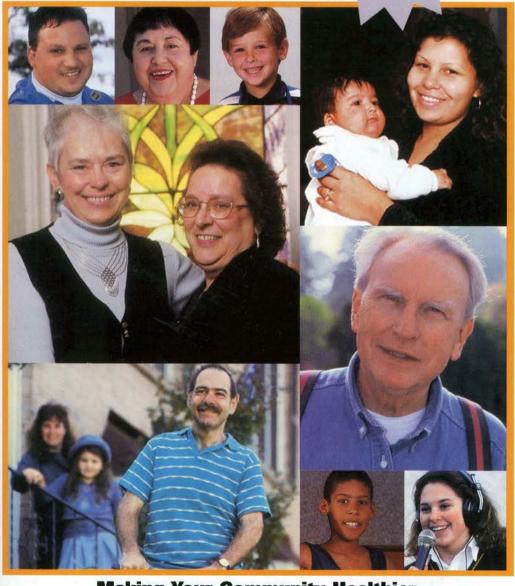
Healthy You

JANUARY/FEBRUARY 2001

- Ready to Lose Weight?
- Keeping 'Connected' As You Age
- The Latest on HRT
- New Diabetes Treatments
- Teens in Action

Vitality
Plus
Section
(See page 20)



Making Your Community Healthier

How Lehigh Valley Hospital is helping! (Special report between pages 18 and 19)

Healthy You

Feature Stories

JANUARY/FEBRUARY 200

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Focus on Weight Loss

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- · Eat Well for Less page 8
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LEHIQH VALLEY HOSPITAL AND HEALTH NETWORK

HEALTHY EATING
Oatmeal: Depend on It!
A great source of fiber, it also lowers cholesterol
ANT TOTAL SECTION OF CONTRACTORS AND CONTRACTO
Eat Well for Less
Plan ahead, buy fresh to stretch your healthy food dollar
EXERCISE AND MOVEMENT
Are You Ready to Lose Weight?
Find out what stage of change you're in
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Helping an Older Person Stay 'Connected'

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Serving Our Community: A Report to You

Read the stories of local people who were helped this year by Lehigh Valley Hospital and Health Network. We are committed to improving

the community's health and well-being. See the special report between pages 18 and 19 or call 610-402-CARE for your free copy.

For more on community service, see Helping an Older Person Stay 'Connected,' page 22, Teens in Action, page 18, and a class on Loneliness, page 26.

Community members pictured on the cover (clockwise from top left): Ed Stauffer, Catasauqua; Josephine lacoviello, South Whitehall; Michael, Emmaus; Melanie Rivera with son Xavier, Allentown; Herb Simonson, Ottsville; Jessica Jones, Coopersburg; Alex, Whitehall; (I-r) Mary and Marisa Quijano, Bob Stanley, all of Easton; Carol Fenstermaker (I), Whitehall and Peggy Benfield, Nazareth. Photography by Thomas F. Amico.

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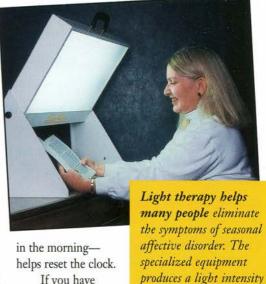
To Your Health

Do You Have 'Seasonal Affective Disorder'?

Many people get the midwinter blues. But for some, the problem is more than just normal mood swings, says Michael Kaufmann, M.D., chair of psychiatry at Lehigh Valley Hospital and Health Network: "Seasonal affective disorder, or SAD, is a form of clinical depression that occurs only at this time of year."

SAD is tricky to diagnose, since many mood disorders are seasonal in nature. But there's clear evidence it exists. One study showed nearly 10 percent of New Hampshire residents suffered from winter depression, compared with fewer than 2 percent of Florida residents. "The symptoms of SAD, like other forms of depression, include worsening of mood, appetite disturbance, decrease in energy, loss of concentration and oversleeping," Kaufmann says.

Treatment, too, is similar to other forms of depression. But besides counseling and medication, people with SAD have been shown to respond to light therapy (see photo). Researchers believe the shorter daylight hours in midwinter shift the body's biological clock in SAD sufferers, and bright light—especially



If you have symptoms of depression, Kaufmann says, don't attempt

light therapy on your own; see a doctor for a definitive diagnosis and to rule out an underlying medical condition. "Once you know what you're dealing with, mood disorders are very treatable," he says.

(10,000 lux) equal to the

sunniest of summer days.

Want to Know More? For information on local mental health resources or referral to a professional, call 610-402-CARE.

YOU CAN'T AFFORD IT

You Really Can't Afford It

Think what you could do with \$1,200: replace a major appliance, buy new furniture, pay some bills or maybe take a vacation. Getting caught drinking and driving isn't on anyone's wish list, but \$1,200 is the average court cost that the first-time DUI (driving under the influence) offender will pay in fines and fees.

"It's a really expensive night out," says Cori Wilburn,

Lehigh County's DUI coordinator. "Summary offenses like speeding or running a stop sign would add to that cost." Besides the expense, offenders also lose their license, must attend alcohol highway safety classes and could be required to get counseling. Even jail time is possible. When an offender's license suspension ends, insurance rates, especially for young drivers and their families, could climb by thousands of dollars.

The Team DUI/Lehigh Valley Regional DUI Task Force is working to reduce the needless injuries and deaths resulting from drunken driving.

The task force is a federally funded partnership of 27 municipal police departments, the Pennsylvania Department of Transportation, the Allentown Health Bureau's Highway Safety Program, State Farm Insurance Companies, and Lehigh Valley Hospital and Health Network. It was formed to target aggressively motorists who drive under the influence of alcohol or a controlled substance. Stepped-up enforcement includes sobriety checkpoints, roving patrols and the Cops in Shops program targeting minors who try to buy alcohol and adults who buy it for them.

Want to Know More? For information about the Team DUI/Lehigh Valley Regional DUI Task Force or the cost implications of DUI on your family's insurance premium, call 610-402-CARE.

When You're Ready to Quit Smoking

How do you know if you are ready-not just willing-to quit smoking? Ask yourself these questions, says health care coordinator Debra McGeehin of the Coalition for a Smoke-Free Valley:

- Am I confident enough to pull it off? On a scale of 1 to 10, where 10 is "absolutely positive, I am ready" and 1 is "I am not ready," if you are 5 or less you still have some confidencebuilding to do.
- Have I learned from past attempts? Make notes on how long you were able to stay tobacco-free, what helped or hindered you, and what you'd do differently this time.
- Am I willing to make the commitment? Becoming a nonsmoker can mean making big personal changes, like coping

Stages of Change

For another story on the

importance of readiness

for life change, see "Are

You Ready to Lose

Weight?" on page 6.

with stress without the aid of a cigarette, or going only to smoke-free places with friends.

Can I focus on the positives? Quitting smoking means giving up something,

but it also means gaining a lot. Note some things you can

look forward to after you quit, such as improved health and more confidence, energy and money.

Is this the right time? People often sense when the time is right to make a major change. If you're faced with many problems and worries-such as job or relationship changes, relocation or major losses—now may not be the best time to quit.

Want to Know More about the stages of quitting and suggested activities for each stage? Call 610-402-CARE. For information on tobacco use counseling, see page 33.



Age 50?

Turn to page 26 and check out these classes just for you:

- Loneliness— How to Prevent It
- Osteoporosis
- •55 Alive Safe Driving
- Your Future in Social Security



Depend on It

ondering what to have for breakfast these frosty winter mornings? Don't forget good old oatmeal. Studies show that oatmeal is not only an excellent source of fiber, it helps lower cholesterol if eaten regularly. "It's a real, solid food you can depend on!" says clinical dietitian Bill Whipple of Lehigh Valley Hospital and Health Network. "It's easy to prepare; I do it in

the microwave. And it's really inexpensive. You'll spend less than \$2 for a month of breakfasts, compared with \$3 a week for brand-name cold cereals."

When shopping for oatmeal, choose "old-fashioned" (cooks in 5 minutes) or "quick" (cooks in a minute) rather than "instant." You'll get twice the fiber, and those instant products with the fancy flavors contain added sodium and sugar.

What to do with balky eaters? "To make plain oatmeal interesting, I add cinnamon or nutmeg, a little brown sugar, or dried or fresh fruit," Whipple says. "I also mix fruit-flavored yogurt into cooked oatmeal." You can sneak oatmeal into your kids' diet, he says, by adding a quarter cup of oat bran to boxed cake mix. Oat bran is also good in muffins and granola.

Want to Know More? For a selection of oatmeal recipes, call 610-402-CARE.

To Your Health



They're on the Wall of Fame — Mary Spalding of Slatington and her son, Mark Jr., are among 60 success stories featured on the neonatal intensive care unit's new Wall of Fame in the Fred Jaindl Family Pavilion. Little Mark, born at just 1 pound, 11 ounces, spent 111 days in the unit. The healthy baby celebrates his first birthday on Jan. 13.

It's a Baby Fest Weekend!

Saturday, Jan. 20 • 11 a.m. - 4 p.m. Babies "R" Us • 600 Lehigh Valley Mall, Whitehall

- Get the answers to your pregnancy and parenting questions from Lehigh Valley Hospital and Health Network nurses.
- Learn about the Center for Mother and Baby Care, which celebrates its first birthday in January and offers the "ultimate childbirth experience" in a homelike atmosphere.
- Talk with a Lamaze teacher about classes and with a doula about mother care services.
- Be pampered with a massage.
- Enjoy activities with your children.
- Get coupons for baby products, and if you're expecting or have a baby under 24 months, join a raffle.

For details, call 610-402-CARE.

Spirit of Women

Find Balance Through Mentoring

As today's woman, you're facing the demands of doing it all. Share your experiences and learn from other women juggling their work, family and health through Spirit of Women's mentoring workshops.

"More than ever, women need that connection with each other to help find balance and take time for themselves," says Marie Shaw, Lehigh Valley Hospital and Health Network's director of Women's Health Services.

Make the connection with workshop topics:

- Walk and Talk for Health February (see page 31)
- Family mentoring April
- Career mentoring June

The workshops are free. To learn more, call 610-402-CARE.

Lehigh Valley Hospital and Health Network (LVHHN)

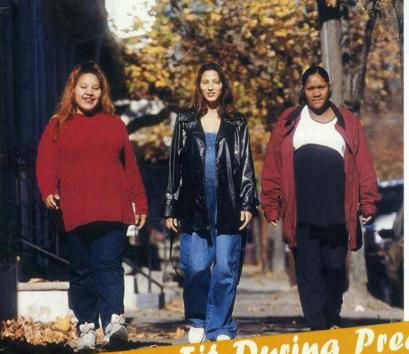
Pavilion' — Lehigh Valley Hospital—17th & Chew streets has dedicated the Trexler Pavilion in recognition of the commitment and financial support of the Harry C. Trexler Trust. The Trust's board voted last year to give \$2.5 million, its largest gift ever, to be used at the down-

• The 'Trexler

town Allentown hospital. Coupled with a \$2 million federal grant, the funding is transforming the facility into an outpatient center with special emphasis on meeting the needs of the medically underserved and older adults.

A Model DiabetesProgram — LVHHN's

Helwig Diabetes Center is serving as a statewide role model for better care of people with diabetes. A new program, funded by a state grant, sends diabetes nurse educators into primary care physicians' offices to make Helwig's educational and support resources more available throughout the community.



Done correctly, exercise is great for you and your baby

During Pregnancy Staying

Exercise with your buddies! Meet other pregnant women through childbirth education classes (see page 32), and form a walking group. Shown here (l-r) are Glendamary Caraballo, Fessica Santiago and Santa Cartagena.

on't be afraid of exercising during pregnancy. If you do it safely— Dand with approval from your health care provider—it has great benefits for you and your baby, says obstetrician/gynecologist Patrice Weiss, M.D., of Lehigh Valley Hospital and Health Network.

"Aerobic exercise improves circulation and enhances the flow of oxygen and nutrients to the baby," says Weiss' colleague, certified nurse practitioner Joan Pirog. "It also helps you sleep better, improves your mood, relieves backaches and may contribute to a quicker and easier delivery." It can even help you lose weight after the birth and regain your prepregnancy figure, Weiss says.

Ready to get fit? Here are Pirog's and Weiss' tips:

If you're not used to exercising, begin gradually. "Do a 10minute warm-up followed by a 5-minute workout and a 5-minute cool-down," Pirog says. "Work up gradually to a half-hour three times a week."

Choose low-impact exercises such as walking, swimming or riding a stationary bike. Avoid biking on pavement, horseback riding and jogging on a treadmill. Pregnancy increases your likelihood of falls.

Lie on your right or left side when doing floor exercises. "Don't lie on your back after the second trimester," Weiss says. "The weight of your uterus compresses the vein that feeds blood to your heart, causing heart rate and blood pressure to decrease dangerously."

Drink at least 15 glasses of water per day. Dehydration can cause premature labor. Drink before, during and after exercise.

Watch your pulse. Childbirth specialists recommend not going above 140 beats per minute during your workout, then cooling down until your pulse is below 100. "Because blood supply increases during pregnancy, your resting pulse is elevated 10 to 15 beats per minute," Pirog says. "Don't make your workouts too intense, and take frequent breaks."

Want to Know More? For a free issue of Lamaze Magazine with coupons and product samples for your new baby, call 610-402-CARE.

Exercise for a Healthy **Pregnancy** Wednesday, Feb. 7 6:30-7:30 p.m. For details,

see page 31.

Are You Ready to Lose Weight?

Find out what stage of change you're in; then get the strategies and support you need You may be willing to lose those excess pounds, but are you ready? "Readiness to make a change comes in stages," says Greg Salem, director of Healthy You education programs for Lehigh Valley Hospital and Health Network. "To be successful, you have to know where you are in the process." Can you spot your stage?

■ Contemplation – You know you need to achieve a healthier weight and you even research your options. But that's as far as you go. "Many people get stuck here indefinitely," Salem says. "They don't realize you can't sit back and wait for change to happen."

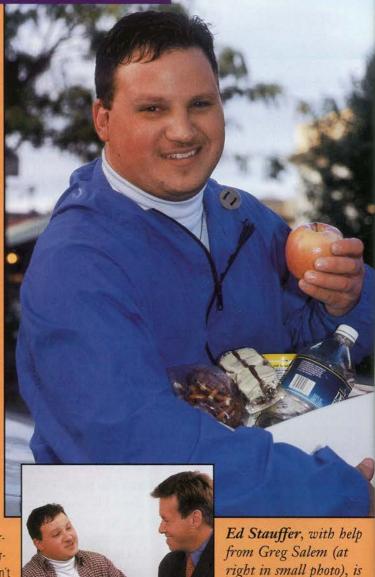
■ Preparation – You've decided what to do and are planning for it—for example, signing up for exercise class, stocking the kitchen with low-fat foods or enlisting family support.

■ Action – You're pursuing your weight-loss strategies.

Ed Stauffer ■ CONTEMPLATION STAGE

Stauffer, 25, has gained about 40 pounds since his high school wrestling days. The Catasauqua resident recently tried jogging, but given his busy work schedule, he doesn't exercise regularly. He tries to eat a healthy diet, but finds it hard to resist ice cream, cookies and cheese. Stauffer knows losing weight would give him more energy and better-fitting clothes, but he doesn't know how. "It's harder than it used to be," he says.

Greg Salem's Prescription - "Ed, your high school weight isn't realistic anymore. You're 185 now, and a reasonable goal for you is 170. But first, you have to move from contemplation to action. Think about the costs and benefits of losing weight. I suggest a small change that fits your lifestyle: working out with a home punching bag (which you enjoy) two evenings a week for 30 minutes. Make an appointment with yourself. Play music during workouts and drink water afterward to prevent snacking. You won't see big changes, but you'll feel better about yourself and that should help you take the next step."



thinking about packing

healthier food choices into

his workplace lunch cooler.

■ Maintenance - Your goal: keep the weight off and stick with healthier habits.

Once you know where you are, Salem says, the trick is to keep yourself moving forward. That involves:

Finding the right strategy for you. "Many people in the action stage backtrack because their actions didn't fit their situation," Salem says. "How much do you really need to lose? What's realistic in terms of behavior change? How can you work it into your busy life? Get some guidance from your doctor and from a health educator or fitness specialist."

Getting support. It's far easier to lose weight when friends and family are behind you.

Making a personal commitment. Salem suggests writing out a wellness "contract" with affirmations like these: "I promise to plan ahead to avoid obstacles. I promise to reward myself for reaching milestones."

How might all this work for you? To see how it works for others, check out the tips here and on page 25.

Want to Know More? For a one-to-one "prescription" to help you improve your health and weight, check out the Personal Wellness Profile on page 27. To find out about Lehigh Valley Hospital's new program for seriously overweight people, call 610-402-CARE.

Christine Baldwin **ACTION STAGE**

30-year-old Bethlehem graphic designer, Baldwin wants to trim her weight from 136 to 110 pounds. She jogged her way to fitness in college, then took a desk job and gained nearly 30 pounds. In the nine months leading up to her 1997 wedding, she lost the excess weight but quickly regained it afterward. Now single, Baldwin joined Weight Watchers this past summer and started going to the gym. But she's up against several challenges: a "stress snacking" habit, an Italian family that loves food, and a calendar of social and church events involving food.

Greg Salem's Prescription - "Christine, you need help to keep you going. Find a workout buddy to go to the gym with you at least twice a week. Also, ask your parents for their help and support. You can indulge sometimes—relapses will happen, so be prepared—but your family should know you're doing this for your health. Fitness needn't be just at the gym; think about walking or dancing. In terms of diet, watch your portion sizes. A realistic six-month goal for you is 125 pounds."

How Did They Do?

We'll check back with Christine Baldwin Ed Stauffer and Kathleen Trexler (see page 25) in a future issue of Healthy You!



Plan ahead and use fresh foods to stretch your healthy food dollar

Eat Well for Less

Want to save money on food without sacrificing a healthy diet? You can stretch your food dollar *and* eat better if you plan ahead and concentrate on fresh foods, says registered dietitian Karen Friedly of Lehigh Valley Hospital and Health Network.

Plan ahead

"Make a menu for the whole week and stick to it," Friedly says. "You'll reduce impulse buying and have better control of what you eat." Keep your kitchen stocked with the basics and follow these tips when you go shopping:

- Leave the children at home.
- Leave your appetite home, too—don't shop hungry.
- Buy smart: compare unit prices and save money with store (not big-name) brands. Stock up on frequently used items when they're on sale.
- Buy in bulk only when you're sure you'll use the item.

Buy fresh, make your own

Making food from scratch is generally healthier and less expensive, Friedly says. Those prepackaged rice, noodle, potato and vegetable dishes are typically high in fat and sodium. Some how-to's:

■ Use fresh (not processed) fruits and vegetables. To save more, avoid expensive precut packages.

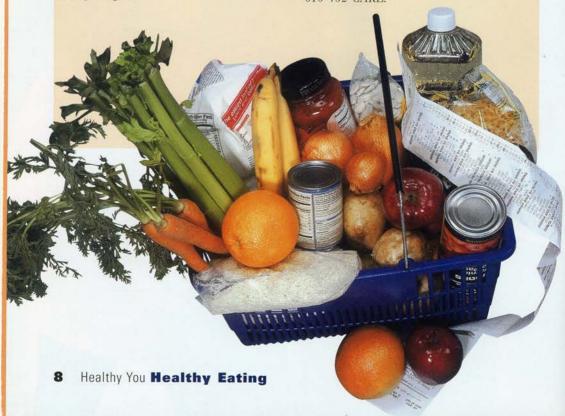
- Include some fruit that needs a few days to ripen so it will last all week.
- Save money on fresh produce by buying when it's in season or on sale.
- Drink water, not soda.

Eat less meat

Shift your spending from red meat to lower-cost, lower-fat chicken and turkey. Plan on fish twice a week, Friedly says, especially salmon, tuna and other richly colored varieties high in heart-healthy omega-3 fatty acids. Also consider dishes using dried beans or tofu as the source of protein; they're healthful and inexpensive.

- For the best buy on fresh fish, watch for sales.
- For fish casseroles, use canned tuna or salmon packed in water.
- Try some tasty vegetarian stews, soups, chili and casseroles. You can freeze half for another meal. ●

Want to Know More? For a guide to buying fresh fruits and vegetables in season and a list of food staples every kitchen should have, call 610-402-CARE.



Is Your Child Overweight?

espite parents' best efforts to monitor a child's eating habits, children Despite parents' best enous to momenta children and Dad are out of sight. If your child gains a few extra pounds, should you be concerned?

"Don't worry, but don't ignore it either," says Barbara Katz, M.D., pediatrician at Lehigh Valley Hospital and Health Network. As children mature, weight and activity levels fluctuate. But if a child's height/weight ratio is outside the range of the growth charts (see below), he or she may be overweight.

"Even when that is the case, I don't like to put children on strict diets," Katz says. "Some children are bigger-boned or have slower metabolisms than others. What's more important is to evaluate the child's overall health and genetic makeup."

For most families, an overweight child who is otherwise healthy probably just needs to adjust eating and exercise routines. Some families, though, are genetically programmed toward overweight. Their children run a higher risk of adult obesity, heart disease, high blood pressure, diabetes and sleep apnea, and that calls for special efforts to control weight in the early years.

If you think your child is overweight, Katz suggests:

• Talk to your doctor. He or she can help you determine the child's appropriate weight based on height, activity level, body structure and family health history. It's also important to rule out underlying medical conditions.

- Pay attention to family eating patterns. Parents play a key role in encouraging (and demonstrating) healthy eating habits. Teach your children about appropriate portions, the importance of a good breakfast and how easy it is to overdo when you eat in front of the television.
- Get active! Encourage children to take walks, get on their bikes, play a ball game or go for a run with the dog. And it's important to set a good example yourself.

Want to Know More? For a copy of the latest growth charts including BMI, call 610-402-CARE or visit www.cdc.gov.

How you can tell, and what you should do about it

UPCOMING CLASS Is Your Child or

Family Overweight? Wednesday, April 25: 7-8:30 p.m. For details. call 610-402-CARE.

A Quick Weight Checkup

Body-mass index (BMI) is a calculation of body weight compared to height. To see how it's done, read Jimmy's example (below). Scores differ with age and gender, but 9-year-old Jimmy's BMI of 22 places him at high risk of adult obesity, according to the government's newly revised growth charts. "For most children with high BMI," says pediatrician Barbara Katz,

M.D., "we recommend weight maintenance strategies so they can 'grow into' their weight."



weight (pounds) X 705 =

STEP 2

height (inches)

STEP 3

(inches)

Jimmy's BMI Jimmy weighs 120 pounds

and is 62 inches tall STEP 1

 $120 \times 705 = 84,600$

STEP 2 $84,600 \div 62 = 1,364$

STEP 3 $1,364 \div 62 = 22$

Myths and Facts About AIDS

Treatments are improving, but AIDS is still a serious health risk to men and women clions ... HIV is transmitted mainly through .

affects only homosexual men and is always fatal. Others believe new drugs have cured the disease and eliminated the need for sexual caution. Both groups need to know the latest facts, says Margaret Hoffman-Terry, M.D., infectious disease specialist at Lehigh Valley Hospital and Health Network.

AIDS (acquired immune deficiency syndrome) is the advanced stage of infection by the human immunodeficiency virus (HIV), which kills or impairs immune system cells and progressively destroys the body's ability to fight infections and certain cancers. HIV is transmitted mainly through infected syringe needles and sexual contact. Currently, 412,000 people nationally are living with HIV and 430,000 have died since the epidemic began in the early 1980s.

"The treatment of AIDS has improved in recent years, but it is still a serious health risk to all segments of the population. Everyone should know how to prevent its spread," Hoffman-Terry says.

Here are the facts:

guary... RU (Seith ... continuing improve-

ents in treatment...'smart' virus... blood

10 Healthy You Disease Prevention and Care

I'm safe living in the MYTH: Lehigh Valley.

FACT: As of last June, the Lehigh Valley region had reported a total of 771 AIDS cases, Hoffman-Terry says. About half of those people have died. While the rate of newly reported AIDS cases has slowed here since 1995, it is still rising faster in Lehigh County than anywhere else in Pennsylvania.

AIDS affects only homosexual men and MYTH: intravenous drug users.

FACT: Only 10 percent of newly reported AIDS cases at Lehigh Valley Hospital and Health Network are homosexual or bisexual men. IV drug use and heterosexual contact are the leading causes of HIV infection locally, and women make up nearly half of local AIDS patients. "Avoiding drug use, using condoms and limiting your number of sexual partners are still the main defenses against the spread of AIDS," Hoffman-Terry says.

I'm not at risk because I've had one partner MYTH: for several years.

FACT: Your partner may have contracted HIV unknowingly years before. When someone is first infected, he or she develops flu-like symptoms that last about two weeks. Then there are no symptoms for eight to 10 years; by then the virus has destroyed enough cells to weaken the immune system seriously.

I tested negative immediately after MYTH: unprotected sex, so I'm safe.

FACT: The presence of HIV may not show up in tests for up to six months after infection.

If I test positive MYTH: for HIV, I'll die.

FACT: Three types of medications used in combination as drug "cocktails" are expected to be effective in controlling HIV for up to 30 years. "What used to be a death sentence has become a chronic illness, provided you take your medicine and follow up regularly with your health care provider," Hoffman-Terry says. Drug cocktail treatment can cost more than \$1,000 a month and can require taking up to 30 pills a day, with daily side effects like nausea, diarrhea and headaches. As a result, half of all AIDS patients fail to take their medication regularly.

There is a cure for AIDS, so I don't MYTH: have to worry about prevention.

FACT: While new research promises continuing improvements in treatment, a cure and vaccine may be 20 years away. "HIV is a 'smart' virus that changes when passed from one person to another, so every virus is different from the last," Hoffman-Terry says. "That makes a vaccine very difficult to develop."

I can get AIDS MYTH: from kissing.

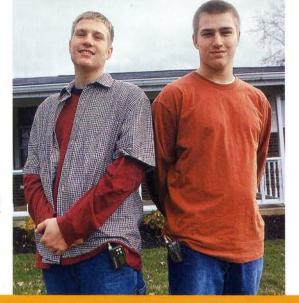
FACT: Only blood and sexual secretions carry HIV. Intercourse and oral sex are highrisk activities. Kissing and hugging are not.

If I donate blood, I could MYTH: contract HIV.

FACT: There is no risk of getting AIDS or other diseases from being a blood donor, because all supplies are disposable. And the risk of receiving HIV from a transfusion is extremely low. After blood is drawn, it is carefully tested for infections, including HIV.

Want to Know More? For a guide to sexually transmitted diseases and safe sex, call 610-402-CARE.

Medications,
pumps and other
breakthroughs
promise excellent
control, fewer
complications



New Treatments for Diabetes

Insulin pumps are the answer for Drew (left) and Ryan Christman of Whitehall. They can wear the pocket pumps (shown here) even during active sports. Researchers have worked for decades to cure diabetes, and they have some very promising leads today. But the immediate good news is in diabetes treatment, says Larry Merkle, M.D., chief of endocrinology at Lehigh Valley Hospital and Health Network. There are recent breakthroughs for both type 1 (insulin-dependent) and type 2 (adult-onset) diabetes.

People with type 1 diabetes produce no insulin, the substance that allows our bodies to burn sugar for fuel. They need lifelong insulin replacement, but that's hard to do in a natural way with the existing insulins, Merkle says. "The healthy pancreas produces insulin at a steady (basal) level and also in surges at mealtimes. We now have a good replacement for the mealtime type, but no effective basal insulin. There was always a risk of excess insulin causing low blood sugar and symptoms ranging from shakiness to unconsciousness. A new product named glargine should provide much better control with little fear of low blood sugar."

Many people with type 1 diabetes receive insulin by injection, but now they also have the option of insulin pumps. The technology is improving rapidly, Merkle says. "We use a glucose sensor at the hospital in conjunction with the pump, to determine proper dosage. Within a few years we'll have a combined pump, sensor and computer in a closed-loop system that acts much like the pancreas. Control will be so good that we'll be able to reduce significantly the risk of complications."

People with type 2 diabetes produce plenty of insulin, but it doesn't function correctly. Type 2 is the most common diabetes (85 percent of all cases) and is associated with family history, aging, obesity and sedentary lifestyle. The breakthrough for these patients, Merkle says, is an array of new medications. "So-called insulin sensitizers allow their insulin to work the way it's supposed to, for much better control. We also have excellent new drugs for high blood pressure and cholesterol, conditions that almost always accompany type 2 diabetes. Used together with diet and exercise, these drugs can prevent the heart and vascular disease so common in type 2 diabetes in the past."

Want to Know More about diabetes prevention and care? Call 610-402-CARE. For details on diabetes education, see page 34.

The Young Man's Cancer

hen Donald Jones of Macungie discovered a lump on his testicle in 1995, he called a doctor immediately. The testicle was removed the next day, and in the following months Jones had 17 sessions of radiation. Like most testicular cancer patients, he recovered fully with no side effects. In fact, the avid cyclist is back in action and planning a lengthy tour (see photo).

Testicular cancer is a very treatable cancer, and self-examination almost always detects it in the early stages, says Brian Murphy, M.D., urologist at Lehigh Valley Hospital and Health Network. The disease affects more than 7,000 men a year. It's most common between the ages of 20 and 40, although not

How to Do a Self-Exam

While holding the testicle in one hand, use the other hand to roll it between the thumb and index finger. Testicles should feel smooth and oval-shaped. Report any hard areas or lumps to your doctor—and get in the habit of doing a self-exam every month.

unknown in teens and those past 40. The risk is higher for men who, like Jones, were born with an undescended testicle (a condition doctors correct soon after birth).

"The cancer is found as a lump on a testicle," Murphy says. "It's not usually painful, so self-examinations are key to early detection. We want

monthly testicular self-exams to become as common for young men as breast selfexams are for women."

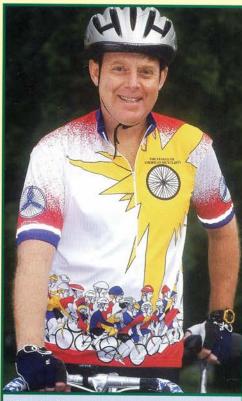
After a diagnosis is made, the affected testicle is always removed. Depending on the specific tumor, treatment may also include chemotherapy or radiation. In its later stages—as in the case of Olympic cyclist Lance Armstrong—testicular cancer spreads to the lymph nodes and eventually the lungs, brain, liver and bones. Even then, Murphy says, the disease usually responds well to chemotherapy.

The surgical removal of a testicle has no physical effect on sexual activity, since the remaining testicle produces enough testosterone for normal erectile function, Murphy says. But cancer, surgery and chemotherapy do reduce a man's sperm count and may affect his fertility. For men concerned with their appearance, a prosthetic testicle can be implanted.

If you have pain and swelling in or around a testicle, it's probably not cancer, Murphy says—but you should still call the doctor immediately. These symptoms are usually the result of an infection that should be treated.

Want to Know More about other testicular conditions that require treatment? Call 610-402-CARE.

Testicular cancer is highly treatable, but self-exams are key



Testicular cancer survivor Donald Jones is planning a cross-country bike tour in 2002 to raise awareness of this cancer and the importance of selfexams for early detection. (For more information, call 610-402-CARE.)



Hemorrhoids

They're more common than you may realize. Here are the facts on treatment and prevention.

ecause no one talks about it, hemorrhoid sufferers don't realize how common their condition is. It's estimated that half of people over age 50 have or will get hemorrhoids, and they're a common nuisance of pregnancy and childbirth. You're also at risk if you are overweight, have difficult bowel movements, spend a lot of time sitting, exercise rarely or do a lot of heavy lifting.

Hemorrhoids are enlarged (varicose) veins of the rectum and anus. "Some occur inside the rectum and are painless; typically, the only sign is blood in the stool," says obstetrician/gynecologist Susan Haas, M.D., Ph.D., of Lehigh Valley Hospital and Health Network. "In rare cases, an internal hemorrhoid will protrude ('prolapse') and may hurt or itch. External hemorrhoids are under the skin around the anus. If they fill with a blood clot—you'll notice it as a lump—they can be quite uncomfortable."

If You Experience Rectal Bleeding

Any rectal bleeding or blood in the stool should be reported promptly to your doctor. It can indicate a more serious condition, including cancer. If you're over age 50, you should have regular colorectal cancer screenings: fecal occult blood tests (stool smears) yearly and a flexible sigmoidoscopy or colonoscopy every five years. For more information, call 610-402-CARE.

How can you relieve them?

For the most part, Haas says, you can relieve hemorrhoid symptoms with home treatments. These include:

- a sitz bath (sitting in plain warm water for 15 minutes) to soothe irritation
 - cold packs to reduce swelling
- anesthetic creams or oral analgesics like acetaminophen for pain relief
- hydrocortisone creams or suppositories to reduce inflammations. (They're available over the counter and in higher strength by prescription.)

"Hemorrhoids with pregnancy usually go away within a few weeks after the birth," Haas says.



"Other cases, too, often get better on their own. But hemorrhoids may flare up again." Sometimes surgical removal may be required (see below).

Can you prevent them?

You can help prevent hemorrhoids by making sure your daily diet includes plenty of fiber—25 to 30 grams from fruits, vegetables and whole grains—and at least eight cups of water. "This should help produce stools soft enough to pass without straining," Haas says. "Fiber supplements such as Metamucil or Fibercon are fine, but don't take laxatives on a regular basis."

The other key to hemorrhoid prevention is regular exercise. "Don't overdo weightlifting or strain abdominal muscles," Haas says. "But physical activity is important for weight control and healthy digestion." Finally, respond promptly when you feel the urge to have a bowel movement, and stay relaxed to avoid straining. If symptoms last more than a week, call your doctor.

Want to Know More? For referral to a colorectal specialist, call 610-402-CARE.

If you need hemorrhoid surgery

When hemorrhoids are severe or don't respond to other treatment, they can be removed permanently using a variety of techniques, says colorectal surgeon Indru Khubchandani, M.D., of Lehigh Valley Hospital and Health Network. The most common for internal hemorrhoids is rubber band ligation, using a tiny elastic to cut off the blood supply painlessly. Khubchandani did a pioneering study of "triple banding," in which hemorrhoids in three different sites (a common problem) are treated simultaneously. He's now so well-known for this technique that a Florida physician recently traveled to the Lehigh Valley to have the triple procedure.

Hormone Replacement:

As new findings roll in, each woman must make her own decision

The decision on hormone replacement therapy (HRT) used to be fairly straightforward. For most women, the benefits—relief of menopausal symptoms and protection against osteoporosis and heart disease—clearly outweighed the slight rise in breast cancer risk.

Nowadays, physicians like Elizabeth Stanton, M.D., family practitioner at Lehigh Valley Hospital and Health Network, are not making any universal recommendations. "'Complicated' is how I would describe this issue right now," she says.

The main reason is new research raising questions about HRT's effect on heart disease. A major study last spring announced a slight—and temporary—increase in heart attacks and strokes in the first year or two of HRT use. Since HRT still appears to have long-term heart benefits, only women with a personal history of heart problems are being cautioned not to start the therapy, Stanton says.

The other new development is dosages. The standard estrogen dose today is 0.625 milligrams; researchers are studying a half-dose to see if it provides the same benefits without the drawbacks.

Just what are the pluses and minuses of HRT? Estrogen does a good job relieving hot flashes and other menopausal symptoms that can last several years. It protects against bone loss and possibly Alzheimer's disease. It also lowers LDL ("bad") cholesterol and raises HDL ("good") cholesterol, protecting heart health for older women, for whom heart disease is the number one killer.

On the downside, estrogen slightly raises breast cancer risk, so it's not an option for those who've had breast cancer. (Estrogen alone also raises uterine cancer risk, but coupling it with progestin actually reduces that risk.) Finally, Stanton says, many women quit HRT because of annoying side effects like continued monthly bleeding and water retention.

So, should you or shouldn't you use HRT? "It depends entirely on your personal situation," says Lehigh Valley Hospital and Health Network obstetrician/gynecologist Howard Listwa, D.O. To illustrate his point, let's look at three fictional women:

ANNETTE

Age 52...in good health and exercises regularly...suffers from hot flashes and sleep disturbances...no history of heart disease or breast cancer, but several relatives have osteoporosis.

"Annette is reducing her osteoporosis risk by keeping fit, but she should also watch her calcium intake and get a bone density test," Listwa says. "To relieve her symptoms and protect against bone loss, I'd advise her to consider HRT on a short-term basis. In a few years, we'll know much more about the long-term risks and benefits. If she wishes, she can then switch to a medication like alendronate (Fosamax) or raloxifene (Evista) for bone loss."



What's the Latest?

MARIA

Age 66...overweight due to high-fat diet and sedentary lifestyle...family history of heart disease and breast cancer...has not had menopause symptoms for years.

"The first step for Maria is a thorough physical," Listwa says. "If her cholesterol is high, I wouldn't necessarily rule out HRT. But since she doesn't need symptom relief and there is breast cancer in the family, the new cholesterol-lowering drugs (statins) may be a better—although more expensive—choice. I'd also work with her on diet, exercise and weight control to lower her risk of heart disease and diabetes."



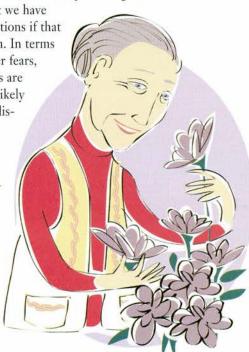
SHIRLEY

Age 78...no heart disease and fairly good bone density... sexually active and bothered by vaginal dryness...family history of Alzheimer's...worried about breast cancer.

"Is it worth starting HRT in your late 70s? For Shirley, it may be," Listwa says. "Estrogen would relieve her vaginal symptoms, and early data suggest it can prevent or delay the onset of Alzheimer's. HRT can't protect against bone loss

this late in life, but we have other good medications if that becomes a problem. In terms of her breast cancer fears, women in their 70s are many times more likely to die from heart disease than from breast cancer."

Want to Know
More about preventing osteoporosis and
heart disease? Call
610-402-CARE.
For details on an
Osteoporosis and
Other Medical
Conditions presentation, see page 26.



Making the Decision

- Know yourself: general health, risk factors, preferences.
- · Study your options.
- Talk with your health care provider.
- Stay educated and ready to change course as new findings emerge.



How three
members of
'Generation Y'
make a difference
in their
communities

If you think today's adolescents limit themselves to school, the mall and the Internet, you're missing all the Lehigh Valley teens who volunteer to help their communities—and in the process, learn professional skills and valuable life lessons.

"Adolescence is a stage when kids learn about their strengths and discover their identity. Volunteerism can really help them do that," says Patricia Fuisz, clinical nurse specialist in psychiatry at Lehigh Valley Hospital and Health Network. "Many teens thrive in the group setting of community involvement, and they can see how they're making a difference in people's lives."

Parents should encourage their teens to get involved in a variety of activities, Fuisz says. "Be aware that you can motivate your son or daughter through your words and your own volunteer actions."

Here, three local teen-agers describe their experiences.

Why did you become a volunteer?

Jessica: My family and I are members of WDIY, and my mom read about the internship in their publication. My parents have always been active at our church and my mom volunteers at our acting school.

Jennifer: I attended the Pennsylvania Governor's School for Excellence one summer and they asked us to give something back to the community. So I created the Kinderteers program. Community involvement has been a big part of my life because I volunteered at Lehigh Valley Hospital for five years.

Marcus: My mother works at Phoebe and suggested I volunteer. I want to be a veterinarian, so I thought it was a good idea.

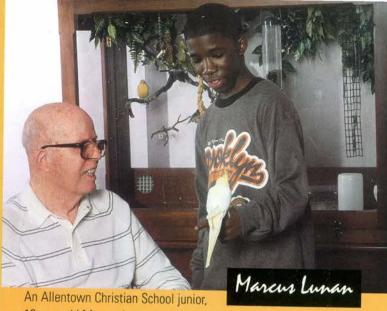
How do you find the time?

Jessica: Sometimes it's hard to find the time, but I've made some really good friends and it's fun being at WDIY. I want to find time for it.

Jennifer: It was very hard my senior year because I had advanced placement courses and was in the tutor mentor program, National Honor Society and Key Club. Then I was giving school

lennifer Schueck

Now at Elizabethtown College, 18-year-old Jennifer is from Macungie and attended Emmaus High School. While there. she created the Kinderteers program to help school children be more sensitive to the elderly. She also helped students make cards that she delivered personally to area nursing homes.



16-year-old Marcus is a volunteer bird care helper at the Phoebe Home and Nursing Rehabilitation Center in Allentown. He helps make residents such as Robert Heffelfinger (shown at left) feel at home by bringing the birds to residents' rooms for visits

presentations every day for three weeks for Kinderteers. But I made the time.

Marcus: I have time after school, and I like having something to do. I enjoy coming here.

What have you learned from volunteering?

Jessica: I'm more socially aware of what's going on in the community. I also learned a lot about radio because we put together our own shows.

Jennifer: I knew I wanted to be in the medical field, but the volunteer work helped me realize I wanted to be an occupational therapist. I also learned a lot about patient confidentiality, ethics and leadership skills.

Marcus: I'm learning about birds and that's good because I want to be a vet. But I'm also learning how to have patience. Daffy (a cockatiel) gets mad if things don't go her way, so I have to be very patient to get her to respond.

What's the most rewarding part of volunteering?

Jessica: I know that people will be affected by what I do. And I realized it's fun to help people.

Jennifer: I like helping people, which is what volunteering is all about.

Marcus: The residents remember me and know my name, and I can see that I'm making them happy. I know I'm making a difference.

Do you think you're making the world a better place?

Jessica: I'm just one person, but my work has to be helping people. If more people helped, the world would be a better place. There are so many opportunities to volunteer.

Jennifer: Yes. If you help one person, then that person may want to go out and do something for someone else. It all has an effect.

Marcus: I don't know about that, but I'm helping the people here and I'm learning a lot. More people should do this.

Want to Know More about volunteer opportunities for teen-agers in the Lehigh Valley? Call 610-402-CARE.

Welcome to Vitality Plus!

This membership program from Lehigh Valley Hospital and Health Network provides

you with health education, special events, discounts, hospital amenities and more.

There are two ways to join Vitality Plus...

- GOLD Membership at \$20 a year (individual or couple) gives you the full range of program benefits.
- Community Membership at no cost gives you a sampling of benefits.

See the full summary below. Then choose which type of membership you want and call today for your Vitality Plus membership card. Even for the no-cost Community Membership, you need a card to be able to use your benefits!

To join today, call 1-888-584-PLUS (7587) or use the handy enrollment form on page 36.

GOLD Member Benefits \$20/year individual or couple

Health and Education

- Newsletter
- Exercise classes at reduced rates
- Workshops and seminars at reduced rates or free
- Medical emergency card
- Health plan and insurance claims counseling

Hospital Amenities

- Phone card
- Cafeteria coupons

Social Events

- Special Vitality Plus events at reduced rates
- Dining club
- Dance lessons at reduced rates
- Volunteer opportunities

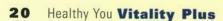
Discounts

- Long-term care insurance
- Eyewear
- Pharmacy
- Hearing care
- Travel
- Medical equipment
- Local health clubs

Community Member Benefits Free

- Newsletter
- Health plan and insurance claims counseling
- Invitations to special events
- Cafeteria discount
- Workshops and seminars
- Local health clubs discount

Vitality Plus is
a program of Lehigh Valley
Hospital and Health
Network in partnership with
participating
physicians





Helping an Older Person

Loneliness often affects the elderly. How can a concerned friend or relative help?

randpa says no every time he's invited out. Aunt Molly's hip is so bad she's about to quit her bridge club. And Emily across the street can't hear when a neighbor says hello.

Growing older can also mean growing lonely. "Certain changes in our lives—the death of a loved one, relocation, illness—break the ties of friends, family and community," says psychiatrist Laurence Karper, M.D., of Lehigh Valley Hospital and Health Network. "And many of these changes are part and parcel of aging."

If you think loneliness isn't serious, think again. It can lead to depression and the kind of despair that puts elderly people at higher risk of suicide than any other age group, says Keith Doram, M.D., geriatrician and chief of general internal medicine at Lehigh Valley Hospital and Health Network.

Loneliness in the elderly, Doram says, is mainly a matter of loss. "As we age, we experience the death of partners, friends and peers; the loss of professional and social networks; impaired eyesight, hearing and mobility; and often, lower income. All these things limit our ability to stay connected."

Fortunately, a concerned friend or relative can make a big difference to a lonely older person. If there's someone you'd like to help, here are some suggestions:

- Be aware. In our busy lives, it's all too easy to forget an elderly relative, friend or neighbor. Remind yourself—and your family—to check in periodically.
- Respect the personality. "Introverts (about 25 percent of us) and extroverts (the other 75 percent) have very different social needs," Karper says. "Introverts are at higher risk for loneliness and may need help getting out and making friends. But they also may need more 'alone' time, and one-to-one or small group interaction versus big parties."
- Don't force it. Taking Mom to a senior group when she really doesn't want to go can increase her anxiety and make things



strations by Jackson Hantel

Stay 'Connected' 🔊

worse, Doram says. "Instead, ask what she'd enjoy. Maybe it's visiting the grandchildren, listening to music or caring for a pet."



- Encourage community service. Helping others is one of the best ways for people to forget their own troubles. Whether it's manning a food bank, leading museum tours or tutoring children, every community is packed with opportunities for "giving something back."
 - Find out if there are underlying health problems.

"Loneliness can be a symptom of clinical depression, anxiety disorder or alcoholism," Karper says. "Physical problems such as hearing or vision loss, arthritis pain or incontinence also can isolate a person." All these conditions can be treated.

- Find out if there are other issues. Many older people lack the income or transportation to take advantage of social opportunities. Your help could be critical.
- Plan housing with care. "If you're helping a newly widowed parent decide where to live," Karper says, "keep connectedness in mind. 'Come live with us' may not be best if it means leaving a support network or being alone for hours every day."
- Give the person a responsibility. "I'm counting on you" is a powerful message about self-worth, Doram says. "Everyone needs to feel needed. But the responsibility has to be something real. If it's artificial, it defeats the purpose."

UPCOMING CLASS **Loneliness**

Tuesday, March 20 6:30-8 p.m. For details. see page 26.

Take time to listen. Older people have a wealth of experience to share.

"Asking about their interests or memories can generate a spark inside," Doram says. "And it's important to reinforce that complaining about illnesses isn't the only way to get your attention."

• Don't forget to touch. "Some people like a big hug, others prefer a gentle pat or handshake," Karper says, "but physical touch is a vital part of being human-and an older person living alone often misses it badly."

Want to Know More about social opportunities for the elderly? Call 610-402-CARE. For information on free depression screenings, see page 32.



Safe Sex: Not Just for the Young

Most media messages on safe sex are targeted to youth, but older adults who are newly single should take heed: you are at risk if you plan on an intimate relationship. Make sure you know the facts about sexually transmitted diseases and how to discuss this important subject with your partner.

"Unlike today's younger generations, most older adults did not have sex education in school and may not be comfortable discussing it," says Jon Brndjar, D.O., internist at Lehigh Valley Hospital and Health Network. "I encourage people to talk openly and honestly about sexual health and safety with their doctor and partner."

Much has changed in the last 20 years, Brndjar says. Pregnancy, syphilis and gonorrhea are no longer the main concerns. AIDS and the hepatitis viruses are. These infections are not easily treatable and can be fatal. Further, they can be carried for years by people without obvious symptoms (for more on AIDS, see page 10). "When you have sex, you expose yourself to anyone your partner has had sex with," Brndjar says.

Aside from abstinence, condoms are the main defense against sexually transmitted disease, he says. Don't let embarrassment or fear of rejection get in the way of taking the necessary precautions.

How do you talk to a partner about these sensitive issues, especially if you're newly re-entering the dating scene? Here are some suggestions:

- Choose a time to talk when you're not being romantic; for example, when you're reading a newspaper story or watching a television program that references safe sex.
- Begin the conversation by asking your partner a question. For example, "I've been hearing a lot about safe sex. What do you think?"
- Reassure your partner when you discuss the issue. For example, "I really enjoy the direction our relationship is going, but we need to talk

but we need to talk about safe sex."

Want to Know More? For a guide to sexually transmitted diseases and safe sex, call 610-402-CARE.

UPCOMING CLASS Understanding the Hepatitis C Virus

Tuesday, Jan. 16 Tuesday, Feb. 20 7-8 p.m. For details, see page 33.



Keeping the Weight Off

ost people think "maintenance" is the easy part of weight loss. It is and it isn't—just ask Kathleen Trexler of Center Valley.

The 51-year-old Lehigh University associate dean trimmed her weight from 247 to 166 and has been in maintenance mode for several months. "I'd like to lose another 10 to 15 pounds," she says, "but basically I'm very happy."

The process began in 1998 when Trexler suffered a slight stroke. That made her eligible for LOVAR (Lowering of Vascular Atherosclerotic Risk), a pioneering research study at Lehigh Valley Hospital. LOVAR aims to find out how well an aggressive program of behavior change measures up against standard therapy in preventing strokes and heart attacks in high-risk people.

After entering the program, Trexler learned she also has diabetes. Clearly, she needed a lifestyle transformation. "Before LOVAR, I exercised very little and ate whatever I wanted," she says.

On a custom LOVAR diet plan, Trexler learned to count carbohydrates and calories, keep a food diary and satisfy her cravings in nondamaging ways. "I still love chocolate," she says, "but now I actually crave fruit." Exercise was something she didn't even want to think about. But with a doctor's approval, she started a walking program with Lehigh Valley Road Runners and today runs five miles four or five times a week.

What's the hardest part of weight maintenance? "Staying motivated," says LOVAR dietitian Robin Gayle. "This is something you need to do for the rest of your life." Trexler uses several techniques to keep her going when it seems those last few pounds will never creep off the scale. Last year she avoided exercise boredom by substituting cardio kickboxing for running, and this year she added strength training to her routine. She allows herself an occasional treat, such as fat-free hot chocolate. Most valuable of all, she says, is the help she gets from LOVAR, the Road Runners and her family: "A good support system is the key."

Want to Know More about the LOVAR program? Call 610-402-CARE.

You've reached
your goal;
now come the
special challenges
of 'weight
maintenance'

UPCOMING CLASS Finding Your Weight Management Style

Tuesday, Jan. 30
Monday, Feb. 19
6:30-7:30 p.m.
For details,
see page 27.
Don't miss "Are You
Ready to Lose
Weight?" on page 6.

Running ber way to a bealthy weight is Kathleen Trexler (right) and her support system (l-r): her husband, Bob; niece, Gina Enos of Allentown; and sister, Jacqueline Zobb, also of Allentown.



Healthy You? Health Improvement Classes



Registration required

Class space is limited. You must register in advance for classes. Call 610-402-CARE or see the registration form on page 36 for other ways to register. Healthy You Programs reserves the right to cancel a program or class due to insufficient enrollment. Full refunds will be issued within 30 days.

Age 50-Plus

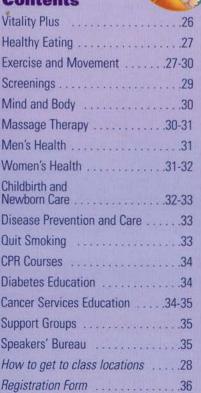
Loneliness **NEW**

Emotional and physical losses and limitations can lead to loneliness and depression. Learn to recognize the risks, and strategies to maintain community connections through health care resources.

 Tuesday, March 20: 6:30-8 p.m. Class meets at CC, Auditorium. Laurence Karper, M.D., psychiatrist Donna Zimmerman, Lebigh County Aging and Adult Services

See related article on page 22.

Table of Contents



Osteoporosis and Other Medical Conditions

Learn how other medical conditions may cause bone loss. Discussions will focus on what you need to know to manage and prevent further bone loss.

Free

 Tuesday, Feb. 20; 7-8 p.m. Class meets at TX. Donald Barilla, M.D., endocrinologist See related article on page 16.

55 Alive

Vitality Plus and AARP present 55 Alive, a classroom course for mature drivers. Reduce your risk of accidents and save money on your auto insurance. A community education service of Lehigh Valley Hospital's trauma department.

Vitality Plus GOLD members, Free: Non-members, \$10 (check made payable to AARP)

- · Tuesday and Thursday, Jan. 16 and 18; 5:30-9:30 p.m.
- · Wednesday and Friday, March 14 and 16: 12:30-4:30 p.m.

Classes meet at 17, School of Nursing, Auditorium.

Your Future in Social Security

What benefits can you expect when you retire? Social Security experts explain how the program works, how monthly payments are computed and what the future holds. Bring your questions!

- Thursday, Jan. 18; 7-9 p.m.
- Thursday, March 15; 7-9 p.m.

Class meets at 17, Auditorium.



Healthy Eating

Eating the Mediterranean Way NEW

Learn how this approach to eating can help lower your heart disease and cancer risk. We'll discuss practical ways of incorporating the Mediterranean lifestyle into yours!

\$10

Monday, Feb. 5; 7-8 p.m.

Class meets at MUH-Banko, Rooms 1 and 2.

· Wednesday, Feb. 21; 7-8 p.m.

Class meets at CC, Classroom 1. William Whipple, registered dietitian

Finding Your Weight Management Style

What method of weight loss works best for you? Take the diet-oriented personality quiz to make it easier to find the right program for you, then learn practical approaches to weight loss that match your diet personality type.

\$10

Tuesday, Jan. 30; 6:30-7:30 p.m.

Class meets at CC, Classroom 1.

Monday, Feb. 19; 6:30-7:30 p.m.

Class meets at MUH-Banko, Rooms 1 and 2. Amy Virus, registered dietitian

See related articles on pages 6 and 25.

Eating to Lower Your Cholesterol

Is your blood cholesterol too high? Understand the contributing dietary factors and learn food facts for more heart-healthy living.

· Monday, Feb. 5; 6-7:15 p.m.

· Monday, March 12; 10:15-11:30 a.m.

Class meets at TX.

Exercise and Movement

A health readiness questionnaire is required for all participants in the Exercise and Movement classes.

Workouts for the purpose of improving health

PACE (People With Arthritis Can Exercise)

Don't let pain slow you down. This exercise program is designed for those with a rheumatic disease limiting joint motion and/or strength. Developed by the Arthritis Foundation; a physician referral is necessary.

16 classes for 8 weeks • \$49

 Wednesdays and Fridays, Jan. 24; 11:30 a.m.-12:30 p.m. (first session)

Classes meet at TX.

Personal Wellness Profile NEW

This health/wellness screening provides a report of cardiovascular disease risk and a health profile. It involves physical fitness measures, health history questionnaire and lipid profile screening. Appointments are required; call 610-402-CARE. Must be 18 years or older.

· Tuesday, Feb. 13; noon-4 p.m.

Tuesday, March 13; noon-4 p.m.

Class meets at MUH-Banko, Room 4. See related articles on pages 6 and 25.

Exercise for Life Free Tryout

Want to see if Exercise for Life is for you? Try it on for size in a free 30-minute educational program with a fitness expert, followed by a 30-minute exercise

Free

Monday, Jan. 22; 10:15-11:15 a.m.

Monday, Feb. 19; 10:15-11:15 a.m.

Class meets at Zepbyr Park.

Tuesday, Jan. 23: 1-2 p.m.

Saturday, Feb. 24; 11:30 a.m.-12:30 p.m.

Class meets at TX.

Dance, Dance, Dance

Learn to cha-cha, waltz and line dance, taught to the oldies, big band, country and top-40 music. It's an exercise experience combined with fun.

4 classes • \$20 per person or \$35 per couple

· Wednesdays, Jan. 10; 8-9 p.m. (first session)

Wednesdays, Feb. 14; 8-9 p.m. (first session)

Classes meet at MUH-Banko, Rooms 1 and 2.

• Fridays, Jan. 12; 6:45-7:45 p.m. (first session)

Fridays, Feb. 16; 6:45-7:45 p.m. (first session)

Classes meet at TX.

Self-Defense and Personal Safety

Three evenings of instruction include one on personal safety and two on practicing selfdefense techniques. Learn how to protect vourself in an interactive and comfortable

3 classes • \$45

. Tuesday, Feb. 6; 7-9 p.m. (first session)

Classes meet at CC, Classroom 1. Gerald Kresge, director of security, Lehigh Valley Hospital and Health Network

Aaron Snyder and Randall Achey, self-defense specialists

Healthy You Classes

"Exercise for Life" Classes for Adults

If you've neglected physical activity, these classes are a great way to get started. Offered at various times; for information and a registration form, call 610-402-CARE.

Thirty "Healthy" Minutes Classes

Thirty-minute classes can lower blood pressure, reduce cholesterol, help prevent osteoporosis, heart disease and adult-onset diabetes, improve heart attack recovery and ease arthritis.

Sixty "Fitness" Minutes Classes

Move up to 60 minutes and you'll improve heart/lung capacity for more energy, build up lean muscle, stretch your limits and improve well-being.

Monthly fees:

\$22 for unlimited 30-minute classes at any location (\$18, Vitality Plus GOLD members) or

\$29 for unlimited 60-minute classes at any location (\$24, Vitality Plus GOLD members)

Locations

- · Health Center at Trexlertown
- · Lehigh Valley Hospital—Muhlenberg
- Whitehall Township, Zephyr Park

Staying Strong

Strength-building, resistance training and rangeof-motion activities improve muscle tone and slow down bone density loss. This exercise prescription will improve the effects of arthritis and osteoporosis.

12 classes for 6 weeks • \$30

- Wednesdays and Fridays, Jan. 31; 10:15-11:15 a.m. (first session)
- Wednesdays and Fridays, March 21; 10:15-11:15 a.m. (first session)

Classes meet at TX.

Instructed by certified exercise specialists and personal trainers.

Workouts for the purpose of enriching the body, mind and spirit

Fitness With Forza **NEW**

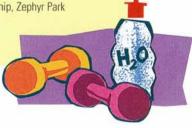
Forza (pronounced "fort sa") means strength and power. Using a safe wooden sword, this workout features aerobic work, mental concentration and spiritual intensity utilizing motions found in yoga, Tai Chi and dance.

\$10

- Saturday, Jan. 27; 11:15 a.m.-12:45 p.m.
- Class meets at TX.
- Saturday, Feb. 10; 11:15 a.m.-12:45 p.m.

Class meets at MUH—Banko, Rooms 1 and 2.

Scott Pellington, forza instructor



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.

Lehigh Valley Hospital and Health Network Locations

CC • Lehigh Valley Hospital, Cedar Crest & I-78, Allentown

17 • Lehigh Valley Hospital, 17th & Chew Streets, Allentown

MUH • Lehigh Valley Hospital— Muhlenberg, 2545 Schoenersville Rd., Bethlehem

Community Locations
Whitehall Township,
Zephyr Park
Schadt Ave. and Campus Dr.

MUH • Banko • Lehigh Valley Hospital—Muhlenberg, Banko Community Center, Westgate Drive, Bethlehem

1243 • 1243 S. Cedar Crest Blvd. Allentown

1251 • 1251 S. Cedar Crest Blvd. Allentown

Wegmans 3900 Tilghman St. Allentown **2166** • 2166 S. 12th St. Allentown

TX ◆ Health Center at Trexlertown, Trexler Mall, Rt. 222 Trexlertown

PN • Pointe North 190 Brodhead Rd., Suite 105 Bethlehem



Mat Essentials

This progressive series of mind-body exercises accommodates all fitness levels to increase strength, flexibility and balance of the body. The non-impact approach is derived from classic disciplines such as yoga, dance and sports rehab conditioning based on the teachings of Pilates.

6 classes • \$55

· Wednesdays, Jan. 17; 8-9 p.m. (first session) Classes meet at TX.

Gentle Yoga

Your health will benefit from breathing, stretching, strengthening and destressing. The focus is to relax and to go at your pace with this yoga.

6 classes • \$48

- · Mondays, Feb. 26; 6:45-8 p.m. (first session)
- Thursdays, March 1; 10:15-11:30 a.m. (first session)

Classes meet at TX.

Vigorous Yoga

Expand your practice of hatha with a series of intense yoga postures done in succession. This class can help develop strength as well as flexibility.

6 classes • \$48

 Mondays, Feb. 26; 8:15-9:30 p.m. (first session) Classes meet at TX.

Health Screenings

For information, call 610-402-CARE.

LEHIGH VALLEY MALL—

upper level

Blood Pressure Screenings-Free

Tuesday, Jan. 16 8:30-10 a.m.

Tuesday, Feb. 20 8:30-10 a.m.

LEHIGH VALLEY HOSPITAL-MUHLENBERG-BANKO, ROOM 4-

Lipid Profile Screening-\$18.50

Accurate and fast results are available in five minutes. This non-fasting cholesterol screening provides readings for total cholesterol, HDL, triglycerides, LDL, VLDL, and calculates a total cholesterol and HDL ratio. Results will be explained by a health professional. Appointments are required; call 610-402-CARE. Must be 18 or

Tuesday, Jan. 23 11:30 a.m.-2:30 p.m. Tuesday, Feb. 27 11:30 a.m.-2:30 p.m.



Fundamentals of Tai Chi

An introduction to the basic movements and techniques of everyday Tai Chi. Realize for yourself the many benefits of this ancient art of moving: improved balance and coordination, increased muscle mass and endurance. Wear comfortable clothing.

 Saturday, Feb. 17; 11 a.m.-12:30 p.m. Class meets at TX.

Everyday Tai Chi

Slow graceful movements improve balance, strengthen legs and regulate blood pressure. Tai Chi is especially suitable for the health-conscious and/or those with busy lives who want to relax.

6 classes • \$48

- Mondays, March 5; 10:15-11:30 a.m. (first session)
- · Tuesdays, March 6; 6:45-8 p.m. (first session) Classes meet at TX.

Yoga Moves

This class for novice students provides safe and gentle exercise with an emphasis on stretching. You can reduce anxiety, improve circulation, build muscle and enhance well-being. Bring a pillow and blanket.

6 classes • \$39

- Tuesdays, Feb. 27; 6:45-7:45 p.m. (first session)
- Classes meet at MUH-Banko, Rooms 1 and 2.
- Thursdays, March 1; 6:45-7:45 p.m. (first session)

Classes meet at TX.

Body Rolling

This is a non-exercise class, combining the relaxing, pleasurable effects of massage with the toning effects of exercise. This whole-body workout will release tension, stretch muscles, increase blood flow and promote healing.

Saturday, Feb. 24; 1-3 p.m.

Class meets at TX.

- Saturday, Feb. 10; 1:30-3:30 p.m.
- · Monday, March 12; 7-9 p.m.

Class meets at MUH-Banko, Rooms 1 and 2.

Thursday, March 22; 6:30-8:30 p.m.

Class meets at 17, School of Nursing, Auditorium.

Healthy You Classes



Workouts for the purpose of athletic challenge

Shaping Up for Golf NEW

A clinic on common golf injuries, injury prevention and performance improvement through conditioning. There also will be a demonstration and question/answer session with a golf pro.

\$10

· Monday, Feb. 12; 6:30-9 p.m.

Class meets at MUH—Banko, Rooms 1 and 2. Mitchell Cooper, M.D., orthopedic surgeon Robert Donati, physical therapist Deron Erney, PGA teaching pro

Healthy Running Clinic NEW

Join this comprehensive running clinic for all levels of runners. Topics include getting started, common injuries and their prevention, and some advanced training tips. There will be foot analysis by a podiatrist and advice on proper shoe selection.

\$10

• Saturday, Feb. 3; 8 a.m.- noon

Class meets at MUH—Banko, Rooms 1 and 2.

Mitchell Cooper, M.D., orthopedic surgeon

Neal Kramer, D.P.M., podiatrist

Sarah Stevens, M.D., internal medicine specialist

Brian Boyle, physical therapist and certified strength

and conditioning specialist

PUMP Preview

This cutting-edge group workout will strengthen your body and produce incredible results. PUMP uses a variable of light barbell and selected weight plates to work every major muscle group in the body. Designed for all adult ages and fitness levels. Try a preview class, then sign up for a session.

\$10

Wednesday, Jan. 10; 5:30-6:15 p.m.
 Class meets at MUH—Banko, Rooms 1 and 2.

PUMP Sessions

6 classes • \$55

- Wednesdays, Jan. 17; 5:30-6:30 p.m. (first session)
- Wednesdays, March 7; 5:30-6:30 p.m. (first session)

Classes meet at MUH-Banko, Rooms 1 and 2.

- Wednesdays, Feb. 14; 6:45-7:45 p.m. (first session)
- Saturdays, Feb. 10; 9:45-10:45 a.m. (first session)

Classes meet at TX.

Cardio Kickboxing

Are you bored with your current fitness routine? These high-powered exercises strengthen the body and the mind, and increase endurance and cardiovascular power. Wear loose clothing that allows freedom of movement.

12 classes for 6 weeks • \$48

 Tuesdays and Thursdays, Feb. 27; 8:15-9 p.m. (first session)

Classes meet at TX.

Mind and Body

Stress Less, Relax More NEW

Think and move your way to stress relief based on yoga and ayurvedic health beliefs and practical techniques. Learn your "dosha" (personal mind/body type) and benefit from a more deeply focused life. Wear loose comfortable clothes and bring a mat/towel.

4 classes • \$24

• Thursdays, Feb. 8; 6:45-7:45 p.m. (first session) Classes meet at TX.

Lynn Miller, certified yoga instructor

Massage Therapy



Partner Massage — The Joy of Touch

Giving and receiving a massage is a wonderful way for couples and friends to express love and caring for each other. This workshop will improve how you relate with one another. Bring a pillow and blanket.

\$35 per couple

Saturday, Feb. 17, 1-3 p.m.

Class meets at TX.

Scott Pellington and Mary Veitch, certified massage therapists

Seated Chair Massage

Using a portable massage chair, our therapists will massage the head, neck, shoulders, back and arms.

\$20 per 15 minutes

Sessions held at TX and MUH-Banko.

January

Early bird special-save \$5 on a 30or 60-minute massage, 8-11 a.m. on Mondays, Wednesdays or Fridays. (Good at TX location only.)

Chase away the winter blues with \$5 off a 60-minute massage. (Good at any location.)

March

Let scents soothe you—save \$5 on an aroma massage. (Good at 2166 only.)

For more information, call 610-402-CARE. Does not apply to gift certificates.

Foot Massage

A systematic massage of the feet concentrating on the reflex points to balance energy and reduce stress. Stretching, range-of-motion, compression and Swedish massage are used.

\$35 per half-hour

Sessions held at TX, MUH-Banko and 2166.

Aroma Massage

A light massage of the back using aromatic oils, moist heat and Swedish massage. The four types of oils used will promote relaxation, stress relief, invigoration and meditation.

\$35 per half-hour Sessions beld at TX.

Individual Massage Therapy

Massage therapy improves circulation, relaxes the muscles and soothes the body and mind. It's a great way to nurture yourself.

\$35 per half-hour session

\$50 per one-hour session

\$70 per 90-minute session

Sessions held at TX, MUH-Banko and 2166.

All massages provided by certified massage therapists

Men's Health

Snoring or Sleep Apnea?

Learn the difference between snoring and sleep apnea, a potentially life-threatening disease. Discussion will include causes, surgical and non-surgical treatment options, and a demonstration of new equipment by Health Spectrum Medical Products.

 Thursday, March 8; 7-9 p.m. Class meets at CC, Auditorium. John P. Galgon, M.D., and Richard J. Strobel, M.D., certified sleep specialists



Women's Health

Exercise for a Healthy Pregnancy NEW

This education session will explain the benefits of exercise and help answer your questions about how to incorporate exercise safely into your pregnancy.

 Wednesday, Feb. 7; 6:30-7:30 p.m. Class meets at MUH-Banko, Room 3. Fane Scully, MotherWell See related article on page 5.

Mentoring Workshop on Health: Walk and Talk for Health NEW

Get fit, educated and connected with a walking buddy. Meet once a week in February for a morning stroll and chat about such topics as bone, mental and heart health, and cancer prevention. Participate at various locations and have fun winning prizes.

Meets at various times and locations throughout the community. For more information, call 610-402-CARE.



Healthy You Classes

A Case of the Blues NEW

Feeling blue may not be "all in your head." Discussions will focus on the diagnosis and treatments for depression in women. Free depression screenings will be available.

Free

Wednesday, Feb. 21; 7-8:30 p.m.

Class meets at MUH, Behavioral Health
Science Center, Community Room.

Susan Wiley, M.D., psychiatrist
See related article on page 22.

Facial Therapy — Keep That Healthy Glow

Learn a regimen of facial exercises and special skin care to promote a toned, younger, more vibrant facial appearance.

\$25

• Tuesday, March 6; 6:30-8 p.m. Class meets at MUH—Banko, Room 3. Joyce Abuisi, esthetician

Childbirth and Newborn Care

Maternity Tours

Expectant parents/family members can tour the Center for Mother and Baby Care at Lehigh Valley Hospital, Cedar Crest & I-78. Adult and sibling tours are available.

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

Prepared Childbirth (Lamaze) Series

Information about relaxation and Lamaze breathing techniques, stages of labor, medications, Cesarean birth, feeding options and caring for your newborn.

\$90

For further information, call 610-402-CARE.

"All About Baby" Class (Newborn Care)

Basic newborn care including feeding, safety, health problems, well child care and local resources. Grandparents welcome.

\$20

Class meets at 17, Auditorium. For further information, call 610-402-CARE.

One-day Lamaze

Same topics as Prepared Childbirth Series (see above), geared for couples whose schedules won't accommodate a seven-week course. Newborn care not included.

\$125 includes continental breakfast and lunch. For further information, call 610-402-CARE.

Breastfeeding Classes

Get off to a good start by understanding breastfeeding and how it benefits your baby.

\$20

Class meets at 17, Auditorium. For further information, call 610-402-CARE.

"Just Breathing" Class

If you've had a prepared childbirth class in the past three years, take this class for a review of the stages of labor, breathing and pushing techniques.

\$35

Class meets at 17, Auditorium. For further information, call 610-402-CARE.

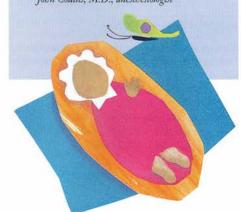
Analgesic Options in Childbirth

Today there are new options, including patientcontrolled anesthesia and "walking" epidurals, that help make childbirth more comfortable. Learn more about these and other choices available to you. Optional tour of maternity unit offered following the talk. Pre-registration for the tour is required as space is limited.

Free

•Thursday, Feb. 8; 6-7 p.m.

Class meets at CC, Jaindl Pavilion,
Labor and Delivery Unit, Library
Conference Room.
John Collins, M.D., anesthesiologist



Prenatal and Postpartum Classes

Lehigh Valley Hospital and Health Network, in cooperation with the Human Performance Center and MotherWell of the Lehigh Valley, offers a variety of prenatal and postpartum classes. The Human Performance Center is located on the ground floor at 1243 S. Cedar Crest Blvd., Allentown, and MotherWell of the Lehigh Valley is located at Boulevard Evangelical Congregation Church, 2135 Tilghman St., Allentown.

For more information, call 610-402-CARE.



Disease Prevention and Care

Understanding the Hepatitis C Virus **NEW**

Many people are infected with the chronic hepatitis C virus and may not even know it. It is now the number one cause for liver transplants in the United States. Learn more about the illness and the most recent treatment options.

Free

• Tuesday, Jan. 16; 7-8 p.m.

Class meets at CC, Classroom 1.

Tuesday, Feb. 20; 7-8 p.m.

Class meets at MUH-Banko, Room 3. Lucianna Dimetlio, R.N.

See related article on page 24.

Putting the Squeeze on High Blood Pressure

Basic lifestyle changes can significantly lower your risk for high blood pressure. Gain motivation and tips to make these important changes.

 Wednesday, March 7; 10:15-11:30 a.m. Class meets at TX.



Quit Smoking

Individual Tobacco Use Cessation Counseling

Meet one-on-one with a health improvement counselor to develop a plan to help you become tobacco-free.

For more information, call 610-402-CARE.

Upcoming Event

Peripheral Neuropathy Symposium

This disabling disorder can be due to heredity, diabetes, the immune system and many other possible causes. Learn about diagnosis, treatment options including pain relief, rehabilitation and the latest research

\$20

Saturday, April 7 8:00 a.m.-3 p.m.

Ramada Inn at the Malls Whitehall

Look for more details in the March/April issue of Healthy You.



Healthy You Classes

CPR

All CPR classes meet at 1251, Suite 309.

Adult (Course A)

One-person adult heart-saver CPR. Includes clearing a blocked airway.

\$30

· Monday, Feb. 12; 7-10 p.m.

Adult-Child-Infant (Course C)

One- and two-person, child and infant CPR. Includes mouth-to-mask ventilation and clearing a blocked airway.

3-part course • \$50

- Monday, Jan. 8, 15 and 22; 7-10 p.m.
- Monday, Feb. 19, 26 and March 5; 7-10 p.m. For information on achieving CPR provider status, call 610-402-CARE.

Course C Renewal

To attend you must have a current Course C card. Renewal • \$30

- Monday, Feb. 5; 7-10 p.m.
- Monday, March 12; 7- 10 p.m.

Warning Signs of Stroke

If someone you love experiences any of these symptoms, call 911 immediately. Tell the emergency crew you think it's a stroke so they can take you to a properly equipped hospital and notify the staff to prepare for your arrival.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion or lack of understanding
- Trouble speaking, slurring of speech or difficulty swallowing
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

For more information on stroke and stroke treatment, call 610-402-CARE.

Infant-Child (Course D)

Infant and child CPR and how to clear a blocked airway.

\$30

- Wednesday, Jan. 24; 7-10 p.m.
- Monday, Jan. 29; 7-10 p.m.
- Wednesday, Feb. 28; 7-10 p.m.
- Monday, March 19; 7-10 p.m.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital and Health Network offers a series of programs for adults with diabetes in such areas as diet, exercise, medication, weight loss, insulin pump therapy and home testing. Family members/friends are welcome at no additional charge. Programs and services are now available at TX, CC, 17 and MUH. In addition, a new support group for adults with diabetes meets at 7 p.m. on the third Monday of every month at CC, Classroom 1.

For additional information, call 610-402-CARE. See related article on page 12.

Cancer Services Education

In these groups, participants discuss problems, gain support and learn from others.

Distress Management for Cancer Patients

NEW

Identify problems that may be interfering with your peace of mind. Learn coping skills and receive group support.

Free

Tuesday, Jan. 23; 7:30-9 p.m.
 Montage CC, Montage Consent

Meets at CC, Morgan Cancer Center, Meditation Room.

Men Facing Cancer Discussion Group

For men dealing with prostate, bladder or genitourinary cancer.

Free

- Tuesday, Feb. 6; 7:30-9 p.m.
- Tuesday, March 6; 7:30-9 p.m.

Meets at CC, Morgan Cancer Center, Room 1A.

GYN Support Group

For women dealing with ovarian, uterine, cervical or other gynecologic cancer.

Free

- Wednesday, Feb. 7; 7:30-9 p.m.
- · Wednesday, March 7; 7:30-9 p.m.

Meets at CC, Morgan Cancer Center, Suite 114.



A monthly series of interactive educational programs for patients dealing with cancer, and their families and friends.

January

Healing Energies

Promote and maintain your health using simple techniques to help keep you in balance.

· Wednesday, Jan. 17; 7 p.m.

Class meets at CC, Morgan Cancer Center,

Carol Saxman, R.N., certified massage therapist and healing touch practitioner

February

Improve Your Image

Learn tips about how to use makeup to help you look and feel better.

. Thursday, Feb. 8; 7 p.m.

Class meets at CC, Morgan Cancer Center, Rooms 1A and 1B.

Nancy Beidler, independent makeup consultant

March

The Healing Potential of Art

Discover the therapeutic benefits of art in helping you to enhance your sense of well-being.

· Thursday, March 22; 7 p.m.

Class meets at CC, Morgan Cancer Center, Rooms 1A and 1B.

Rebecca Flack, registered art therapist



Bereavement Support Group

For family and friends who have experienced a loss through death.

Free

- Tuesday, Feb. 13; 7:30-9 p.m.
- Tuesday, March 13; 7:30-9 p.m.

Meets at CC, Morgan Cancer Center, Suite 114.

Adolescent Support Group

For adolescents ages 10-16 facing cancer and their family members.

Free

Ted Brent, Camelot for Children For dates, times and location, call 610-402-CARE.

Support Groups

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

Many support groups are tailored to audiences with special needs; for example, breast cancer, prostate cancer or osteoporosis.

For more information, call 610-402-CARE or visit our on-line searchable directory of support groups and national health organizations at http://www.lvhhn.org/calendar/support_search.html

Speakers' Bureau

Learn about advances in breast disease evaluation from Breast Health Services physicians and nurses. Topics include:

- · Breast cancer risk: evaluation and intervention
- · Advances in mammography and breast imaging
- · Breast self-examination instruction
- · Current topics in breast cancer treatment For more information, call 610-402-CARE.

NICU Parent Support Group Statewide Conference

This special conference will provide neonatal intensive care unit parent support groups with the chance to share ideas, successes and suggestions for group formation.

\$20

· Saturday, March 3; all day, lunch included Lehigh Valley Hospital-Cedar Crest & I-78

For details, call 610-402-CARE.

Class Registration and Membership Form

Classes and lectures are held at convenient hospital and community	PARTICIPANT INFORMATION: This		
locations. Many are free; a regis-	Name		
tration fee is required for others as indicated. Choose from a variety of methods for enrolling in other	AddressState_		
classes. For more information, call	Phone (Home)(Work	:)	
610-402-CARE. Monday-Friday,	Date of Birth Social Security	#	
8:30 a.m4:30 p.m.	Are you a Lehigh Valley Hospital employe	e?No	
BY FAX: 610-402-2295.	Are you a Vitality Plus Gold member?	YesNo	
Use the registration form. Payment by MasterCard, Visa or Discover. BY PHONE: Call 610-402-CARE. Payment by MasterCard,		fees. Please print. date/time fee(s)	
Wisa or Discover. BY MAIL: Mail registration form and payment to Attn: 402-CARE office at Lehigh Valley Hospital, 17th and Chew, P.O. Box 7017, Allentown, PA 18105-7017 ON THE WEB: Through the Lehigh Valley Hospital and Health Network web site www.lvhhn.org. Go to the calendar of events; use the online registration form. Payment by MasterCard, Visa or Discover.	TO BECOME A VITALITY PLUS MEMBER: Enroll me in Vitality Plus—Healthy Living for People 50 and Over. Please refer to page 20 for membership details. FREE Community Membership Vitality Plus Gold (\$20/year individual or couple) Your date of birth/_/ SexMF Spouse's name Social Security # Date of birth/_/ Your primary care physician PAYMENT INFORMATION: This section must be completed Make check payable to: Lehigh Valley Hospital Charge to my credit card		
HOSPITAL AND HEALTH NETWORK Attn: 402-CARE office at	CREDIT CARD ACCOUNT NUMBER		
Lehigh Valley Hospital	Signature	Exp. Date	
17th and Chew, P.O. Box 7017, Allentown, PA 18105-7017	PAYMENT: Total amount enclosed: \$		

LEHIGH VALLEY

HOSPITAL AND HEALTH NETWORK

Any comments concerning this publication may be sent to:

Healthy You

Attn: Marketing & Public Affairs 1770 Bathgate Drive, Bethlehem, PA, 18017 or you may call 610-402-CARE.

Visit Lehigh Valley Hospital's web site at www.lvhhn.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 in finding a physician, call 610- 402-CARE for further assistance.

Physicians and Services Directory

In publishing Healthy You, we rely on the expertise of our primary and specialty physicians at Lehigh Valley Hospital and Health Network.

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Barbara Katz, M.D. **ABC** Family Pediatricians Allentown, Coopersburg, Laurys Station

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Larry Merkle, M.D. Merkle & Barilla Allentown

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Howard Listwa, D.O. Valley OB-GYN Associates, Ltd. Allentown

*Lehigh Valley Physician Group



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Laurence Karper, M.D. LVPG-Psychiatry

Allentown

Keith Doram, M.D. LVPG-Internal Medicine Allentown

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Cancer Services John & Dorothy Morgan Cancer Center at Lehigh Valley Hospital — CC & I-78 Lehigh Valley Hospital — Muhlenberg

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ALERT Partnership

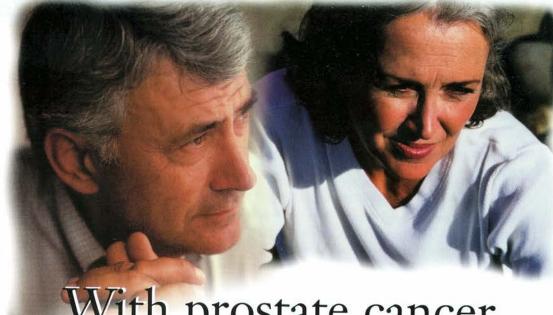
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Keeping the Weight Off (page 25)

Lowering of Vascular Atherosclerotic Risk (LOVAR) Lehigh Valley Hospital — 17th & Chew

For referral, call 610-402-CARE • www.lvhhn.org



With prostate cancer you have choices. Know what they are.

There's no need to go to Philadelphia or New York for a second opinion. If you've been diagnosed with cancer of the prostate, bladder, kidney or testicle, you can now get the best advice right here at Lehigh Valley Hospital and Health Network.

Our new Urologic Cancer Second Opinion Service is the only one of its kind in the region. Our team is led by the area's only fellowship-trained urologic oncologist and includes the cancer specialists you need.

We'll meet with you, conduct a physical exam, discuss your options including the latest techniques, and provide a written recommendation — all in one visit. And you'll leave feeling confident that you've gotten the best advice available anywhere.

You have choices. Know what they are. For information, call 610-402-CARE.

LEHIGH VALLEY

HOSPITAL AND HEALTH NETWORK

LEHIGH VALLEY HOSPITAL Cedar Crest and I-78, Allentown 17th and Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL— MUHLENBERG Schoenersville Road and Westgate Drive Bethlehem

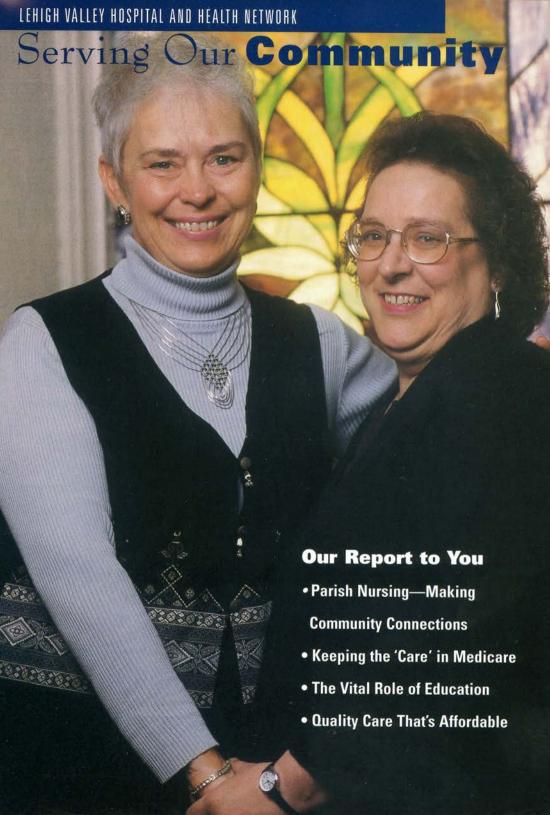
HEALTH CENTER AT TREXLERTOWN Route 222 (Trexler Mall), Trexlertown

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Serving our community— what you'll find in

Keeping the 'care' in Medicare, with Aline Fine: "I'm helping people be their own health advocates." *Page 3*Caring for Women With Breast Cancer *Page 5*

The vital role of medical education, with four residents-turned-staff members: "Medical education and research allow us to provide the most advanced care." *Page* 7

Quality care that's affordable, with Janette Colon: "The dental clinic teaches my kids how to brush—and even floss!" *Page 10*

Making community connections, with Bob Stanley and Mary Quijano: "We all have something we can offer and something we need." *Page 14*

What Is MESH? Page 17

At the Center for Women's Medicine, Deborah Wallace of Nesquehoning meets with Miles Murphy, M.D.





Joining the war on breast cancer is Vitality Plus member Dorothy Sechler, New Tripoli. She enrolled in STAR (Study of Tamoxifen and Raloxifene) at Lehigh Valley Hospital and Health Network, which compares the two drugs' effectiveness in preventing the disease.

this report ... and how it adds up

A community service summary:

How it all adds up. Page 18

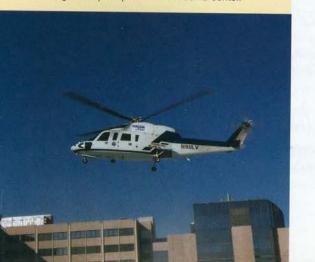
Education is a major focus at Lehigh Valley Hospital and Health Network. *Page 20*

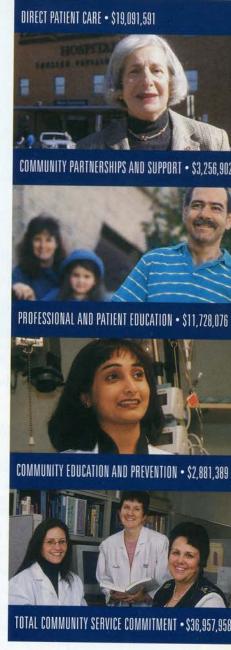
On the cover: Health care for the body and spirit is the mission of parish nurse Carol Fenstermaker, R.N.C. (left), of St. John's United Church of Christ, Nazareth. An educator,



advocate and healer, Fenstermaker is shown here in the sanctuary with parishioner Peggy Benfield. The parish nurse program is supported by Lehigh Valley Hospital—Muhlenberg (See page 16).

By adding a faster University MedEvac helicopter that can respond in bad weather, and a second aircraft based in the Poconos, we're better equipped to save lives in the Lehigh Valley Hospital Level I Trauma Center.







t Lehigh Valley Hospital and Health
Network, we care for the people of our
community in many ways, in many places,
throughout their lives. Last year, we admitted more than
38,000 people to our hospitals. We treated more than
94,000 people in our emergency rooms. We cared for
more than 220,000 people in various outpatient settings.
And in partnership with our physicians and nurses, we
worked with many groups and community agencies to
better the lives of Lehigh Valley residents.



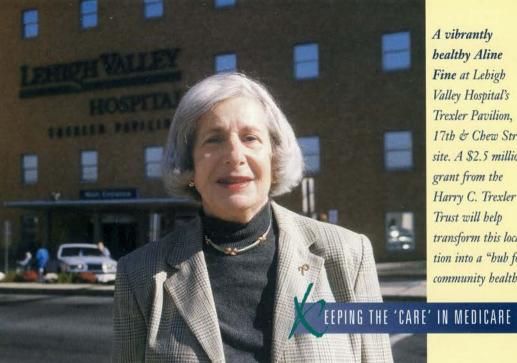
We believe that as a not-for-profit health care organization, a crucial responsibility is to protect and improve the health of the entire community. In these pages are some examples of how we did that this year.



Kathryn P. Taylor Chairman, Board of Trustees

Elliot J. Sussman, M.D.

President and Chief Executive Officer



A vibrantly bealthy Aline Fine at Lehigh Valley Hospital's Trexler Pavilion. 17th & Chew Street site. A \$2.5 million grant from the Harry C. Trexler Trust will help transform this location into a "bub for community health."

"I learned as much as I could about breast cancer, to make wise choices about my treatment. Now,

I'm helping other Medicare recipients be their own health advocates."

line Fine of Allentown is no longer battling breast cancer. A 1997 mammogram detected her cancer at an early, very treatable stage. Since Medicare did not cover yearly mammograms at the time (it does now), she paid for that all-important test herself.

The experience brought home to Fine the need to be a thoroughly informed health care consumer. She can tell you how valuable regular screenings are, how important it is to push for insurance coverage of them, and how challenging it can be to assemble a Medicare, Medigap or Medicare HMO package that makes sense for you.

That's part of what makes her such a good Apprise counselor. Apprise* is a federally mandated state program to educate older adults about their Medicare options. Fine has volunteered with Apprise for

Continued on next page

many years. A retired accountant and Allen High School business teacher, she uses her teaching and financial skills as a volunteer. And her experience as a breast cancer survivor helps her understand her clients' health concerns. "I'm happy to share my experiences," she says.

Fine was diagnosed and treated at Lehigh Valley Hospital, undergoing a lumpectomy and seven weeks of radiation. Although a friend had died of breast cancer, Fine never expected to experience the disease herself. "I exercise and swim and consider myself in top health," she says. "When something like this happens, you realize how vulnerable you can be. I tried to learn as much as I could about it and felt quite educated, which helped very much. I believe people should know as much as possible about their bodies and their health."

A supporter and volunteer for many community organizations including Planned Parenthood, B'nai B'rith and AARP as well as Apprise, Fine believes in helping people help themselves. "In Apprise, we don't make choices for people, or even suggest that," she says. "We give them enough information to allow them to make wise choices for themselves."

For more information on Apprise or Vitality Plus, call 610-402-CARE.

*Apprise is administered locally through the Area Agencies on Aging of Lebigh and Northampton counties. The Vitality Plus program of Lebigh Valley Hospital and Health Network offers free Apprise volunteer counseling at the Health Center at Trexlertown.

The Government 'Shortfall'

Each year, Lehigh Valley Hospital and Health Network provides millions of dollars worth of uncompensated care, community service and educational activities (see page 18). One of the major areas of uncompensated care is the "shortfall" or gap between what it costs to care for people on Medicare (or Medical Assistance) and what the federal government reimburses us.

The shortfall took a dramatic jump this year, as the chart below shows. "Regardless of the government's cost-cutting actions, we have a commitment to provide quality health care to our community," says Elliot J. Sussman, M.D., Lehigh Valley Hospital and Health Network president and CEO. "The greater the shortfall, the more challenging this becomes; but our commitment to the community will remain central to our mission."

Over the past eight years, Lehigh Valley Hospital and Health Network has trimmed \$106 million from costs in order to make more financial resources available to care for people in the community.

	FY 1999	FY 2000	% Increase
Medicare* Shortfal	District Contract of	\$2,726,978	+49.6%
Medical Assistance	V. V. V.	Ψ2,720,370	143.070
		AC 407 400	0.40/
Shortfall	\$4,844,812	\$6,497,193	+34%
Total Shortfall	\$6,667,960	\$9,224,171	+38%
*Includes both tradition	onal coverage and n	nanaged care plans.	

Fiscal year (FY) 2000 is July 1, 1999 through June 30, 2000.

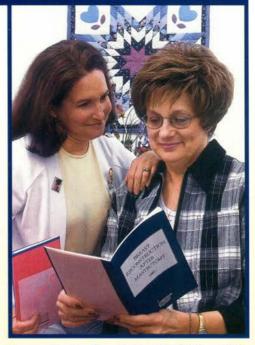
Caring for Women With Breast Cancer

No woman wants a breast cancer diagnosis, but if you have one—as Aline Fine found out—Breast Health Services at Lehigh Valley Hospital is the right place to be (see story on page 3).

After her screening mammogram disclosed an abnormality, Fine had additional tests and got the results the same day. Within a week, the diagnosis was confirmed by stereotactic biopsy (a same-day procedure that involves no anesthesia beyond local numbing and causes minimal scarring). A week after that, she had her lumpectomy—again, with no overnights in the hospital.

Most importantly, she was guided and supported throughout the process by the same specially trained nurse educator.

"I'm here to teach, help make appointments, answer questions or just listen any time a patient needs me," says Jane Zubia, R.N., the nurse educator who cared for Fine. "It's good to have a familiar face and voice you can turn to—especially if you are a



Nurse educator Jane Zubia, R.N. (left), and Pat Gradwohl, Nazareth, discuss treatment options at Breast Health Services, Muhlenberg. The personalized program is also available at 17th & Chew, Cedar Crest & I-78, the Health Center at Trexlertown, and Bath Community Medical Center.

woman who feels intimidated about questioning her doctor."

In the past several years, Zubia says, major technology breakthroughs have made a big difference for the patients of Breast Health Services. These include improved mammography equipment and film for more accurate images; and new diagnostic and treatment tools such as stereotactic biopsy and sentinel node mapping (a less invasive method of determining whether the cancer has spread).

Perhaps the most important breakthrough, though, is the personalized care approach now in place at five Lehigh Valley Hospital sites. A key aspect is the commitment to fast turnaround. "You shouldn't have to wait up to two

Clinical Excellence – A Sampling

Besides the new technologies in breast cancer treatment mentioned here, Lehigh Valley Hospital and Health Network is on the leading edge in many other areas, including:

- Angioplasty for clogged arteries, now available at Lehigh Valley Hospital—Muhlenberg and Cedar Crest & I-78.
- Radiation to keep arteries open.
- The region's first continuous glucose monitoring system at Helwig Diabetes Center.
- BioGlue, a new method for repairing tears of the aorta.
- An innovative procedure to correct female incontinence that is serving as a national model
- The region's first rapid response stroke team, dramatically reducing the risk of stroke-related brain damage.
- An on-site neuropathology specialist providing fast turnaround in diagnosis of brain and nervous system disorders.
- A new procedure, first in the region, to repair abdominal aortic aneurysms, substantially reducing discomfort and recovery time.

Caring for Women

With Breast Cancer Continued from page 5

weeks for the results of your mammogram, and we are set up so that doesn't happen," Zubia says.

She and her team also play a key role in helping women sort through their options. "The decision on mastectomy (removal of the breast) versus lumpectomy (removal of the lump, followed by radiation) can be very difficult," Zubia says. "No one can make that decision for you, but talking it out can help a great deal." The hospital also provides specialty teams of medical experts to help women make the best decision.

Finally, the Breast Health Services team advocates for its patients. "We follow through and make sure they get what they need, whether it be a nutritionist, financial counselor, support group or other kinds of support," Zubia says. "We help women navigate the system."

If you have to have breast cancer, it's comforting to know someone like Jane Zubia is firmly in your corner. "I love my job and the people I take care of," she says. "It's all about making this a better experience for them."

It costs \$100 on average for Lehigh Valley
Hospital to provide a mammogram or breast
ultrasound. Medicare (and insurance) repayment
averages just \$44. This means we invest \$1.3
million each year to ensure early detection of
breast cancer. And though our personalized nursing care isn't covered by Medicare or insurance,
we provide it as part of our commitment to
women's health.

"It is through clinical research and medical

education that we can provide the most advanced patient care to this community."

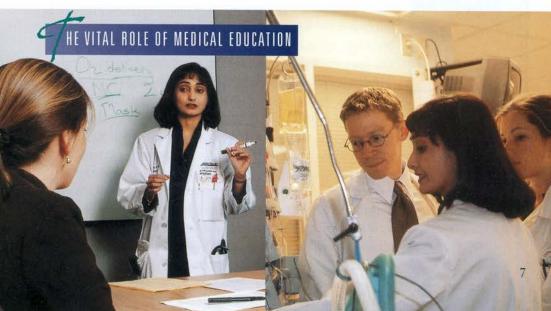
ith those words, Zubina M. Mawji, M.D., sums up why Lehigh Valley Hospital and Health Network focuses on education and research as well as patient care. Clinical research trials give local patients access to the very latest in medical discoveries and treatments worldwide. Residency programs bring the physicians of the future to the Lehigh Valley—keeping hospital staff up-to-the-minute, helping attract leading physician/teachers, and raising the quality of care for patients and the community.

Mawji is among the 114 physicians joining the Lehigh Valley Hospital medical staff this year. The following are comments from some of those who also completed their residency program here.

Zubina M. Mawji, M.D., Internal Medicine

"It's no surprise that physicians in training become better professionals when they experience a top residency program like the one offered at Lehigh Valley Hospital."

"But I've learned that giving residents a meaningful opportunity to contribute also helps our hospital better serve the commu-Continued on next page As chief medical resident last year,
Zubina M. Mawji,
M.D., gave lectures and care demonstrations at Lehigh Valley Hospital to medical students from Penn State University's College of Medicine.



Residency Programs

In cooperation with Penn State
University's College of Medicine and other
leading institutions, Lehigh Valley Hospital
has more than 130 positions in residency
training programs at a total cost to the
hospital of \$7.8 million annually.

Our residency programs include:

- Colon/rectal surgery
- Dental medicine
- · Emergency medicine
- · Family practice
- · General surgery
- Internal medicine
- Obstetrics/gynecology
- Plastic surgery
- Surgical critical care

VALUE TO THE COMMUNITY \$7.8 MILLION

nity. At Lehigh Valley Hospital, our efforts to improve the quality of care never stop. In that quest we involve multiple disciplines, including nurses, administrators, researchers, senior medical staff—and, yes, residents. They offer new perspectives on patient care combined with leading-edge medical school instruction and youthful enthusiasm. Those qualities are all brought to bear on the challenges we face in maintaining our hospital's reputation for clinical excellence and high patient satisfaction.

"After participating in quality improvement initiatives as a resident, I can better appreciate the structure of care at a hospital that is both a teaching institution and a community asset. And for those of us beginning our lives as doctors, the front-line residency experience with patients has brought 'quality improvement' out of the world of discussion and research and back to the faces and lives of the people we care for—where it belongs."



Rovinder Sandhu, M.D., General Surgery

"As a nonprofit hospital, we're out there to serve the community every day; that's our job."

"The residency program is part of that, and I hope to get involved in residency teaching some day. As long as I can remember, I have wanted to pursue a career in medicine. Both my brother and sister are physicians and hearing about their experiences confirmed my enthusiasm. I chose surgery because of the technical challenges, the variety and the keen clinical judgment required.

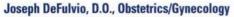
"The surgical residency program at Lehigh Valley Hospital is topnotch, with state-of-the-art technology and procedures. This is the kind of place I wanted to practice. The program operates its own clinic, where we performed everything from common sameday surgeries to complex thoracic procedures. It is a good learning opportunity for the residents, and also good for the patients who would otherwise have a hard time finding high-quality, affordable care."

D'nese Sokolowski, M.D., Obstetrics/Gynecology

"I believe our responsibility is to create a sound environment where patients can be cared for and have trust in their community hospital."

"I grew up in Allentown, went to high school here and graduated from Lehigh University. When I reached the residency stage, I looked around and discovered that Lehigh Valley Hospital offered everything I wanted. Whether I'm learning as a trainee or relying on my colleagues as a practicing physician, the obstetrics/gynecology department is the best there is; I couldn't ask for more for my patients.

"We do a lot of community involvement and outreach, and that kind of groundwork is crucial in childbirth care. As a resident, I worked in the Allentown Health Bureau clinic, the residency program's own clinic and at Muhlenberg College, where I did a 'gyn evening' at the student health center. I've also given community lectures on women's health issues, encouraging people to learn and be an active part of medical decision making."



"I feel strongly that a hospital should provide not only highquality, accessible health care, but also health education to the community."

"This is a huge responsibility when it comes to women's health. One reason it's important for us to be involved in research is that it attracts the funding for programs that can be used for the betterment of community health.

"When I was in medical school, I spent two summers at Lehigh Valley Hospital in a work-study program. I applied for obstetrics/gynecology because it sounded interesting, and wound up working on a research project that was published in a major medical journal. That got me started on my career. My research project dealt with Cesarean section delivery rates, a major topic in the field of obstetrics/gynecology. When the time came to choose a residency program, Lehigh Valley Hospital was my top choice."





Dr. Bergman is really good with children
go light on the candy



He teaches them to brush morning and night,

. . my kids are even flossing. $^{\prime\prime\prime}$



anette Colon of Bethlehem has brought her family to the dental center at Lehigh Valley Hospital—Muhlenberg for several years now, and she's glad to have the service available. It gives her and dozens of other local families access to quality dental care at a cost they can afford. "I work part-time," Colon says, "and I don't have dental coverage."

The fee structure is only about half the average cost of dentistry in the private sector, says Muhlenberg dental residency program director Russ Bergman, D.M.D. "Getting the dental care they need is extremely difficult for many working families in our community," he says. "They make too much to qualify for Medical Assistance, but not enough to have private insurance or afford higher fees."

For these families, the clinics at Muhlenberg and Lehigh Valley Hospital—17th & Chew are lifesavers. What many don't realize is that they're getting extra-high quality care in the bargain. The two clinics are part of the hospital's dental residency program, which attracts graduates of such schools as Temple, University of Pennsylvania and University of Pittsburgh. "This is not something dental grads have to do; it's an opportunity to

Continued on next page

The dentist as teacher -

Russ Bergman, D.M.D., shows the Colon family the giant toothbrush his staff uses in school outreach programs. In back row (l-r) are Juliana, 11, and mother Janette; in front are Jose, 9, and Jeremy, 5.

Fluoridation for Better Dental Health

One of the best moves a community can make to assure its dental health is water fluoridation. Allentown recently took that step, thanks to the efforts of MESH (see page 17).

The city had rejected fluoridation for more than 40 years, resulting in a 50 percent higher rate of dental decay among school children than in fluoridated Bethlehem. MESH joined with parents, children's advocates and community leaders to form the coalition Citizens for Children's Dental Health. They worked to educate the public on the benefits of fluoridation, counter anti-fluoride arguments and help finance the costs of implementation. The Allentown City Council voted "yes" in January 1999.

The coalition predicts a 20 percent reduction in cavities within six years of fluoridation. The best news, say its leaders, is that "anyone with access to public water will receive the benefits, regardless of their financial status."

get advanced training in their chosen field," Bergman says.

The residents see a wide variety of patients, get experience in such settings as the emergency department and work with mentors on difficult dental procedures. They're eager for the chance. Each residency gets 50 applicants for three annual positions.

While the residents further their education, the community gets a level of care that otherwise wouldn't be available. "We have a full range of services from prevention to operating room dentistry," Bergman says. The clinics have special services for young children and the mentally disabled, and do outreach work in local schools. Patient visits total about 10,000 per year. "Fees and government funding do not cover our operating expenses," Bergman says, "so this is a community service for the hospital."

It's a vital service, he says, especially for children. "Researchers are discovering more connections between oral health and overall health. Dental problems can affect a child's nutritional level, self-esteem and body image. And it's a lot more costly to treat problems later than to prevent them in the first place."

That's a message Janette Colon heartily supports. "Believe me, you need to go to the dentist!" she tells her children. "You don't want missing teeth!"

Lehigh Valley Hospital's two dental clinics

(at 17th & Chew and at Muhlenberg) benefit from the services of 77 dentists and oral surgeons who donate their time as patient care supervisors.

Lehigh Valley Hospital's Clinics



Tracking heart health
at the Lehigh Valley Physicians
Practice Center (photo at left),
Victoria Goldman, M.D.,
checks up on Carmen
Acevedo of Allentown. At the
Outpatient Pediatric Clinic
(below), 11-year-old Adriana
Castro of Allentown visits with
staff member Michelle Pletz.

Besides the two dental clinics described here, Lehigh Valley Hospital and Health Network operates a number of other clinics staffed by medical resi-

VALUE TO THE COMMUNITY \$2.2 MILLION

dents and their physician-teachers. In fiscal year 2000, these clinics recorded 116,107 visits. The clinics provide high-quality health care at an affordable cost for families whose income level qualifies them.

- Center for Women's Medicine (17th & Chew)
- Family Practice Center (1730 Chew)
- Lehigh Valley Physicians Practice Center (17th & Chew)
- Outpatient Mental Health Clinic (17th & Chew; Muhlenberg)
- Outpatient Pediatric Clinic (17th & Chew)

To find out whether you are eligible for financial assistance in receiving medical care, the first step is calling 610-402-CARE.



"We all have something we can offer, and we all have something we need. Community

Exchange makes the connection."

hat Mary Quijano needed the first day she came to Community Exchange was clear: her lawn was badly overgrown, and she couldn't mow it herself because of back and neck problems from an injury. "I was getting desperate," Quijano says. When he heard that, Bob Stanley raised his hand at once and volunteered to help. "I used to mow a lot of lawns as a kid," he says.

Within a few months, Quijano and Stanley had a perfect "community exchange" going. He mows her lawn, trims the hedges, helps with the cleaning and cares for her pets when she's away. "There's no limit to what he'll tackle," she says.

Quijano, in turn, provides Stanley with a set of wheels. He can't drive because of his epilepsy, so she takes him grocery shopping and to an occasional dinner out.

Stanley, who's lost more than 100 pounds in the past year through a combination of willpower, a strict diet and lots of exercise, appreciates the role his friend plays in his commitment to healthy eating. "I was tired of cooking and eating all by myself," he says.

Community Exchange is a project of Lehigh Valley Hospital's MESH initiative (see page 17). It's based on the concept of "time dollars." Volunteers earn a time dollar, or CommunityShare, for each hour of service they provide. They then can redeem those shares for services they need, or donate their shares to others.

More than 300 Lehigh Valley agencies, churches and commu-

It's a perfect "community exchange."

Bob Stanley keeps the lawn looking great for single mother Mary Quijano and her 6-year-old daughter, Marisa. Quijano, in turn, drives him to the grocery store. nity organizations take part in Community Exchange. Hundreds of local citizens have helped each other overcome grief and loneliness, take charge of their health, even learn to read. In the process, they discover a new sense of neighborhood, of being connected.

That is the underlying goal of the program, says Linda Maxon, communications director at ProJeCt of Easton Inc., the Community Exchange member agency that brought Mary Quijano and Bob Stanley together. ProJeCt of Easton, founded in 1968, provides emergency assistance, literacy and children's programs. "Community Exchange, with its goal of neighbors helping neighbors, was a natural fit for us," Maxon says. "It has helped our clients not only meet their needs, but also value themselves and their skills."

Quijano and Stanley would say "amen" to that. He sums it up this way: "Mary is a good helper and a true friend. I'm glad she's in my life."

Community Connections

Each year, we sponsor or work with dozens of local agencies, organizations and groups to improve the health of the community. Here are just a few examples:

- ALERT Partnership (alcohol/drug prevention)
- Burn Prevention Foundation
- Coalition for a Smoke-Free Valley
- Communities in Schools
- · Families in Transition
- · Parish Nurse Program

VALUE TO THE COMMUNITY \$680,000



Instilling a healthy habit – Carol Fenstermaker, R.N.C., parish nurse at St. John's United Church of Christ, Nazareth, teaches church preschoolers the importance of hand-washing. (For more on parish nursing, see cover caption on page 1.)

What Is MESH?

MESH (Measurable
Enhancement of the Status
of Health) works with communities to improve health
and quality of life in the
Lehigh Valley in ways that
can be measured. MESH
began nearly four years ago
in Lehigh Valley Hospital's
department of community
health and health studies,
with funding from the
Dorothy Rider Pool Health
Care Trust. Some program
highlights this year:



Gaining insight into disabilities, these Nitschmann Middle School students take part in the Common Play Grounds program sponsored by MESH's Kids and Community Connection. With them are Mike Walter (left) and Claire Michaels and her guide dog, 7azz.

■ Health improvement

MESH supports Central School Health Center, and helped reach 97 percent of the immunization target for the school's 600 children.

■ Health assessment

MESH used a national measurement tool to assess 2,096 local residents in areas of modifiable behavior—for example, preventing injury by using seat belts and bike helmets.

■ Community collaborations

MESH worked with the Coalition for a Smoke-Free Valley and Allentown Health Bureau to reach the 1,000 mark in number of smoke-free restaurants and businesses.

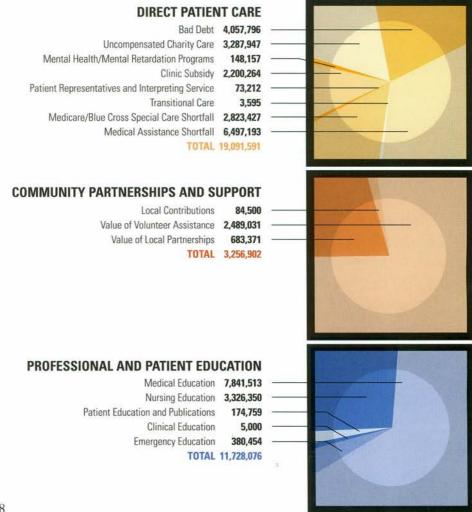
■ Community problem solving

More than 400 people in Northern Lehigh attended Neighbor to Neighbor Community Discussion Suppers, resulting in a \$200,000 grant to build a community center.

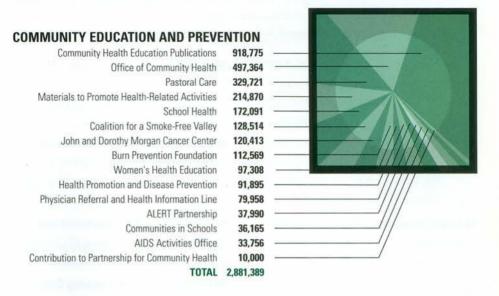
One of MESH's main goals is to measure the success of its health improvement programs. Take Community Exchange (described in these pages) as an example. MESH staff are now "mapping" the involvement of the member agencies; and they're developing measures to assess the health and lifestyle outcomes of the individual people involved in Community Exchange.

Lehigh Valley Hospital and Health Network — C

ommunity service has been part of the mission of Lehigh Valley Health Network since our founding in 1899. Our goal is to enhance the health and well-being of the community, with particular efforts to help those who need special assistance. In fiscal year 2000 (July 1, 1999 through June 30, 2000), we contributed a total of \$36,957,958, including \$3,256,902 for partnerships with local government, schools and others, \$19,091,591 for the direct care of patients, \$2,881,389 for community education and prevention, and \$11,728,076 for professional and patient education. In addition to these financial commitments, we donated space in our buildings, equipment, and the time and expertise of our physicians and staff. These "in-kind" contributions include involvement in dozens of health-related events and activities by community groups.



Commitments to the Community



In-kind Services

- Provision of space and equipment for clinics of others:
 - Easter Seal Society—Orthopedic Clinic Easter Seal Society—Cleft Lip and Palate Clinic
- Provision of space and equipment for Special Olympics
- Speakers program and voluntarism
- Donations of furniture and equipment
- Recovered medical supplies program
- Clinical social work—support groups and in-services
- Infection control community service

- Pediatrics community service program (includes Child Health Month and hospital tours)
- Vascular Lab community service (includes Legs for Life and amputee support group)
- Library services to the community
- Geriatric interest network
- Center for Educational Development and Support community service
- Emergency Medical Systems Council— Board of Directors
- Trauma division—injury prevention programs
- Patient care services—community service (includes support groups and other programs)

Uncompensated care and educational activities provided by private staff physicians total 47,064 hours.

Education Is a Major Focus at Lehigh Valley Hospital a

Each year we offer hundreds of educational programs that benefit medical professionals, patients and the public. Here is a sampling from the 1999-2000 year:

- Professional symposia A total of 6,009 physicians, 972 nurses and 1,498 other health professionals (including residents) attended our symposia, tumor boards and grand rounds.
- Emergency Medicine Institute This six-county institute trains more than 11,000 physicians, nurses, paramedics and other allied health providers.
- Health promotion classes More than 12,300 community members attended classes in nutrition, weight management, fitness, smoking cessation and other topics.
- Health fairs and screenings Through a variety of health fairs and screenings, we provided 4,500 Lehigh Valley residents with vital information about their health.

- Injury prevention programs More than 20,400 school children, seniors and other community members learned about injury prevention in the home, in a car or on a bike.
- Helwig Diabetes Center Helwig's diabetes management programs are showing significant promise in reducing its 1,000 enrollees' risk of complications.
- 402-CARE health information line 402-CARE answered a total of 86,912 calls with a wide range of health information and referrals.
- Health Library and Learning Center at

 Trexlertown This new facility helped 180
 people a month, with access to more than 1,300
 books, magazines and journals, research papers,
 video and audiotapes, and authoritative health
 web sites.



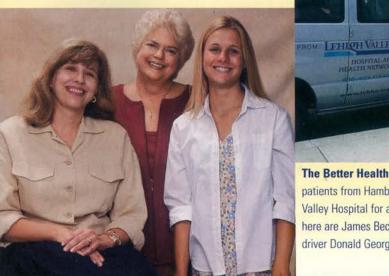
Health Network

- www.lvhhn.org Our web site received nearly 30,000 visits every month.
- Spirit of Women programs and conferences This local grassroots effort has spread across the nation, now empowering 2.5 million women nationally (and 150,000 locally) through conferences, networking opportunities, awards, health screenings and classes.
- **Healthy You magazine** This free publication brought health updates, feature stories and class listings to more than 175,000 readers every other month.
- Vitality Plus program This low-cost program for people age 50 and over now serves 14,305 members. More than 6,600 attended education programs and more than 7,000 attended the Seniors' Horizons information and entertainment fair.
- LOVAR This groundbreaking research study has now enrolled 318 people. At least 90 percent of those reaching the one-year mark have shown improvement in three or more risk factors for heart attack and stroke.



For more information on community education programs, see *Healthy You* magazine or call 610-402-CABE.

Models of community service: Spirit of Women 2000 Award winners (I-r) Lisa Taylor, Allentown (Lehigh Valley Hospital social worker), Mary Beth McGinley, Catasauqua, and Nadine Powell, Whitehall.



The Better Health for Life shuttle transports patients from Hamburg Family Practice to Lehigh Valley Hospital for appointments and tests. Shown here are James Becker (left) of Lenhartsville and driver Donald George.

When you have a question



about your health...

Call 610-402-CARE

The team, including registered nurses, who staffs the phone information line for Lehigh Valley Hospital and Health Network responded to more than 86,000 calls this year.

We're here for you.

LEHIGH VALLEY

HOSPITAL AND HEALTH NETWORK

LEHIGH VALLEY HOSPITAL

Cedar Crest and I-78, Allentown 17th and Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL— MUHLENBERG

Schoenersville Road and Westgate Drive Bethlehem

HEALTH CENTER AT TREXLERTOWN

Route 222 (Trexler Mall), Trexlertown

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