

# Healthy You

NOVEMBER/DECEMBER 2000

- When Food Tempts You
- Build a Strong Back
- Do Flu Remedies Work?
- Spirit of Women 2000 Winners

**Vitality  
Plus  
Section**  
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**Mentoring Can Enhance Your Life**

# Healthy You

NOVEMBER/DECEMBER 2000

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**LEHIGH VALLEY**

HOSPITAL AND  
HEALTH NETWORK

A member of the PennCARE<sup>SM</sup> health network

Cover illustration by Jo Tronc



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## Can a Nicotine Patch Help You Quit?

**H**ow well do nicotine patches, sprays and gums work in helping you quit smoking? Quite well, according to the latest studies—especially when the nicotine replacement therapy (NRT) is combined with counseling. The basic idea is to minimize withdrawal symptoms by gradually reducing your nicotine level, at the same time avoiding the harmful chemicals in tobacco.

“The government’s new tobacco cessation guidelines recommend NRT,” says health care coordinator Debra McGeehin of the Coalition for a Smoke-Free Valley. Some insurance plans even cover it in conjunction with counseling. Here’s a product summary:

■ **Nicotine patch** —The various over-the-counter skin-

patch products give your body an even dose of nicotine through the skin. Patches come in various dosages, which you reduce gradually. To avoid skin irritation, apply each day’s new patch to a different site.

■ **Nicotine gum** —This over-the-counter product allows nicotine to be absorbed through the lining of the mouth. Proper chewing technique is key to getting the full effect. For best absorption, chew slowly and avoid acidic beverages.

■ **Nasal spray** — Available by prescription, nicotine spray can quickly relieve the urge to smoke. Dosage is gradually reduced over about 12 weeks. Common side effects include eye, nose and throat irritation, sneezing and coughing.

■ **Nicotine inhaler** — This new prescription product is not actually an inhaler of

the type used by people with asthma; it’s a cartridge you puff on like a cigarette. It’s absorbed in the same way as nicotine gum. The most common side effects are mouth and throat irritation.

■ **Zyban (Bupropion)** — This non-nicotine prescription drug is an antidepressant that helps smokers quit by reducing anxiety and cravings. You can use Zyban along with the nicotine patch; consult your doctor first.

**A few cautions** — For the safest use of NRT products, see your doctor before starting. And carefully review with your doctor or nurse how to use the product—proper use is key to success! Once you begin, you should not smoke. As with any drug, side effects can occur, so be aware of them and report them to your doctor promptly.

*Want to Know More? For details on NRT products, call 610-402-CARE.*

## NEW CPR GUIDELINES

If you’ve been trained in CPR (cardiopulmonary resuscitation), you’ll see some changes the next time you recertify. The American Heart Association, after years of research, recently issued new guidelines including these:

● **Skip trying to take the victim’s pulse.** Non-professional rescuers often get it wrong. Instead, check for other signs of circulation such as breathing, coughing or movement.

● **Forget blind finger sweeps or abdominal thrusts (Heimlich maneuver) to clear an unconscious person’s airway.** Go directly to chest compressions (15 for every two rescue breaths), which tend to create enough pressure to eject a foreign body. (The Heimlich is still effective on *conscious* victims.)

The new guidelines will now be in all CPR courses and refreshers, and should reduce the time it takes to learn CPR.



**If you’d like to sign up for a CPR class, see page 41.**





## Want some great information on aging well?

**Step 1:** Check out Vitality Plus, starting on page 26. Skin care, computers, knee replacement and more.

**Step 2:** Visit the Vitality Plus archives. It's easy! See inside back cover for details.

**Vitality**  
PLUS

## SCOOTERS: A Fun Gift, But Don't Forget Safety

If a child on your holiday gift list is a fan of those sleek, fold-up foot scooters so popular today, be cautious when making a present of one—and include the safety trimmings. “The risk of accidents is pretty high,” says Donna Smull, R.N., director of the emergency department at Lehigh Valley Hospital—Muhlenberg.

When Smull herself first rode a scooter, “What struck me was how fast they are. I’m afraid parents might take them too casually, and that can lead to accidents.” Indeed, thousands of people, mostly children, have been treated in emergency rooms for scooter-related injuries this year, according to the Consumer Product Safety Commission (CPSC). Two people, including a 6-year-old boy, have died in scooter accidents nationwide. The CPSC recommends that children under 8 not ride them at all.

Scooter riders should always be equipped with a safety helmet and protective elbow and knee pads. “Familiarize yourself and your child with scooter controls, and practice stopping,” Smull says.

**Want to Know More** about scooter injuries? Call 610-402-CARE.

Illustration by Barbara Field

## How Research Helped Stephen Gaul...

**S**tephen Gaul had some common bad habits: smoking, drinking and a poor diet. But the Allentown salesman didn't think his health was at risk, and he certainly didn't think about joining a clinical trial. Three heart attacks and a stroke later, Gaul, now 66, is a believer in the benefits of medical research. The experimental drug treatment he got for the stroke five years ago, he says, is “the reason I'm alive and enjoying my retirement today.”

As part of a national study, doctors at Lehigh Valley Hospital gave Gaul a new type of clot-dissolving drug called ancrod, made from the purified venom of the

Malaysian pit viper snake. Ancred's effects can be better controlled, a key improvement over the original clot-buster, says neurologist John Castaldo, M.D., co-medical director of the hospital's stroke unit. He predicts the new drug will be approved for commercial use within a few months.



## ...And How It Might Help You

**I**f you or someone you love has a serious or chronic illness, or is at risk of developing one because of family history or lifestyle, talk to your doctor about investigative treatments. At any given time, there are dozens of clinical trials under way at Lehigh Valley Hospital and Health Network. Here are some current opportunities:

- **Diabetes**—Research shows that relatives of people with Type 1 (childhood-onset) diabetes are at 10-20 times greater risk of developing it themselves. This trial is part of a nationwide effort to identify family members at risk, and to study the effectiveness of insulin in preventing or delaying the onset of diabetes.

- **Neurology**—Researchers are studying migraine, leg pain from diabetes and non-Alzheimer's memory loss.

- **Cardiology**—Researchers are studying treatment of heart attack and the use of stents.

- **Women's Health**—Researchers are studying urinary incontinence, endometriosis, uterine bleeding and uterine fibroids.

- **Other**—Researchers are studying asthma and HIV.

*Want to Know More?* To find out whether you are eligible for any of these studies, call 610-402-CARE.



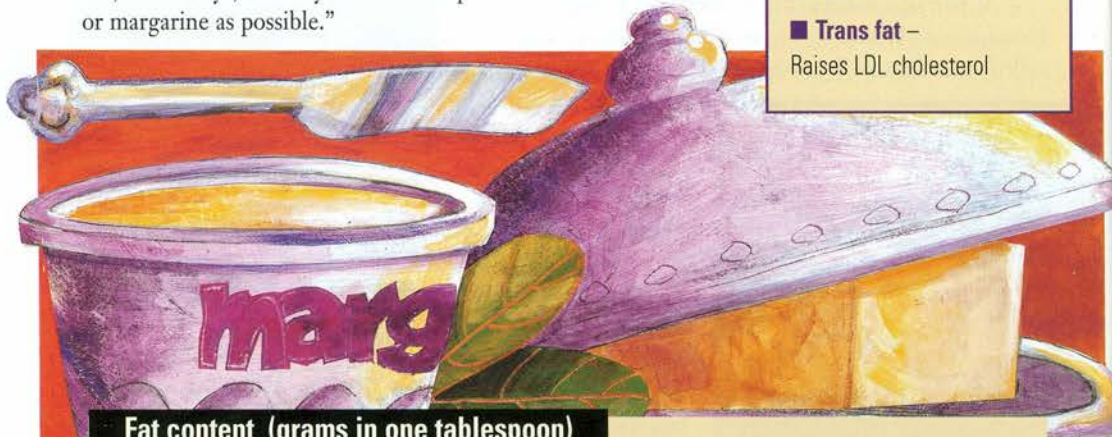
## Butter vs. Margarine

It's cookie-making time, and the recipe calls for "butter or margarine." Which one is healthier?

Both have lots of fat, says registered dietitian Amy Virus of Lehigh Valley Hospital and Health Network, but they differ in type. Butter leads in saturated fat, which raises LDL ("bad") cholesterol and the risk of heart disease. Stick margarine has more trans fat, also bad for your cholesterol.

The best choice is soft (tub) margarine. "Look for a brand with liquid (not hydrogenated) vegetable oil as the first fat ingredient," Virus says, "and try to find a recipe that uses as little butter or margarine as possible."

- **Monounsaturated fat** – Helps lower LDL ("bad") without lowering HDL ("good") cholesterol
- **Polyunsaturated fat** – Helps lower LDL cholesterol
- **Saturated fat** – Raises LDL cholesterol
- **Trans fat** – Raises LDL cholesterol



### Fat content (grams in one tablespoon)

	Total	Monounsaturated	Polyunsaturated	Saturated	Trans fat
Butter	12.2	3.5	0.5	7.6	0.3
Margarine (stick)	11.4	3	4	2	2.4
Margarine (tub)	11.2	3.5	3	1.9	1.1
Olive oil*	14	10.3	1.2	1.9	0

\*For comparison. You can't substitute olive oil in baking, but it's clearly a healthier choice for other uses. Note: Numbers do not add up to totals shown because of other trace ingredients and averaging.

## 'If You Drink and Drive, You'll Get Caught'



Most of us take for granted being able to drive. How else would we get to work, take the children to after-school activities or shop for groceries?

But anyone caught drinking and driving stands to have his or her driver's license automatically suspended for up to six months.

The odds of that are greater than ever today because of new laws and enforcement programs like the Team DUI/Lehigh Valley Regional DUI Task Force.

The task force is a federally funded part-

nership of 27 municipal police departments, the Pennsylvania Department of Transportation, the Allentown Health Bureau's Highway Safety Program and Lehigh Valley Hospital and Health Network. The program aggressively targets motorists who drive under the influence of alcohol or a controlled substance.

"We want the public to know that if you drink and drive, you'll get caught," says Corporal Douglas Kish of the South Whitehall Township police department.

Look for future articles on the legal and health implications of alcohol and driving in upcoming editions of *Healthy You*.

*Want to Know More?* Call 610-402-CARE.



## Melanoma Rate Skyrocketing

Melanoma, the most serious form of skin cancer, was a rarity a couple of generations ago but is becoming all too common today. Lifetime risk has risen dramatically.

Your lifetime risk if you were born in **1960 is 1 in 600; born in 1980, 1 in 250; and born today, 1 in 74.**

“No one really knows why,” says dermatologist Arthur Sosis, M.D., of Lehigh Valley Hospital and Health Network.

“Some point to changes in the ozone layer, others to family history, but sun

exposure appears to play a key role—especially severe burns in childhood.”

Detecting melanoma early offers the best chances of cure. Look for spots that are asymmetric, irregular in shape, very dark-colored (sometimes with multiple colors), and larger in diameter than a pencil eraser. Melanomas are found most often on the back or lower legs. Report any suspicious spots to your doctor immediately; and consider a yearly professional skin exam, especially if there's melanoma in your family.

**Want to Know More?** For a skin cancer detection card, call 610-402-CARE.



## Transfusions Keep Him Going

Little Jack Coni, age 4, is the Lehigh Valley calendar child for the America's Blood Centers Foundation. Because of a genetic disorder called Cooley's anemia, he needs transfusions every two to four weeks. With each pint they donate, blood donors literally give the gift of life to “halfpints” like Jack. See story on page 14 to find out how you can help.

## INSIDE Lehigh Valley Hospital and Health Network (LVHHN)

### ● Children's ICU

**Opens**—The region's first Pediatric Intensive Care Unit is now open in the Fred Jaindl Family Pavilion at Lehigh Valley Hospital—Cedar Crest, in partnership with The Children's Hospital of Philadelphia. “Ninety percent of the children who traveled to Philadelphia can now receive care locally,” says John VanBrakle, M.D., LVHHN chairman of pediatrics. The seven-bed unit will care for children with serious respiratory problems, traumatic accidents and head injuries, and life-threatening infections and poisoning.

● **'BioGlue' a New Surgical Tool**—Heart surgeons at LVHHN were the first

in the country to use BioGlue to repair torn aortas. When the outer and middle layers of that major blood vessel separate, the new adhesive does a quicker job of fusing the layers back together and preventing serious damage, says surgeon Raymond Singer, M.D.

### ● New Program for Neuromuscular Disorders

— People in the Lehigh Valley region suffering from neuropathy, muscular dystrophy, ALS (Lou Gehrig's disease) and other neuromuscular disorders no longer have to travel to Philadelphia or New York City for highly specialized care. Under the leadership of neurologist Glenn Mackin, M.D., this new LVHHN program provides sophisticated diagnosis

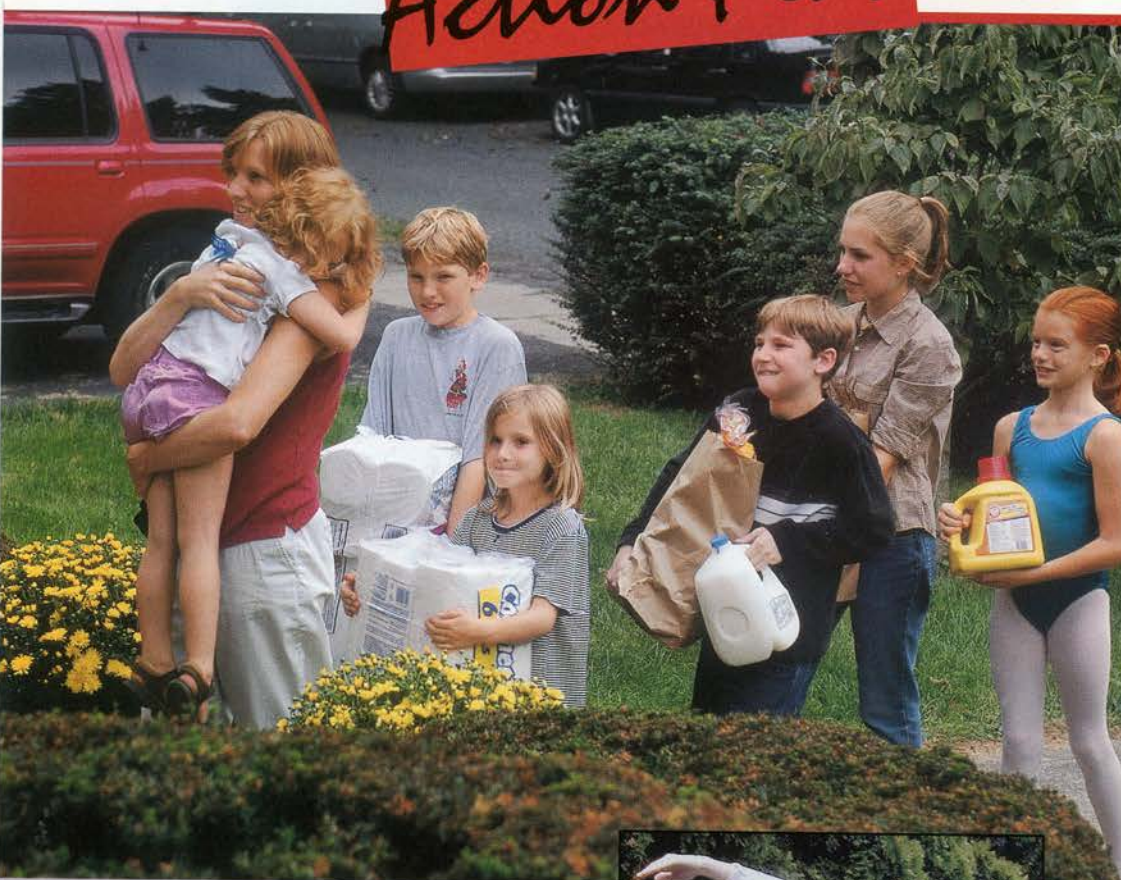
including on-site nerve and muscle biopsy, state of the art treatment, pain management, rehabilitation and support. For more information on this and other neurology services, call 610-402-CARE.

### ● 'Best Hospital'

**Again**—For the fifth consecutive year, Lehigh Valley Hospital is ranked as one of the top health care providers in the nation in *U.S. News & World Report's* annual guide to “America's Best Hospitals.” The urology program made the honor roll for the fourth year in a row. In previous years, heart services, geriatrics and respiratory care have been honored.



# Action Plan for a



## Deborah Ketter stretches to keep limber and strong

Deborah Ketter of Easton has done stretching exercises regularly since her youth. To keep limber, she follows her exercise routine most mornings and again before bed. The regimen has helped her escape back pain, even through pregnancies and the strain of lifting and carrying six little and not-so-little children.

Ketter, 37, supplements her stretching with yoga and weight training. "I never thought I would lift weights," she says. "But I use light ones and do a lot of repetitions, stretching well before and after. It makes me feel stronger all over, and my back never felt better."

She also attributes her healthy back to good posture and a wise approach to toting around toddlers and groceries. For example, rather than contorting her back by holding a baby on one hip, she balances the child in front of her.



*Her daily stretching routine helps Deborah Ketter tote toddlers and groceries without missing a beat. She's shown above carrying Antonia, with (l-r) Jeremy, Gabriella, Andrew, Samantha and Phyllicia.*



# Strong Back

**W**e get our dental checkups, eye exams and cancer screenings, but most of us ignore our hard-working backs unless they act up. The spine deserves better treatment, says Basil Dolphin, M.D., medical director of HealthWorks\* at Lehigh Valley Hospital and Health Network. "With a simple conditioning program, you can go a long way to preventing or avoiding back pain," he says.

Back discomfort can have a wide range of causes, from injury to poor posture to improper lifting techniques. In many cases the pain is caused by weakened or worn-down spinal discs, particularly in the lumbar or lower back area, which create swelling in the surrounding muscles.

To prevent or minimize these problems, Dolphin recommends the following action plan:

■ **Build abdominal strength.** The muscles in your midsection play a crucial role in supporting the discs in the lower back, so the stronger these muscles are the better off you'll be. A good exercise is the pelvic tilt: lying flat on your back on the floor, push the small of your back down toward the floor. Repeat 10 times, twice daily.

■ **Build overall muscle tone.** Training with light weights will increase the strength of your upper body and legs, also important in supporting the spine.

■ **Keep your weight in check.** Extra pounds, particularly in the abdominal area, put a strain on your back.

■ **Stay flexible.** Daily stretching helps maintain flexibility and range of motion in your back. Without it, muscles shorten and your back can become stiff, causing wear and tear on discs.

■ **Nourish your bones.** Good nutrition helps control weight. Also, adequate calcium and vitamin D build strong bones and prevent osteoporosis, which can contribute to back problems. (For more on osteoporosis, see page 19.)

■ **Don't smoke.** For reasons that are not yet fully clear, it weakens the back. Dolphin suggests that by contracting blood vessels, smoking restricts essential blood flow to the spinal discs.

*Continued on page 8*

*\*HealthWorks provides occupational health and physical therapy services for many local businesses. For more information on HealthWorks, call 610-402-CARE.*

**Stretching and conditioning can help keep you pain-free**

## Pregnancy and Your Back

As joyful as it may be otherwise, pregnancy is not good news for your back. "The added midsection weight throws off your center of gravity, making your back muscles work harder," says obstetrician/gynecologist Sheldon Linn, M.D., of Lehigh Valley Hospital and Health Network. "And spinal ligaments grow more lax, making you more prone to injury."

Up to three-quarters of pregnant women have low back pain. To avoid problems, follow these tips:

➤ **Be careful when bending or lifting.** "Even picking up a dropped pencil can cause injury if not done correctly," Linn says. "Bend at the knees, not at the back! I can't stress that often enough."

➤ **Avoid exercise that causes back pulling or strain.** Be aware that any equipment you use should provide good lower-back support.

➤ **If you sit at a desk or in a car for long periods,** make sure you have firm lower-back support.

➤ **Don't lie on your back for long periods,** especially late in pregnancy. "The weight of the uterus can restrict blood flow to you and the baby," Linn says. "It's better to lie on your side."

➤ **Stay flexible by stretching regularly.** Upward reaches, shoulder shrugs and gentle leg lifts keep muscles toned and flexible.

➤ **If back pain strikes, apply a heating pad** (to back only, never abdomen) or get a massage.

■ **Stand up straight.** The age-old wisdom is true. Good posture (sitting as well as standing) is a key to good health.

■ **Prevent injury.** When lifting heavy objects, use proper technique. When carrying weight, try to keep the balance in front of you or switch sides every few minutes. ●

*Want to Know More?* For a “Back Pack” of information on injury prevention, stretching, weight training and other back-related topics, call 610-402-CARE.



*Recovered from injury, Maynard Gross Jr. uses strengthening exercises to keep in shape for his physically demanding job.*

## *Maynard Gross* **learns how to stay pain-free**

Maynard Gross Jr. regularly lifts hundreds of pounds as a melter at the Effort Foundry in Bath. But when he and a co-worker bent to lift a 200-pound mold a few years ago, Gross twisted his back, causing severe pain. Doctors found one of his discs had degenerated.

“I went to a chiropractor and got temporary relief, but I didn’t want to settle for that,” the 29-year-old Bethlehem man says. He went through physical therapy at HealthWorks, then began a regular exercise program that includes stretching exercises and “crunches” to strengthen his abdominal muscles.

“As long as I do my exercises, I’m pain-free,” Gross says. “When I stop stretching and let my stomach get weak, I have problems.” In addition to the exercises designed specifically for his back, Gross stays in shape by riding his bicycle.



# How Safe Are Raw Foods?

**S**ushi, raw oysters, holiday eggnog...some people can't get enough of these dietary delicacies while others hear "raw" and run the other way. The health benefits of nutrient-rich fish, lean beef and eggs are well-known. But is eating these foods uncooked a safe alternative?

Your risk of food-borne illnesses does increase with raw food, says Amy Virus, Lehigh Valley Hospital and Health Network registered dietitian. "The cooking process kills parasites and other micro-organisms that can live in food and make you sick. Our immune systems usually limit the reaction to digestive upsets. But the problem can be more serious for those with weak immune systems including young children, the elderly and the chronically ill."

When food is infected, it's usually during handling and processing. Check stores or restaurants for general cleanliness, Virus says. And follow proper cleaning and processing techniques at home (see *Want to Know More?*). The facts about some favorites:

**S**USHI. Usually made of raw tuna, rice-wine vinegar and sticky rice, this popular Japanese dish is a great low-calorie source of protein and heart-healthy omega-3 fatty acids. *Reduce your risk* of illness by asking whether the fish has been "fresh frozen" for at least 36 hours or substituting tofu or cooked fish.



**S**HELLFISH. Raw oysters and clams are low in fat and high in vitamins and minerals. *Reduce your risk* by eating shellfish from cold water (cold temperatures kill bacteria), preferably during the winter months. If the origin of the product isn't on the label, ask. (Hot pepper sauce, by the way, does not kill bacteria.)

**B**EEF. Carpaccio, a thin-sliced raw beef, and steak tartare, a dish of raw ground beef and raw eggs, have as much protein, vitamins and minerals as cooked beef. But you run a risk, especially with steak tartare; bacteria living on the surface of meat are transferred to the interior during grinding. *Reduce your risk* by only eating steak tartare that's been properly prepared at home.

**E**GGs. Raw eggs, an ingredient in homemade eggnog and some other dishes, can carry bacteria on the shell and in the yolk. *Reduce your risk* by using egg substitute and avoiding raw cookie dough with eggs. (You're fine with store-bought eggnog and cookie-dough ice cream; they use pasteurized eggs.) ●

*Want to Know More? For a guide to safe food handling, call 610-402-CARE.*

There are risks, so handle with care



*Reduce risks by eating vegetable sushi (left) and using egg substitute in eggnog (above).*



# Giving In to Food Temptation

Enjoy those  
holiday goodies!  
All it takes is  
planning ahead  
and adjusting the  
ingredients

*Healthier than it looks — Pair fat-free chocolate sauce with fresh berries for a treat you needn't feel guilty about.*

**H**eaty foods and inactivity are a winter recipe for weight gain, and it's compounded during the holiday season. How can you resist all those special treats? You don't have to deprive yourself completely to maintain good health, says registered dietitian Mildred Bentler of Lehigh Valley Hospital and Health Network. Just be conscious of what you're eating and drinking, and follow these tips:

- **Don't even try to trim excess pounds.** A more realistic goal at this time of year is to *maintain* your weight.
- **Plan ahead for parties.** Eat lighter the day before and have a high-bulk, low-fat snack like yogurt before you go. Arriving hungry makes it easy to lose control.
- **Be the last in the buffet line.** You're less likely to go for seconds if others are finished eating.
- **Don't be too hard on yourself.** Allow for a day of indulgence, then eat lightly for three days afterward; or enjoy goodies on the weekends and avoid them during the week.
- **Avoid excessive drinking.** Alcohol is high in calories and loosens self-control.
- **Make healthy versions of treats you love.** Use low-fat ingredients in the family's favorite baked goods or dips. They probably won't be able to tell the difference.
- **Fill up on fiber.** Fresh fruits and vegetables are available all year round. Roast some veggies in olive oil; serve fruit for dessert. Fiber will fill you up faster than fat.
- **Forget bulk-buying this time of year.** It may be economical and a time-saver, but goodies in large quantities just mean greater temptation.
- **Increase your activity.** Burning calories is essential to weight maintenance, so find creative ways to stay physically active all winter.
- **Relax and get enough sleep.** Stress and fatigue often lead to overeating. Treat yourself to special holiday stress relievers, such as a massage or facial. ●

*Want to Know More? For a course-by-course guide to healthy holiday meal preparation, call 610-402-CARE. See page 35 for details on Culinary Adventure holiday classes.*



# A New Therapy for Back Pain

When compression fracture is the cause, vertebroplasty may be the answer

**O**ne of the most painful complications of osteoporosis is a compression fracture, the collapsing of a weakened vertebra. It can happen from lifting or simply from the weight of the body. Sometimes as the porous bone settles down in its collapsed state, the pain subsides—but for a significant number of people, it doesn't. Now, these sufferers have the possibility

of relief through a new therapy called vertebroplasty.

“Surgery is usually not an option with compression fractures,” says anesthesiologist Robert Wertz, M.D., of Lehigh Valley Hospital and Health Network.

“Traditionally, we treat the condition with pain medications, bed rest and sometimes bracing of the spine, and those things work well for some people. Vertebroplasty is a promising new option when other methods fail.”

**Until recently, the procedure has only been available in a few university hospitals.** Wertz and interventional radiologist Darryn Shaff, M.D., began performing it at Lehigh Valley Hospital in July. Under X-ray guidance, the specialist slowly injects an acrylic bone cement into the damaged vertebra to stabilize it. This “internal cast” not only prevents further collapse, in most cases it also brings dramatic and speedy pain relief, Wertz says.

**Just as important, vertebroplasty can restore the patient to a functional life.** “When patients are bedridden because of pain, there is a risk of acquiring pneumonia, blood clots and further weakened bone,” Shaff says. “If we can get them up and around again, we greatly reduce those risks and significantly improve their well-being.”

Vertebroplasty is usually done under local anesthesia, and the patient can go home the same day. Besides compression fractures, it is used to reduce pain associated with malignant or benign tumors that involve the spine. ●

*Want to Know More? Compression fractures are only one of many possible causes of back pain. For referral to a specialist, call 610-402-CARE.*



# How Effective Are

New drugs may shorten your flu, but you still need rest, fluids and good care

**T**he amazing array of flu remedies these days is enough to send your fever up an extra degree. Do over-the-counter products work, or do you need a prescription? And what about vitamins or herbs? Here's what the specialists have to say.

## Identifying what's wrong

An attack of influenza is hard to miss. The symptoms—severe muscle aches and a fever as high as 104 degrees—hit you like a sledgehammer within a day or two after you're exposed.

"If you suspect you have the flu, call your doctor at once, particularly if you have a medical condition like heart, lung or kidney disease," says Luther Rhodes, M.D., chief of infectious diseases at Lehigh Valley Hospital and Health Network. You may be asked to come in for testing. But if your symptoms are clearly flu-like and you've been exposed to the virus at work or home, your doctor may prescribe a treatment over the phone.

**Only go to the emergency room if you have a medical condition that puts you at risk of complications and you can't reach your doctor.** (Call first and tell the emergency room staff you have the flu and need to be seen.)

## Getting through it

Treating the flu always includes plenty of rest and plenty of fluids, especially if you have diarrhea or vomiting, Rhodes says. He also recommends staying well-nourished and taking B vitamins. Over-the-counter flu remedies can't kill the virus but can be helpful in relieving aches and fever. (A generic product with the same active ingredients will often do the job for far less than the name brand.)

Finally, avoid infecting others. Stay home from work or school and away from family and friends with health conditions. The contagious phase usually lasts about six days (including the day before you actually feel sick).

"The flu can be just a nuisance at age 18, but you have to be cautious after age 50," Rhodes says. "If you don't take care of yourself, it can lead to more serious conditions like pneumonia or heart failure."

## What about flu medicine?

Since influenza is a virus, antibiotics are not effective against it. But there are four anti-flu drugs available. Amantadine

(Symmetrel) and rimantadine (Flumadine) work only against type A influenza, the most common kind, says James Sianis, clinical pharmacist at Lehigh Valley Hospital. Two newer drugs, zanamivir (Relenza) and oseltamivir (Tamiflu), are active against types A and B.

To be effective, all four have to be started in the first 24 to 48 hours. They can shorten the length of your illness by up to a day, but probably won't

## Symptoms of Flu

- Chills and high fever (up to 104°)
- Severe muscle aches and pains
- Very sudden onset



# Flu Remedies?

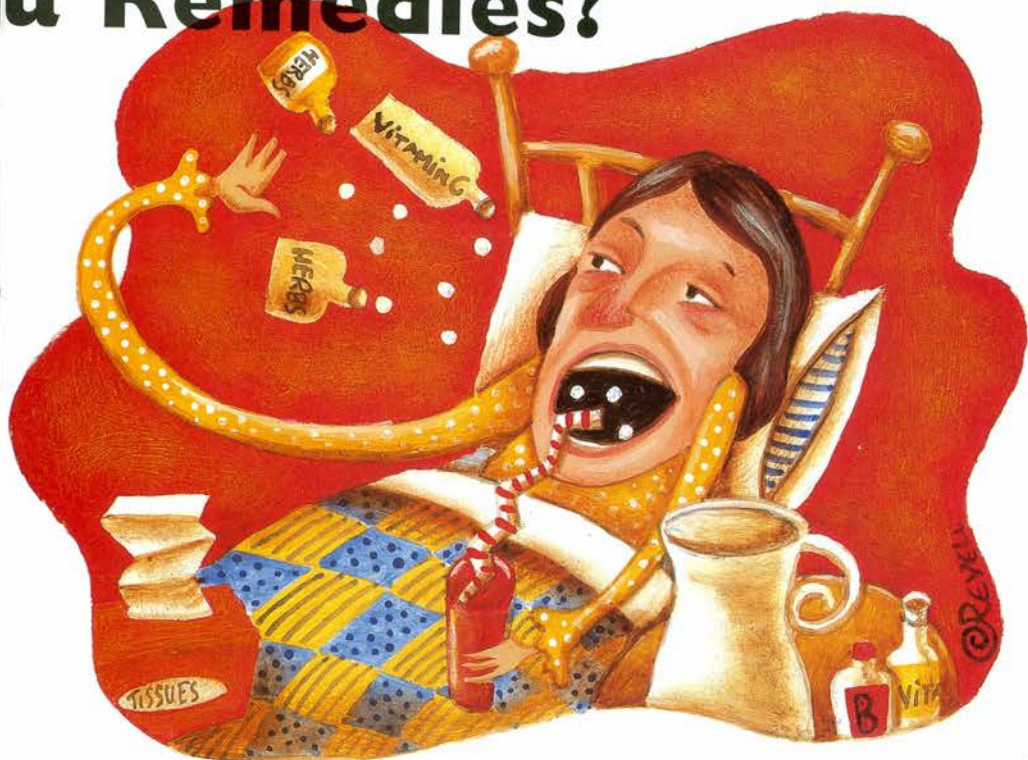


Illustration by Cindy Bevel

relieve your symptoms, Sianis says. "You have to weigh the cost of these drugs against the limited benefits. For some people, getting back to work a day earlier is worth it." A five-day course of the two older drugs costs less than \$10, but for the newer medications it averages \$50.

Side effects for the older drugs include nervousness and confusion. Zanamivir, which is inhaled (all the others are taken orally), may cause lung irritation and bronchial spasms, so it's not for those with asthma. Oseltamivir can cause mild nausea, Sianis says.

## Going the 'natural' route

William Kracht, D.O., offers his flu-stricken patients a choice of prescription drugs or herbal remedies. "I recommend vitamin C, echinacea and olive leaf extract to reduce length and severity of symptoms," says the Lehigh Valley Hospital and Health Network family physician.

He suggests a dose of 1,000 milligrams of vitamin C daily; 150-300 milligrams of echinacea three times a day (unless you have an autoimmune condition); and 500 milligrams of olive leaf extract three times a day. "This extract has been shown to have virus-killing activity," Kracht says. ●

*Want to Know More?* Flu can sometimes become a potentially life-threatening case of pneumonia. For an earlier **Healthy You** story titled "How Do You Know If It's Pneumonia?", call 610-402-CARE.

## Your Best Defense: Flu Vaccine

Many people avoid getting a flu shot out of fear they'll catch the disease from the vaccine. (They won't, though it sometimes produces a brief flu-like reaction.) An annual flu shot is a must, says Luther Rhodes, M.D., if you:

- are age 50 and over (formerly, the advice was age 65 and over)
- have a weakened immune system or chronic condition such as lung, heart or kidney disease.

Vaccine production for this year's flu season was delayed, so you may find quantities are limited. "Ideally, those at high risk should be vaccinated in October or November; if you miss it then, be sure to get a flu shot in December," Rhodes says. "If you are otherwise healthy and just want to be sure you don't get the flu, consider vaccination in January."

For information on where to get flu shots locally, call 610-402-CARE.





# Blood Donation *The Best Gift You*

**This holiday season, you can give a gift that doesn't cost a cent**, yet is vital to the health of your family and community. You can become a blood donor.

"Without blood donations, the hospital couldn't do its job and thousands of people

suffering from trauma, cancer and other conditions wouldn't survive," says Bala Carver, M.D., medical director of transfusion services at Lehigh Valley Hospital and Health Network. "Yet blood shortages are becoming a national crisis, especially during the holiday season."

The supply at the Miller Memorial Blood Center, the hospital's source, is far below ideal levels. "Twice in the last five years, we've actually had to ask someone to postpone non-emergency surgery," says Miller's medical director Kip Kuttner, D.O. "Some of these surgeries almost never require transfusion, but others, such as hip replacement and open hearts, often do."

What's behind the shortages? For one thing, donors are screened more strictly today, Kuttner says. As a result, the odds of contracting HIV or hepatitis C from a transfusion are extremely low, but fewer people are eligible to donate. Corporate cutbacks also have had an impact; in Bethlehem Steel's heyday, its employees could provide thousands of units in a single week. Finally, an aging population increases the need for medical care—and transfusions.

Blood shortages would be a thing of the past if more people who are eligible to donate actually did so. The current figure is only 5 percent, and the main reason seems to be lack of awareness. "People just don't realize how critical that unit of blood is to quality health care in the community," Kuttner says.

There's  
always  
a need for  
transfusions,  
but shortages  
are common  
during the  
holidays

## What's Your Type?

**T**o select the safest blood for a particular patient, donations are typed by the presence of certain proteins (antigens). You have the A antigen, B antigen, both (AB) or none (O); and you do or don't have the Rh antigen (Rh positive or negative). Here are the various types and how common they are. Common types are needed more often, but all types are valuable, especially O negative, the "universal donor."

ABO group and Rh type	How many have it	Frequency
O +	1 person in 3	37.4%
O -	1 in 15	6.6%
A +	1 in 3	35.7%
A -	1 in 16	6.3%
B +	1 in 12	8.5%
B -	1 in 67	1.5%
AB +	1 in 29	3.4%
AB -	1 in 167	0.6%



# Can Give

Here are the facts:

**Am I eligible to donate blood?** Yes, if you're 17 or older (there's no upper limit as long as you're healthy) and weigh at least 110 pounds. Donors are confidentially screened and tested for blood pressure, iron level and exposure to various diseases.

**Will I get AIDS from donating?** No, there is no chance of getting any disease from donating. All supplies that are used to collect blood donations are disposable.

**How often can I donate, and how long does it take?** Donation itself takes six to eight minutes and the whole process takes about an hour, including a brief rest and refreshments. You can donate every eight weeks.

**Are donors paid?** They once were, but the system is voluntary now for safety reasons. (Volunteers are more truthful about their health history.)

**Will donating harm my health?** No. In fact, there is some evidence that donating regularly helps control excess iron and prevent coronary artery disease. And you get the benefit of a cholesterol and blood pressure reading each time you donate.

**How is donor blood used?** Since each pint is separated into components, a single donation can help as many as three people. Your donation could save an accident victim, allow someone to have open heart surgery and support a cancer patient undergoing chemotherapy.

**How long can blood be stored?** The average unit lasts 42 days. Given this and the fact that there is no artificial blood substitute in use at this time, donations are always needed.

**Can I donate blood for my own use?** Yes, this is called *autologous* donation. People who are otherwise healthy and need elective surgery can give two to four units in advance.

**Can I donate for a friend or relative?** It's a great way to support an ailing person. You can donate in someone's name, but your specific unit probably will not go to that person. In fact, such "designated" blood is discouraged because of the pressure it can put on family members whose health history makes them inappropriate donors. Miller Memorial also does not accept husband-to-wife donations in the childbearing years, as they can cause problems in future pregnancies.

**Where and when can I donate?** Miller Memorial has two sites: in Bethlehem off Schoenersville Road and near Lehigh Valley Hospital at Cedar Crest and I-78. Both are open weekdays 7:30 a.m.-8 p.m., Saturdays 7:30 a.m.-12:30 p.m. Children are welcome on "family days" (call 610-691-5850 for information). ●

**Want to Know More?** To find out where you can donate blood and how to make an appointment, call 610-402-CARE.



*He's a generous donor. Kenneth Luther Jr. of Emmaus is one of the best friends of the Miller Memorial Blood Center and the patients it serves. Over the years, he's donated almost 70 times, approaching the 9-gallon mark.*

## Got a Little More Time?

A very special group of donors comes to the Miller Memorial Blood Center as often as every other week for platelet apheresis. They're hooked up to a machine that painlessly filters the platelets from their blood; typically, donors watch a video, nap or visit with friends during the process. Cancer patients have a critical need for platelets, and one apheresis donation produces as many platelets as five to six units of whole blood. To learn more, call 610-691-5850.



# Teens and Depression

Depressive illness is a problem for as many as 1 in 16 adolescents

**“I wish I were your age again. You have your whole life ahead of you!”** It’s a common remark from grown-ups, but for many teen-agers the future doesn’t look so bright. Research shows that as many as 1 in 16 adolescents suffers from depression. Furthermore, it’s occurring earlier in life, and depression that begins in early adolescence often recurs in adulthood.

**Why do young people get depressed?** In part, for the same reasons as adults—including stress, loss of a loved one, chronic illness such as diabetes or thyroid disease, or a family history of depression. But there are also teen-specific factors. “Not making the sports team, breaking up with someone, a family relocation or just being picked on by classmates can be highly traumatic,” says adolescent medicine specialist Sarah Stevens, M.D., of Lehigh Valley Hospital and Health Network.

Parents often blame themselves, says Jeffrey Knauss, psychologist and program director of the adolescent psychiatric unit at Lehigh Valley Hospital and Health Network. “Family issues may be a contributing factor, but in many cases a depressed young person can have a perfectly functional family. It’s a matter of individual reaction to stress. Some youngsters get an upset stomach, others get depressed.”

**How can you tell if it’s depression or just moodiness?** Parents who suspect a problem should watch for the symptoms (see next page) and actively seek answers, Stevens says. “Teens won’t walk in and tell you, ‘I’m depressed.’ You have to ask questions, listen to what they say and read between the lines. Kids may joke as a way of feeling you out.” When your teen opens up—say, about a breakup with her boyfriend—the way you react is crucial, Knauss says. “If you laugh it off or say she’s too young to know what real love is, you’re dismissing her problem as unimportant. Instead, ask her how she feels. Ask if you can help.”

**When should you call a professional?** “Left untreated, depression does tend to get better on its own in about one-third of cases,” Knauss says, “but with a teen-ager you run risks if you don’t intervene. Depression can seriously disrupt family life, peer interaction, and academic and developmental progress.”

The good news is that depression is highly treatable, sometimes with talk therapy alone and sometimes with a combination of individual or group counseling and medication. Family involvement is a key part of therapy, Knauss says, although the degree varies depending on the circumstances. Length of treat-

## About Suicide

Suicide is the second-leading cause of death among young people ages 15-19.

Young women are more likely to attempt it, young men to complete it. **If your teen attempts suicide, go straight to the emergency room; if he or she talks about it, call a mental health professional at once.**

Remove weapons from the home and lock up all medications including over-the-counter pain relievers.

Suicidal teens don’t need lectures about all the reasons they have to live. What they need is prompt treatment from a psychiatrist, psychologist or social worker specializing in adolescent mental health.





## Symptoms of Teen Depression

- Frequent vague physical complaints such as headaches, muscle aches, stomachaches or tiredness
- Frequent absences from school or poor performance
- Talk of or efforts to run away from home
- Outbursts of shouting, complaining or crying; increased irritability or anger
- Boredom, lack of energy
- Lack of interest in activities and friendships; social isolation
- Alcohol or substance abuse
- Persistent sadness or hopelessness
- Loss of self-esteem, feelings of worthlessness
- Significant change in eating or sleeping patterns
- Reckless behavior

If five or more of these symptoms last more than two weeks, call a mental health professional for an evaluation. For a list of local resources, call 610-402-CARE.

ment, too, is highly individual. “Most youngsters on combination therapy start to feel better within a couple of weeks, just from being able to share the burden,” he says. On average, his patients complete treatment in three to six months.

If your teen-ager balks at treatment, consider starting with your primary care doctor. He or she can rule out any physical problem underlying the depression, Stevens says, and many teens find it easier to confide in a trusted doctor than in a parent. You may then suggest a meeting with a mental health professional because you’re concerned about how badly the young person is feeling. “A lot of teens say they don’t want help, but ‘No’ really means ‘Maybe’ or ‘If you make me go, I’ll be relieved,’” Knauss says.

**Are their friends going to think they’re ‘nuts’?** Teens do worry about the stigma of mental health treatment. Often, there’s no need to tell friends. But if the youngster chooses to, or the friends somehow find out, the best approach is to be upfront about it. “Tell your friends you were feeling down and you needed to go somewhere and concentrate on how to handle it,” Knauss advises his patients. “If your friends are solid, they won’t reject you. You may be the topic of gossip for a few days, but something more juicy will soon come along. Don’t try to cover it up; lies tend to fall apart eventually.”

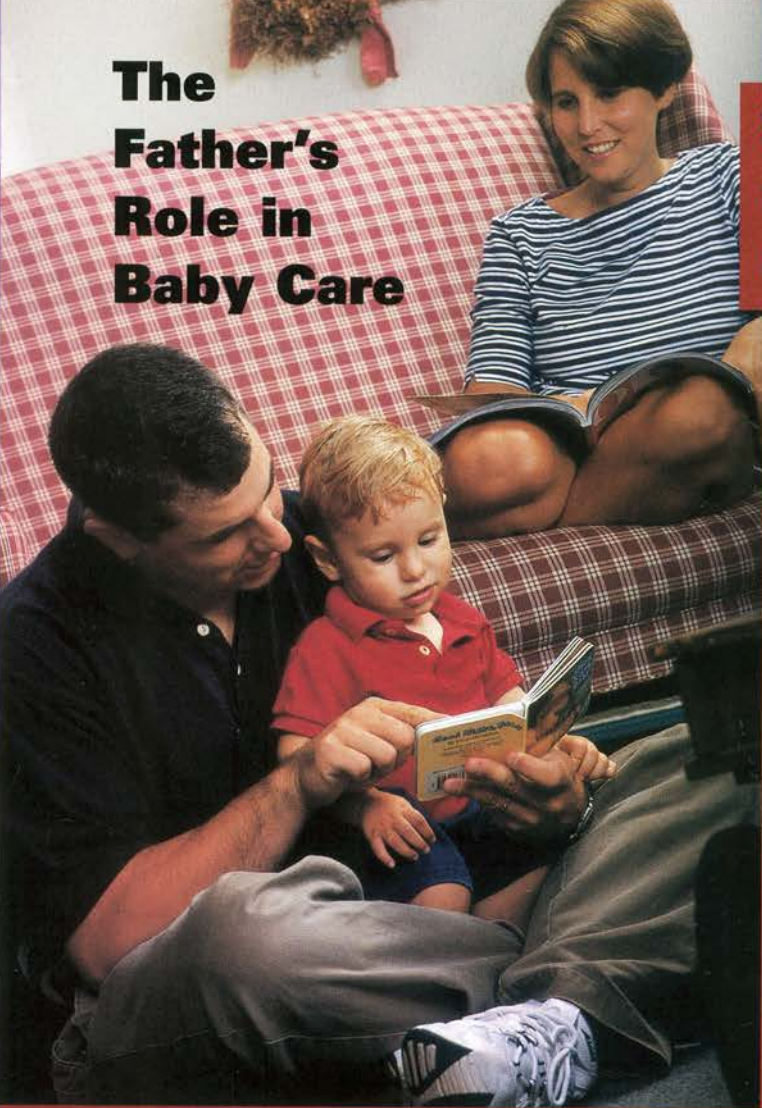
The fact is, he says, more people are becoming savvy about the mind/body link and the value of mental health treatment. Many of those classmates will experience it themselves. ●

*Want to Know More? Support from peers is very important. For a copy of “What To Do When a Friend Is Depressed,” call 610-402-CARE.*



# The Father's Role in Baby Care

Some do's and don'ts for new dads



**T**aking three months of paternity leave when his son, Ryan, was born last year gave Chris Giovenco of Allentown a real opportunity to be a father. He rocked the baby each night, changed his diapers in the small hours, and took Ryan out mornings so his wife, Beth, could sleep.

"It helped both of us because we could share the responsibilities," Giovenco says. "We avoided the stress of me coming home tired from work and Beth taking care of the baby all day alone. And I formed a bond with Ryan that I wouldn't have otherwise."

Finding your own parenting role can be challenging for a new father,

*Father-son story time is a favorite activity in the Giovenco household. Beth looks on as Chris reads to Ryan.*

says pediatrician (and father) Donald Levick, M.D., of Lehigh Valley Hospital and Health Network. Mothers, especially those who breast-feed, have such a built-in relationship with the baby that the father can feel left out, his joy mixed with uncertainty or even resentment.

Levick suggests preparing ahead of time by reading up on parenting and discussing how you'll share it. "For example, the father can do story time and putting the baby to bed; it's a nice opportunity for quiet togetherness." Levick also offers these do's and don'ts:

- **Do expect that your life will change**, both in how you feel and how you spend your time.
- **Do take advantage of the time** you have with your baby.
- **Do expect to share your partner's love.** When a baby comes along, the new mother can't do as much husband-nurturing. Accept that your mutual love is playing out in a positive new way.
- **Don't expect to maintain the same level of outside activities** you had before.
- **Don't expect your wife to do everything** just because she has a closer bond with the baby.
- **Don't ignore your wife as a woman.** She needs your attention.
- **Don't worry about being scared;** it's a normal reaction to fatherhood. Your tiny infant is a big new responsibility. ●

*Want to Know More?* For a guide to books and online resources for new fathers, call 610-402-CARE.



# Do You Need a Bone Density Test?



If you are past menopause, it's a key defense against osteoporosis



**B**one is a “work in progress”—a living tissue that’s constantly being used up and replenished. “In the early part of life, your body builds bone faster than it uses it up,” says gynecologist Susan Haas, M.D., of Lehigh Valley Hospital and Health Network. “But there is a gradual decline in bone density after the mid-30s, and especially after menopause.” If your bone-rebuilding cycle gets seriously out of balance, you have osteoporosis, the disease responsible for 1.5 million spine, hip and wrist fractures every year.

**It’s easiest to treat osteoporosis if you catch it early.** Get a bone mineral density test as soon as you’re past menopause (natural or surgical). “Bone loss is steepest in the first five years,” Haas says.

“A test is especially important if you’re not taking estrogen replacement, which protects against osteoporosis.” For younger women, ask your doctor about testing if you’re a serious athlete (they often develop estrogen deficiency), have a family history of fractures, have used steroids, or have thyroid disease, diabetes or other chronic conditions.

There are several good, painless tests to choose from. For a first screening, you can have an ultrasound of the heel (calcaneus ultrasound) or an X-ray of the forearm (pDXA). If either comes back abnormal, or if you want to start with the “gold standard” test, go for DXA (dual-energy X-ray absorptiometry). Check with your insurance carrier regarding coverage of this test. DXA involves lying on a table while a low-dose imager passes over your body, measuring density of both hip and spine.

“DXA shows how far off you are from the ‘best case’ bone density of a healthy 30-year-old,” says endocrinologist Donald Barilla, M.D., of Lehigh Valley Hospital and Health Network.

**Even for women well past menopause, it’s never too late for osteoporosis detection.** “We have new treatments today that can greatly reduce your risk of fractures,” Barilla says. “The key is to find the problem!” ●

*Want to Know More? You can reduce your risk of osteoporosis through exercise, nutrition and other lifestyle choices. For details, call 610-402-CARE. See page 39 for information on an Osteoporosis Lecture Series.*

## Bone Mineral Density Tests

What it is	What it measures	How	Cost	Lowdown
Calcaneus ultrasound	Heel	Sound waves	\$35-50	Preliminary screening
pDXA (or pDEXA)	Forearm/heel	Low-dose X-ray	\$40-50	Preliminary screening
DXA (or DEXA)*	Hip, spine	Low-dose X-ray	\$170+	Gold standard test

\*DXA is covered by Medicare, and by most health plans for women with abnormal preliminary screening results.

DXA and ultrasound are available at the Health Center at Trexlertown. For information on other locations, call 610-402-CARE.



# Spirit of Women 2000

They learned  
from mentors  
and are now  
mentors  
themselves

When you cross the path of a mentor, you'll probably discover someone like this year's Spirit of Women award winners, honored at the Oct. 10 Spirit of Women Conference, "Women Mentoring Women: Sharing Life's Experiences." These women have learned from mentors, shared lessons as mentors, and made a difference in the lives of others with their courage, patience and understanding.

## Nadine Powell

Nadine Powell, 18, of Whitehall has lent a helping hand to people from all walks of life. She's been a mentor to a teen-age girl in the Special Olympics, a Big Buddy to a child with special needs and a tutor to her classmates. Today, Powell is on the swim team at Dickinson College and aspires to be a pediatrician.

Her greatest supporter and mentor is her older sister, Elizabeth Powell, a swimmer herself at Kutztown University. Two years after Elizabeth was named "Athlete of the Year" at Whitehall High School, Nadine earned the honor. "Growing up, I always wrote class essays about my sister," she says. "She's taught me to be myself and not care what other people think."



*Nadine Powell (l) and her sister, Elizabeth, were both Athletes of the Year.*

*Lisa Taylor (l) and her mother, Helen Taylor.*



## Lisa Taylor

While many people spend their vacations relaxing, social worker Lisa Taylor of Allentown spends hers volunteering for the American Red Cross. Taylor has been a friend to families who've lost loved ones in tragedies such as the TWA crash in Long Island, and to fellow relief workers overwhelmed with grief. When she is not crisis counseling, she cares for burn, kidney dialysis and transplant patients at Lehigh Valley Hospital and Health Network.

Taylor was inspired to pursue a career in health care by her personal mentor: her mother, Helen Taylor, a nurse in Guam during World War II.



# Award Winners

“As a child, I was always intrigued by her stories,” she says. Years later, she herself went to Guam with the Red Cross. “My mother and I had so much to talk about,” she says. “Sharing our experiences really created a special bond between us.”

## Mary Beth McGinley

Mary Beth McGinley’s spirit is stronger than her diagnosis of lupus and rheumatoid arthritis. Despite pain and physical limitations, McGinley’s love of life motivates her to make the most of each day. Her passion is being a teacher and librarian at the Jewish Day School and Temple Beth El in Allentown, where she has learned Hebrew traditions and has received much support from her Jewish “family.”

Among that family is her doctor, Ellen Field-Munves, M.D., a rheumatologist at Lehigh Valley Hospital and Health Network. “Mary Beth has been a friend and a very special teacher to my children at Day School,” Munves says. “Despite all her health challenges, it’s just her nature to think of others first—even her own doctor. She has the spirit of 10,000 healthy women.” ●



*Mary Beth McGinley (l) with her doctor and friend, Ellen Field-Munves, M.D.*



## Join Spirit of Women’s Mentoring Programs!

A mentoring relationship can provide you with friendship, spark your confidence and inspire you to pursue your dreams and help others pursue theirs. Spirit of Women’s mentoring spirit lives on in these programs:

**Mentor Matching.** Sign up to be a mentor or find one by calling 610-402-CARE. Another opportunity to discover a mentoring relationship is at mentor/mentee orientation, which is where you will learn more about your new role. Women who join receive a free mentoring journal filled with valuable tips, inspirational quotes and blank pages to record their experience.

**Mentor Milestone Meetings.** At these quarterly gatherings, mentors meet other mentors, evaluate their relationships and receive feedback from mentoring experts.

**Mentoring workshops.** Learn more about mentoring opportunities by attending workshops throughout the year, each one addressing a topic in either work, family or health.

*Want to Know More? To receive a schedule of these programs, call 610-402-CARE.*



# Protecting Your Pelvic Health

## A game plan to live by

**Y**ou see your gynecologist once a year for a checkup and a Pap test. Isn't that enough to maintain your pelvic health? Not exactly, says obstetrician/gynecologist Joseph DeFulvio, D.O., of Lehigh Valley Hospital and Health Network. "The yearly exam is a good start. But you also need to be aware of your family history, risk factors and general health."

To protect the complex systems of the pelvis, DeFulvio and other specialists recommend a full-scale "game plan." For many women, the decision to take charge of their own pelvic health can literally be a life-saver.

### 1. *Have the right physician.*

Your gynecologist should be skilled, thorough, up-to-date, and the kind of person you can trust and talk with freely. If the relationship doesn't feel right, change doctors.

### 2. *Know your risks.*

Did your mother, sister or aunt have ovarian, uterine or breast cancer? Are you overweight, have you had breast cancer, or do you have high blood pressure or diabetes? If so, you may be at increased risk of pelvic cancer. Talk to your doctor about what tests you should receive, and how often.

### 3. *Get your yearly pelvic exam, all life long.*

If you put off yearly exams because you're too busy at work or home, think again: this is one of the best health moves you can make for yourself and your family. "Pelvic exams should start by age 18, and earlier for those who are sexually active," DeFulvio says.

The exam includes a Pap test to detect cancer or pre-cancerous conditions of the cervix. "Many women don't realize that Pap tests cannot detect problems of the ovaries, uterus or other reproductive structures," he says. That's one reason why you need a general pelvic exam. At this time, your gynecologist should also examine your breasts, abdomen and thyroid. If you're over 50, ask about a colorectal cancer screening.

### 4. *Protect yourself against disease.*

Sexually transmitted diseases (STDs) are among the most widespread contagious diseases in the United States. Some can be cured, some can't; and some STDs can increase the risk of cervical cancers. To reduce your risk, know your partner's sexual history and use a condom and spermicide.

### 5. *Pay prompt attention to any symptom.*

Although itching, swelling and soreness may be signs of a yeast infection, they can also point to an STD. If you think you might have an infection of either type, call your doctor. "Treatments are available, but don't delay," DeFulvio says. "A single course of an over-the-counter anti-yeast preparation is reasonable, but if the symptoms continue, call your doctor."



## Warning Signs of Pelvic Cancer

- Discomfort and/or bloating of abdomen
- Constipation, diarrhea or change in bowel habits
- Frequent or urgent urination
- Abnormal bleeding
- Excessive fatigue
- Pain during intercourse

If any of these symptoms lasts for more than two weeks without an explanation, see your physician for further testing, says gynecologic oncologist Richard Boulay, M.D.

For a ribbon to show your support for gynecologic cancer awareness, call 610-402-CARE.



Most products on the market are not for STDs, he says, and the wrong product can just aggravate the problem.

When it comes to pelvic cancer, the symptoms (see Warning Signs, right) can be hard to pinpoint. “They often mimic minor ailments,” says gynecologic oncologist (cancer specialist) Richard Boulay, M.D., of Lehigh Valley Hospital and Health Network. “It is critical to consult your physician, and seek a second opinion if you don’t get the answers you’re looking for.”

### 6. *Protect your overall health.*

Since obesity, smoking and poor diet have been linked to an increased risk of certain cancers, here’s one more reason to follow a healthy lifestyle. Just a few simple modifications—such as eating five fruits and vegetables daily, exercising regularly and not smoking—can significantly reduce your cancer risk. ●

*Want to Know More about risk factors, prevention and treatment of the conditions discussed in this story? Call 610-402-CARE or visit [www.lvhhn.org](http://www.lvhhn.org), and see page 39 for details on a Maintaining Gynecologic Health presentation.*

## How Cervical Cancer Is Detected

Pap tests are for cervical cancer only. They don’t detect cancers of the uterus or ovary.

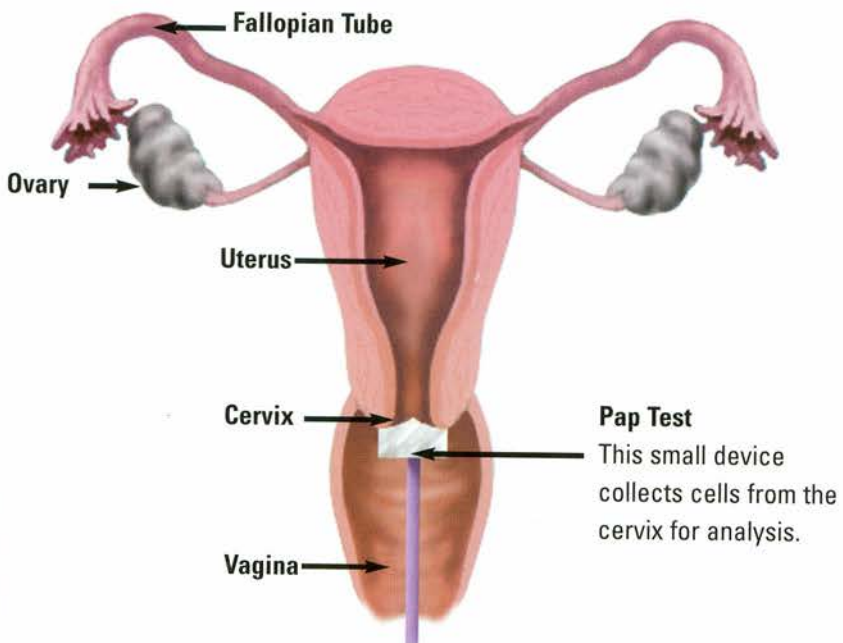


Illustration by Carol Varina



# Giving Back

How three local

'Tis the season for giving...but look beyond that nicely wrapped holiday package. Around the Lehigh Valley are hundreds of people (see three on these pages) who didn't need Scrooge's ghosts to learn the deeper meaning of "giving." They came through a personal trauma and are using what they learned to help others.

What's more, they take pleasure in the giving. It's called "altruism" and is key to mental health, says Gail Stern, R.N., administrator for psychiatry at Lehigh Valley Hospital and Health Network: "A truly healthy person cares deeply about 'you' and not just 'me.'"

While others feel angry, helpless or depressed when bad things happen, this kind of person can focus outside his or her own troubles. "There's no way of avoiding what life deals you," Stern says. "The issue is what you make of it."

Altruism, like a sense of humor, helps the giver as well as the receiver. It's one of the healthiest possible ways to head off stress. "You can feel yourself relaxing," Stern says. "I call it an attitude adjustment, and it's profoundly healing."

*Want to Know More* about opportunities to volunteer in your community? Call 610-402-CARE.



*Quilting means togetherness for support group members (l-r) Ellen Waring, Roseann Artim and Jacqueline Benner.*

*"What did I want when I was newly diagnosed? Someone to call me and say, 'I have what you have.'"*

**There was no such someone for Ellen Waring of Allentown** when she learned she had advanced ovarian cancer in 1998. But today, she and her fellow members of the gynecologic cancer support group at Lehigh Valley Hospital are providing that service. (See page 42 for information on group

meetings.) The group was organized through the office of gynecologic oncologist Weldon Chafe, M.D. They're there for each other and by telephone for newly diagnosed women.

Each caller has her own style, and Waring's is down-to-earth. "If you want sugar coating, you don't want me!" she says. What she does offer is the positive philosophy she's developed through a painful journey including surgery and chemotherapy.

"You don't know how precious life is until you're dealt a blow like this," says Waring, now 41 and the single parent of a teen-aged daughter. "The cancer can come back; that's always in the back of your mind. But you can't change what's happened, so how do you deal with it? You can choose to worry, isolate yourself and be consumed by the disease; or you can take the time you have and be happy, do the things you want to do."

One of those things, for Waring, is learning how to sponge-paint her bathroom. Another is being there for cancer patients who need to talk. "I can tell them," she says, "that life goes on!"



*“I had less than a 50 percent chance of living. If it wasn’t for the Burn Center, I wouldn’t be here to raise my daughter.”*

**Tom Sterley of Reading was 20 years old when an industrial accident almost killed him.** A container of molten metal fell off a forklift and exploded, leaving him nearly blind and suffering severe burns to two-thirds of his body, despite his fire-resistant suit.

Sterley spent five months in the Burn Center at Lehigh Valley Hospital, battling sinus and blood infections and undergoing more than a dozen surgeries. Several times his heart stopped. But the doctors and nurses who fought for his life never gave up—and neither did Sterley. “He had a strong will to survive,” says Burn Center director Jacqueline Fenicle, R.N.

Five years later, the Burn Center staff recalls Sterley’s upbeat attitude and sense of humor. But Sterley also remembers how the team helped him when he was down: how his physician sat outside his room during the critical times and plastic surgeon Walter Okunski, M.D., talked compassionately about his scars.

In recognition, when Sterley won a settlement from the clothing manufacturer, he donated \$20,000 to the Burn Center. Today, he is training to become a counselor. He’s already an expert on the compassion part.



*Checking out the new Burn Center are Tom Sterley and Jacqueline Fenicle, R.N., shown here with specialized shower chairs.*

*“I’ve learned some things about cancer, and I like feeling that I can help other people get through it.”*

**Margaret Walsh knows more about cancer than most people.** The 79-year-old Schnecksville woman lost her husband and sister to the disease in 1992 and is herself a colorectal cancer survivor. When she decided to become a volunteer at Lehigh Valley Hospital three years ago, it was natural that she chose to work with cancer patients.

“I spend time with anyone who’s lonely or wants a visit,” Walsh says. Her most important function is just being there to hold the patient’s hand and listen. “They need to talk about their problems,” she says. “I can sympathize because I know what they’re going through. When it helps, I share some of my own experiences.”

A phone operator for 23 years, Walsh knows how to put a smile in her voice as well as on her face. “I tell the patients they have to smile back at me before I go—that’s how they ‘pay’ me,” she says. Almost everyone does. “Cancer patients are better at laughing than I ever thought possible.” ●



*On her way to visit cancer patients, Margaret Walsh pauses for a smile.*



## 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.

# Vitality PLUS

### 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 43.

### **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



Seniors' Horizons Winners

A Computer Makeover

Knee Replacement

Are Wrinkles Inevitable?

V  
®



*Golfing again after a double knee replacement is William Stamm of Pottstown. Read his story, next page.*



# Knee Replacement

When the pain is disabling, artificial joints are an effective and durable option



*Avid golfer William Stamm took the unusual step of having two knee replacements done simultaneously. Clearly, he's happy with the results.*

**W**illiam Stamm's arthritic knees were crippling his life, both on the job and off. The 53-year-old Pottstown man traveled often as an account executive for an insurance firm, and was having more and more difficulty maneuvering in and out of airports. The cartilage in his joints had worn down to bone on bone, causing extreme irritation. By mid-1999, the pain was so bad he couldn't even enjoy his golf game anymore.

Stamm's solution: a double knee replacement.

He was the perfect candidate for the procedure, says Prodromos Ververeli, M.D., chief of orthopedic surgery at Lehigh Valley Hospital and Health Network. "We recommend knee replacement for anyone age 45 and older whose arthritis has progressed to the point that no cartilage is left in the joint," he says. "They have become disabled in their daily activities and their symptoms are no longer manageable by non-surgical measures."

An arthritic joint can result from injury or excessive wear and tear. Stamm's case was one of those in which the problem develops for no identifiable reason. He chose the double procedure to get his surgery over with all at once, but most people do one knee at a time because of the degree of discomfort and temporary disablement.

## The replacement process

Surgery involves replacing the damaged knee joint with a mechanical one made of metal (cobalt and chrome alloys) and plastic (polyethylene). The surgeon connects it to the bottom of the femur (thigh bone) and the top of the tibia (shin bone).

Today's replacement joints are sophisticated and very durable, Ververeli says. "While one in 10 needs to be replaced after 10 years, many may last more than 30 years."

For people with damaged cartilage in only part of the joint, there is the option of a partial knee replacement. "It's done far less often than full replacement," Ververeli says. "While recovery is faster, partial replacements may be less durable, as cartilage in other parts of the knee continues to deteriorate."

## Recovery and rehabilitation

For most people, it takes about three months to fully recover from knee replacement surgery. Patients usually spend two to three days in the hospital and three to five days in a rehabilitation hospital, followed by one to two months of outpatient therapy. They need to learn how to use their new joint, and continuously flex it to speed the healing process.

**UPCOMING  
EVENT**  
**Options in Knee  
Replacement**  
Thursday, Nov. 2  
7-8 p.m.  
For details,  
see page 34.

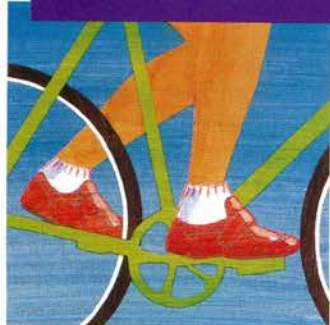


Post-surgery, patients are monitored carefully to prevent infection and blood clots. They take blood-thinning drugs, exercise to increase blood flow to the leg, and wear elastic stockings. "Pain management is an important part of rehabilitation because the first month of recovery often is more painful than before surgery," Ververeli says.

For Stamm, the pain and effort were worth it. With the help of pain medication and physical therapy, he progressed from crutches to a cane in six weeks and was back at work in two months. A year later, he's playing golf again and continues to exercise regularly. "The surgery even gave me back an inch of height," he says. ●

*Want to Know More? For more information on choosing a surgeon for knee replacement, call 610-402-CARE.*

## Are Sports Damaging Your Knees?



Many high-impact sports can be tough on your knees, causing pain and aggravating arthritis and other medical conditions. The sports most likely to cause knee injury are those that require you to change direction or twist rapidly, stop abruptly when running, or land from a jump. And although it's not knee-specific, there is always a risk of potential injury with sports like soccer, volleyball and football that involve falling, being tack-

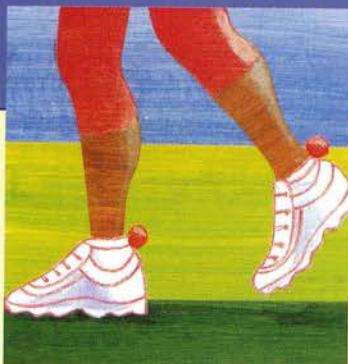
led or colliding with someone.

If you're concerned about your knees, keep the following lists in mind when choosing activities:



### Good for Knees

- Swimming
- Walking
- Golf
- Biking
- Exercise machines (treadmill, cross-country ski machine, stationary bike, etc.)



Illustrations by Sally Orzoff

### Bad for Knees

- Basketball
- Skiing
- Racquetball
- Running
- Tennis





*Award winners (clockwise from top): Gene Gribbin; Ray Bieber; the Angel Shop team; Robert Allem.*

## SENIORS' HORIZONS

### Meet the Winners! Seniors' Horizons Volunteer Awards

One of the highlights of Seniors' Horizons—the Lehigh Valley's information and entertainment fair for people age 50 and over—is the Volunteer Awards ceremony. Each year, local people are honored for contributing their talents to the community. Here are the "stars" recognized Sept. 29, 2000:

### Gene Gribbin

#### Northampton County Winner —

"Gene is the kind of volunteer who makes you want to go to work in the morning!" says a colleague at The Crayola Factory. With a ready smile, Gribbin, 71, does everything from greeting visitors to stuffing folders to teaching children the excitement of art. He also tutors Williams Township elementary students. "If you live in good health until 65, you should give back a little," he says.

### Volunteers of the Angel Shop

#### Group Winner—

The 27 women who operate the Angel Shop at Dorneyville Shopping Center, Allentown, are guardian angels themselves. All profits from this volunteer-run enterprise go to Mary's Shelter in Reading, which helps unwed mothers and their newborns from around the country. Angel Shop president Jane Walter and her team staff the shop and make or order the angel-themed merchandise. Taking care of the littlest angels is, she says, "an excellent cause."

### Robert Allem

#### American Association of Retired Persons (AARP) Winner —

You might call Robert Allem the Northern Lehigh Community Center's (NLCC) best friend. Serving on the board, acting as chamber of commerce liaison, taking classes at the center—he's even cleaned windows for NLCC! Allem, 76, is also active with AARP, his church and community planning. Says a friend: "He's enhanced the lives of everyone in our community."

### Ray Bieber

#### Lehigh County Winner—

Everyone at Phoebe Home knows Ray Bieber, 83. Several days a week, he takes residents to appointments and leads discussion groups. But he's best known as the "piano man," playing Big Band-style and accompanying the rhythm band. Bieber finds time for many other volunteer commitments as well. It's part of his spiritual journey, he says, and "a great way to stay healthy." ●





# Ready for a Computer Makeover?

There are still some members of "The Greatest Generation" who fear they'll never join "The Wired Generation." That's too bad, because even the most stubborn holdouts can see how valuable a computer could be. "Most of our students are interested in e-mail, especially exchanging pictures and 'talking' with grandchildren," says computer instructor Kathy Romig. "There's also interest in researching health topics on the Web, learning about genealogy and comparison shopping."

Romig teaches Vitality Plus computer and Internet courses at Penn State Lehigh Valley, so she's well-versed in the special concerns (and embarrassments) of the older learner. "Later in life, it can be hard to go back to learning the very basics of any skill," says her colleague Jane Noel, coordinator of computer training.

If you're computer-phobic and would like to move into the 21st century, here are Romig and Noel's suggestions:

■ **Sign up for a class.** For those with little or no experience, it's comforting to find out you're not alone.

■ **Sit down at a computer and experiment.** "If you don't have one at home, go to the library or another place where you can get comfortable," Romig says. Once you have the basics, much of today's software is very user-friendly.

■ **Call the kids.** It's a sure bet your children and grandchildren can help if you have a question or problem. In fact,

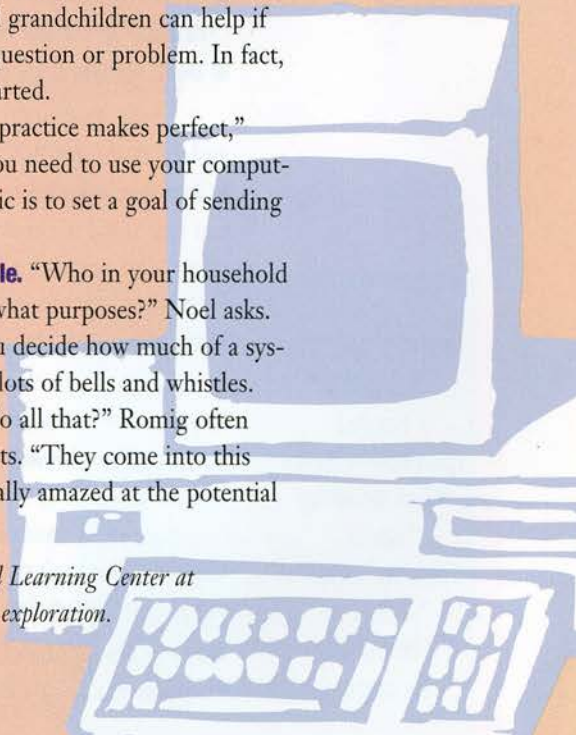
they've probably been bugging you to get started.

■ **Be patient and keep at it.** "As always, practice makes perfect," Romig says. "Even if you're taking a class, you need to use your computer skills regularly between sessions. One tactic is to set a goal of sending at least one e-mail a day."

■ **When it comes to buying, keep it simple.** "Who in your household is really going to use the computer, and for what purposes?" Noel asks. "Answering questions like these will help you decide how much of a system you want." Most older users don't need lots of bells and whistles.

"Wow, who would've thought it could do all that?" Romig often hears this remark from her beginning students. "They come into this with open minds," she says, "and wind up really amazed at the potential impact of the Internet on their lives." ●

*Want to Know More? The Health Library and Learning Center at Trexlertown is a great place for guided computer exploration.*



If you'd love to e-mail but are computer-phobic, fear not—it's never too late to get online!

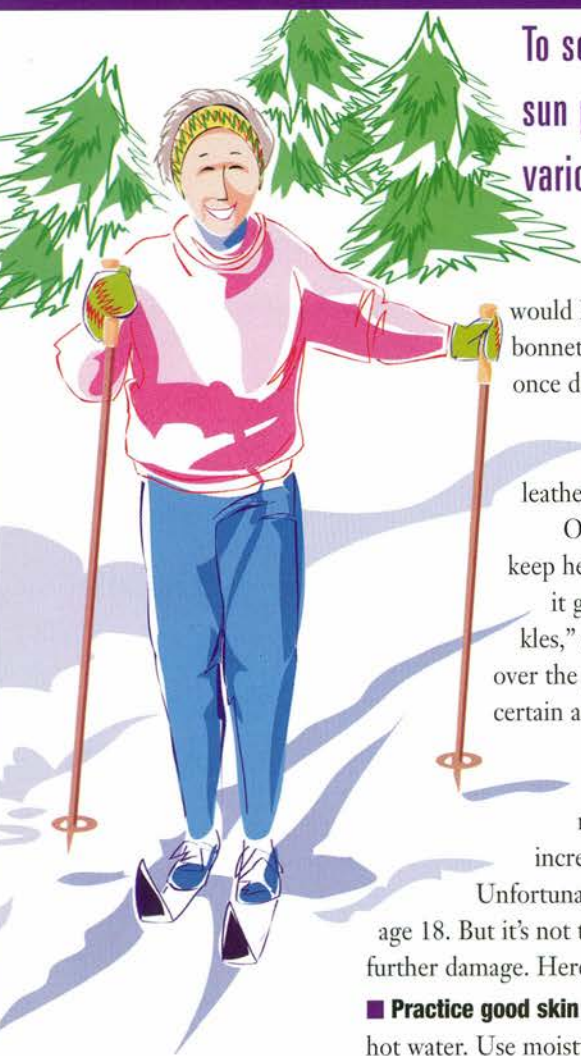


## New Year's Resolution:

Take a Vitality Plus computer class! See the schedule in the March issue of *Healthy You*, or call 610-402-CARE.



# Are Wrinkles Inevitable?



To some degree. But good care and sun protection help—as do the various skin-improvement treatments

Today's sun-loving retiree is a far cry from her 19th-century counterpart, who would have shuddered at going outdoors without a bonnet or parasol. "We don't value fine skin as we once did," says plastic surgeon Walter Okunski, M.D., of Lehigh Valley Hospital and Health Network—and it shows in the leathery faces of many a 50- and 60-year-old.

Of course, even great-grandmother couldn't keep her creamy complexion forever. "As skin ages, it gradually thins and dries, causing fine wrinkles," says dermatologist Arthur Sosis, M.D. "Also, over the years we develop laugh and frown lines and a certain amount of sagging from the force of gravity."

The biggest culprit, though, is the sun.

Over-exposure robs skin of its elasticity, resulting in wrinkles, a coarse texture and increased risk of skin cancer (see page 5).

Unfortunately, more than half of sun damage is done by age 18. But it's not too late to improve your skin—and prevent further damage. Here's what you can do on your own:

■ **Practice good skin care.** When you bathe or shower, avoid very hot water. Use moisturizing soap and rub bath oil over your skin before towel-drying.

■ **Protect against the sun** all year long by using a sunscreen (SPF 15, for both UVA/UVB) and wearing long sleeves and hat.

■ **Don't smoke.** It increases wrinkling, especially crow's feet.

These treatments should be done by a qualified professional, and generally are not covered by insurance:

■ **Zap fine wrinkles** with alpha hydroxy or laser treatments. You can buy alpha hydroxy over the counter, but you'll see a greater effect with higher, professionally administered doses. Dermabrasion and laser treatment remove the top layers of skin.

■ **For deeper wrinkling**, consider chemical peels, or botox or collagen injections. Peels do just what they say. Collagen fills in the wrinkle and botox deadens the nerve to it.

■ **A facelift or browlift** is the answer for heavy neck or forehead wrinkling, jowls or drooping eyelids.

A good first step is to talk through your options with a dermatologist. "You can't stop the aging process," Okunski says, "but you can improve your skin quality and feel better about yourself." ●

*Want to Know More?* For details on these treatments, or for referral to a dermatologist or plastic surgeon, call 610-402-CARE.

## UPCOMING EVENT

**Facial  
Therapy—Keep  
That Healthy  
Glow**

Tuesday, Dec. 12  
7-8:30 p.m.

For details,  
see page 39.



# Vitality PLUS<sup>®</sup>

## Mark Your Calendar!

This tear-out section will help you keep track of Vitality Plus classes, events and programs. For more information on these classes, see pages 34-39.

Be sure to register for all classes.  
Space is limited.

### November

- 2 Options in Knee Replacement
- 9 Incontinence Update
- 15 & 17 55 Alive — AARP Driving Class
- 16 Your Future in Social Security
- 20, 27 Exercise for Life Free Tryout
- 21 Blood Pressure Screening

### December

- 6 Maintaining Gynecologic Health
- 12 Facial Therapy—Keep That Healthy Glow
- 13 Menopause for the Millennium
- 21 Your Future in Social Security

### January

- 41 Vitality Plus — What You Need to Know!
- 16 & 18 55 Alive — AARP Driving Class
- 18 Your Future in Social Security



### Other Classes of Interest:

- **Staying Strong**  
*See page 35*
- **Dance, Dance, Dance**  
*See page 35*
- **Everyday Tai Chi**  
*See page 37*
- **Fountain of Youth**  
*See page 38*
- **Osteoporosis Lecture Series**  
*See page 39*



# 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 inside on page 43 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.

## Vitality

PLUS

### Age 50-Plus

#### Options in Knee Replacement **NEW**

Are you a candidate for knee replacement surgery? Find out about the latest on treating knee problems, what surgery involves, and how nutrition, exercise, strength training and medications can help you return to a normal, active lifestyle.

Free

• Thursday, Nov. 2; 7-8 p.m.

**Class meets at CC, Auditorium.**

*Prodrimos A. Ververeli, M.D., orthopedic surgeon*

*See related article on page 28.*



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#### Menopause for the Millennium – Traditional and Alternative Management **NEW**

Designed to assist women in maturing with health, strength and grace, discussions will focus on both traditional and natural strategies to deal with menopause.

Free

• Wednesday, Dec. 13; 7-8:30 p.m.

**Class meets at 17, Auditorium.**

*Larry Glazerman, M.D., obstetrician/gynecologist*

*Wendy Grube, certified nurse practitioner*

#### Vitality Plus – What You Need to Know!

Learn how Vitality Plus can help you stay healthy and active, enjoy special discounts and meet great people! Dress casually for a mini-exercise session.

Free

• Thursday, Jan. 11; 6-7 p.m.

**Class meets at 17, School of Nursing, Auditorium.**

#### 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)

• Wednesday and Friday, Nov. 15 and 17; 12:30-4:30 p.m.

**Classes meet at MUH, Banko Center, Rooms 1 and 2.**

• Tuesday and Thursday, Jan. 16 and 18; 5:30-9:30 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!

Free

- Thursday, Nov. 16; 7-9 p.m.
- Thursday, Jan. 18; 7-9 p.m.

*Class meets at 17, Auditorium.*

- Thursday, Dec. 21; 7-9 p.m.

*Class meets at MUH, Banko Center, Rooms 1 and 2.*

## Healthy Eating

### Finding Your Weight Management Style **NEW**

What method of weight loss works best for you? We will explore a variety of weight loss products and services to help find the most successful method for you.

\$10

- Wednesday, Nov. 15; 7-8 p.m.

*Class meets at 17, Auditorium.*

- Wednesday, Dec. 6; 6:30-7:30 p.m.

*Class meets at CC, Room 1.*

- Wednesday, Dec. 13; 11 a.m.-noon

*Class meets at MUH, Banko Center, Rooms 1 and 2.*

*Amy Virus, registered dietitian*

### Culinary Adventure **NEW**

Join executive chef Joe Kratchowill as he hosts these fun-with-food sessions. Be sure to bring your appetite for taste-testing these wonderful creations.

\$15 per class

**Holiday Party Planning and Appetizers**

- Wednesday, Nov. 29; 6:30-8 p.m.

**Heart Healthy Holiday Desserts**

- Tuesday, Dec. 5; 10-11:30 a.m.

*Class meets at Wegmans.*

*Joe Kratchowill, executive chef*

*See related article on page 10.*

### Eating to Lower Your Cholesterol

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

\$5

- Thursday, Jan. 4; 7-8 p.m.

- Monday, Jan. 8; 10:15-11:15 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**

### Exercise for Life Free Tryout **NEW**

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 session.

Free

- Monday, Nov. 20; 1-2 p.m.

*Class meets at TX.*

- Monday, Nov. 27; 10:15-11:15 a.m.

*Class meets at Whitehall Township, Zephyr Park.*

### Dance, Dance, Dance Preview **NEW**

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.

\$10

- Friday, Dec. 8; 6:45-7:45 p.m.

*Class meets at TX.*

- Wednesday, Dec. 13; 6:45-7:45 p.m.

*Class meets at MUH, Banko Center, Rooms 1 and 2.*

### Dance, Dance, Dance Sessions **NEW**

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

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

*Classes meet at MUH, Banko Center, Rooms 1 and 2.*

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

*Classes meet at TX.*

### Staying Strong

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

12 classes for 6 weeks • \$36

- Wednesdays and Fridays, Dec. 13; 10:15-11:15 a.m. (first session)

*Classes meet at TX.*

*Instructed by certified exercise specialists or personal trainers.*



## "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, 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



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

### Intro to Chi Kung **NEW**

Chi Kung uses the mind in coordination with the breath and body to stimulate the flow of energy and enhance well-being. Join us to explore, practice and learn about this ancient art.

\$20

• Saturday, Dec. 9; 11 a.m.-12:30 p.m.

**Class meets at TX.**

*Synthia and Michael Angelone,  
Chi Kung practitioners*

### Mat Essentials Preview

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.

\$10

• Monday, Nov. 20; 7-7:45 p.m.

**Class meets at TX.**

### Mat Essentials Sessions

6 classes • \$55

• Tuesdays, Nov. 28; 10:15-11:15 a.m.

(first session)

• Wednesdays, Nov. 29; 8-9 p.m. (first session)

• Tuesdays, Jan. 16; 10:15-11:15 a.m.

(first session)

• Wednesdays, Jan. 17; 8-9 p.m. (first session)

**Classes meet at TX.**

## 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

**1243** • 1243 S. Cedar Crest Blvd.  
Allentown

**1251** • 1251 S. Cedar Crest Blvd.  
Allentown

**2166** • 2166 S. 12th St.  
Allentown

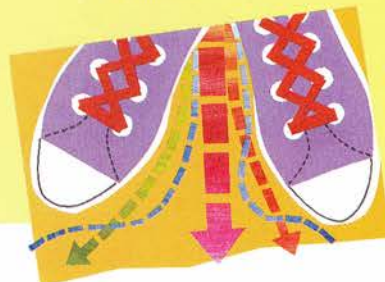
**TX** • Health Center at  
Trexlertown, Trexler Mall, Rt. 222  
Trexlertown

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

### Community Locations

**Whitehall Township,  
Zephyr Park**  
Schadt Ave. and Campus Dr.

**Wegmans**  
3900 Tilghman St.  
Allentown







### 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, Jan. 8; 6:45-8 p.m. (first session)
- Thursdays, Jan. 11; 10:15-11:30 a.m. (first session)

*Classes meet at TX.*

### Vigorous Yoga

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

6 classes • \$48

- Mondays, Jan. 8; 8:15-9:30 p.m. (first session)

*Classes meet 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, Jan. 8; 10:15-11:30 a.m. (first session)
- Tuesdays, Jan. 9; 6:45-8 p.m. (first session)

*Classes meet at TX.*

- Thursdays, Jan. 11; 6:45-8 p.m. (first session)

*Classes meet at MUH, Banko Center, Rooms 1 and 2.*

### 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.

\$15

- Saturday, Jan. 13; 11 a.m.-1 p.m.

*Class meets at TX.*

- Saturday, Jan. 20; 11 a.m.-1 p.m.

*Class meets at MUH, Banko Center, Rooms 1 and 2.*

### 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, Jan. 9; 6:45-7:45 p.m. (first session)

*Classes meet at MUH, Banko Center, Rooms 1 and 2.*

- Thursdays, Jan. 11; 6:45-7:45 p.m. (first session)

*Classes meet at TX.*

### 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.*

\$20

- Monday, Dec. 18; 6:45-8:45 p.m.

*Class meets at TX.*

### Workouts for the purpose of athletic challenge

#### PUMP Preview **NEW**

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

- Saturday, Dec. 16; 9:45-10:30 a.m.
- Wednesday, Dec. 20; 6:45-7:30 p.m.

*Class meets at TX.*

- Wednesday, Jan. 10; 5:30-6:30 p.m.

*Class meets at MUH, Banko Center, Rooms 1 and 2.*

#### PUMP Sessions

6 classes • \$55

- Saturdays, Dec. 23; 9:45-10:45 a.m. (first session)

- Wednesdays, Dec. 27; 6:45-7:45 p.m. (first session)

*Classes meet at TX.*

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

*Classes meet at MUH, Banko Center, Rooms 1 and 2.*

### Health Screenings

For information, call 610-402-CARE.

**LEHIGH VALLEY MALL—**

upper level

**Blood Pressure Screenings-Free**

Tuesday, Nov. 21 8:30-10 a.m.





## 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, Jan. 9; 8:15-9 p.m. (first session)
- Classes meet at TX.*

## Mind and Body

### Introduction to Metaphysics **NEW**

Introduce yourself to the concepts of metaphysics. Explore beyond the surface of everyday awareness and reconnect with your innermost spirit or self, the source of wellness.

- \$15
- Thursday, Nov. 30; 7-8:30 p.m.  
*Class meets at MUH, Banko Center, Rooms 1 and 2.*
- Thursday, Dec. 7; 7-8:30 p.m.  
*Class meets at CC, Room 1.*

## Fountain of Youth

For thousands of years these simple movements designed to slow the aging process were shrouded in secrecy by the Tibetan monks. Join us as we share these five movements in theory and practice. *Wear comfortable clothing.*

- \$20
- Saturday, Nov. 18; 11 a.m.-12:30 p.m.  
*Class meets at TX.*  
*Syntbia and Michael Angelone, Tai Chi practitioners*

## Reflexology Workout

These hand and foot massage workouts will improve your potential for better health. Reflexology is a simple and noninvasive method for helping the body attain a metabolic balance. Learn and practice three workouts—energy, stress control and rejuvenation.

- \$15
- Wednesday, Dec. 13; 6:45-8 p.m.  
*Class meets at 17, School of Nursing, Auditorium.*  
*Scott E. Pellington, certified massage therapist*

## 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, Dec. 2; 1-3 p.m.  
*Class meets at MUH, Banko Center, Rooms 1 and 2.*  
*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 Center.*

### 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 Center, CC-Jaindl Pavilion 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 or meditation.

- \$35 per half-hour
- Sessions held at TX.*

## MESSAGE MADNESS

### January

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

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





### 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 Center, CC-Jaindl Pavilion and 2166.*

*All massages provided by certified massage therapists*

## Spirit of Women

### Women's Health

#### Incontinence Update **NEW**

Learn what options are available for you to take control of this treatable condition. New treatments include medications, nerve stimulators, minimally invasive surgery and muscle-building electromagnetic therapy.

Free

•Thursday, Nov. 9; 7-8 p.m.

*Class meets at 17.*

*Vincent Lucente, M.D., urogynecologist*

*Kim Hunsicker, nurse practitioner*

#### Maintaining Gynecologic Health **NEW**

Early detection can save lives. Be your own health advocate and learn about the importance of annual screenings such as Pap smears and pelvic exams, common risk factors and warning signs of gynecologic cancers, and the promising research taking place.

Free

•Wednesday, Dec. 6; 7-8 p.m.

*Class meets at MUH, Banko Center, Rooms 1 and 2.*

*Richard Boulay, M.D., gynecologic oncologist*

*See related article on page 22.*



### Facial Therapy — Keep That Healthy Glow

**NEW**

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

\$25

•Tuesday, Dec. 12; 7-8:30 p.m.

*Class meets at CC, President's Room.*

*Joyce Abuisi, esthetician*

*See related article on page 32.*

### Osteoporosis Lecture Series

#### Mind Over Mood: Resolving Emotional Issues

Take charge of your osteoporosis and learn about the impact of attitude, lifestyle, body image, dress, exercise, posture and more.

Free

•Tuesday, Nov. 21; 1-2:15 p.m.

*Class meets at TX.*

*Albert Peters, D.O., endocrinologist*

*Kay C. Kintzel, licensed psychologist*

#### Non-hormonal Therapies for Osteoporosis

Recent advances in management of osteoporosis include non-hormonal and natural therapies.

Free

•Tuesday, Dec. 5; 7-8 p.m.

*Class meets at CC, Room 1.*

*Ellen Field-Munves, M.D., rheumatologist*

*See related article on page 19.*





## 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.*

### Analgesic Options in Childbirth

Today there are new options, including patient-controlled 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

• Tuesday, Nov. 28; 6-7 p.m.

*Class meets at CC, Jaindl Pavilion, Labor and Delivery Unit, Library Conference Room.*

*Joseph Galassi, M.D., anesthesiologist*



### 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.*



### 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

### Living With Kidney Disease

This two-session Renal Education Enhancement Program (REEP) focuses on the treatment of kidney disease and how patients and their families can cope with the dietary, financial and psychological/social concern of kidney disease.

Free

• Monday, Nov. 6 and 13; 6-8 p.m.

**Class meets at MCC, Conference Room 1B.**

*Presented by the Renal Care Team.*

### 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 the changes that could save your life.

\$5

• Tuesday, Jan. 9; 7-8 p.m.

• Wednesday, Jan. 10; 10:15-11:15 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.*

### 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.*

## CPR

*All CPR classes meet at 1251, Suite 309.*

### 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 • \$40

• Monday, Dec. 4, 11 and 18; 7-10 p.m.

• Monday, Jan. 8, 15 and 22; 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 • \$25

• Monday, Nov. 27; 7-10 p.m.

### Infant-Child (Course D)

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

\$25

• Wednesday, Nov. 15; 7-10 p.m.

• Monday, Nov. 20; 7-10 p.m.

• Wednesday, Dec. 13; 7-10 p.m.

• Monday, Jan. 29; 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.*





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

## November

### The Balancing Act: Managing Stress in Your Life

Learn how to achieve your full potential and manage the stress in your life. Includes the demonstration of relaxation response.

Free

- Thursday, Nov. 16; 7-9:30 p.m.

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

*Barry Pitkoff, holistic educator*

## December

### The Healing Power of Music

Find out how music can boost awareness, confidence, communication skills, concentration and the ability to express yourself.

Free

- Thursday, Dec. 7; 6:30-9 p.m.

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

*Katherine Purcell, board-certified musical therapist*



## Cancer Services Education

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

### Men Facing Cancer Discussion Group

For men dealing with prostate, bladder or genitourinary cancer.

Free

- Tuesday, Dec. 5; 7:30-9 p.m.
- Tuesday, Jan. 2; 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, Dec. 6; 7:30-9 p.m.
- Wednesday, Jan. 3; 7:30-9 p.m.

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

### Bereavement Support Group

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

Free

- Tuesday, Nov. 14; 7:30-9 p.m.
- Tuesday, Dec. 12; 7:30-9 p.m.
- Tuesday, Jan. 9; 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](http://www.lvhhn.org/calendar/support_search.html)*

## Speakers' Bureau

Learn about advances in breast disease evaluation from the staff of 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.



## Class Registration and Membership Form

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. Choose from a variety of methods for enrolling in other classes. For more information, call 610-402-CARE. Monday-Friday, 8:30 a.m.-4:30 p.m.

**BY FAX:**  
610-402-2295.

Use the registration form.  
Payment by **MasterCard,**  
**Visa** or **Discover.**

**BY PHONE:**

Call 610-402-CARE.  
Payment by **MasterCard,**  
**Visa** 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](http://www.lvhhn.org). Go to the calendar of events; use the online registration form. Payment by **MasterCard, Visa** or **Discover.**

**PARTICIPANT INFORMATION:** *This section must be completed*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Social Security # \_\_\_\_\_  
Are you a Lehigh Valley Hospital employee?  Yes  No  
Are you a Vitality Plus Gold member?  Yes  No

**TO REGISTER FOR A CLASS:** Please refer to the course schedule (pages 34-43) for class title, date/time and fees. *Please print.*

class title(s)	date/time	fee(s)
_____	_____	_____
_____	_____	_____

**TO BECOME A VITALITY PLUS MEMBER:**

Enroll me in Vitality Plus—Healthy Living for People 50 and Over. Please refer to page 26 for membership details.

FREE Community Membership  
 Vitality Plus Gold (\$20/year individual or couple)

Your date of birth \_\_\_/\_\_\_/\_\_\_ Sex  M  F  
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  MasterCard  Visa  Discover

CREDIT CARD ACCOUNT NUMBER \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

**PAYMENT:** Total amount enclosed: \$ \_\_\_\_\_

*Ask whether you are eligible for class discounts.*

**LEHIGH VALLEY**

HOSPITAL AND  
HEALTH NETWORK

Attn: 402-CARE office at  
Lehigh Valley Hospital  
17th and Chew, P.O. Box 7017,  
Allentown, PA 18105-7017



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

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Allentown

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LVPG\*—Pediatrics

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Allentown

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Jacqueline Fenicle, R.N.

\* Lehigh Valley Physician Group

For referral, call 610-402-CARE • [www.lvhhn.org](http://www.lvhhn.org)



Investigating a health question?

## Dig Into the Vitality Plus Archives

If you're age 50-plus, you'll find a wealth of information from past issues of *Vitality Plus* magazine (now part of *Healthy You*, see page 26). Some samples...

**Laughter** — It really is the best medicine (and a great tool for aging well).

**Hear, Hear** — What to expect from your aging ears.

**Bon Voyage!** — A physician's tips for safe and healthy travel.

**When Your Arms Get Too Short** — Can't see up close anymore? It's normal.

**Overcoming 'Cabin Fever'** — You don't have to be bored when cooped up indoors.

**Pets and Health** — Why Fido is a key member of your health care "team."

**Too Much Togetherness?** — Staying sane as a couple after retirement (or job loss).

**Keep Track of Those Pills!** — Vital info on how to be a wise medication-taker.

**Are You Getting Enough Sleep?** — Why it can be hard for older adults.

**PLUS** vitamins, emotional growth, back pain, gardening, sharing memories, choosing a retirement community, going back to school, walking your way to health, what to do about gray hair and baldness, caring for an elderly spouse, and more!

You can read all about it at the Lehigh Valley Hospital and Health Network web site — [www.lvhhn.org](http://www.lvhhn.org). You can also visit the Health Library and Learning Center at Trexlertown, or call 610-402-CARE for a copy of the topics that interest you.



Whatever your health learning style, Lehigh Valley Hospital and Health Network has something for you!

### How to find Vitality Plus articles:

- Log on to [www.lvhhn.org](http://www.lvhhn.org)
- Click first on **Health & Disease Information**
- Then click on **Seniors/Vitality Plus**
- Then click on **Visit our newsletter!**
- Then click on **Visit our former newsletters!**

Articles are listed in one of four categories—featured Vitality Plus members, healthy living, healthy eating, and exercise and nutrition.

### LEHIGH VALLEY HOSPITAL AND HEALTH NETWORK

Any comments concerning this publication may be sent to:

#### Healthy You

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

Visit Lehigh Valley Hospital's  
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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.





Roseann Artim  
Ovarian Cancer Survivor

This year, more than 80,000 women will be diagnosed with some form of gynecologic cancer. Roseann Artim knows how that feels. In 1996, she was one of them.

Diagnosed with ovarian cancer, she was treated successfully and continued to be tested regularly. When her cancer recurred last year, she and her family doctor were alerted early and able to react quickly.

Her doctor referred her to Weldon Chafe, M.D., and Richard Boulay, M.D., both gynecologic oncologists — doctors who specialize in ovarian, cervical and uterine cancers — affiliated with Lehigh Valley Hospital. With their help, Roseann underwent surgery and followed up successfully with radiation. Today, she gratefully reports, “I’m clean.”

Her advice to other women? Know your family history. And get yearly PAP tests and gynecologic checkups, even after menopause. With regular visits to her gynecologic oncologist, she says, “I feel I’m in wonderful hands.”

Awareness can be a powerful weapon against gynecologic cancer. Just ask Roseann.



Call for a ribbon to show support of gynecologic cancer awareness.

**610-402-CARE**

## LEHIGH VALLEY

HOSPITAL AND  
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17th and Chew Streets, Allentown

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