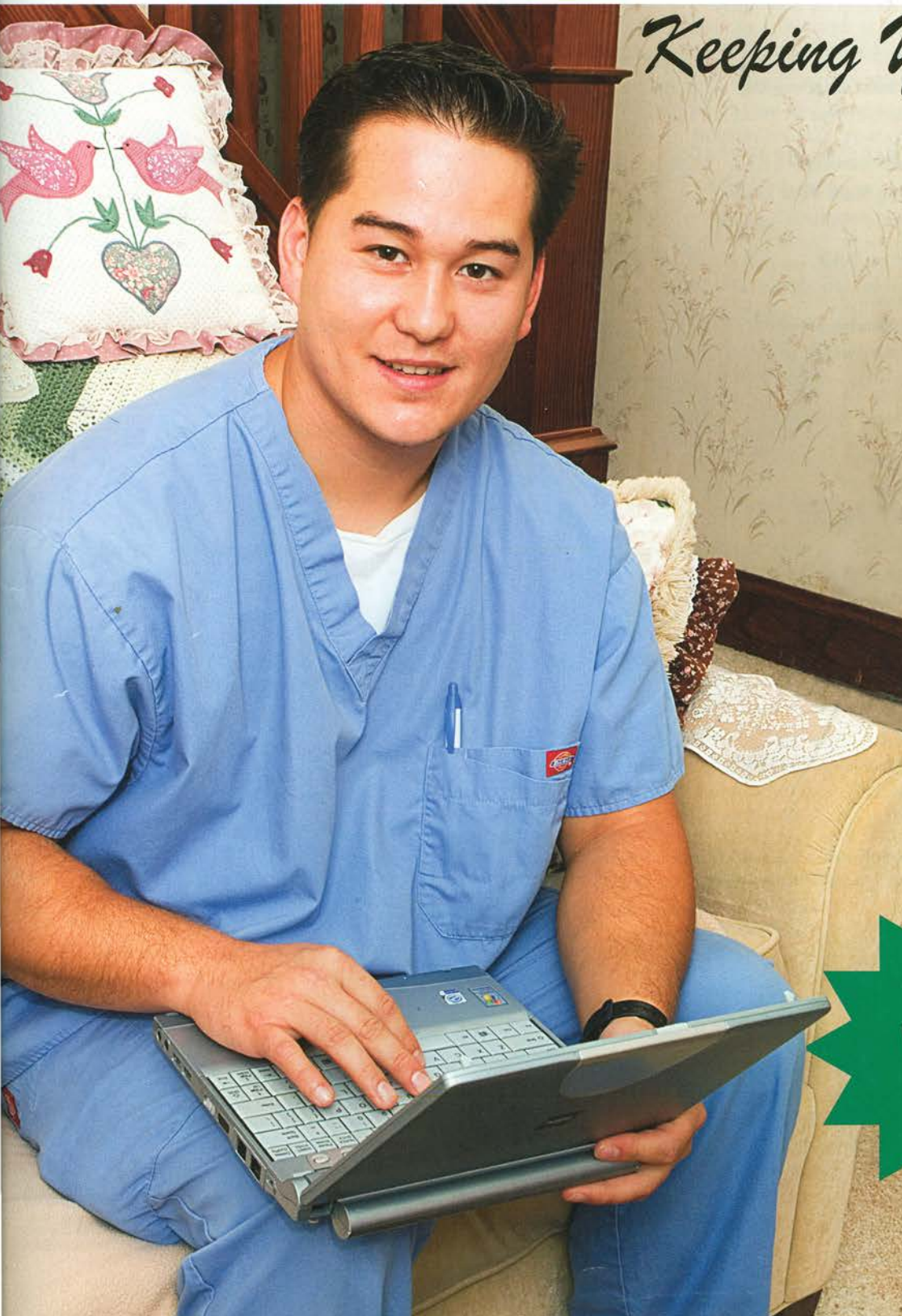


Healthy You

Lehigh Valley Hospital and Health Network

JANUARY/FEBRUARY 2007



Keeping You Healthy

- You and Your Nurse
- Ready to Be a Caregiver?
- Eating for Energy

Also in this issue...

- Keep Your Workout Challenging
- Freeze That Breast Lump
- Signs of a Detached Retina
- Your Dating Teen
- Depression or Bipolar?

**Our
Report
to You**
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center

Healthy You

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JANUARY/FEBRUARY 2007



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Are you disaster-prepared?—Find out how to assemble a survival kit and protect your family in case of fire, flood, blizzard or flu epidemic, on page 8.



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On the cover: As a home care nurse, Julian Eichert, R.N., is the "eyes and ears" keeping watch over his patients' well-being. Read about him and other types of nurses who can help you stay well on page 14.
Cover photo by Mary Frederick, Amico Studios

We're Reporting to You!

Scattered throughout this issue of *Healthy You*, you'll find small items titled *Your Community, Your Hospital*. It's a way to update you on what Lehigh Valley Hospital and Health Network has been doing this year—often, in partnership with community organizations—to provide you and your neighbors the very best care. We've also inserted our *2006 Report to the Community* (pictured at left) in the center of this issue. It talks about the hospital's mission and how and why we're growing to meet your needs. (If you haven't received a copy, call 610-402-CARE or visit www.lvh.org.)



Keep Your Workout Challenging

Isn't it enough to be up off the couch walking three times a week? "That's a great start," says exercise physiologist Joanne Koury of Lehigh Valley Hospital and Health Network. "But you need strength, flexibility, balance, agility and coordination as well as the cardiovascular fitness that comes from walking or jogging."

What's more, Koury says, your body adapts to any given workout in about six weeks—you can perform the moves with less effort, so you're using less energy to do a given amount of work. That's one reason why it's vital to vary your workouts. Variety keeps you challenged and helps you burn more calories and build muscles and

Variety keeps you challenged—Since your body adapts to any given workout in about six weeks, update your goals and ramp up that workout! Norris Muth of Kempton shows cross-training at its finest.

endurance. It also keeps you from getting bored!

Where to begin? Koury's colleague, exercise physiologist Eric Witzel, offers these suggestions:

Figure out what you want to accomplish. Weight loss? More energy? Easing stiffness? Cardiovascular health? Having fun? Clarify your goals.

Get a professional assessment. When you know where you're starting from, you can follow your progress by seeing measurable changes. A fitness professional can test your body composition, cardiovascular fitness, strength, flexibility and endurance, then help you design a gym- or home-based program based on your condition and goals.

Break long-term goals into short-term commitments and write them down.

"I will take two yoga classes a week."
"I will lift weights Monday and Thursday."

Schedule daily "appointments" for exercise, then keep those appointments as if they were business meetings.

Cross-train. Whatever your usual form of exercise, throw in something different. Try dancing, shooting hoops, cross-country skiing, tae kwon do, hiking, swimming or rollerblading.

Consider a team sport or group activity.

Time flies when you exercise with others.

Pick up the intensity. If you're lifting weights, add more repetitions or poundage.

If you're walking, try short intervals of running every few minutes. On a treadmill, change the incline. Your fitness professional can help you here.

Reward yourself. As you achieve each goal, treat yourself—maybe not to a hot fudge sundae, but perhaps a new pair of running shoes? ●

Want to Know More? For information on different exercise options or for an appointment with a fitness professional, call 610-402-CARE or visit www.lvh.org/healthyou.

Your Community, Your Hospital

This year, more than 77,950 people took charge of their health by attending our wellness classes, lectures, health fairs and outreach programs in partnership with community centers and other local organizations. What did they learn? How to cardio kickbox, shop for healthy foods, manage pain, spot hidden heart disease, quit smoking, be a better parent, recover from stroke, and discover relaxation within (and that's just a sampling). For current class information, see pages 23-28.

Advances in Surgery

The latest techniques give new hope to thousands

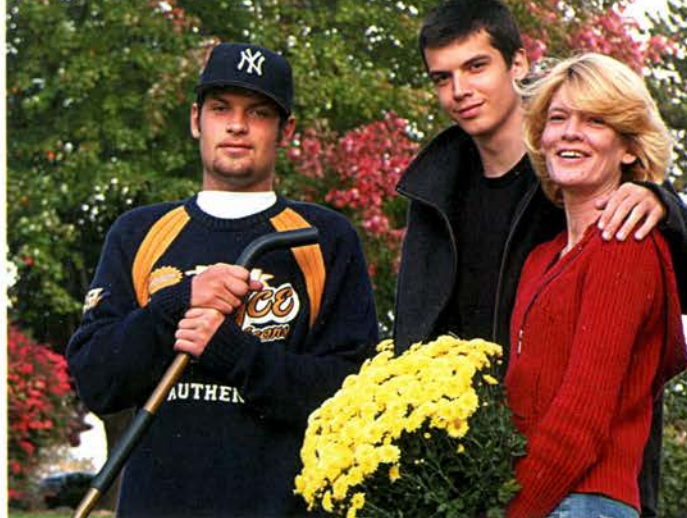
New techniques keep emerging to help surgeons do their job better. These advances save more lives, relieve more pain, and make recovery faster and easier than ever before. Here's a sampling of what's new at Lehigh Valley Hospital and Health Network.

Double kidney transplant

After two years on the waiting list, Judith Atiyeh, 63, of Allentown was surprised to learn her kidney donor would be a 2-year-old child who had died of an injury the day before. Since the kidneys were less than half of adult size and weight, Atiyeh would need both organs to accomplish the kidneys' blood-purifying function. No one in the Lehigh Valley had ever had this "en bloc" kidney transplant before.

"The kidneys came to our transplant center with the main artery and vein connected to both organs, so they could be inserted as one unit," says transplant surgeon Pradip Chakrabarti, M.D. "They grow to adult size in six to eight months."

Chakrabarti performed the challenging surgery in July, and Atiyeh is already anticipating a trip to Florida to visit her brother—something she couldn't do while on dialysis three times a week. She's also eating tomato sandwiches, a treat she had to forego for the past three years because her ailing kidneys couldn't handle the high potassium in tomatoes. "I have a



Enjoying her garden again—Sherri Gallo was up and about just a day after her laparoscopic cancer surgery. Here, she's planting mums with sons John (left) and Christopher.

chance to live again," she says. "This is an incredible gift. I'm very fortunate."

Laparoscopic cancer surgery

Diagnosed with a cancerous tumor on her rectum, Sherri Gallo, 43, of Easton needed surgery to cut out the tumor, remove 18 inches of intestine and create an artificial opening, or colostomy.

Traditionally, surgeons make an 8- to 10-inch incision in the abdomen, leaving a long scar and requiring most patients to wait several days before eating solid foods. In Gallo's case, colon-rectal surgeon Roberto Bergamaschi, M.D., performed the surgery laparoscopically. Through five small incisions in her abdomen (including one in the navel), he inserted special-

The Facts on Hernia

People tend not to mention them, but hernias are extremely common. They occur when one part of the body bulges through an opening into another part. The most common types are:

Inguinal (abdominal)—"People often don't realize they have an inguinal hernia until it's detected in a routine exam," says Richard Baylor, M.D., family medicine physician at

Childhood Hernias

"About 6 percent of children are born with inguinal hernias. They're especially common in boys, and usually easily corrected," says pediatric surgeon Chris Chang, M.D., of Lehigh Valley Hospital and Health Network. Some hernias are noticeable at birth, others take months or years to develop. But they're all due to incomplete closure of the abdominal wall, and all require surgical repair.

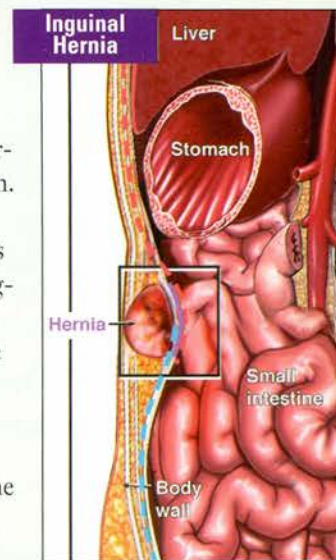
Unless there are complications, newborns don't receive the surgery until 3 months old. If your toddler or child develops an inguinal hernia, call the doctor right away, especially if the hernia is hard and bulging or your child is in pain or vomiting.

Some children are born with a different type of hernia, caused by the tissue around the umbilical cord failing to close. If an **umbilical hernia** hasn't closed naturally by age 4 or 5, surgery is needed.

Lehigh Valley Hospital and Health Network. Inguinal hernias are more common in men. Weight gain, heavy lifting, constipation, chronic smoker's cough, aging and (rarely) pregnancy raise your risk.

The condition isn't cause for panic, but you will need immediate surgery if complications develop. The bulging intestine can get trapped in the abdominal wall and cause a bowel obstruction, or blood supply may be cut off, causing tissue to die.

"Most hernias get larger over time, so it's wise to repair them while small," says Baylor's colleague, surgeon Scott Beman, M.D. The options are laparoscopy (through small incisions) or conventional surgery, depending on the hernia's size and the patient's health. "The surgeon gently pushes the intestine back in place and repairs the weak area of the



The Challenge of Psoriasis

It's not life-threatening, but certainly unsightly

ized viewing and surgical instruments.

"There is less blood loss, minimal pain after surgery and a quick return to normal activities with this technique," Bergamaschi says. He even made sure the incisions were small and low, so Gallo could wear a two-piece bathing suit. Just a day after the two-hour procedure, she was up walking and eating.

Quick updates

A groundbreaking cancer treatment—Isolated limb infusion offers new hope for people with certain skin cancers (recurrent melanoma or soft tissue sarcoma) on an arm or leg. The procedure pumps blood out of the limb, heats it, then returns it with chemotherapy drugs, boosting the drugs' effectiveness and limiting the exposure only to the affected limb.

A new option for diseased discs—For people suffering the pain of worn-out cervical (neck) discs, the only option used to be fusing the vertebrae. But fusion limited flexibility in the neck. Now, spine surgeons are using artificial discs to relieve pain and restore mobility. ●

Want to Know More? Watch for a story on the new skin cancer treatment in the next *Healthy You*. To learn more about laparoscopic surgery, call 610-402-CARE or visit www.lvh.org/healthyyou.

abdominal wall with synthetic mesh," Beman says.

Hiatal (esophagus-stomach junction)—Most small hiatal hernias have no symptoms, but a large hernia can cause heartburn and chest pain as it allows acid back into the esophagus. (Hiatal hernia and acid reflux disease aren't the same, but can overlap.) Ease the symptoms by losing weight, eliminating alcohol and spicy foods, quitting smoking and eating smaller meals. Over-the-counter antacids or prescription drugs also may help. "People with severe continuing reflux symptoms, trouble breathing or obstruction of the esophagus need surgery," Beman says. The laparoscopic procedure restores the normal position of the stomach, and in some cases tightens muscle between stomach and esophagus. ●

Want to Know More about how to prevent hernia through proper lifting? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Imagine your distress if thick, red, scaly patches began appearing on your skin, and you found out you'd have the condition for the rest of your life. Four to 5 million people in the United States are coping with just such a chronic skin problem—psoriasis.

"We're not completely sure what causes psoriasis," says dermatologist Marc Levin, M.D., of Lehigh Valley Hospital and Health Network. Some people seem to be genetically susceptible. If you're one of them, an outbreak of psoriasis can be triggered by infection, injury to the skin, emotional stress or some other factor. A mistaken response from your immune system causes your skin to grow too rapidly.

Normally, your body replaces skin cells about every 30 days, but psoriasis speeds the process to three or four days. The most commonly affected areas are elbows and knees. "There are several different types of psoriasis, and some people think it's more than one disease," Levin says.

Treatment usually begins with creams or ointments, especially if not too much of the skin is affected. These topical treatments (some containing corticosteroids) often are used in combination to slow cell growth and reduce inflammation.

If creams aren't effective, ultraviolet B (UVB) light treatments may help. UVB is present in natural sunlight, but dermatologists use an artificial narrow-band UVB light source in a series of timed treatments.

"Some people need a combination of drug and light therapy," Levin says. After they take the drug psoralen orally or as a cream, ointment or bath, the psoriasis patch is exposed to a carefully measured amount of a special form of ultraviolet light (UVA). For people with severe psoriasis, there are other oral and injectable drugs that target the cells activating the immune response, but those medications may have serious side effects.

The itching and irritation of psoriasis can be extremely uncomfortable in severe cases. Up to a third of psoriasis sufferers develop a form of arthritis, or inflammation of the joints and connective tissue. (Like all autoimmune diseases, psoriasis raises the risk for developing other autoimmune disorders.)

People prone to psoriasis learn to avoid stress (which can trigger flare-ups) and to be careful not to irritate their skin. "For now, treatment is focused on relieving symptoms, but as researchers learn more about the disease, we hope to find a cure," Levin says. ●

Want to Know More about coping with psoriasis or about skin care? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Your Community, Your Hospital

Only a handful of hospitals nationally have a pharmacist dedicated to medication safety. Our Leroy Kromis, Pharm.D. (in photo), is one of them—and he has an arsenal of technologies like pharmacy robots, automated dispensing cabinets and bar coding to help him. It's one example of the innovations that earn Lehigh Valley Hospital honors for high-quality care. Other examples: our tele-intensivists, who track critical-care patients via computer, and Cardiac Alert, ensuring the fastest possible response to a heart attack.



You're Pregnant! Watch That Blood Pressure

Regular prenatal checkups allow your doctor to detect and treat hypertension

If you're like many healthy young women, you've never given blood pressure a thought. Now that you're pregnant, your doctor is strapping that cuff to your arm at every prenatal checkup. There's a good reason for it. High blood pressure (hypertension) can lead to many complications during pregnancy, and there are no symptoms. Frequent monitoring is the only way to detect and treat this serious condition.

The fact is, many women develop high blood pressure long before pregnancy, but it's not detected until their first prenatal checkup. "Because of the rise in obesity, which is linked with high blood pressure, we're seeing an increasing number of pregnant women with hypertension," says cardiologist Darla Hess, M.D., of Lehigh Valley Hospital and Health Network.

Sign Up Now!

**Blood Pressure
Makeover**

Jan. 24

Details on page 26

Other women have normal pressure before becoming pregnant, but experience a rise during the nine months of pregnancy. In some, this "pregnancy-induced" high blood pressure leads to a potentially deadly complication called preeclampsia. "Blood pressure usually goes down during the second trimester (weeks 13-24). If you have this normal drop in pressure, it's a good sign you won't develop preeclampsia," says Wayne Hess, M.D., a perinatologist (high-risk childbirth specialist) with Lehigh Valley Hospital and Health Network.

No one knows for certain why some women develop preeclampsia, and its symptoms (blood pressure above 140/90, lower leg swelling and protein in the urine) aren't always consistent. About 10 percent of first-time mothers

develop it. Left untreated, preeclampsia can lead to serious complications such as kidney and liver damage, brain swelling and stroke. "Existing high blood pressure, diabetes or kidney disease increases your risk for preeclampsia," says Hesses' colleague, obstetrician Amanda Flicker, M.D. "Your age also plays a role. Women older than 35 and younger than 18 are at higher risk."

If you develop high blood pressure or preeclampsia, your doctor will try to prolong your pregnancy as long as safely possible, to allow time for the baby to develop. Your doctor may prescribe bed rest to help reduce your blood pressure, along with medications to manage your symptoms and speed the baby's lung development.

Can you prevent preeclampsia? "Because high blood pressure raises your risk, do everything you can to keep blood pressure under control before you become pregnant," Darla Hess says. Have your blood pressure tested regularly, maintain a healthy weight, eat a diet rich in fruits and vegetables, and get plenty of exercise. ●

Want to Know More about preeclampsia? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Your Community, Your Hospital

Care and education for expectant mothers is a big part of what we do at the Center for Women's Medicine, our obstetrics/gynecology practice. Care is offered to all; a sliding fee scale is available for patients without insurance, and some may qualify for free care. Our physicians and residents also offer high-quality care in pediatrics, surgery, dentistry, family and internal medicine, geriatrics and mental health, with special programs like Centro de Salud for the Latino community. Our clinics had a total of 127,345 visits this year. In photo, Tammie Cruz of Allentown gets a blood pressure check from Jane Laudenslager, R.N.



Ethnicity and Health

How people's ancestry impacts their well-being

Your ethnic background affects so many aspects of your life—the foods you love, the holidays you celebrate, even how you relate to your family and friends. Ancestry affects something else, too, says family medicine physician Pamela LeDeaux, M.D., of Lehigh Valley Hospital and Health Network. “Ethnicity definitely plays a role in your health.” Here’s how:

Your genetic makeup

“Though humans differ only slightly from each other genetically, some ethnic groups carry gene mutations that predispose them to certain diseases,” says LeDeaux’s colleague, genetic counselor Tara Namey. For example, about 1 in 30 Caucasian adults is a carrier for cystic fibrosis, and 1 in 40 Ashkenazi Jewish women (which most Jews in the United States are) carries a genetic alteration that raises breast and ovarian cancer risk.

One in 12 Black Americans is a carrier for sickle-cell anemia, a condition that also affects people from Hispanic, Mediterranean and Middle Eastern regions where malaria was once common. “The sickle-cell trait actually protected its carriers from malaria and helped ensure their survival,” Namey says. But sickle-cell anemia carries its own risks, causing pain and organ damage.

Your culture

Culture plays a role in your diet, your attitudes about exercise, and even health-related spiritual beliefs such as “Your health is in God’s hands,” LeDeaux says.

“Latinos, for example, view those who are plump as healthy,” says internal medicine physician Edgardo Maldonado, M.D., of Lehigh Valley Hospital and Health Network. “And though they play sports, they don’t see exercise as an essential daily habit. Unfortunately, this puts them at greater risk for diabetes and high blood pressure.”



Her doctor knows what to watch for—Edgardo Maldonado, M.D., carefully tracks the health of Miguelina Gonzales of Allentown and his other Latino patients, whose ethnicity raises their risk for diabetes and high blood pressure.

Your socioeconomic status

“In India, where there is little access to health care and medications, 100,000 people die every month of heart disease,” says Maldonado’s colleague, cardiologist Sultan Siddique, M.D. While their genes and lifestyle play a role, he says, socioeconomic factors are the major reason why those from India, Pakistan and Bangladesh are at risk for heart disease as early as age 40.

Even in the affluent United States, LeDeaux says, “it comes down to this: if people’s basic needs aren’t being met—if they can’t pay the heat bill or the rent—they’re less likely to seek medical care.” And people who are poor may even lack access to nutritious food, she says. “The cheapest meal in town is fast food, which is high in fat and can lead to cardiovascular disease.” ●

Want to Know More? For health-related articles in Spanish, information on healthy ethnic foods or to sign up for our Diabetes eNewsletter (English or Spanish), call 610-402-CARE or visit www.lvh.org/healthyyou.

Sign Up Now!

Black Women and Heart Disease

Jan. 16

Details on page 26

Your Community, Your Hospital

Black and Latino women are two ethnic groups at higher risk for heart disease, yet their heart disease awareness level is, on average, only about half that of white women. Lehigh Valley Hospital is planning a special educational event targeted at each of those ethnic groups in the coming year. It’s part of our Heart Help for Women program, designed to educate and empower women like Michele Bethea of Allentown (in photo). The program also connects women with doctors specially educated to recognize and treat women’s heart issues, and teaches them how to respond to the symptoms of a heart attack.

Want details? Call 610-402-CARE or visit www.lvh.org.



Teens and Healthy Dating

Help your son or daughter avoid negative relationships

Living with a teenager in love is never easy. But when you suspect emotional or physical abuse is part of the relationship, it's a nightmare. "Teens are excited to have a first romance, but may be too inexperienced to realize what a normal dating relationship is," says Judy Illingworth, licensed clinical social worker at Lehigh Valley Hospital and Health Network. "They mistake jealousy and possessiveness for love."

"Controlling behavior often leads to physical or sexual abuse," says Illingworth's colleague, sexual assault forensic examiner Barbara Fadale, R.N. "Girls afraid of losing their boyfriends give in to pressure to have sex." They seldom report a sexual assault by their current boyfriend, and those with low self-esteem may even hesitate to report rape by a former partner because they feel they deserved it.

"Alcohol is often a factor," Fadale says. "Girls think they have no recourse if they or their partner were drunk. They need to know that alcohol does not mean consent, it wasn't their fault and they won't be judged."

Boys aren't often victims of physical assault, and if they are, they typically shrug it off. But they're as vulnerable as girls are to emotional abuse by a jealous and controlling partner (of either gender).

"Our society accepts

controlling behavior in relationships," says Abby Letcher, M.D., family medicine physician at Lehigh Valley Hospital and Health Network. "Having control over a partner makes people feel powerful—whether they're adults or teens. No wonder our kids confuse control with love."

What can a parent do? Because young people are trying to assert their independence from parents, it may be easier for a friend or sibling to help your teen see she's being abused. Don't try to force a breakup—that just puts her in another controlling relationship. Your best strategy is to keep the lines of communication open, avoid being judgmental, and try to teach your child that love is about behavior, not just feelings. If you feel you need professional help, don't hesitate. "It's heartbreaking," Letcher says, "but with patience, you can help your child realize she deserves better treatment." ●

Want to Know More about recognizing and dealing with abuse? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Warning Signs for Parents

Abuse may be present if your teen's boyfriend or girlfriend...

- is jealous and sulks when your child spends time with other friends
- insults or belittles your child
- refuses to spend time with your family and attempts to alienate your child
- threatens suicide if your child breaks up with him/her

Abuse may be present if your teen...

- has had a slip in grades since the relationship began
- constantly makes excuses for the partner's bad behavior
- often has unexplained bruises

Sign Up Now!

**Teens and Dating
Violence Symposium**

Feb. 12

Details on page 28

Your Community, Your Hospital



Physical, sexual and emotional abuse are medical issues, and Lehigh Valley Hospital is committed to helping prevent and treat these problems. Our SAFE (sexual assault forensic examiner) nurses are specially educated to care for and support sexual abuse victims, help convict attackers and build community awareness. We also partner with Turning Point, a local organization (led by Pam Russell, in photo) that provides services for victims of domestic violence. Since doctors and nurses are often the first contact for battered women, we're working with Turning Point to teach medical professionals to screen for domestic violence and make referrals when needed. "This collaboration is helping victims," Russell says, "and that's something to celebrate."

Benign Breast Tumor? Freeze It

New procedure offers women a pain-free alternative to surgery

Like most women, Linda Jo Heffner feared the worst when her gynecologist found a lump in her breast. When the 57-year-old Macungie woman learned the lump was noncancerous, she says, "it was such an emotional relief."

Heffner had a fibroadenoma, a fibrous tumor most common in women ages 18-35. "As many as 20 percent of women have fibroadenomas," says gynecologist Alexandria George, D.O., of Lehigh Valley Hospital and Health Network. "We don't know what causes them, but they do increase with pregnancy and with hormone therapy."

Most fibroadenomas needn't be removed; they can just be observed, says George's colleague, surgical oncologist Aaron Bleznak, M.D. "They can't become cancer, but on occasion they can be tender, they're sensitive to hormone changes, and they can grow bigger over time," he says. "It's appropriate to treat those that are symptomatic or enlarging, but many women don't know about any alternatives to surgery."

Heffner was uncomfortable with both a "watch and wait" approach and surgical removal. Happily, she had another option: a new, pain-free treatment called cryoablation. It's a 20-minute office procedure that uses extreme cold energy to destroy tissue. Guided by ultrasound, the surgeon inserts a thin probe into the center of the tumor, then freezes it. Within six months the tumor breaks up and is reabsorbed by the body. "The advantage over traditional surgery is that there's no cutting, scarring or pain," says Bleznak, who along with his colleague, surgical oncologist Heiwon Chung, M.D., is certified to perform the procedure.

"Some women still choose surgery because they either haven't heard about cryoablation or don't want a tumor sitting in their breast for months and prefer to have it extracted



A new treatment helped them both—Linda Jo Heffner (left) and Lori Costello chose cryoablation for treatment of their fibroadenomas. Costello, 42, of Catasauqua opted for the new approach because she'd had breast reduction surgery and wanted to avoid additional scarring. "It's peace of mind having the lump removed, knowing it's not going to be growing," she says.

immediately," Chung says.

For Heffner, the procedure dissolved her tumor along with an enduring fear of cancer, the disease that took her husband's life. At the time her own lump was discovered, she'd had only one mammogram in her life; she now schedules them yearly. "Every little bump or lump you get doesn't necessarily mean you have cancer," she says. Indeed, according to the American Cancer Society, nearly 80 percent of breast lumps are benign. ●

Want to Know More about breast lumps, breast self-exams or breast cancer risk? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Your Community, Your Hospital

Cryoablation, the new treatment for benign breast tumors described above, also may become an option for women with cancer. Lehigh Valley Hospital is one of 30 sites nationally in a clinical trial that will assess cryoablation for treating small breast cancers. It's just one of dozens of research trials at our hospital, in every area from the Burn Center to rehabilitation to the in vitro fertilization lab. A sampling:

- **Cancer**—Targeted melanoma treatments, new prevention approaches for prostate and breast cancer, and nanotechnology to deliver cancer drugs

- **Spine**—Safety and effectiveness of multiple (two) adjacent artificial discs
- **Heart**—Some 25 studies by our Cardiovascular Research Institute in such areas as anemia and heart failure
- **Trauma**—New anticoagulants and new ventilator strategies including liquid ventilation

Research is a vital function for an "academic community hospital" like ours. It helps attract the finest professionals to our community and brings the very latest medical knowledge to our patients.

Disaster!

Is your family prepared?

Most people don't give much thought to disaster planning, but when something happens, they wish they had. Though it isn't pleasant to think about, having a disaster plan increases your peace of mind. Whatever the crisis, it's vital that all family members know how to respond. Here are some topics for your family planning meeting:

Fire



Evaluate your house and take care of fire hazards like faulty wiring or gas lines. Define two escape routes and practice safe evacuation procedures with your children. Make sure family members understand they need to get out as quickly as possible at the first sign of smoke or flame, and not go back for pets or valuables. Set up a meeting place—like a neighbor's mailbox—where everyone can gather after exiting the house. Don't try putting out the blaze with a home fire extinguisher.

Flood



Decide where to go if you're evacuated. Choose a meeting place in case you're separated and can't return to your neighborhood. Establish a contact person for all family members to call, someone in another city or state, as you may not be able to phone across town. If your basement floods, don't attempt to wade through it—the water may be electrified. If your neighborhood is in danger of flooding, get out early and go to a shelter or a friend or relative's home. Don't wade or drive through standing water. Debris or live electrical wires could be under the surface, or the road could be washed away.

Illustrations by Judy Nemhouse

A Basic Survival Kit

Assemble a survival kit of items your family will need for 24-48 hours, and make sure everyone knows where it's kept. Here's what to include:

- Water—one gallon per person per day
- Food—a three-day supply of nonperishable items
- Can opener
- Extra clothing
- Battery-powered radio
- Flashlights and extra batteries
- First aid kit
- Sleeping bags
- Whistle (to signal for help)
- Prescription medications
- Cash (ATM machines may not be working)



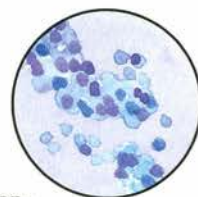
Winter storm

Pay attention to warnings and stock up on supplies. Plan how to live without electricity for several hours. If you have a portable non-electric heater, be sure it's approved for indoor use. Don't go out during the storm. Hazardous road conditions cause accidents, and people can suffer from exposure, have heart attacks while shoveling snow or break bones falling on ice.



Flu epidemic

Make sure everyone in your family is immunized unless your doctor advises against it. Get enough rest; your body is more susceptible to flu when you're exhausted. If there is a flu outbreak, avoid contact with people who may have the disease. Don't go to church, the movies or large public gatherings. Seniors and young children need to be especially careful. ●



Your Community, Your Hospital

Since a safe community is vital to good health, we're partnering with the Pennsylvania Regional Community Policing Institute in Allentown in its efforts to make neighborhoods safe. The institute teaches community members and law enforcement agencies how to recognize and report suspicious activity, address domestic violence and value cultural diversity. It also offers the national program COPS in Schools. In the past year, 1,015 police officers, government officials and community members in Pennsylvania completed the institute's training.

Want to Know More about smoke alarms, making a family disaster plan and survival kit, preparing for a flood, coping with flu, or how Lehigh Valley Hospital is prepared for disasters? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Thanks to:

John McCarthy, D.O.,
emergency medicine specialist
Joanne McLaughlin, R.N.,
Burn Center community educator
Thomas Nervine, director of emergency
management, Lehigh County
Luther Rhoades, M.D.,
infectious disease specialist

Fire

- Install smoke alarms on every level of your house; put one in each bedroom, not just the hallways.
- Change the batteries twice a year, when you change clock settings.
- Have escape ladders handy for exiting upper-floor windows.
- Make sure your address is visible from the street so emergency responders can find you.

Winter Storm

- Stay at least 20 feet from downed power lines and call 9-1-1. Always assume power lines are live.
- Close off unneeded rooms to preserve the heat in one common living area.

Flood

- Seal basement walls to prevent seepage.
- If you live where flooding is likely, install major appliances (washer, dryer, water heater) on the first floor, not the basement. If that's not possible, raise them well off the floor.

Flu Epidemic

- Wash hands often; carry a small bottle of hand-disinfecting gel.
- Use pop-up towelettes to clean phones, keyboards, refrigerator handles and doorknobs.



Flood experts—Lynne Reismeier (left) loves her Easton home on the Delaware. “It’s so beautiful here, and we can walk out our door and swim, boat, fish and enjoy the river,” she says. The downside: three floods in 22 months. Reismeier and her family (she’s shown with daughter Meridith Gibbons) have learned how to cope. Read her story and flood strategies at www.lvh.org/healthyyou. For a free video on preparing for disasters, call 610-402-CARE.

Eating for Energy

Small changes can make a big difference

If most days leave you feeling like the little engine that couldn't, you're not alone. Millions of Americans regularly fight fatigue. Although your mid-day slumps can have much to do with stress or lack of sleep, experts agree that poor diet is the primary cause of low energy in otherwise healthy people.

To get your steam back, try making a few adjustments to your daily diet. "The trick is to eat nutritionally rich meals and snacks in the right amounts at the right times," says registered dietitian Judy Holaska of Lehigh Valley Hospital and Health Network. Here's how:

First, "know thyself." Keep a food diary for one week to document your eating habits and spot problem areas. For example, do you skip breakfast or binge on sugary snacks after lunch?

Eat more often. Resist the temptation to skip meals, a habit that drains energy and sets you up for bingeing. "Always eat three meals a day, and include a snack midmorning, mid-afternoon and midevening," Holaska says. "Never go more than four hours without giving your body some kind of fuel."

Just watch your portion size; overeating also can cause lethargy.

Rely on the right combo. For lasting energy, choose a nutrient-rich complex carbohydrate, a protein and a healthy fat at every meal. This combination is key because it causes slower digestion, which

keeps you satisfied longer and stabilizes blood sugar levels. Good carbohydrate choices include fruits, vegetables, whole grains and beans. Protein-rich foods include eggs, dairy products, fish, poultry and meats. Healthy fats can be found in olive oil, nuts, peanut butter, avocados and fatty fish like salmon or tuna.

Eliminate energy-sappers, foods made with refined carbohydrates such as white flour and sugar. They enter your bloodstream quickly and cause spikes and plunges in blood glucose, which can make you feel sluggish later in the day.

Plan ahead. To forestall the 3 p.m. doughnut break, have healthy snacks on hand. Buy prepackaged fruit or mixed nuts, or chop your own fruit and vegetables and keep them in containers in the refrigerator ready to grab and go.

Can the coffee. Tiredness is a common sign of dehydration, and too much caffeine is often the culprit. "Caffeine is not a reliable energy source, and as a diuretic it can be dehydrating," Holaska says. Sip water throughout the day instead of coffee or cola (which can also interfere with sound sleep).

Don't bite off more than you can chew. To stay on track, start with a small change each week. Trade the candy bar for peanut butter and whole-wheat crackers, commit to eating a balanced breakfast, and drink a fruit smoothie instead of a cola midafternoon. ●

Want to Know More about how to fix a healthy breakfast or choose the perfect snack? Call 610-402-CARE or visit www.lvh.org/healthyyou.



Sign Up Now!

Eat Well for Life

Details on page 23

Your Community, Your Hospital

Healthy eating is a special challenge when you have diabetes, and our Helwig Health and Diabetes Center has many programs to help. One example: Camp Red Jacket, a free day camp where children with type 1 diabetes have fun and find answers to their questions about managing this serious disease. Shown here around the dinner bell are Helwig director Joyce Najarian and (l-r) Jayde, Kate, Ramone and Nicholas. Lehigh Valley Hospital offers many other nutrition-related resources, including the Dr. Dean Ornish heart disease prevention program and our own New You weight management program. *Want details? Call 610-402-CARE or visit www.lvh.org.*



Illustration by Jane Ramsey

Does Technology Rule Your Life?

Rewards and risks of cell phones, pagers, computers and MP3 players

You're out to dinner with the family, and your cell phone rings. You know it's the office. Should you answer it and upset your family, or ignore it and jeopardize your job? "Deciding how to respond to technology has become, for some people, a major personal issue," says Donald Levick, M.D., Lehigh Valley Hospital and Health Network physician liaison for information services.

Sure, cell phones and e-mail make it easy to communicate and keep tabs on your loved ones. But overusing these high-tech gadgets can negatively impact your health and personal relationships. "You need time away from technology," says Levick's colleague, licensed social worker Brett Williamson. "We're social beings. We need to interact face-to-face."

Here's how to make the most (and avoid the worst) of what technology has to offer:

E-mail—It frees you from being physically stuck in the office, but e-mail also can plant you in a chair for long periods. "Computers contribute to a sedentary lifestyle," Williamson says. Instead of sending an e-mail at work, when possible get up and go talk to your colleague.

E-mail also blurs the line between work and private life. "Checking work e-mail from home can increase stress and damage relationships," Levick says. Your colleagues will expect you to be on-call constantly, and your loved ones will feel that you don't have time for them. "It's important to keep these expectations in balance," he says.

The Internet—Like e-mail, the Internet opens up worlds of knowledge and connection to others. But it also opens up risks, for children and adults. Because they're spending more time mouse-clicking than playing outdoors, the number of overweight children has doubled in the last 20 years. Limit your children's computer time and place computers where you can monitor them. Pay close attention to their online contacts, especially in chat rooms and communities like MySpace.com, which attract predators.

Adults are not immune to the temptations of computer games or Web activities. They can isolate you for vast amounts of time, and a sedentary lifestyle is risky for adults, too.

Cell phones/pagers—Today, almost everyone is immediately accessible by cell phone, pager or wireless handheld device. If your job allows, Williamson suggests shutting them off while spending time with family. "The voicemails will be there tomorrow," he says. Another option: put technology to work for you by assigning different ringtones to different callers so you can screen your calls.

Using a cell phone while driving increases your risk for car accidents. It's unsafe and against the law in many states, including New Jersey.

MP3 players—These portable music-players are a fun way to motivate yourself to exercise. Just be careful. "You can't hear your environment, so you're less aware of what's going on around you," Levick says. ●

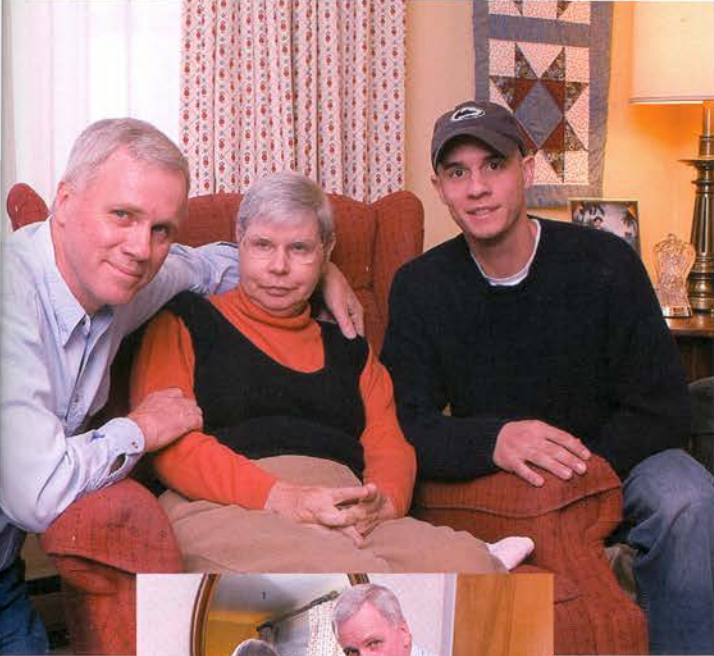
Want to Know More about cell phone etiquette, educational video games and protecting your child from online predators? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Your Community, Your Hospital

People who live in rural areas don't always have access to vital health care services. At Lehigh Valley Hospital, we're using technology not only to improve care in the hospital but also to reach more people in outlying areas. This year our "tele-intensivists" monitored more than 4,000 critically ill or injured patients, using sophisticated video and communication technology. And our maternal-fetal medicine (high-risk childbirth) staff electronically read more than 3,500 off-site fetal ultrasound tests (like the one at left). Thanks to this technology, expectant mothers in rural communities didn't have to travel long distances to have their results read by a specialist. *Want details? Call 610-402-CARE or visit www.lvh.org.*



Erin of Whitehall is wired to the max using technology to keep connected to family, friends and school.



You're About to Become a Caregiver

Preparing ahead of time will help you do a better job

Taking on the care of a chronically ill, disabled or elderly person is a mixed blessing. On the one hand, it can give you the satisfaction of being needed, keeping your loved one at home and strengthening the bond between you. On the other hand, caregiving can take a toll on the caregiver.

Whether it's brought on by a sudden, catastrophic event like a stroke or a gradual decline in physical or mental health, caring for someone is a big responsibility, says geriatrician Catherine Glew, M.D., of Lehigh Valley Hospital and Health Network. "Caregiving impacts your work, finances and family relationships," she says. "Caregivers—especially if they're elderly or caregiving over a long period—are at increased risk for depression and poor health."

"It's important to prepare well, so you can enjoy your relationship," says Glew's colleague, nurse practitioner Cynthia Himpler, C.R.N.P. Here's how:

Plan how you'll care for yourself. Exercise, eat well and get enough sleep. Get regular checkups and see your doctor if you have a health problem or feel anxious. Regularly schedule time for yourself—a 10-minute walk, an afternoon off—so frustrations don't have a chance to build up. If you can balance your needs and your loved one's, you'll be a better, healthier caregiver.

Line up help. Build a network of resources now so it will be there when you need it. Include professionals like nurses, social workers, community agencies and home health services, and consider caregiver training for yourself. Have family members commit to specific times and tasks. Say "yes" to friends and neighbors who offer services. Consider respite or day care to give yourself a break. Use the Internet and caregiving blogs for support and information.

Don't go overboard. Yes, you're taking charge, but let your loved one do as much for herself as possible. It takes pressure off you and respects her dignity.



A caring family—Eugene Huttie of Northampton (left, top photo) is caregiver as well as husband to his wife, Kathleen. Kathleen Huttie has Huntington's disease, a hereditary brain disorder that affects functions like balance. (She uses a special lift, bottom photo, to manage the stairs.) Find out more about the family and about Huntington's by calling 610-402-CARE or visiting www.lvh.org/healthyyou.



Helping Mom—Nicholas Huttie (also in photo top left) fills in as caregiver on Saturdays when his father is at work.

Your Community, Your Hospital



There has been tremendous progress treating many medical conditions. Despite this, most older adults eventually develop complex illnesses like heart or kidney failure, advanced dementia or recurrent cancer. People at this stage of illness have symptoms that are difficult to manage. They also face challenging emotional and family issues as they make choices about their health care. To help them, we've created a new program called OACIS* Services. The OACIS team of doctors and nurses guides patients and their families physically, emotionally and spiritually as they make their illness journey.

• Optimizing Advanced Complex Illness Support



Practicing—Eugene and Kathleen Huttie pass a balloon back and forth; the activity helps people with Huntington's disease stay coordinated.

Stay connected. Both you and your loved one can benefit from social and church groups, senior centers and organizations like Community Exchange (which allows members to swap services). Don't give up your own friends.

Plan for the future. Talk about what your loved one wants and set up advance directives like living wills and powers of attorney. Plan for different scenarios, and be ready to change a plan if it's not working out. Investigate different levels of care and tour facilities before you need one; some have waiting lists.

Create a safe home. Many organizations offer home safety assessments. Adaptations like bathroom rails and stair lifts can help your loved one maintain a degree of safety and independence.

Stay positive. Take pleasure from small things—for example, time spent together listening to music or looking at old photos.

"Becoming a caregiver can be overwhelming," Glew says. "Do your best with the resources you have, let go of guilt and try to maintain balance. It will make life easier for both of you." ●

Want to Know More about long-distance caregiving and local resources for caregivers? Call 610-402-CARE or visit www.lvh.org/healthyou.

The Sandwich Generation

An estimated 22 percent of Americans can be classified as the "sandwich generation"—simultaneously caring for their parents and their children. This often comes at a time when people are looking forward to their golden years.

"You suddenly take on new responsibilities just as you're contemplating an empty nest," says nurse practitioner Cynthia Himpler. "You may begin to feel pushed from both ends." The bulk of caregiving typically falls on women, at a stage when many are juggling traditional roles, retirement planning, many financial demands and the pangs of an emptying nest. "Elder care can become an added stressor that taps their coping reserves," Himpler says.

"Be realistic about what you can and can't do," she says. Let your children help with their grandparents' needs—it encourages responsibility and strengthens family bonds. "Keep open communication, work together to solve problems, and above all, keep your sense of humor and understanding."

Sign Up Now!

**You're About to
Become a Caregiver**

March 2

Details on page 23

Make the Most of Your Medications

Take, store and dispose of them the right way!

To be sure, that prescription or over-the-counter drug you're taking is designed to make you healthier. But watch what you're doing. "If you use a medication inappropriately, it may do more harm than good," says registered pharmacist Marissa McCormick of Lehigh Valley Hospital and Health Network. Here's what you should know:

Keep your doctor and pharmacist informed. Talk with your physician before starting any new medication, even if it's a daily vitamin, and make sure your doctor and pharmacist know about everything you're taking.

Check with your doctor.

Finish your prescriptions. Even if you're feeling better, don't stop taking a prescribed medication until it's all gone. You got that amount because you need it for proper treatment of your condition. Stopping early can lead to a relapse.

Store medications correctly. "Because steam and heat can affect drugs, avoid storing them in your bathroom or next to the stove or microwave," McCormick says. The best choice is a cabinet or drawer that's cool, dry and dark.

Keep them cool and dry.

Don't share. Your friend or relative may have the same ailment you did, but that doesn't mean his physician will treat it the same way. Giving someone a medication that was prescribed for you can result in serious side effects.

Watch the expiration date. "A medication that's expired may be less effective," McCormick says. "It may even pose a health threat because of the chemical breakdown of the drug."

Remove outdated items.

Weed out the medicine cabinet. Remove outdated products, and don't just toss them in the trash—it can lead to environmental contamination. Before heading to the pharmacy for a new prescription, go through your medications, collect any that have expired and bring them with you. "Drugstores like Health Spectrum pharmacies will dispose of them in protective packaging," McCormick says. ●

Want to Know More about how to take your drugs safely? Call 610-402-CARE or visit www.lvh.org/healthyou.

Illustrations by Jane Boyd Hillman

You and Your Nurse

Take advantage of the special expertise of this health care professional



She's a specialized office nurse—
Lactation specialist Cathy Rutman, R.N. (right), works at ABC Family Pediatricians, where she helps new mothers like Jenny Schick of Kutztown with breastfeeding and other infant- and toddler-care issues.

Sure, your nurse cares for your physical needs—but that's only part of a nurse's role today, says Karen Groller, R.N., of Lehigh Valley Hospital and Health Network. "Think of your nurse as the coordinator of your care," Groller says. "Whether you're in the hospital, the doctor's office or at home, the nurse ensures that your health care needs are assessed and met and all your questions are answered."

Another big function for modern nursing professionals is education. Given today's short hospital stays, that's critical. "Your nurse can teach you about your condition and how to care for yourself," Groller says.

Many nurses go even further, pursuing advanced education and certification in areas like cancer care, pediatrics or breastfeeding. They serve on technology committees, launch support groups and conduct research. Think of it—that nurse who's giving you your medication also may have done research proving it's the best treatment for your condition.

Take full advantage of what this key health professional has to offer!

In the hospital

If you have pain or a concern, tell your nurse. Doctors may visit only once a day in the hospital,

so don't wait. Your nurse will be able to determine if you need immediate attention from a physical therapist or other specialist, and can talk with you about your diagnosis and treatment.

If there's a change in your condition, your nurse will notify your doctor and help decide how to respond. Your nurse also is charged with preparing you to go home. "We connect our patients with resources in the hospital and community, and we talk through their concerns about leaving the hospital," says Groller, who helped start a support group for amputees.

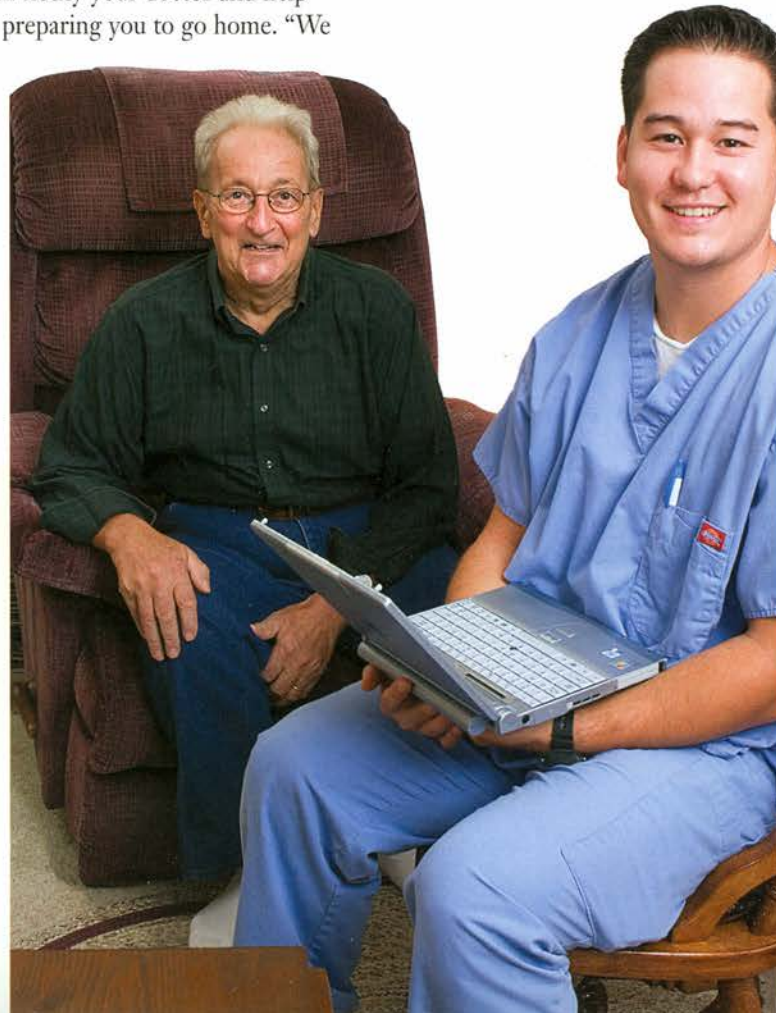
He's a home care nurse—*Twice a week, Julian Eichert, R.N., visits Carl Epting of Mertztown to check on his Hodgkins lymphoma. Using a laptop to document his patient's condition gives Eichert more time for conversation and support.*

Your Nurse Is a Magnet Nurse

Magnet status is the highest honor for nursing excellence—and Lehigh Valley Hospital just earned it for the second time. What does coming to a Magnet hospital mean to you? Highly educated and experienced nurses who conduct research to improve your care...the right number of nurses on staff...a focus on you, not on paperwork...and nursing care so good, studies show you're likely to go home sooner and have better results. Fewer than 4 percent of hospitals nationally achieve Magnet status. *Want details? Call 610-402-CARE or visit www.lvh.org.*



Illustration by Simon Shaw

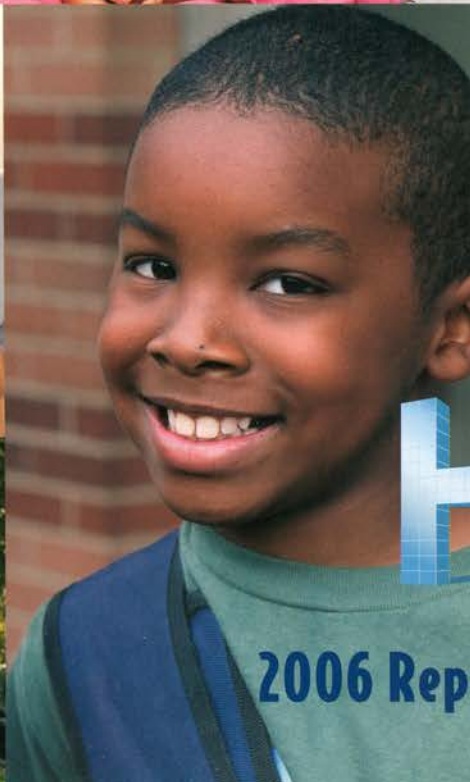


Our Pledge to You

Our pledge to you is to create the kind of hospital you would create for yourself and your family.

We fulfill our pledge by:

- Providing excellent health care close to home
- Providing care regardless of ability to pay
- Helping our community stay healthy
- Staying financially strong so we can provide care for generations to come



2006 Report to Our Community

Your Hospital, Just the Way You'd Want It

If you've visited a hospital, a doctor's office or any health care facility recently, you probably know everything you'd ideally like a hospital to include. There would be an emergency department to respond to any crisis you might face. There would be programs for health conditions that might run in your family, such as heart disease or cancer.

Your hospital would have the best doctors and nurses. It would be a place where you would always feel welcome, no matter how much money you had or what language you spoke. It would extend beyond the hospital's walls and help people who live in our community stay healthy.

At Lehigh Valley Hospital and Health Network, our pledge to you is to create a hospital that's as close to ideal as we can make it. Your trust and support allow our not-for-profit, charitable hospital to exist. We pledge to use our resources wisely so your ideal hospital is here for you and your family now and for future generations.



Elliot J. Sussman, M.D.
President and Chief Executive Officer



Jefferson K. Aiken Jr., D.Min.
Chair, Board of Trustees

Our Pledge: We're Here for You When You Need Us

You learn your child is seriously ill. With treatment, he can lead a healthy life. But the treatment he needs is far away. You'll have to travel to an unfamiliar area, far from the family and friends you'll need to support you. You'll also need to find lodging and get a babysitter for your other children at home.

At Lehigh Valley Hospital, we pledge to bring you and your family health care services you need close to home, so you don't have to travel outside the area.

This year, we've put special emphasis on providing the care your child might need right here. Our Pediatric Specialty Center at Lehigh Valley Hospital—Muhlenberg, the area's only such program, includes two board-certified pediatric surgeons, two full-time pediatric cancer specialists, a pediatric pulmonologist, two pediatric gastroenterologists, two pediatric heart specialists, a pediatric neurologist and a pediatric rheumatologist. We also are home to two pediatric radiologists and a pediatric anesthesiologist.

Brett Bonney, 6, of Easton used to travel with family to Philadelphia for leukemia care. He now gets the care he needs close to home at our Pediatric Specialty Center.

On the cover:

Our pledge in action—(Clockwise from top) Family medicine physician **Jeffrey Brown, D.O.**, with Jordan of Hellertown, at Hellertown Family Health Center; **Kieon** of Allentown, student at Central Elementary School, home of the Pediatric Health Center; **Rosa Ortiz** of Allentown received lifesaving care for a heart attack; **Amy Thomas, R.N.**, with Victor DeLeon of Orefield.



Our Pledge: *We Grow to Meet Your Needs*

When you go to the hospital, there are some things you shouldn't have to worry about. You assume you'll have a place to park your car. If you need emergency care, you assume you'll be in good hands.

At Lehigh Valley Hospital, we pledge to make sure you can take these things for granted. It's just one reason why we're expanding Lehigh Valley Hospital—Cedar Crest. We've already opened a new parking deck across from the John and Dorothy Morgan Cancer Center. By the end of 2006, we are scheduled to open the first of two parking decks in front of the hospital, creating 480 more parking spaces.

When the entire project is completed in 2008, it will include more private patient rooms and additional space for intensive care, burn care and surgical care patients. It also will include additional parking, an emergency department that's almost 50 percent larger, and a new medical office building, The Center for Advanced Health Care.

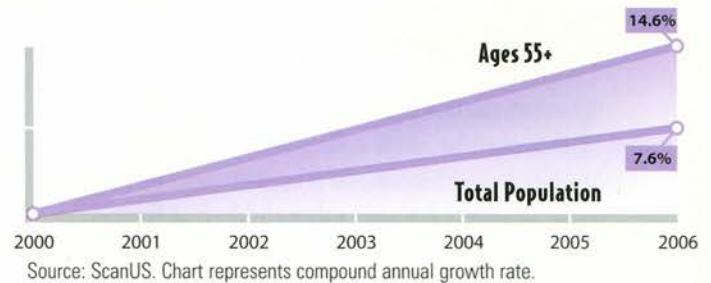
Do We Need All This Growth?

If you've lived in the Lehigh Valley for a few years, you've probably seen it. That field you used to drive by on your way to work? It's now filled with new houses. In the past four years, more than 30,000 new people have moved here, making the Lehigh Valley one of the fastest-growing regions in Pennsylvania.

The population of people ages 55 and older, who often need more health care, is growing, too. To continue providing the care you expect, we need to grow with our community.

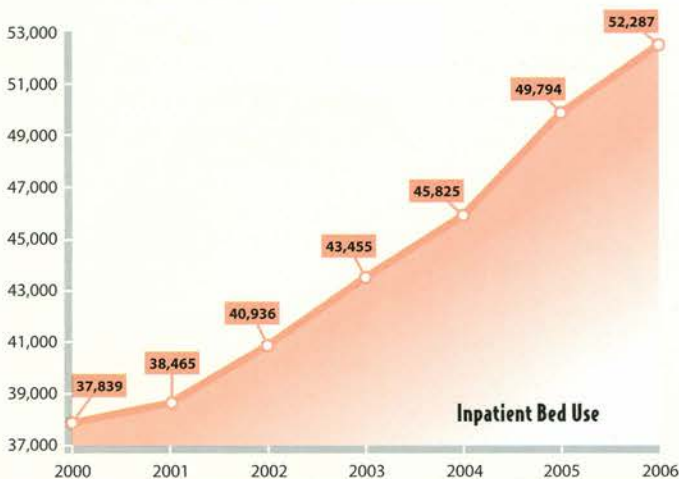
The Growing Need for Care

—Population growth from 2000 to 2006, and the growth in people ages 55 and over.

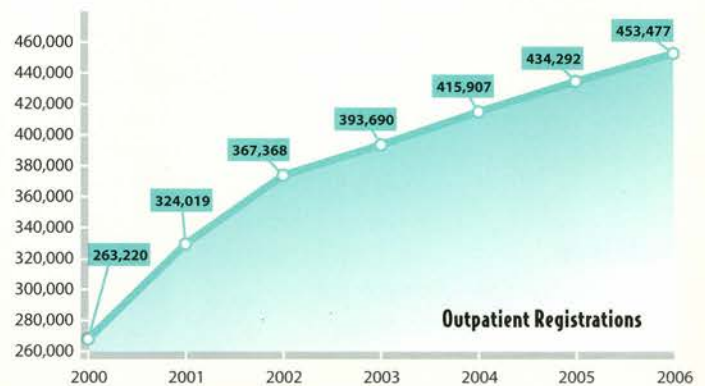


Inpatient and Outpatient Growth

—Lehigh Valley Hospital and Health Network is caring for more people inside the hospital—and caring for more outpatients—every year.



This year, our inpatient bed use grew by **more than 14,000** compared to six years ago.



This year, we accommodated **more than 190,000 additional outpatients** (emergency department visits and outpatient registrations) than we did six years ago.

Our Pledge: *We Care for You*

You're between jobs. Then you're not feeling well and need medical attention. But you have no insurance. Will you be able to receive care?

**\$101.6 million
invested in our
community by Lehigh
Valley Hospital**

At Lehigh Valley Hospital, we never turn anyone away for emergency care. We pledge to care for you, whether or not you have health insurance or can afford to pay.

We also pledge to make care easily accessible to you, your neighbors and everyone in our community. It's why we invested \$101.6 million in community benefit this year. Here are just some of the ways that investment helps:



They're playing...and learning—Children learn more about caring for type 1 diabetes—and have a blast—at Camp Red Jacket. Our Helwig Health and Diabetes Center organizes the event.

**88 at-risk
students earned
diplomas through
Communities in
Schools**

Care for Children and Teens

To help children stay healthy and grow into proud, productive adults, we partner with:

Central Elementary School—Students receive routine in-school pediatric and health screenings.

We immunized nearly 200 students last year, 34 percent of whom otherwise would have been expelled due to insufficient immunizations.

Communities in Schools—Nearly 1,000 at-risk students receive education, counseling, job training and attain their ultimate goal: a diploma.

Boys and Girls Club of Allentown—Support for an after-school program that helps students improve their math, reading and writing skills.

ProJeCt of Easton—Support for a summertime program that reinforces students' reading and math skills.



We speak your language—At the bicultural, bilingual Centro de Salud LatinoAmericano, Miguelina Gonzalez of Allentown (left) learns more about her health from internist Edgar Maldonado, M.D., and medical assistant Sheyla Torres. Torres is now one of more than 50 medical interpreters to help you if you speak a language other than English.

**7,775 visits
for diabetes
education or
counseling**

Care for Chronic Disease

Diabetes care—Medical care and nutrition counseling for people with diabetes in partnership with Latinos for Healthy Communities.

Free support groups—Provided by the Helwig Health and Diabetes Center and the Cancer Center.



Protecting your health—

Nurses like Terry Burger, R.N., helped give more than 10,000 free flu shots to community members like Richard Maurer of Bethlehem. Nurse practitioner Elizabeth Hyde, C.R.N.P. (shown at right with Franchesca Phalen of Allentown), cares for families at Casa Guadalupe.



127,345 visits to our clinics at the hospital and in the community

Care Inside Our Community

To deliver care where it's needed most, we offer 40 primary and specialty clinics, and partner with other not-for-profit organizations, including:

The Caring Place Youth Development Center—

Free care, health education and counseling for at-risk children, their families and Allentown residents.

Casa Guadalupe—Women's health care and access to care for high-risk pregnancies.

Sixth Street Shelter—Free primary health care for the shelter's residents and people who live nearby.

Allentown Rescue Mission—Free mental health evaluation for people who use its services.

Child Advocacy Center—Services for abused children in Lehigh County and education about abuse.

Turning Point of Lehigh Valley—Education for nurses to assist in identifying and providing care for victims of domestic violence.



\$6.7 million in charitable care to our community

Care Whether or Not You Can Afford It

Free care—It's based on your needs and is generous; a family of four with no insurance and a \$40,000 household income is eligible for 100 percent free care. Our financial counselors help people find insurance they might qualify for, such as Medicaid.

7,954 physicians took part in our continuing education programs

Medical Education

To attract the best caregivers and keep them here to care for people in our community, we **Teach tomorrow's doctors** in 17 residency programs and fellowships, including three integrated fellowships with Penn State University.

Further our caregivers' education by hosting internships and continuing education programs.

77,953 community members attended health classes, fairs, screenings and other programs

Community Health Education

Healthy You magazine—Distributed free to 256,000 community members.

Free health information—Given to 226,453 callers through 610-402-CARE.

Care within walking distance—That's what Michelle Klotz (right) of Allentown and her 1-year-old son, Jady, receive at Lehigh Valley Family Health Center, near our 17th and Chew site, from medical residents like Anna Keane, D.O. (left).

Our Mission

We heal, comfort and care for the people of our community by providing advanced and compassionate health care of superior quality and value, supported by education and clinical research.

One-of-a-Kind Care

Lehigh Valley Hospital is home to many unique health care services, so you don't have to travel outside the area to get the most advanced medical care. We are home to the area's only:

- Level I Trauma Center with pediatric qualifications
- Accredited Regional Burn Center
- High-risk pregnancy specialists providing 24/7 care for mothers-to-be
- Certified Stroke Center
- Pediatric intensive care unit
- Level III neonatal (newborn) intensive care unit
- Transplant Center specializing in kidney and pancreas transplants
- Advanced intensive care featuring tele-intensivists, doctors who monitor patients 24/7
- Pediatric Specialty Center with full-time pediatric subspecialists

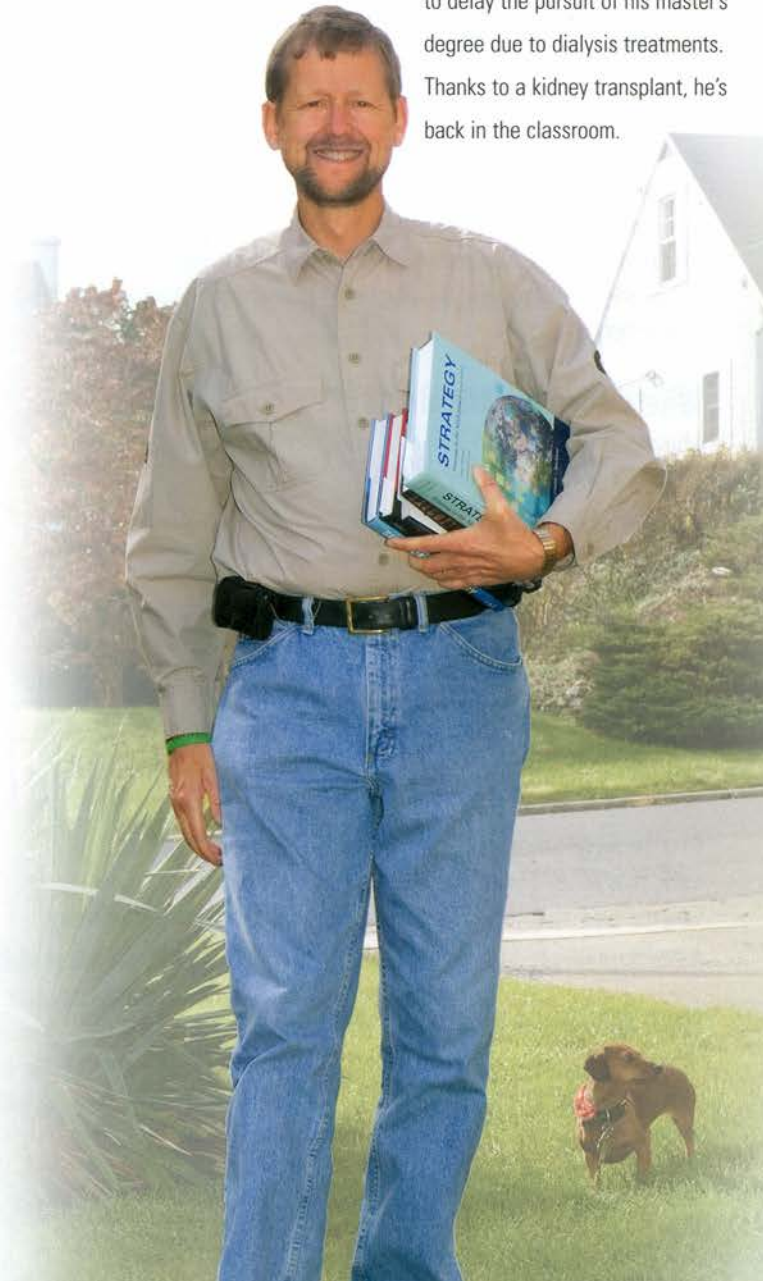
Loretta Kupsky, 76, of Orefield

recovered from a stroke thanks to a new treatment at our Certified Stroke Center, the only one in the region.



Ed Kloss, 46, of Allentown

had to delay the pursuit of his master's degree due to dialysis treatments. Thanks to a kidney transplant, he's back in the classroom.



Our Pledge Fulfilled

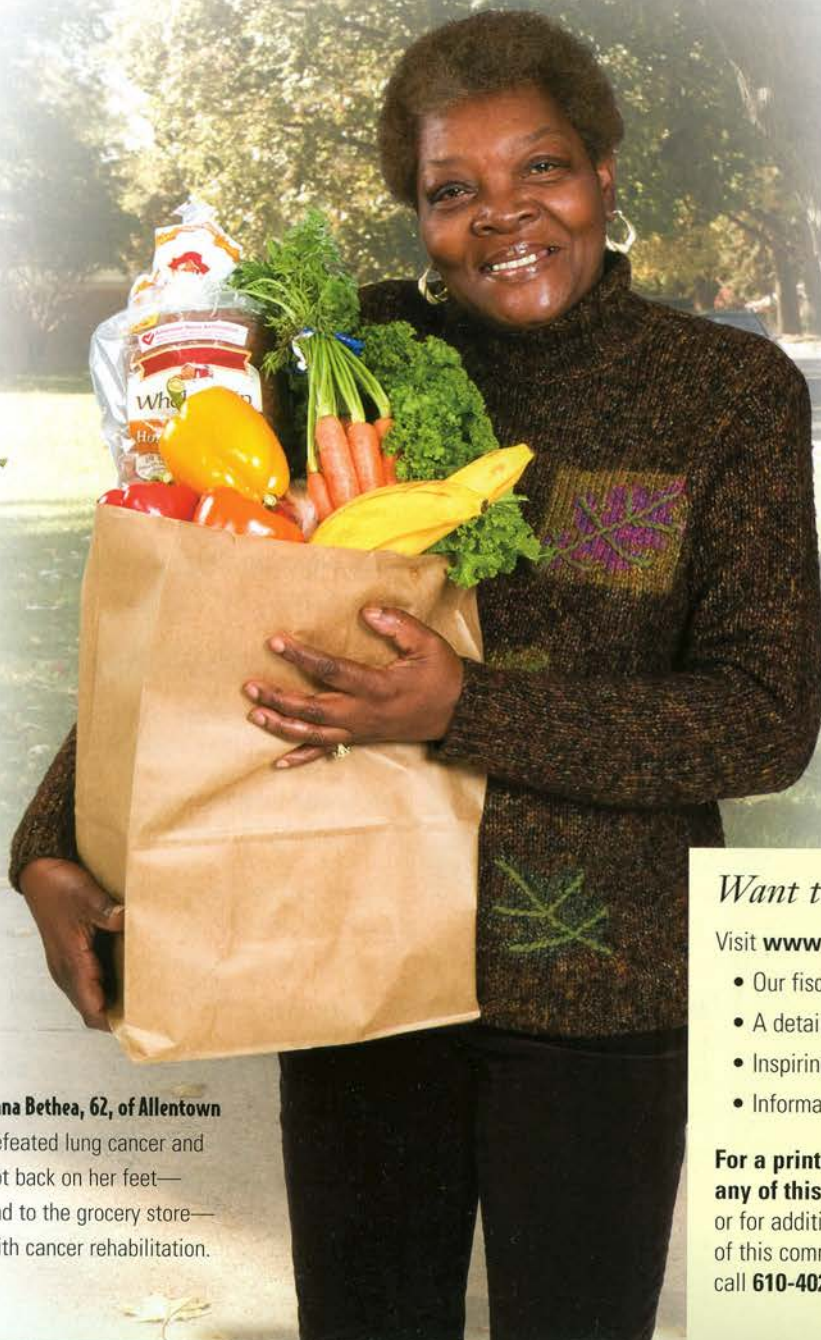
These people overcame life-changing health conditions this year with help from our caregivers. **Read their stories at www.lvh.org.**



Patric Hettman, 52, of East Stroudsburg received speedy lifesaving care after suffering a heart attack at Pocono Raceway.



Donald Winterhalt, 68, of Emmaus overcame a battle with esophageal cancer.



Anna Bethea, 62, of Allentown defeated lung cancer and got back on her feet—and to the grocery store—with cancer rehabilitation.

How Our Pledge Adds Up

How well are we doing in fulfilling our pledge to you? One way to measure it is to look at how national and state organizations rate our care. These awards are a tribute to the compassion and skill our caregivers display every day:

■ U.S. News & World Report

"America's Best Hospitals"—

Ranked in a record 8 specialties: cancer care, digestive disorders, endocrinology, heart care and heart surgery, kidney disease, orthopedics, respiratory disorders, urology.



■ The Good and the Wired

—One of 41 hospitals nationwide ranked on both *U.S. News'* "America's Best Hospitals" list and *Hospitals & Health Networks'* 100 Most Wired list for best use of technology.

■ Magnet

—Recertified the region's only Magnet hospital, the top honor for nursing excellence. Only 4 percent of hospitals nationwide are Magnet.



■ Network Cancer Program

—One of just 15 in the nation accredited by the Commission on Cancer.

■ Certified Stroke Center

—The only one in our region certified by the Joint Commission on Accreditation of Healthcare Organizations.

■ Innovator Award

—One of only three hospitals in the country to win this *Hospitals & Health Networks* magazine honor for innovative use of technology in our advanced intensive care unit.

■ Hospital and Healthsystem Association of Pennsylvania (HAP)

—Winner of three (out of six) HAP awards for patient care, operational excellence and innovation in heart care.

■ Best Heart Bypass Results in Pennsylvania

—For the third year in a row. Source: Pennsylvania Health Care Cost Containment Council (phc4.com).

Want to Know More?

Visit www.lvh.org/ourpledge and you will find:

- Our fiscal year 2006 financial statement.
- A detailed report of our financial benefit to the community.
- Inspiring stories about the people pictured in this report.
- Information about our Board of Trustees.

For a printed copy of any of this information, or for additional copies of this community report, call **610-402-CARE**.





Care and support in the hospital—That's what Sandra Simonetta of Easton is getting as she makes her way from chair to bed at Lehigh Valley Hospital—Muhlenberg. Her caregivers are Rachel Dries, R.N. (left), and technical partner Sheila Gates.

In the doctor's office

"The office nurse is your liaison with your doctor," says Susan Steiner, R.N., who educates nurses at Lehigh Valley Physician Group practices. Whether you're in the office or calling on the phone, you can rely on the nurse to answer your questions and collaborate with you and your doctor to help you stay well. Like their hospital counterparts, office nurses can teach you how to take care of yourself and your family. Some offices have nurses who specialize in areas like childhood development, diabetes or medication management. Ask if there is a nurse specialist to care for you.

In your home

"Your home care nurse is there to help you live independently," says Vickie Cunningham, R.N., of Lehigh Valley Home Care. "We evaluate your needs—physical, emotional, financial and spiritual—and help you set goals and achieve them."

Home care nurses are "the eyes and ears of your physician," she says. "If we see you're having problems, we can recommend resources such as physical therapy or a home health aide to help with personal care needs." ●

Want to Know More about hospital caregivers, nurse practitioners or nursing jobs at Lehigh Valley Hospital? Call 610-402-CARE or visit www.lvh.org/nursingcare.

Who Cares for You

R.N. (Registered Nurse)—Directs and manages your care under your doctor's direction.

L.P.N. (Licensed Practical Nurse)—In the hospital, provides nursing care under the direction of a registered nurse. In the doctor's office, an L.P.N. may work more independently, and also make appointments and keep patient records.

C.R.N.P. (Nurse Practitioner)—Has advanced education in a particular medical area, such as pediatrics or geriatrics. Like physicians, nurse practitioners can give physical exams, diagnose and treat illnesses, prescribe medications and interpret test results.

Nursing Assistant/Technical Partner—Tests your blood sugar, takes vital signs and gives other care as directed by a registered nurse, in the hospital, doctor's office or home.

Support Partner—Keeps your hospital room tidy, helps you bathe or use the bathroom, accompanies you to tests or surgery, and maintains equipment and supplies.

Medical Assistant—Keeps the doctor's office running smoothly by greeting patients, updating medical records, scheduling appointments and arranging laboratory services.

Your Community, Your Hospital

The ideal hospital listens to the patient. At Lehigh Valley Hospital, our patient satisfaction scores are consistently high, yet we know we can always do better. That's why we invited patients and their families to sit down candidly with us, in a process called Future Search, and help us understand how we can better meet their needs. In the next phase, hundreds of health care leaders gathered to brainstorm and plan our future based on *our patients'* priorities. This kind of two-way dialogue is one reason health professionals are eager to work here. Our nursing vacancy rates, for example, are far below national averages. *Want details? Call 610-402-CARE or visit www.lvh.org.*

Many Kinds of 'Smart'

When it comes to intelligence, math and verbal aren't the whole story



Different kids, different strengths—Each child has unique natural gifts, as shown here by (clockwise from above) Ryan, 12, of Macungie; Matthew, 7, of New Tripoli, and Keianne, 6, of Allentown.

"Kristin's so smart she gets an A without even studying!" If you've heard that from your child, it's time for a talk—about the Kristins of the world, who happen to be gifted in the types of intelligence that count in school, and about all the non-Kristins (your child included?) and their special gifts.

"Maybe your child is 'art smart' or 'body smart,'" says pediatric nurse practitioner Deborah Miller, C.R.N.P., of Lehigh Valley Hospital and Health Network. Miller uses the child-friendly concept "different kinds of smart" (see list at right) with her young patients. Scholars like Howard Gardner call it the "theory of multiple intelligences."

The idea is that, while we use all kinds of abilities to some degree, we're naturally strongest in certain ones. Of course, your child needs to develop the verbal and math skills his schooling demands. "But knowing where his natural gifts lie helps us see how he will most easily learn," says Chris Hardin of the Allentown School District's alternative learning centers. "Say it's a Civil War history lesson. The spatially gifted child might learn best by drawing a battle map, and the kinesthetic child by acting out a conversation between the generals."

Your child's school may not offer such learning options, especially given today's emphasis on standardized testing. Parenting plays a key role in any case. "Observe what your child loves to do and build on that," says clinical psychologist Jeffrey Knauss, Ed.D. "For example, if he's not a natural reader, he may get inspired by a book about sports."



It's not just about academics. "Shining the spotlight on a child's special strengths is important for his self-esteem," Miller says. And when the time comes, it's a valuable aid to career planning. "You don't have to be academically gifted to be happy and successful in life," Knauss says. Recognizing your child's unique style of intelligence can help you let go of your own agenda and allow him to shine in his own way. ●

Want to Know More about how to test multiple intelligences? Call 610-402-CARE or visit www.lvh.org/healthyyou.



Is Your Child...

Body smart? A child with *kinesthetic* intelligence likes dancing, sports, doing cartwheels, balancing, acting, using tools.

Music smart? A child with *musical* intelligence likes rhythm, singing, noticing sounds, making things into instruments.

Nature smart? A child with *environmental* intelligence likes to be outdoors, recognize plants and animals, tune into her surroundings.

Number smart? A child with *logical/mathematical* intelligence likes using computers, problem-solving, organizing, seeing cause and effect.

People smart? A child with *interpersonal* intelligence (or "emotional IQ") likes making friends, helping others, working in groups.

Picture smart? A child with *spatial* intelligence likes reading maps, building models, drawing, seeing patterns.

Self smart? A child with *intrapersonal* intelligence likes exploring her thoughts and feelings, meditating, spending time alone.

Word smart? A child with *linguistic* intelligence likes reading, writing, storytelling, word games, languages.

Your Community, Your Hospital



Davina Eck (shown here) is a smart student, but last year the 16-year-old "lost her focus" due to personal and family issues. The solution: Communities in Schools (CIS) of the Lehigh Valley. We're a longtime partner of this program for adolescents at risk for dropping out of school. Davina thrived with CIS's smaller classes and personal mentoring, and she got to take part in the Health Care Career Exploration Program at Lehigh Valley Hospital. "It changed everything for me," she says. She's decided nursing is the career "I'll enjoy for the rest of my life."

Want details? Call 610-402-CARE or visit www.lvh.org.

Go Ape for Bananas

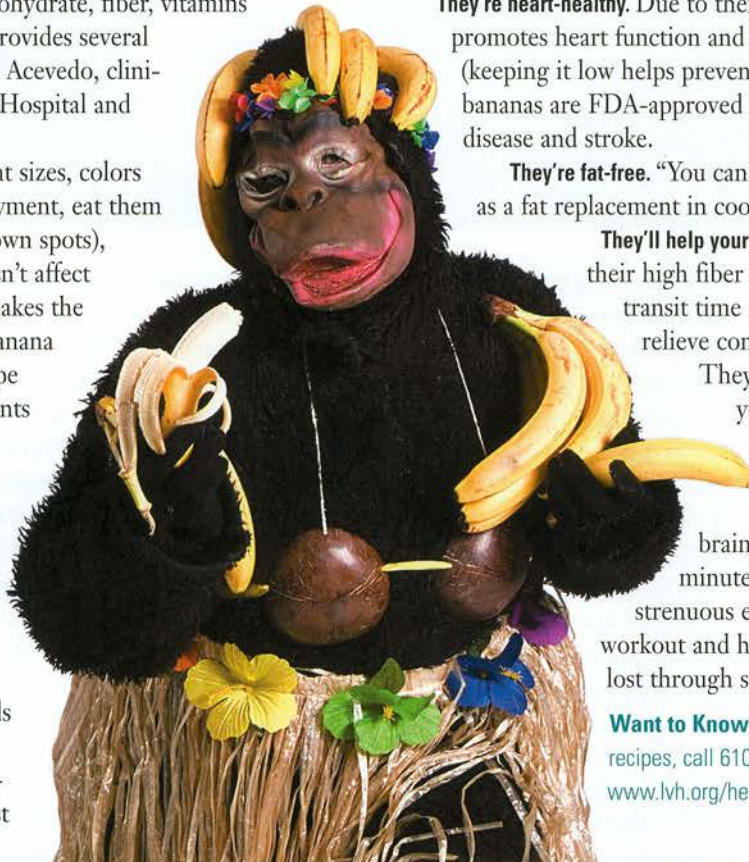
Eat one a day to 'keep the doctor away'

Could bananas be the new apple? It's no monkey business. "The combination of carbohydrate, fiber, vitamins (A, B and C) and potassium provides several health benefits," says Jennifer Acevedo, clinical dietitian at Lehigh Valley Hospital and Health Network.

Bananas come in different sizes, colors and tastes. For the most enjoyment, eat them fully ripened (yellow with brown spots), Acevedo says. "Ripening doesn't affect the nutritional value, but it makes the taste sweeter. In fact, many banana recipes work best with overripe fruit." You'll lose some nutrients when you bake or cook a banana, but you'll still get most of the benefits.

(Plantains, a starchy member of the banana family, must be cooked.)

There are people who need to watch their banana intake. "High-potassium foods can be a problem if you have hyperkalemia or kidney problems," Acevedo says. For most



of us, however, bananas are a dietary gem. Here's why:

They're heart-healthy. Due to their high potassium (which promotes heart function and rhythm) and low sodium (keeping it low helps prevent high blood pressure), bananas are FDA-approved for preventing heart disease and stroke.

They're fat-free. "You can even use banana puree as a fat replacement in cooking," Acevedo says.

They'll help your digestion. "Thanks to their high fiber content, bananas speed transit time in the colon, which helps relieve constipation," she says.

They're an energy-booster. If you're feeling sluggish, a banana is as good as a power nap for your energy, mood and brain power. Eat one 30 minutes to an hour before strenuous exercise to fuel your workout and help replace potassium lost through sweating. ●

Want to Know More? For a set of banana recipes, call 610-402-CARE or visit www.lvh.org/healthyyou.

Shedding Light on SAD

There's help for seasonal affective disorder

The long, dark days of winter are upon us. For 10-20 percent of American adults, wintertime heralds the onset of SAD (seasonal affective disorder), a mood disorder linked to seasonal sunlight changes.

"SAD mimics depression," says home health psychiatric nurse specialist John Boos, R.N., of Lehigh Valley Hospital and Health Network. "Symptoms include lethargy, changes in sleep and appetite, feelings of hopelessness, reduced interest in pleasurable activities, carbohydrate cravings—even suicidal thoughts," says Boos' colleague, licensed social worker Thomas Smith. If you or someone you care about has these symptoms, Smith and Boos offer this advice:

Get more sunlight. Sit near a window and open shades during the day.

Exercise regularly. Physical activity boosts mood. If the weather doesn't permit walking outside, use the mall.

Get involved. Being around other people is good therapy.

Stick with it. Even if you don't feel like exercising or seeing friends, do it anyway. If these activities don't become more enjoyable over time, see your doctor.

Get help if you need it. A counselor (ask your doctor for a referral) or pastor can help you deal with feelings of isolation. If you feel suicidal or desperate, see your doctor *at once*. ●

Want to Know More about SAD or about a research study on SAD? Call 610-402-CARE or visit www.lvh.org/healthyyou.



Is It Depression or Bipolar Disorder?



The right diagnosis makes all the difference in getting well

Happy, sad, excited, angry—our moods swing like a pendulum, reflecting the everyday ups and downs in our lives. Most of us take these changing moods in stride. But the pendulum swings are more extreme for the millions of people with mood disorders. “They can be constantly depressed or elated for days or weeks at a time,” says psychiatrist Shanthi Lewis, M.D., of Lehigh Valley Hospital and Health Network.

The two most common mood disorders are depression and bipolar disorder (also called manic-depressive illness). Though the symptoms overlap, they’re separate conditions with different treatments. For people navigating these illnesses, the road to a happier, more productive life begins with the correct diagnosis.

What is depression?

Some 3-4 million men and twice as many women suffer from depression. People with this disorder are overwhelmed by sadness. They feel worthless and hopeless, have a tough time concentrating, and lose interest in life’s pleasures. Their energy level is low, and they may eat or sleep too much or too little. Some depressed people have physical symptoms like headaches or stomachaches. In extreme cases, they are suicidal.

When five or more of these symptoms (including depressed mood) are present fairly constantly for more than two weeks, Lewis says, the diagnosis is definite and severe enough to require treatment. Doctors typically prescribe antidepressant medications and/or some form of talk therapy. The specific combination varies with the individual. Over the long run, knowing what therapies work best can spare depressed people a lot of pain. “Depression is a chronic illness,” Lewis says. “If you had one episode, there is a 50/50 chance you’ll have a second.”

What is bipolar disorder?

Newton’s law of gravity applies to bipolar disorder: When a mood swings up into a mental state called mania, invariably it will swing down into depression, and vice versa. If the mania is mild (hypomania), people with bipolar disorder function pretty well. They’re creative, energetic and goal-oriented—behavior easy to characterize as normal.

Full-blown mania, however, is hard to miss. People in

this state can’t focus. They live on very little sleep and engage in risk-taking behaviors like speeding, overspending or hypersexuality. “They think they are invincible,” Lewis says, “which leads to reckless decisions. They’re impulsive and irritable with a low frustration tolerance, and are likely to hurt themselves or others.” Since mania feels good, people with bipolar disorder often resist the treatment they need, or abandon it when they’re not on the depressed end of the pendulum.

Bipolar disorder runs strongly in families. It generally arrives in late adolescence and lasts a lifetime. In between the highs and lows, the patient may seem fine for days, months or even years. But bipolar disorder is a devastating illness that, left untreated, can lead to divorce, job loss, substance abuse and suicide. It’s imperative that patients with this disorder remain under the care of a psychiatrist skilled in its diagnosis and treatment. With proper medication and psychotherapy, experts say, 80-90 percent of patients can be effectively treated.

Why are the two confused?

If you come to your doctor with symptoms of depression, he or she has no way of knowing, on the face of it, whether you have depression or the “down” phase of bipolar disorder. “It’s the mania that distinguishes bipolar,” says family medicine physician Christine Potterjones, M.D., of Lehigh Valley Hospital and Health Network.

It takes only one manic episode to establish a bipolar diagnosis. But if the depression precedes the mania, or the mania is mild enough to fly under the doctor’s radar, people who in fact have bipolar disorder may spend years believing their problem is depression—and getting the wrong treatment. Antidepressants are highly effective against depression. “However, when you give antidepressants to a person with bipolar disorder, you can push them into mania,” Lewis says.

The solution: a careful medical history. Has the person ever had an episode that could be characterized as manic? “Often, family, friends or co-workers can identify the problem better than the patient himself,” Lewis says.

Part of the medical history is looking at the patient’s

Sign Up Now!

**Bipolar or
Depression?**

Jan. 18

Details on page 27

Dealing With 'E.D.'

Erectile dysfunction may signal an underlying health problem

It's personal and often difficult to discuss. But erectile dysfunction (ED) is something men shouldn't have to live with, and it shouldn't be ignored. It may be a warning sign for other serious health problems.

ED, the consistent inability to achieve and maintain an erection firm enough for sexual activity, affects 15-30 million men over age 50. The key word here is "consistent." "If it happens once or twice, don't be alarmed," says internist David Caccese, M.D., of Lehigh Valley Hospital and Health Network. "Stress or excess alcohol consumption may occasionally cause difficulty maintaining an erection."

If the problem happens regularly, however, your body may be telling you something is wrong. The majority of ED cases are caused by high blood pressure, high cholesterol or some form of cardiovascular disease. "These conditions cause problems with blood flow," says Caccese's colleague, urologist Edward Mullin, M.D. "They prevent the sponge-like tissue of the penis from filling with blood or cause it to drain prematurely." Because smoking, drinking and drug use raise the risk for heart disease, these same habits are linked with ED. "The younger you start and the more you use, the greater your risk for developing ED later in life," Mullin says.

ED also may result from an enlarged prostate, pelvic trauma or a disease that affects nerves, such as diabetes or multiple sclerosis. The cause may be psychological—anything from workplace stress or relationship problems to clinical depression—but that's only true in 10-20 percent of cases.

The first step in treatment is to see your doctor. Don't be embarrassed to make the call, Caccese says. If the problem turns out to be psychological, your doctor can refer you to a counselor. "If it's physically based," he says, "simple lifestyle changes like quitting smoking, changing your diet, getting more exercise or lowering your alcohol intake can make a difference." Your doctor may prescribe medication that allows the blood vessels to expand. If these options don't work, a urologist can talk with you about other treatment options including a vacuum pump, self-administered injections prior to sexual activity, or a flexible penile implant.

Prevention is the key to a long and successful sex life, Caccese and Mullin agree: "The longer we keep our bodies strong by living a healthy lifestyle, the longer we can stay active in all aspects of life." ●

Want to Know More about the effects of smoking on erectile dysfunction? Read Ask Our Expert with Edward Mullin, M.D., at www.lvh.org/expert or call 610-402-CARE.

How Common Are Mood Disorders?

Condition	Population rates/year*
Any mood disorder	7%
Chronic depression	5.3%
Bipolar disorder	1.7%

*Age 18 and older

Source: U.S. surgeon general's report

family tree. "If you have first-degree relatives (parents, siblings) with significant mood disorders, you are at higher risk for developing one," says Lewis' colleague, child and adolescent psychiatrist John Paul Gomez, M.D.

The doctor also needs to know about past drug or alcohol abuse, head injuries, hormonal problems, and diseases such as attention deficit/hyperactivity disorder (ADHD), epilepsy or hypothyroidism. Any of these can mimic a mood disorder.

A look into the past may reveal that the patient's feelings are perfectly normal. People grieving the loss of a loved one, for example, will have the symptoms of depression for a long time. "When something bad happens, such as the death of a family member, we call that an adjustment reaction," Potterjones says. "This is a case where I can reassure the person that feeling sad and crying a lot is not due to an emotional disorder."

If the diagnosis does prove to be depression or bipolar disorder, it's important to make peace with the condition. "We educate patients to accept that their mood disorder is a chronic illness that can relapse," Lewis says. "To stay well, it's vital that they comply with treatment." ●

Want to Know More? For a self-diagnostic questionnaire, how mood disorders affect children, or information on a research study on bipolar disorder, call 610-402-CARE or visit www.lvh.org/healthyyou.

You Ask, We Answer

When you hear medical stories on the news, do you ever wish the reporter had dug a little deeper? Does some health news sound too good—or too bad—to be true? To find out the real story, it's a good idea to Ask Our Expert.

Ask Our Expert is a column at lvh.org where doctors and other professionals answer your questions on recent news about diseases, prevention and advances in treatment. If you read or hear something that you think a lot of people would like to know more about, please suggest a column.

Go to www.lvh.org. Click on Contact Us. Then click on E-mail Ask Our Expert. We might choose your idea for our next column.



Telling Your Story

Journals and memoirs can enrich the lives of writer and reader alike

What does keeping a journal have to do with health? “Plenty,” says Lorraine Gyauch, R.N., nurse educator at Lehigh Valley Hospital and Health Network. “Journaling actually stimulates the production of immune-boosting cells. It also

lowers stress hormone levels, just as yoga and meditation do.” Brain scans show that writing about the events and emotions in your life involves both hemispheres of the brain—integrating your thoughts and feelings and giving you a sense of well-being.

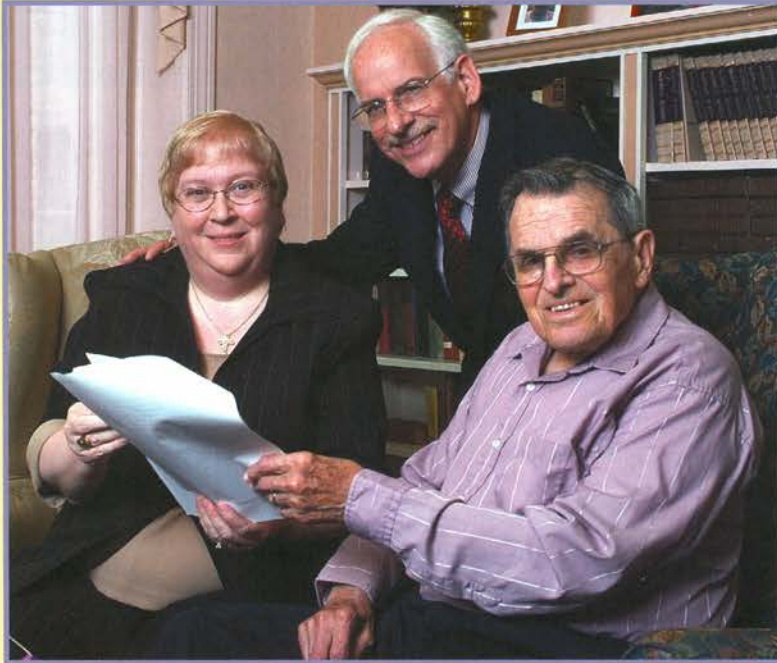
That can be very helpful to people coping with emotional problems, says Gyauch’s colleague, psychiatric nurse Gayle Keim Levas, R.N. “Held inside, destructive thoughts create a pattern of worry and stress,” she says. “Once you get them down on paper, you can look at them objectively and start to process them.” Levas has personal experience; journaling helped her through breast cancer treatment.

Whether you’re coping with a physical or emotional crisis, grief or just ordinary living, keeping a journal forces you to take time to reflect on your experiences. This helps you put things in perspective and face the future confidently.

Unlike recording private thoughts in a journal, writing a memoir lets you pass on your experiences and values to future generations. It’s a way to keep family history—memories of wartime, say, or Grandpa’s farm—alive. Diane Schrameyer, director of Senior Corps RSVP (Retired Seniors Volunteer Program), conducts memoir-writing workshops. “When someone shares a happy experience, others recall similar memories and the energy level in the whole room goes up,” she says.

Writing about painful times is beneficial, too, as people look back and see that life’s trials made them stronger. That’s a powerful message for their descendants. “Of course, it’s not necessary to tell everything,” Schrameyer says. “You needn’t disclose secrets that might cause pain to yourself or others.” ●

Want to Know More about these and other local journal-keepers and memoirists, or about how to get started yourself? Call 610-402-CARE or visit www.lvh.org/healthyyou.



He’s preparing his memoir—Warren DeLong (right) and other residents of Allentown’s Phoebe Home are encouraged to tell their life stories as a way to reflect on the meaning of their lives. “Stories stir memories, evoke feelings and ultimately bring us into the presence of the divine,” says Rev. Allan Kramer-Moyer of Phoebe Ministries, shown here with chaplain intern Jacqueline Kuba, who helped DeLong write his memoir.

Tips for Writers

Dedicate a place for writing. Light a candle or keep a meaningful object nearby.

Write about what happened, how you felt about it then and how you feel now. Let yourself go—express your deepest emotions, both positive and negative.

Don’t be concerned about spelling, grammar or chronological order. You can polish it later if you wish.

Write for at least 15-20 minutes at a sitting. If the words don’t come, draw or make a collage from magazine pictures.

Use memory triggers when memoir-writing, like “the nicest thing my parents did for me,” or “my first job.” Look at old photographs and write about the people in them.



She learned the value of journaling—After losing several loved ones, Eileen Koza of Whitehall found writing helped her cope “at a time when grief might have overwhelmed me.” On Father’s Day, she wrote to her deceased father in her journal, telling him how repotting his violet made her feel close to him.



Offbeat Fitness Strategies for Winter

Keep active this season for more spring in your step come March

As the holiday bustle slows down and all you want is a good book and a cup of tea, it's easy to neglect staying fit. Luckily, just 15 minutes of gentle exercise twice a day will make a big difference in an older adult's health, says physical therapist Giselle Monosa-Hefele of Lehigh Valley Hospital and Health Network. Unsure how to do it during these cold winter months? Here are some fun, unique ways to keep moving *and* meet new people.

Go golfing in the snow—Keep your golf game up in inclement weather with virtual golf. Play alone or with a foursome at your choice of 26 video "courses." *Lehigh County Senior Center*

Heat up the winter with salsa moves—Learn this Latin-inspired dance that gets your heart pumping for a true aerobic workout. *Lehigh County Senior Center*

Splish-splash the season away—Try the Top of the Hill co-ed swim class for those age 55-plus. It's a moderate aqua workout including stretching, aerobic exercise and muscle toning. *Allentown YMCA/YWCA*

Be a child again—At the Senior Sport Outreach program you'll rediscover bean bags, shuffleboard, badminton and wacky relays that'll have you moving and laughing. *Bethlehem Township Community Center*

Let the music move you—Dance your way to a healthier you and make new friends with either ballroom or Latin-and-swing dance classes. *Hanover Township Community Center*

Tone up with table tennis—It may not be strenuous, but ping pong gets you on your feet, swinging your arms and away from TV. *Lehigh County Senior Center*

Sample 'em all—Vary your routine with the Young at Heart program, offering a different class Monday through Friday including low-impact aerobics, balance and yoga. *Hanover Township Community Center* ●

Want to Know More about Lehigh and Northampton County locations that offer fun fitness activities? For a list, call 610-402-CARE or visit www.lvh.org/healthyyou.



When the greens are covered with snow, June Zimmerman of Phillipsburg, N.J., takes her golf game inside to the Lehigh County Senior Center in Allentown, where there's a virtual golf simulator.



Ready, aim—have fun! David Wayne Sharp of Bethlehem and Claire Kosakowski of Easton enjoy a game of bean bags at the Bethlehem Township Community Center.

Simple Exercises to Do You Good

It's easy to work these exercises into your day—you can even do them while listening to music or watching TV.

■ **The 'Balance Rock'**—Using a chair back for support, gently rise on your toes and rock back on your heels 10 times, twice a day. "This strengthens your ankles," says physical therapist Giselle Monosa-Hefele, "which aids balance and helps you stay upright if you're jostled."

■ **Seated Push-up**—Lift your buttocks off the chair seat by pushing on the arm rests with your hands and also using your leg muscles. This exercise strengthens arms and legs and makes it easier to get out of your favorite chair. Repeat 10 times, twice a day.

■ **Shoulders Back!**—"Proper posture helps keep you from falling," Monosa-Hefele says. Pull your arms back, pinching your shoulder blades together. Hold for five seconds and relax. Repeat 10-15 times, twice a day.

Want to Know More about how to get yourself moving when you've been inactive? Call 610-402-CARE or visit www.lvh.org/healthyyou.

Signs of a Detached Retina

Avoid long-term vision problems by spotting the symptoms early

If you're like most people, you've probably had a visual "floater" or two. It's usually nothing to worry about. But a sudden shower of black specks, flashes of light, or the appearance of a cobweb can signal a retinal tear or detachment. That's a more serious vision problem that can result in blindness.

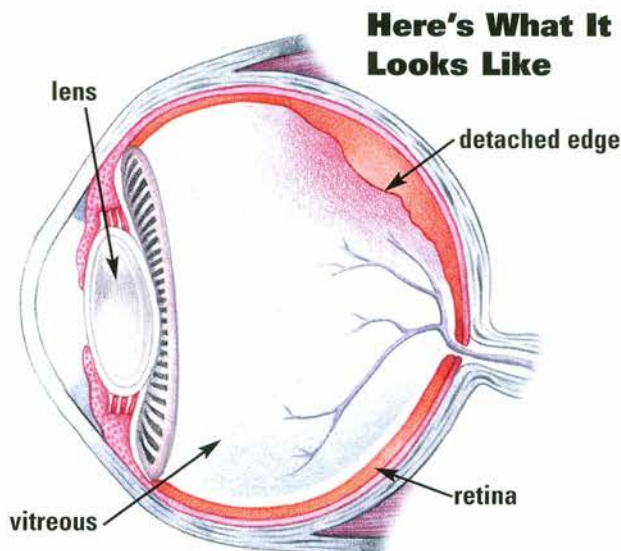
A retinal tear is the most common cause of detachment. Your retina, the light-sensitive nerve layer that lines the back of your eyeball, produces pictures from rays of light that enter your eyes. Eye injuries, hereditary retinal thinning or extreme nearsightedness can all cause a rip to occur in this thin lining. But retinal tears are most common in older adults. As we age, the vitreous (the gel-like fluid that fills the eye) naturally shrinks and can pull away from the retina, causing tears or holes. If left untreated, the vitreous gel can flow through these holes, collect beneath the retina and cause it to separate from the back of the eye.

"A retinal detachment occurs when the retina is pulled away from its normal position, like peeling back wallpaper," says ophthalmologist Maz Kazahaya, M.D., of Lehigh Valley Hospital and Health Network. Eye disease, tumors and complications from cataract surgery also can lead to retinal detachment.

It's important to see an ophthalmologist within a few days of experiencing symptoms, Kazahaya says. Retinal detachments are treated surgically, and your doctor will suggest one of three options, based on your eye exam:

Pneumatic retinopexy—A gas bubble is injected into the vitreous to re-attach the retina. Tears and holes are sealed off with a laser or cryotherapy.

Scleral buckling—A band or buckle is placed around the



eye to hold the retina in place.

Vitrectomy—The surgeon removes the vitreous gel, peels scar tissue, repairs the holes and fills the eye with gas or silicone oil.

With any of these surgeries, vision usually can be restored within six to eight weeks.

Detecting a retinal tear as early as possible is the best way to protect your vision. If you're very nearsighted or your doctor has said you're predisposed to retinal thinning, get a dilated eye exam at least yearly, Kazahaya says. Otherwise, have your eyes checked every two years if you're under age 60, and every year if you're over 60 or wear glasses. ●

Want to Know More? Read Ask Our Expert with Maz Kazahaya, M.D. Call 610-402-CARE or visit www.lvh.org/expert.

Happy New You!

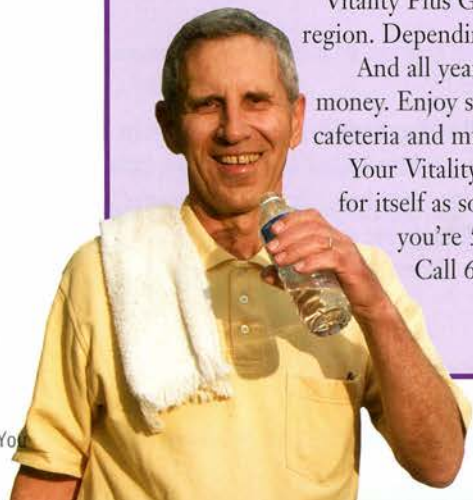
Maybe your New Year's resolution is to save money. Maybe you've resolved to start—and stay with—an exercise program. A Vitality Plus GOLD membership makes it easy to keep both your resolutions!

Vitality Plus GOLD members get a substantial discount at some of the top health clubs in the region. Depending on the club, you'll save \$50-\$150 on enrollment fees.

And all year long, Vitality Plus GOLD will help you keep your resolution to save even more money. Enjoy special member discounts on travel, eyewear, defensive driving class, the hospital cafeteria and much more.

Your Vitality Plus GOLD membership is just \$20 a year, individual or couple. So it pays for itself as soon as you join one of our participating health clubs. If you're 50 or better, resolve now to join Vitality Plus GOLD.

Call 610-402-CARE—and enjoy a Happy New You!



Vitality
PLUS



From Her Heart to Yours—Don't miss this Feb. 2 program! See page 26

Healthy You

Health Improvement Programs

Registration is a must!

Healthy You class space is limited! If you want to attend a program you should register in advance at 610-402-CARE or www.lvh.org. We may need to cancel a program or class if not enough people enroll. You'll get a full refund.

Aging Well

Class illustrations by Sally Onopa

NEW Telling Your Story

Learn how to organize your thoughts and record your memories via journal, memoir or scrapbook.

- Tue., Feb. 13; 10 a.m.-11 a.m.
Diane Schrameyer, Retired Seniors Volunteer Program
Leslie Rabm, scrapbook enthusiast
At LVH—17, CHA
See related article on page 20.



NEW You're About to Become a Caregiver

Where to begin? Learn how to line up help, stay connected, plan for the future and care for yourself, too.

- Fri., March 2; 10 a.m.-11 a.m.
Heidi Singer, nurse practitioner
At LVH—17, CHA
See related article on page 12.

NEW Your Life Inventory

Take inventory of your "lifetime portfolio" in a 3-session workshop covering Images of Aging, Seasons of Life and Fulfilling Your Purpose. Each new stage offers opportunity to re-balance and grow.

- Thu., Jan. 11, 18, 25; 10 a.m.-noon
Lois Faini, YMCA/YWCA
For Lehigh Valley Alliance on Aging
At LVH—17, CHA

55-Alive Driver Safety Program

Classroom course for mature drivers reduces accident risks and saves money on auto insurance.

- \$10; Free with Vitality Plus GOLD
At LVH—17, CHA
For details, call 610-402-CARE.

Benefits CheckUp

A counselor can enroll you in government programs to pay for prescription drugs, health care, etc. Appointment required. **FREE**

- Mon., 1-3 p.m.
At LVH—Mublenberg, pharmacy
- Wed., 12:30-4:30 p.m.
At LVH—17, CHA

Medicare Counseling

Get confidential counseling on Medicare issues from trained APPRISE volunteers from the Lehigh County Area Agency on Aging. **FREE**

- Walk-in hours most Fridays; 1-3 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
For details, including possible insurance discounts, call 610-402-CARE.
See related article on page 10.



Managing Your Weight

The NEW You

Medical Weight-Loss

This physician-supervised 6-month individual program will help you reach your goal.



Weight-Loss Surgery

We offer comprehensive pre-operative programs and long-term follow-up.

- **Surgery Information Night**—This monthly program gives details on what to expect, from a surgeon and other team members. **FREE**
- Thu., Jan. 25 or Feb. 28; 7-8:30 p.m.

• **Surgery Support Group**—Includes education and sharing of personal experiences. **FREE**

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

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

Weight Management Services

• **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

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

• **Fitness Assessment**—An exercise physiologist tests your strength, flexibility, etc. \$65

• **Metabolism Analysis**—Measure your metabolism (breath test) and learn what it means. \$45

• **Metabolism/Nutrition Counseling**—Measure metabolism and develop goals with a dietitian. \$85

• **Body Composition Analysis**—Learn your body fat percentage. \$13.50
For details, call 610-402-CARE.

FitKidz PLUS

Nutrition, fitness and lifestyle change for 9-13-year-olds and their parents.

- \$81
At Allentown YWYMCA, Bethlehem YMCA
For details, call 610-402-CARE.



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

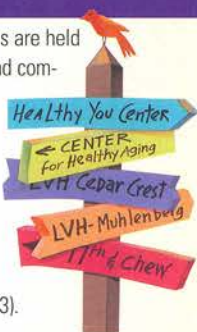
Use **L**ifestyle, **E**xercise, **A**ttitude, **R**elationships, **N**utrition to manage your weight. Nationally known group program. Tools, strategies, grocery tour, follow-up. 12 weeks • \$195

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



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

Healthy You Center

3401 Fish Hatchery Rd., Allentown

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. Trexlertown

2166

S. 12th St., Allentown

Community Locations

Bethlehem Township

Community Center
2900 Farmersville Rd., Bethlehem

Cedar Crest College

100 College Dr., Allentown

Charles Chrin Community Center of

Palmer Township
4100 Green Pond Rd., Easton

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

Wind Gap Middle School

1620 Teels Rd., Pen Argyl

Staying Fit

You'll find the right workout here! You need to register (610-402-CARE) and fill out a health readiness questionnaire. Age 18 or older.

NEW CLASSES

Get Going With Exercise!

Learn how to set goals, equip yourself and fire up a fitness program that works for you.

\$15

• Mon., Jan. 22; 6:30-7:30 p.m.

At LVH—17, classroom B

FitRhythms™

Combines live drumming and dance for an uplifting workout. Find community, creativity and wellness in group music-making!

8 classes • \$56

• Wed., starting Jan. 17; 12:30-1:15 p.m.

At Healthy You Center

Tabya, dance instructor



Ongoing Fitness Classes

Fitness classes are scheduled in Allentown (A), Bethlehem (B), Whitehall (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

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

8 weeks • \$56

• Sat., Feb. 17; 10:15-11 a.m. (A)

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

8 classes • \$56

Intro

• Tue., starting March 13; noon-1 p.m. (A)

• Fri., starting March 16; 12:15-1:15 p.m. (A)

Level II

• Tue., starting March 13; 1:15-2:15 p.m. (A)

• Fri., starting March 16; 11 a.m.-noon (A)

Tabya, dance instructor

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

8 classes • \$56

• Thu., starting Feb. 15; 6-6:45 p.m. (A)

PUMP—A group workout with light weights, producing visible results.

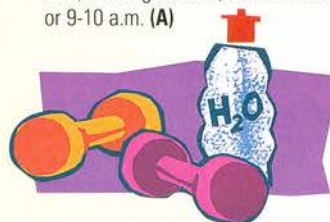
8 classes • \$64

• Wed., starting Jan. 31;

6:30-7:30 p.m. (A)

• Sat., starting Jan. 27; 7:45-8:45 a.m.

or 9-10 a.m. (A)



Pilates Express—

Deep muscle conditioning builds core strength, great for beginners.

8 classes • \$48

• Wed., starting Feb. 7; 5:15-6 p.m. (A)

• Tue., starting Feb. 13; 11-11:45 a.m. or 5-5:45 p.m. (A)

Staying Strong—A program designed to build muscle tone, slow bone loss and ease arthritis.

24 classes/8 weeks • \$66

• Mon., Wed., Fri., starting Jan. 22; 10-11 a.m. (LM)

16 classes/8 weeks • \$44

• Tue. and Thu., starting Feb. 27;

5:45-6:45 p.m. (B)

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

16 classes/8 weeks • \$80

• Tue. and Thu., starting Jan. 18;

8:30-9:45 a.m. (A)

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

Monthly fee • \$30;

\$26 with Vitality Plus GOLD

• Mon., Wed., Fri.; 8-9 a.m. (LM)

• Mon., Wed., Fri.; 9-10 a.m. (W)

Cardio Kickbox—A high-powered routine strengthening body and mind.

8 classes • \$56

• Mon., starting Feb. 19;

7:30-8:30 p.m. (A)

• Wed., starting Feb. 21;

7:45-8:45 p.m. (A)

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

16 classes/8 weeks

• \$52

• Mon. and Wed., starting Jan. 17; 8:30-9:15 a.m. (A)

• Tue. and Thu., starting Jan. 30; 7-7:45 p.m. (B)

• Mon. and Thu., starting Feb. 19; 5-5:45 p.m. (A)



Caring for Mind and Body

NEW Managing Headache With Acupressure

Learn about the simplicity and effectiveness of acupressure to treat headaches. **FREE**

• Mon., Jan. 29; 6 p.m.

At LVH—Cedar Crest, classroom 1

Cbris Christopher, acupressurist

NEW Reiki Workshop I

Relieve stress and channel healing energy for yourself and your family. Bring blanket, water bottle and lunch.

\$99

• Sat., Feb. 10, March 10;

10 a.m.-3 p.m.

At LVH—Muhlenberg, Banko Center

Scott Pellington, Reiki master/teacher

NEW De-Stress for Success!

Learn how attitude affects well-being, and how to identify and manage your individual stressors.

\$15

• Wed., Jan. 17; 4:30-5:30 p.m.

At LVH—17, classroom B



Tai Chi, Qigong, Ener-Chi, Yoga and Yogalatte

Build flexibility and strength, ease stress, rejuvenate energy and rebalance your life with these mind/body practices.
All classes are at Healthy You Center unless otherwise noted.

Qigong—Combine movements and meditations to build and renew energy, health and body/mind/spirit balance.

8 weeks • \$68

- Mon., starting Feb. 5; 11:15-12:15 p.m.

Ener-Chi—Fusion of tai chi, kung fu, qigong, yoga and meditation

8 classes • \$68

- Tue., starting Jan. 23; 8:15-9:15 p.m.
- Wed., starting Jan. 24; 11:15 a.m.-12:15 p.m.
- Fri., starting Feb. 2; 9:30-10:30 a.m.

Everyday Tai Chi

8 weeks • \$68, \$58 with Vitality Plus GOLD

- Tue., starting Jan. 23; 7-8 p.m.
- Wed., starting Jan. 24; 10-11 a.m.
- Mon., starting Feb. 5; 10-11 a.m.

Yoga

8 classes • \$80; \$70 with Vitality Plus GOLD

Bring pillow and blanket.

Relaxing

- Thu., starting Feb. 8; 10-11:15 a.m.

Energizing

- Thu., starting Feb. 15; 7:30-8:45 p.m.



Yogalatte

8 classes • \$48

- Tue., starting Feb. 13; 6-6:45 p.m.
At Healthy You Center
- Thu., starting March 8; 4:45-5:30 p.m.
At LVH—17, School of Nursing, auditorium

Caring for Mind and Body at HealthSpring

At Health Center at Bethlehem Twsp.

Offering yoga, back care and therapeutic treatments.

For details, call 610-402-CARE.



Medical Massage—How It Helps

Find out how therapeutic massage can relieve pain, reduce stress, and improve health and well-being. **FREE**

- Mon., March 12; 7-8 p.m.

At LVH—Mublenberg, 1st floor conference room

Scott Pellington, supervisor, massage therapies

NEW Intro to Rhythms—Frame Drum Class

Discover the joyous, healing and mystical aspects of the ancient frame drum. Learn basic stroke and rhythm patterns.

One-day Workshop

\$30

- Sat., Feb. 3; 1-3 p.m.

8 classes • \$56

- Tue., starting March 13; 2:15-3 p.m.

At Healthy You Center

Tahya, dance instructor

Mindfulness-Based Stress Reduction

Reduce stress using group support, improved communication and deep relaxation through yoga and meditation. Nationally recognized program has a 25-year history.

Tuesday Group—Improve your coping skills and well-being.

- Tue., starting Jan. 23; 6-8 p.m.

Wednesday Group—Relieve symptoms of anxiety, depression, chronic pain, etc.

- Wed., starting Jan. 24; 7-9 p.m.

For fee, details and to schedule an evaluation, call 610-402-CARE.

Meditation Workshop

Learn to combine stillness with breathing to promote harmony and balance.

\$25

- Sat., Feb. 10; 11:30 a.m.-1 p.m.

At Healthy You Center

Discover Relaxation Within, Parts 1 and 2

Whatever it is that stresses you, learn to ease the stress through a variety of relaxation techniques.

4 session each • \$50

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

Massage Therapy

Massage improves circulation, relaxes muscles, and soothes mind and body. Options: relaxation; therapeutic; foot; pregnancy; hot and cool stone; neck, back and shoulder; Thai yoga; Reiki energy. Times range from 25-120 minutes; prices \$30-\$115. Gift cards available.

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

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



Looking Good

Anti-Aging Mineral Makeup Workshop

Learn how advanced mineral makeup and antioxidants can nurture your skin. **FREE**

- Tue., Jan. 16; 2-3 p.m.

Healthy Hands and Nails

Your hands deserve TLC. Preview our moisturizing and strengthening education program. **FREE**

- Tue., Feb. 13; 2-3 p.m.

Corrective and Protective Skin Care

Hands-on workshop focuses on aging-related skin problems and solutions for your skin type. Products reviewed. **FREE**

- Tue., March 6; 6:30-7:30 p.m.

All the above at LVH—Mublenberg, 1st floor conference room

Laura Transue, licensed cosmetologist, Youthful You Institute



Raising a Family

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

NEW CLASS

Other Programs ■ **Da Vinci Mark J. Young, M.D., Medical Challenge** (see page 28)
 of Interest ■ **Teens and Dating Violence** (see page 28)

Athletes With Diabetes

For youths with diabetes and their parents, learn the latest on managing diabetes while doing sports. Join the series at any time. **FREE**

Sports Nutrition and Diabetes

• Sat., Feb. 10; 8:30 a.m.-1 p.m.

Managing Diabetes and Injuries

• Sat., May 5; 8:30 a.m.-1 p.m.

Glucose Monitoring

• Sat., Sept. 8; 8:30 a.m.-1 p.m.

At LVH—Cedar Crest

Presenters include an endocrinologist, adolescent medicine specialist, athletic trainer, dietitian, counselor, college or pro athlete with diabetes
 For details, call 610-402-CARE.

Ongoing Parenting Classes

- Prepared Childbirth Series (family favorite)
- Weekend Prepared Childbirth
- Prepared Childbirth Refresher
- Pregnancy 101
- Mindfulness-Based Childbirth and Parenting
- Pregnancy Massage
- Diabetes in Pregnancy (see page 27)
- Fit to Be a Mom
- Expectant Parent Tour
- My Baby and Me Sibling Tour
- Baby Care
- Breastfeeding Baby
- Breastfeeding Monday Morning Moms
- Breastfeeding Moms Returning to Work
- CPR for Family and Friends
- Safe Sitter
- Safe Ride—Car Seat Safety
- Exercise With Baby
- Depression After Delivery Support Group



- Adolescent Cancer Support Group (see page 27)
- Secondhand Smoke
- Keep Us Healthy
- Got a Minute?
- Type 1 Diabetes Support Group for Teens (ages 12-15)
- Sugar-Free Kids Diabetes Support Group (ages 6-12)
- Health Care Careers

Protecting Your Health

NEW Blood Pressure Makeover

Learn strategies for controlling your blood pressure that put you on the road to better health.

\$15

• Wed., Jan. 24; 6:30-7:30 p.m.

At LVH—Mublenberg, Banko

See related article on page 4.

Tobacco Treatment Program

This 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.

Coalition for a Smoke-Free Valley

The coalition offers 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.

Dr Dean Ornish PROGRAM for reversing heart disease

This noted 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

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

CPR

Everyone should be trained in cardiopulmonary resuscitation (CPR). Classes meet at 2166 S. 12th St., Allentown. Registration required 1 week in advance.

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

3-part course • \$65

BLS Renewal—To attend you must have a current BLS Health Care Provider card. • \$40

Heartsaver Pediatric—Focus on infant and child CPR. • \$40

Heartsaver AED and First Aid—Adult CPR, use of automated external defibrillator (AED); first aid for acute injuries and illness. • \$40/session

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



Just for Women

NEW From Her Heart to Yours

Offering hope and education through powerful stories of surviving heart disease told by women and their cardiologists. Wear something red to celebrate Go Red for Women day. Free valet parking. **FREE**

• Fri., Feb. 2; 5:30 p.m. refreshments; 6-7:30 p.m. program

At LVH—Cedar Crest, auditorium

To register, call 610-402-CARE.

NEW Black Women and Heart Disease

If you're African-American, your heart disease risk is higher. Learn about the role of lifestyle choices and empower yourself. Features Jennifer Mieres, M.D., a black woman and nationally known cardiologist. Free valet parking. **FREE**

• Tue., Jan. 16; 5-6:15 p.m. light refreshments 6:15-7:30 p.m. program

At LVH—Cedar Crest, auditorium

To register, call 610-402-CARE.

See related article on page 5.



HOPE for Osteoporosis

This 6-week program will help you prevent or manage osteoporosis through exercise, nutrition and treatment options. Includes gentle strength-training.

\$75

• Mon., starting Jan. 29; 2-4 p.m.

At LVH—Mublenberg, Banko Center

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



Head Off Heart Disease and Stroke

Our convenient VIP for Life classes will help you make lifestyle changes to keep your blood vessels healthy and lower your risk for a stroke or heart attack. **Now just \$15 a class!** You'll learn what metabolic syndrome and vascular disease are, and how to exercise, eat right, de-stress, and improve your cholesterol.

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

Coping With Illness

NEW Bipolar or Depression?

These two disorders are often confused. Learn about symptoms, diagnosis, treatment options and who is at risk.

- Thu., Jan. 18; 7-8:30 p.m.

At LVH—Muhlenberg

Laurence Karper, M.D., psychiatrist
See related article on page 18.

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 LVH—Muhlenberg

For Stroke Patients and Their Families

Stroke Support Group **FREE**

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

Stroke Exercise/Educational Program

- First, second, third Tue. of each 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.



For Diabetes Patients and Their Families

Ongoing Diabetes Programs

Physician referral needed. For dates, locations and registration, call 610-402-CARE.

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

Type 1 Self-Management—Education and counseling.

Type 2 Comprehensive Self-Management—5 weekly 2-hour sessions teach you to live well with diabetes.

Type 2 Diabetes Follow-up—Review the basics of blood glucose control. Recommended yearly for those who have taken "comprehensive," above.

Medical Nutrition Therapy—On Medicare with diabetes or non-dialysis kidney disease? Meet a dietitian for meal planning, glucose and cholesterol control.

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 trouble-shooting.

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 **FREE**

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

Insulin Pump Support Group **FREE**

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

For Cancer Patients and Their Families

Look Good, Feel Better®

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

- Mon., Jan. 29; 1:30-3:30 p.m.

At LVH—Cedar Crest, Morgan Cancer Center

Sponsored through the American Cancer Society

To register, call 610-402-CARE.

Ongoing Cancer Programs and Support Groups

For dates, locations and registration, call 610-402-CARE.

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.

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 each month.

Keeping Up to Date

Ongoing Computer Classes

For information on all computer classes, call 610-402-CARE.



Basic Computer Skills—Beginners learn to use a keyboard, mouse, programs, toolbars and more.

\$25; \$20 with Vitality Plus GOLD

Introduction to the Internet—Hands-on course includes healthy aging Web sites. Basic computer skills needed. \$25; \$20 with Vitality Plus GOLD

Learn Basic E-Mail—Hands-on course uses free Yahoo. Basic computer skills needed.

\$40; \$35 with Vitality Plus GOLD

All at LVH—17, CHA



Screenings

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

LVH—17, Suite 403

Osteoporosis **FREE**

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

LVH—Muhlenberg

Osteoporosis **FREE**

- First Thu. of each month; 2-4 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.



LVH—17, CHA

Vascular Screenings

Painless testing for vascular disorders in those age 60+ with high cholesterol, high blood pressure or family history of vascular disease.

Stroke • \$40

Abdominal Aortic Aneurysm • \$40

Peripheral Arterial Disease • \$15

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

Around Our Community



NEW Walk-and-Talks

For a Healthy Lifestyle

Get fit, get educated and get connected with a walking buddy. Have fun and win prizes for participating. **FREE**

- Wed., Jan. 17; 7-7:45 p.m. speaker; 8-8:20 p.m. walk around the track; 8:20-8:30 p.m. wrap-up and prizes

At *Bethlehem Twp. Community Center*

For a Healthier You

Learn the importance of varying your physical activity for your total well-being—body, mind and spirit. **FREE**

- Tue., Feb. 27; 6-6:45 p.m.

At *Wind Gap Middle School*
Jackie Sorreck, exercise physiologist

NEW 'What Happened?'

Children, welcome to the Mark J. Young, M.D., Medical Challenge! Try your hand at being a doctor as you diagnose 8-year-old 'Justin,' our mannequin who suddenly grew ill. Now he's running a high fever and his parents can't wake him. As you listen to his heart and lungs, check his vital signs and work to save him, you'll learn about many different health careers. **FREE** with Center admission

- Mon.-Sat.; 9:30 a.m.-5 p.m.
- Sun.; noon-5 p.m.

At *Da Vinci Science Center*

For details, call 610-402-CARE.



NEW Teens and Dating Violence

At this symposium, you'll learn how to recognize the signs of teen dating violence, and get help and strategies to prevent the problem. **FREE**

- Mon., Feb. 12; 7 p.m.

At *Cedar Crest College, Alumnae Hall*

For details, call 610-402-CARE
See related article on page 6.

NEW Homeland Security for Community Groups

Interactive workshop on detecting and reporting potential terrorist threats and being prepared. Includes manual, resource guide, volunteer opportunities.

For scheduling details for your group, call 610-402-CARE

Ongoing Community Programs

Community Exchange and You

Find out how to make connections by sharing your skills, services and stories. **FREE**

- Mon., Jan. 15; Feb. 19; 2-4 p.m.

At *LVH—17, CHA*



Would a Support Group Help?

Our 85+ different groups offer comfort and support from others who've "been there." **FREE**

For complete list, call 610-402-CARE.

Need a Speaker?

Our professionals can speak on a variety of health-related topics. **FREE**

For details, call 610-402-CARE.

Mini Medical School

Follow Your Gut:
Today's Diagnosis,
Treatment and Prevention
of Diseases of the
Gastrointestinal Tract

FREE

- Thu., April 12, 19, 26 and May 3; 6:30 - 9 p.m.

For details, call 610-402-CARE.

NEW First Anniversary Celebration

Check out what Bethlehem Township has to offer at this fun afternoon of activities for the whole family. **FREE**

- Sun., Feb. 11; noon-4 p.m.

At *Bethlehem Twp. Community Center*

For details, call 610-402-CARE.



Meet Your Hospital

Learn how Lehigh Valley Hospital fulfills its mission to be your community partner! **FREE**

To schedule presentation, call 610-402-CARE.



Any comments concerning this publication may be sent to:

Healthy You

Attn: Marketing & Public Affairs
Cedar Crest & I-78
P.O. Box 689
Allentown, PA 18105-1556
Call 610-402-CARE (2273) or
e-mail 402CARE@lvh.com.

Visit Lehigh Valley Hospital's
Web site at www.lvh.org

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Healthy You is published by Lehigh Valley Hospital and Health Network. Its goal is to provide its readers with information and education that will help them and those they care for to enjoy healthier lives. Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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Special thanks for participating in a photograph.

Page 17 Nancy Gottwald (Noodles the Clown) for appearing as gorilla

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Healthy You

Take Some Tips From Us

Start your weekend on a healthy note! You can have a free health tip e-mailed to you every Friday, from the wealth of great information that's appeared in *Healthy You* magazine. To subscribe, go to www.lvh.org and click on Health Tips.

Lehigh Valley Hospital Accepted Into National Pediatric Group

Already a regional leader in pediatric health care, Lehigh Valley Hospital will be even better-equipped to care for children since it was accepted as an associate member of the National Association of Children's Hospitals and Related Institutions (NACHRI). The not-for-profit organization acts as a collective voice for health systems devoted to the well-being of children and their families.

"Membership in NACHRI offers us a vast communications network with others who understand children, their needs, their

treatment and how to develop clinical programs for them," says John Van Brakle, M.D., chair of pediatrics at the hospital. NACHRI membership is based on such factors as volume of patients, presence of graduate medical education and recognition as a referral center.

For more information, call 610-402-CARE or visit www.lvh.org/children.



**PROTECT YOUR
DAUGHTER FROM
CERVICAL CANCER**

- A new vaccine protects young women against the two strains of HPV (human papillomavirus) that cause 70 percent of cervical cancers
- HPV is very common—20 million adult women have it
- HPV is transmitted through sexual activities
- This vaccine is for girls as young as age 9, before they have any intimate contact
- Talk to your pediatrician now

'I'm a cancer survivor'—Just seven weeks after her cervical cancer surgery, Mary Beth Hankey shared her story at the Countdown to Cervical Cancer Prevention seminar at Cedar Crest College last fall.



"I got a second chance at life.

*Now I want to help save your life—
and your daughter's life."*



Mary Beth Hankey is a woman on a mission. The cancer survivor has a message for every woman: Have your Pap test every year. Make sure your young daughters get the cervical cancer vaccine.

The 55-year-old Summit Hill woman was five years past menopause when she noticed some spotting. When it got worse, she saw her doctor. After tests showed cervical cancer, she met with Martin Martino, M.D., a gynecologic oncologist at Lehigh Valley Hospital, who recommended surgery. Her cancer is now in remission.

Hankey says, "Dr. Martino gave me my life back. I'll do anything to help other women." She reminds every woman she knows to get a Pap test every year. She tells women at work and church about the new HPV vaccine (see Protect Your Daughter, at left), which could eliminate 70 percent of all cervical cancer.

"I always wanted to make a difference in the world," says Hankey. By sharing her story with so many women, she's succeeding.



Info TO GO! www.lvh.org

Learn More About the New HPV Vaccine at lvh.org. Listen to the podcast of "Countdown to Cervical Cancer Prevention," a seminar presented at Cedar Crest College. Go to www.lvh.org, click on Find It Fast and then Podcast.



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17th & Chew Streets, Allentown

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