting June 10; 6-8 p.m.
- At LVH—17, CHA
- Wed., starting June 11; 7-9 p.m.
- At Bethlehem location
- For details, call 610-402-CARE.

Discover Relaxation Within, Parts 1 & 2—Learn to ease your stress through a variety of relaxation techniques.

- 4 sessions each • \$50 per part
- For details, including possible insurance discounts, call 610-402-CARE.

Massage Therapy—Options include neck, back and shoulders, relaxation, therapeutic, pregnancy, foot, hot and cool stone, Thai yoga, headache comfort, Reiki energy. Times range from 25-120 minutes; prices \$30-\$120. Gift cards available.

At LVH—Muhlenberg, Youthful You Institute; Healthy You Center; LVH—Cedar Crest, Jaiindl Pavilion; Health Center at Trexlertown

For details or an appointment with a certified massage therapist, call 610-402-CARE.

Everyday Tai Chi—Focus on graceful, flowing movements combined with breathing.

- 8 weeks • \$76; \$66 with Vitality Plus GOLD
- Tue., starting May 20; 10-11:15 a.m.
- At 1770 Bathgate Rd., Bethlehem
- Wed., starting July 9; 10-11:15 a.m.
- At Healthy You Center

Yoga—Build flexibility and strength, reduce stress and rebalance your life through series of postures.

- 8 classes • \$80; \$75 with Vitality Plus GOLD
- Relaxing**—gentle flow of poses
- Thu., starting June 12; 10-11:15 a.m.
- Mon., starting July 14; 6-7:15 p.m.
- Energizing**—stimulating flow of poses
- Thu., starting June 5; 7:30-8:45 p.m.
- Tue., starting June 10; 7-8:15 p.m.
- At Healthy You Center

Yogalatte—Add Pilates to yoga for core-body conditioning.

- 8 classes • \$48
- Tue., starting June 10; 6-6:45 p.m.
- At Healthy You Center

Caring for Mind and Body at

Bethlehem Twsp.—Integrate body, mind and spirit by focusing on stretching, breathing and relaxation in these wellness classes.

- 8 weeks • \$75
- Back Care**
- Tue., starting May 20; 5:45-6:45 p.m.
- Beginner/Intermediate Yoga**
- Tue., starting May 20; 7-8:15 p.m.
- At Health Center at Bethlehem Twsp.

Just for Women

FREE Open House and Health Fair

Your Heart Is in Your Hands

Be proactive with your heart health—spend the day visiting, touring and meeting a team dedicated to partnering with you. Free gift for each participant.

The open house and health fair will feature:

Educational talks

- Healthy eating
- Exercising to strengthen your heart
- Knowing your risk factors, knowing your numbers and getting to goal
- Managing your stress

Heart-healthy cooking demonstration and food tasting

Tours of the cardiac diagnostic center

Screenings

- Blood pressure
- Cholesterol
- Body mass index (BMI)
- Waist measurements

Special exhibits

- Healthy You Fitness Center
- First Strides® Beginner Running and Walking Workshop for Women
- WomenHeart Support Group
- American Heart Association

See related article on page 8.

heart
HELP FOR
women.



- Sat., May 17; 10 a.m.-2 p.m.

Lehigh Valley Heart Specialists Office
Center for Advanced Health Care (CAHC)
1250 S. Cedar Crest Blvd., Allentown

Featuring cardiologist Joan E. Homan, M.D., Anne Marie Crown, coordinator of special cardiac programs, and a team of allied health care providers

Registration is required. Call 610-402-CARE.

Screenings

NEW Lung Cancer

For details, call 610-402-CARE.

LVH—Muhlenberg

Osteoporosis FREE

- First Thu. of each month; 4-6 p.m.

LVH—17, AIDS Activities Office

HIV Testing

Free, anonymous and confidential HIV testing with results in 20 minutes.

Walk-in hours

- Tue., 1:30-3 p.m.
- Thu., 10-11:30 a.m.

1243 S. Cedar Crest, Suite 300

Osteoporosis FREE

- First Mon. of each month; 9-11 a.m.
- Third Wed. of each month; 1-4 p.m.

Vascular Screenings

Painless testing for vascular disorders in those age 50+ with high cholesterol, high blood pressure or family history of vascular disease.

Stroke • \$40

- Abdominal Aortic Aneurysm • \$40**
- Peripheral Arterial Disease • \$15**
- Wed., May 28; 5-8 p.m.

- Peripheral Arterial Disease • \$15**
- Third Thu. every month; 9-11 a.m. or 1-4 p.m.

See related article on page 8.

To schedule an appointment,
call 610-402-CARE.

Looking Good

Ongoing programs

Corrective and Protective Skin

Care—Focuses on skin problems of aging and solutions for your skin type. Products and ingredients reviewed. FREE

- Tue., May 20; 6:30-7:30 p.m.

Healthy Hands and Nails—Your hands deserve some TLC. Preview our moisturizing and strengthening education program. FREE

- Tue., June 17; 2-3 p.m.
- At LVH—Muhlenberg, south entrance, 1st floor conference room

Laura Transue, licensed teacher of cosmetology, and staff, Youthful You Institute

Raising a Family

Being a parent is your most important job, and we're here to help!

Ongoing programs

Redirecting Children's Behavior (RCB)

Series—Enjoy a peaceful home with responsible children. Five-week course to be a more effective, calmer parent to toddlers through teens.

\$199/person; \$250 couple (payment plan available)

• Mon., starting June 2; 6:30-9:30 p.m.

At LVH—Cedar Crest

Workshops—These two-hour sessions apply the RCB philosophy to some hot parenting topics.

\$25/person; \$30/couple per workshop

What to Do When Your Kids Drive You Crazy

• Fri., June 20; 6:30-8:30 p.m.

For details, call 610-402-CARE.



Happiest Baby on the Block

Learn step-by-step how to help baby sleep longer, and soothe even the fussiest infant in minutes.

\$50/couple includes DVD/CD Parent Kit

• Tue., May 27 or Mon., June 30; 6:30-8:30 p.m.

At Healthy You Center

For details, call 610-402-CARE.



Nutrition and lifestyle change for 8-12-year-olds and their parents. \$160

For details, call 610-402-CARE.

Our Raising a Family flyer gives details, times and locations for all the programs listed. For a copy, call 610-402-CARE or visit lvh.org/healthyyou.

- **Pregnancy 101**
- **Pregnancy Massage**
- **Breastfeeding Baby**
- **Safe Ride—Car Seat Safety**
- **Secondhand Smoke**
- **Prepared Childbirth Series** (family favorite)
- **Diabetes in Pregnancy** (see page 19)
- **Breastfeeding Monday Morning Moms**
- **Depression After Delivery—Postpartum Support**
- **Keep Us Healthy**
- **Weekend Prepared Childbirth**
- **Expectant Parent Tour**
- **CPR for Family and Friends**
- **Adolescent Cancer Support Group** (see page 19)
- **Got a Minute? Sugar-Free Kids Diabetes Support Group** (ages 6-12)
- **Prepared Childbirth Refresher**
- **My Baby and Me Sibling Tour**
- **Safe Sitter**
- **Health Care Careers**
- **Baby Care**

Protecting Your Health

NEW Stroke Awareness

Learn about prevention, risk factors, signs and symptoms. Blood pressure screening and stroke risk assessment provided. Light refreshments. Registration required. FREE

• Wed., May 21; 9-11 a.m.

At LVH—Cedar Crest, Kasych, room 10

• Wed., May 28; 9-11 a.m.

At LVH—Muhlenberg, educational conference center

• Wed., June 11; 9:30-11 a.m.

At LVH—17, conference room B

For the Latino community

• Wed., June 25; 8:30-10 a.m.

At LVH—17, classroom A

To register for any session, call 610-402-CARE.

NEW Protection From the Sun

Learn the essential steps to protecting yourself from the sun. FREE

• Wed., May 21; 7 p.m.

At Hanover Twp. Community Center

Paul Mosca, M.D., surgical oncologist



Ongoing programs



Dr. Dean Ornish—Heart health program includes nutrition, exercise, stress management, group support, education, follow-up.

Dr. Dean Ornish Program—12-week reversal program for those with diagnosed heart disease.

Ornish Advantage—6-week prevention program for those with heart disease risk factors.

Ornish Self-Directed Community Support Group

For details, including possible insurance discounts, call 610-402-CARE.

A Taste of Ornish—A program reviewing the health benefits of Ornish program for Reversing Heart Disease—nutrition, stress management, exercise and group support.

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

Coalition for a Smoke-Free Valley—Offering community programs like these all year, in English and Spanish:

Secondhand Smoke—What you need to know to protect you and your family.

Advocacy—Build your skills to deliver effective tobacco-prevention messages.

Keep Us Healthy—Learn how tobacco smoke harms infants and small children.

Plus opportunities for task force volunteers. For details, call 610-402-CARE.

Tobacco Treatment Program—12-month program of individual counseling and ongoing support (in person or by phone) can help you quit smoking.

For details, call 610-402-CARE.

HOPE for Osteoporosis—6-week prevention/management program with exercise, nutrition, treatment options.

\$75

• Mon., starting July 14; 6-8 p.m.

At 1243, Suite 300

For details and possible insurance discounts, call 610-402-CARE.

CPR

Fundamentals of Basic Life Support—One- and two-person, child and infant CPR. 2-part course

BLS Renewal—To attend you must have a current BLS Health Care Provider card.

Heartsaver Pediatric—Focus on infant and child CPR.

Heartsaver AED and First Aid—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness.

At 2166

For dates, times, fees and registration, call 610-402-CARE.

Head Off Heart Disease and Stroke

Discover the simple lifestyle changes that'll keep your blood vessels healthy and lower your risk for a heart attack or stroke. Change your life for just \$15 a class!

All at 1243, Suite 300

For details, including possible insurance discounts, call 610-402-CARE.

Choose from:

Blood Pressure Makeover

• Wed., May 21; 4-5 p.m.

High Cholesterol: a Sticky Situation

• Tue., June 17; 4-5 p.m.

Healthy Living: Reducing Your Risk

• Wed., July 16; 4-5 p.m.

Nutrition for Your Good Health Steps to a Healthier You

De-stress for Success

Coping With Illness



NEW 8th Annual Cancer Survivors' Celebration

Open to anyone who has been touched by cancer. Join us for an inspiring afternoon; lunch is provided. Special world-class juggling and comedic performance by cancer survivor Scott Burton who will share his journey. **FREE**

- Sat., June 7; 11 a.m.-2:30 p.m.
At LVH—Cedar Crest

See related article on page 12.

Look Good, Feel Better

Cancer treatment can affect a woman's self-esteem. Learn from cosmetology professionals. Includes free makeup kit, refreshments. **FREE**

- Mon., May 19; 1:30 p.m.
At LVH—Cedar Crest
Sponsored through the American Cancer Society



Ongoing programs

Joint Replacement Preparation

For those scheduled for total knee or hip replacement surgery. What to expect in hospital, during rehabilitation. **FREE**

- Tue., June 3; 9:30-11 a.m.
- Thu., May 15, June 19; 2:30-4 p.m.

At LVH—Cedar Crest, Morgan Cancer Center

- Thu., June 12; 1:30-3 p.m.
- Wed., July 9; 8:30-10 a.m.

At LVH—Muhlenberg

Get Up and Go

Group exercise for those with Parkinson's disease or other movement disorders.

4 weeks • \$20

- Every Mon.; noon-1 p.m.

At 1770 Bathgate Rd., Bethlehem

For Diabetes Patients and Their Families

For details, call 610-402-CARE.

See related article on page 7.

Pre-Diabetes—Learn to prevent or delay diabetes through modest lifestyle changes.

Type 1 Self-Management—Individual and group education and support.

Type 2 Self-Management Education

Learn how to live well with diabetes according to recommended national guidelines.

Type 2 Diabetes Follow-up

2-hour class updates self-management strategies and troubleshooting. Recommended yearly after "comprehensive," above.

Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet with a dietitian.

Intro to Insulin Pump Therapy

Learn about the various pump options to see if this approach is right for you.

Insulin Pump Training—Hands-on instruction and troubleshooting.

Insulin Pump Follow-up—Learn advanced features of the pump.

Intensive Management Education

Learn to fine-tune your diabetes control (injections or pump) and balance insulin needs.

Diabetes in Pregnancy—Education and support, preconception through pregnancy.

Adult Diabetes Support Group

- Third Thu. of month; 6:30-8 p.m.

Insulin Pump Support Group

- Third Mon., every other month; 6:30-8:30 p.m.

Sugar-Free Kids Support Group

(ages 6-12) and their parents

For Cancer Patients and Their Families

Psychotherapy to Manage Insomnia

Strategies, skills for those with cancer suffering from insomnia.

Preparing for Breast Cancer Surgery

Learn what to expect after surgery and how to better prepare through exercise.

- Tue., May 20, June 3, June 17; 4 p.m.

At LVH—Cedar Crest

- Thu., May 15, May 29, June 12, June 26; 10 a.m.

At Breast Health Services, 2597 Schoenersville Rd., Bethlehem

See related article on page 12.

Lehigh Valley Chapter of the National Ovarian Cancer Coalition

Promotes education, awareness and advocacy.

Bereavement Support Group

For family and friends coping with a death. Monthly topics vary.

Adolescent Support Group

For teens who have lost a loved one to cancer.

Men Facing Cancer

Discussion group on prostate, bladder or genitourinary cancer; partners/friends welcome.

Support of Survivors

A 24-hour phone line staffed by breast cancer survivors to help recovering women. 610-402-4SOS (4767).

- Support group meets first Mon. of month.

For Stroke Patients and Their Families

Stroke Support Group **FREE**

- Second Thu. of month; 7 p.m.

Stroke Exercise/Educational Program

- First, second, third Tue. of month; noon-1 p.m.

Lunch 'n' Learn for Stroke Survivors and Family **FREE**

At Good Shepherd Rehabilitation Hospital

For details, call 610-402-CARE.

For MS Patients and Their Families

MS School—What you need to know when newly diagnosed. Includes lunch; registration required. **FREE**

Lunch 'n' Learn—Monthly programs for patients and caregivers. **FREE**

For details, call 610-402-CARE.



Just for Fun

NEW Gathering Goodness

Learn basic basket-weaving techniques to make a small gathering basket, perfect for blueberry (a great antioxidant) picking.

\$12 for materials

- Mon., June 2; 2-4 p.m.

At LVH—17, CHA

Judy Arendt and Kathy Anthony, Community Exchange members

NEW Writing Toward Wellness

Writing and poetry allow us to discover how vulnerability and strength can co-exist. Explore the health benefits of reading and writing poetry. **FREE**

- Mon., July 7; 2-4 p.m.

At LVH—17, CHA

Lisa DeVuono, published poet, lay chaplain, facilitator

Keeping Up to Date

Health Insurance for Small Businesses (2-50)

Health insurance educational sessions, including information on consumer-driven health plans, are available at your office or Valley Preferred. **FREE**

For details, call 610-402-CARE.

Your Heart Is
in Your Hands



**FREE OPEN HOUSE AND
HEALTH FAIR**

Lehigh Valley Heart Specialists

Featuring:

- Cardiologist Joan E. Homan, M.D.
- Educational talks on healthy eating, managing stress and more
- Cooking demonstration/food tasting
- Tours of the cardiac diagnostic center
- Health screenings
- Special exhibits
- Free gift for each participant

SAVE THE DATE

Saturday, May 17

See details on page 17.

TO REGISTER, CALL

610-402-CARE.



It's your heart.



And it's your life. Heart disease is the leading cause of death for both men and women in the United States. That's why it's so important to look closer at a health care provider that can get right to the heart of the matter when you need expert treatment for a cardiac condition.

At Lehigh Valley Hospital and Health Network, you'll find heart specialists with the know-how to provide you with the most appropriate options. We're one of *U.S. News & World Report's* Best Hospitals in America for heart care and surgery. And the experienced doctors in our Regional Heart Center perform thousands of procedures each year.

When it comes to matters of the heart, look closer and make the right move. Ask your physician about Lehigh Valley Hospital and Health Network. When you look closer, you'll find you don't have to go very far for the right care.

It's your call (or click).

To find a primary care doctor or specialist who's right for you, call **610-402-CARE** or click on **lvh.org**. You can compare experience, education, office hours, location and other factors that are important to you when selecting a doctor.



Lehigh Valley Hospital
PO Box 689
Allentown, PA 18105-1556

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