Healthy You

MARCH/APRIL 1997

- Successful Aging
- The Benefits of Yoga
- Estrogen and Alzheimer's



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LEHICH VALLEY HOSPITAL AND HEALTH NETWORK

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breast cancer survivor, plus safety for seniors

's of Successful Aging



These simple measures can help you or someone you love.

Do you know someone who's "aging well?" He or she knows how to enjoy the good times, cope gracefully with illness or loss, and generally boost other people's spirits.

"Helping people age well is what family physicians do every day; it's part of good medicine," says internist David Carney, M.D. It's also a special mission for Francis Salerno, M.D., chief of geriatrics at Lehigh Valley Hospital and Health Network. *Healthy You* asked the two physicians what they consider the keys to successful aging. Here's a mini-alphabet based on their suggestions.

A Is for Attitude

"Getting older involves a lot of changes," Carney says, "and people who age successfully are able to adapt to change. If you develop a heart condition, for example, you have to learn to do things a little differently. But you can still look forward and live with a positive attitude."

B Is for Brain Power

Should you kick back and stop challenging yourself after you retire? The answer is a resounding "no." "It's vital to keep the mental gears going," Carney says. "Whether through a hobby, formal study or just informal reading, to be successful in the older years you have to exercise your brain."



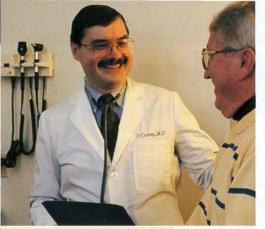
Computers for seniors: Francis Hodges (R) instructs (L-R) Zoltan Kortvely (Wescosville), Carl Wolf and Rose Chromiak (Allentown) at Lehigh County Senior Citizens Center.

C Is for Connections

"Isolation is a genuine health risk," Salerno says. The remedy: stay involved with friends, family and community. Carney says these social connections are a two-way street. "The elderly have a lot of experience to offer younger generations. It's an important role to play in society."

Is for Doctor

Particularly as you age, your physician is a vital partner. "I have many patients I know so well that I can uncover problems



Healthy partnership: Internist David Carney, M.D., and regular patient Jack Powell of Allentown enjoy a long-standing relationship.

based on that familiarity," Carney says. "Having a physician you're comfortable with also helps you talk about sensitive issues such as incontinence." Finally, your doctor can help you with regular health maintenance—checkups, immunizations and cancer screenings—so important to healthy aging.

Resources for Active Seniors

There are community resources to help with every aspect of successful aging. For example:

Lehigh County Senior Citizens Center (437-3700)

For Lehigh County residents 55 and older.

Senior Centers of Bethlehem (867-4233)

For everyone 55 and older.

Crafts, exercise, swimming, wellness education, dances/social events, sewing/quilting, bridge, support groups, lunches.

Lehigh Valley Hospital (402-CARE)

Exercise, nutrition and other wellness programs (see class list starting on page 7), special presentations, support groups, physician referrals. Hospital staff will present a personal safety program at Lehigh County Senior Citizens Center. (See page 29).

(See page 29).

E Is for Exercise

"Life spans being what they are today, you can plan on living well into your 80s," Carney says. "Think about what you can do to remain active in your later years. Aerobic activity need not be complex or fancy. Dancing, swimming, active gardening and plain old walking are all great activities for older people."



Keeping strong are (L-R) Evelyn Allen and Marilyn Ostrow (Allentown) and instructor Laura Ann Transue in an Exercise for Life class at Lehigh Valley Hospital.

F Is for Food

Good nutrition is important at any age, and it can be a special challenge for the elderly. A widow or widower living alone can get out of the habit of regular meals. A seasonal traveler can overdo restaurant dining. "Mortality in the elderly relates closely to heart disease and cancer, both of which are affected by the high-fat, high-sugar American diet," Carney says. "Try to focus on getting a variety of foods, including adequate fruits and vegetables. A well-rounded multivitamin can be a good backup."

G Is for Good Housekeeping

Home safety becomes a bigger concern as you grow older. Salerno advises that you pay special attention to fire safety, and reduce your risk of falls from loose rugs, poor lighting and other

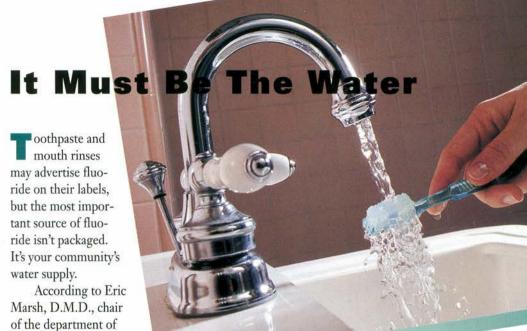
household hazards.

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Home safety: Anne Melick of the Allentown Health Bureau conducts a safety check in the Allentown home of Arlene Ritter.

"None of these suggestions is new or unique," Salerno says. "And following them doesn't necessarily mean you'll live longer. But they may well mean a better quality of life for the time you have."

For information on Lehigh Valley Hospital's new program for people 50 and over, call (610) 402-CARE.



According to Eric Marsh, D.M.D., chair of the department of dentistry, Lehigh Valley Hospital and Health Network, communities

that fluoridate their water supply are providing a safe, cost-effective way to prevent cavities.

"Fluoride incorporates itself in teeth as they're forming, making them less susceptible to tooth decay," Marsh says. "That's why water fluoridation has the greatest impact on kids between the ages of six months and eight years."

Fluoride is a naturally occurring element found in rocks and minerals. When water passes over rocks, some gets into the water, but usually not enough to be beneficial. In the 1950s, communities began adjusting the fluoride content of their water to recommended levels.

"Water fluoridation has been studied extensively and its benefits have been proven again and again," Marsh says. "There is a 30 to 60 percent decrease in cavities in young children in communities with fluoridated water supplies."

hile some communities have resisted water fluoridation, it is endorsed by government and professional health organizations, from the American Dental Association to the World Health Organization. "No one has ever gotten sick from water fluoridation," says Mark Young, M.D., chairman of the Lehigh Valley Hospital and Health Network department of community health and health studies. "Scientific evidence has proven it safe."

In fact, children living with unfluoridated water supplies are usually prescribed fluoride supplements and fluoride mouth rinses, or have it applied to their teeth at their regular dental visits.

"Water fluoridation wouldn't be an issue if every kid went to the dentist regularly," Marsh says. "Many uninsured and underinsured children don't see dentists regularly and if they live in areas that do not fluoridate water, they'll have more tooth decay."

For that reason, Marsh says water fluoridation is the most cost-effective way to care for a community's teeth.

"It's inexpensive, costing 51 cents annually per person," he says. "At the same time, for every dollar spent on water fluoridation, there is a savings of about \$80 in dental expenses."

Water fluoridation has proven to be a safe, cost-effective way to prevent cavities.

For more information on water fluoridation or to find out if your community's water supply is fluoridated, call 402-CARE.

The Emotional Side of Intelligence

Your child's emotional maturity may be just as important as IQ in predicting success.

It's easy to think of a child's intelligence in terms of test scores and report cards. But emotional development plays a big role in a child's ability to excel in life.

In fact, the most important part of the elementary school years may not be academics, says Sarah Fernsler, M.D., behavioral pediatrician at Lehigh Valley Hospital and Health Network.

"Kids develop self-esteem in their early years," she says. "Learning to read is important, but this is also a time when kids are discovering who they are and how they fit into the world.

"They must develop a positive sense of themselves," she says. "A lack of emotional maturity can put kids at a real disadvantage in making friends, keeping friends and performing in school.

According to Colleen Hendricks, kindergarten teacher and teacher of gifted students at Lincoln

Elementary School in Bethlehem, the ability to get along with others is an important part of a child's emotional maturity.

"Getting along with others is essential to a child's future success. It's what Fortune 500 companies look for," Hendricks says. "It's important that children develop social skills such as sharing, listening and expressing ideas."

"Ironically, gifted children sometimes lack the maturity to relate well to other children," Hendricks says. "That's why we enrich the curriculum for gifted students and strive to enhance their maturity level."

If you're concerned about your child's emotional maturity, Hendricks says, don't hesitate to seek assistance from counselors, clergy members or others outside the home.

Fernsler suggests you start with a guidance coun-









Kindergarten teacher Colleen Hendricks of Lincoln Elementary School, Bethlehem, works on her students' emotional maturity as well as math and language skills.

selor or your pediatrician, who probably knows the child well and may have some insight.

"Because school is for everyone, it tends to address itself to the needs of the largest number of kids," Fernsler says. "But not every child is going to respond the same to the same teaching style, environment or curriculum."

Fernsler also recommends you put your child's emotional development in perspective.

"It may be perfectly normal for kids to have trouble paying attention and to be slow to warm up to new situations," Fernsler says. "The issue is, can they go to school and function in everyday life — and are they happy?"

"A lot of times, parents lose sight of the positive side," she says. "If the child is persistent, that may be the quality that gets them through medical school."

Call (610) 402-CARE for a listing of books to help parents foster learning. Special discounts available to Healthy You readers.

A Role for Parents

Parents can further their children's emotional development by playing an active role in their schooling and paying close attention to the home environment, says Lincoln Elementary School kindergarten teacher Colleen Hendricks.

"What happens in the home — if it's divorce or fighting — affects a child's emotional maturity and that affects how they do in school," she says.

"Parents should also show their children that school is a priority by getting them there on time, reviewing their homework, attending parent-teacher conferences and attending school functions," Hendricks says.

"Children need to know there's a bridge between home and school. When parents value school, children value school."

Is 5 the Magic Number?

Five daily servings of fruits and vegetables are proving to be the best recipe for cancer prevention.

f you're looking for one magical food to protect you from cancer, you may look for a long time. But according to Lori Barrell, R.N., oncology nurse educator at the John and Dorothy Morgan Cancer Center at Lehigh Valley Hospital and Health Network, five may be the magic number.

"We recommend eating five servings of fruits and vegetables each day," Barrell says. "You should be looking for a balanced diet that has vitamins and minerals, and increases fiber. Fruits and vegetables have all that, plus they're low in fat."

In fact, the National Cancer Institute has a "Five-A-Day for Health" program to promote that very diet. Fruits and vegetables are rich in antioxidants — nutrients linked to lower rates of certain cancers. Some common antioxidants include:

- Vitamin C, found in citrus fruits, red and green peppers, cantaloupe, cauliflower, strawberries, greens and broccoli. It may help protect against cancers such as stomach, esophageal and colon cancers.
- **Vitamin E**, found in green leafy vegetables, grains, cereals, vegetable oils and nuts. It may help protect against stomach,

esophageal and lung cancer.

• Beta-carotene, which your body converts to vitamin A, and is found in orange fruits and vegetables such as carrots, sweet potatoes, pumpkins, papaya, mango and cantaloupe. It may help reduce the risk of colon, rectal and breast cancer.

Fruits and vegetables have more than antioxidants. They contain fiber, which may protect against cancers of the colon, breast and prostate. Good sources of fiber are broccoli, carrots, beans, corn, peas, raisins and whole-grain foods.

If consuming five servings a day seems daunting, you may be relieved to discover the portions don't have to be big. According to Barrell, a medium piece of fruit, half a cup of cooked vegetables or a quarter cup of raisins will do.

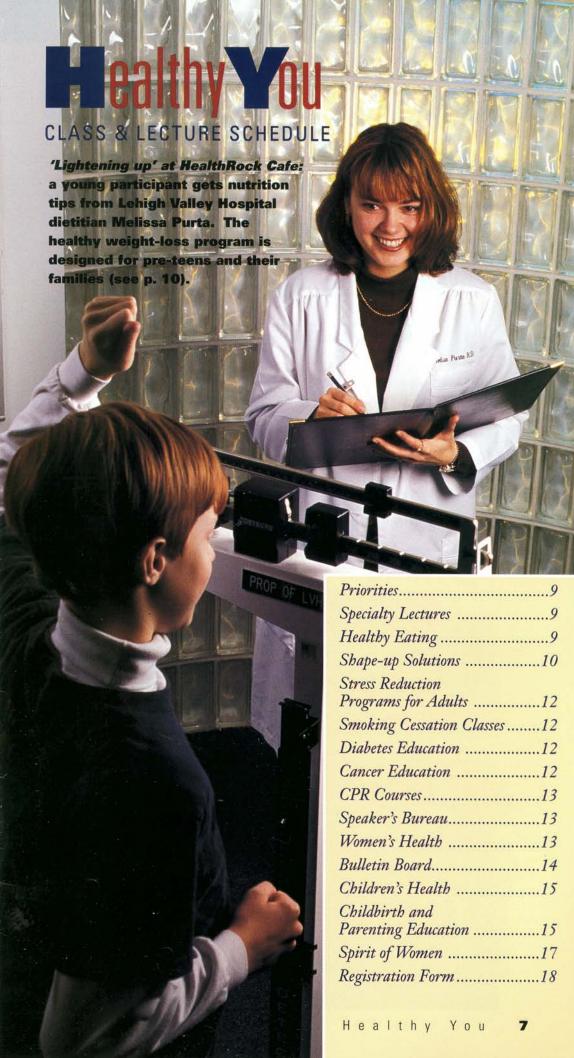
And what about your trips to the local fast food restaurant? "You can eat fast food, as long as you don't do it three times a day," Barrell says. "Like many things, moderation is the key."

Except of course with fruits and vegetables.

For more information on easy ways to make five servings of fruits and vegetables a regular part of your diet, call (610) 402-CARE. We'll send you a pamphlet, recipes and a listing of places to shop year-round for fresh produce.



Roseanne Moyer (right) of Berghold Produce helps JoAnne Adams of Whitehall, while Jason Frey of Allentown and one-year-old daughter Zoe shop at the Allentown Farmers Market, one of many places to find fresh fruits and vegetables.



Healthy You Class & Lect



HIGHLIGHTS

Balance in our daily lives helps reduce stress and improves health.

In this issue of *Healthy You*, you'll find support to help you achieve a healthy balance. There's help for those who suffer with migraines and chronic headaches (page 9). Read about "Spirit of Women," a two-day event designed to help women balance work, family and health (page 17). Use *Healthy You* to help you cope with stress, lose weight or start exercising. Pages 9-14 feature the new PRIORITIES program.

How To Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.

CLASS LOCATIONS	ABBREVIATIONS
Lehigh Valley Hospital, Cedar Crest & I-78	CC
Lehigh Valley Hospital, 17th & Chew	17
School of Nursing, 17th & Chew	SON
Morgan Cancer Center, Cedar Crest & I-78	MCC
1243 S. Cedar Crest Blvd.	1243
2166 S. 12th St., Allentown	2166
NEW LOCATIONS!	
Cedar Crest College	CCC
Muhlenberg Hospital Center	MHC
Wellness Center	WC



BY FAX: You can register by fax with payment by MasterCard or Visa. Fax (610) 402-3020. Use the registration form on page 17.



BY PHONE: You can register with a credit card by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.



BY MAIL: Use the registration form on page 17.



IN PERSON: You can register in person at the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, Pa.

Priorities Program 🥦

Choose your Priorities:

◆ You can choose from six sets of Priorities (listed below). Each consists of two or more classes or lectures described in the following pages and is indicated with the letters (PS) behind their titles. Priorities (PS) classes can be taken individually for the fee listed.

HEART HEALTH PRIORITIES... includes three workshops:

- Antioxidants
- ◆ What's in the Cart? for Heart Health
- ◆ Building Your Activity Pyramid

\$79 for one/two persons and includes a non-fasting cholesterol screening.

CANCER PREVENTION PRIORITIES... includes three workshops:

- ♦ Antioxidants
- ◆ What's in the Cart? for Cancer Prevention
- Building Your Activity Pyramid

\$79 for one/two persons and includes a non-fasting cholesterol screening.

OSTEOPOROSIS

REDUCTION PRIORITIES...

includes two workshops:

- ♦ What's in the Cart? for
- Osteoporosis Prevention
- Building Your Activity Pyramid
 \$60 for one/two persons.
- WEIGHT CONTROL PRIORITIES... includes three workshops:
 - ♦ Which Weigh Works
 - ◆ Shaping the Right Attitudes
 - ♦ Diets a la Carte

\$79 for one/two persons and includes a non-fasting cholesterol screening.

STRESS REDUCTION PRIORITIES... includes two workshops:

- ◆ Finding a Healthy Balance
- ♦ The Next Step

\$60 for one/two persons.

SELF-CARE AND

IMPROVEMENT PRIORITIES...

includes two workshops:

- Personal Lifestyle Practices
- Building Your Activity Pyramid

\$60 for one/two persons.

If you need personal assistance in reviewing your Priorities, please call (610) 402-CARE, Monday through Friday, 8:30 a.m. - 4:30 p.m.

Specialty Lectures

Migraine Management

· 1 session. Free.

Tuesday, March 11; 7-8 p.m.

CHRISTOPHER WOHLBERG, M.D., PH.D., DIRECTOR OF LEHIGH VALLEY HOSPITAL

HEADACHE CLINIC

BARBARA CARLSON, M.S., R.D.

This program will review the standard medical treatment for migraines as well as new adjuvant therapies—biofeedback, stress reduction, new medication management and diet manipulation. Class meets at CC, Auditorium.

Chronic Daily Headaches

· 1 session. Free.

Wednesday, April 2; 7-8 p.m.

CHRISTOPHER WOHLBERG, M.D., PH.D., DIRECTOR OF LEHIGH VALLEY HOSPITAL

HEADACHE CLINIC

Millions of Americans suffer from chronic daily headache. Self-medication can increase headache frequency and pain. Join us to learn about new insights and strategies that can improve your personal management of this chronic problem. Class meets at CC, Auditorium.

Healthy Eating

Antioxidants 4



1 session, \$35 for one/two persons.

- . Thursday, March 13; 7-8 p.m.
- · Monday, April 7; 7-8 p.m.

Antioxidants are one of the exciting new areas of diet and nutrition related to the prevention and treatment of heart disease and cancer. Some antioxidants are recommended in form of vitamin and mineral supplements while others are found only in foods. Join us to learn how they can benefit and improve your health.

Class meets at WC.



ou Class



Diets a la Carte



This program profiles several different diet or meal plans. Learn how to review calories, count fat grams and carbohydrates, choose restaurant meals and more. You will also jump start your own personal diet plan with our registered dietitian.

1 session. \$35 for one/two persons.

- Monday, March 17; 6:30-7:30 p.m.
- Friday, March 28; 1:30-2:30 p.m.
- Friday, April 25: 10-11 a.m.

Classes meet at WC.

What's in the Cart? for Heart Health



The best way to begin eating smart for your heart is at the grocery store where you make most food decisions. Presented by a registered dietitian, this new and revised program will give you suggestions for filling up your cart with nutritionally-balanced, heart-healthy foods.

1 session. \$35 for one/two persons.

· Wednesday, March 5; 7-8 p.m.

Class meets at Weis Market, Rte. 512 & Crawford Lane, Bethlebem.

Tuesday, April 1; 9-10 a.m.

Class meets at Giant Food Store, Cedar Crest & Tilghman Sts., Allentown.

Monday, April 14: 7-8 p.m.

Class meets at Giant Food Store, Emmaus.

Thursday, May 1; 6:30-7:30 p.m.

Class meets at Laneco, 1241 Blakesley Blvd., Lebighton

What's in the Cart? for Osteoporosis Prevention



A diet high in calcium and low in sodium can help prevent or manage osteoporosis. Presented by registered dietitians, this new workshop will teach you to make wise food decisions that promote a healthy mind and strong bones.

1 session. \$35 for one/two persons.

Wednesday, March 19: 9-10 a.m.

Class meets at Giant Food Store, Cedar Crest & Tilghman Sts., Allentown.

Wednesday, April 16; 7-8 p.m. Class meets at Giant Food Store,

MacArthur Road, Whitehall.

What's in the Cart? for Cancer Prevention



Increasing fiber, eating foods high in carotene and reducing fat calories can help prevent cancer. This program will help you make wise decisions that may improve your health.

1 session. \$35 for one/two persons.

Tuesday, March 25; 9-10 a.m.

Class meets at Giant Food Store, MacArthur Road, Whitehall.

· Wednesday, April 23; 7-8 p.m. Class meets at Weis Market. Rte. 512 & Crawford Lane, Betblebem.

HealthRock Cafe the place for kids to lighten up!

4 sessions, \$99.

Begins Saturday, March 22; 10 a.m.-noon This new program will help the preteen and his/her family members succeed in weight loss. With the help of our registered dietitian, behavior modification specialist and exercise specialist, children and their parents will learn which healthy eating and exercise habits will work for them.

Class meets at WC.

Shape-up Solutions

Aerobic and Conditioning Classes for Adults

· Fee: Month-to-month Call for more information.

To achieve optimal health and fitness, participate in any of our 40 classes offered morning, noon and night at various Lehigh Valley locations. These classes offer the variety, instruction and motivation you need to get healthy and fit. Class meets at 1243, Lower Level, 2166.

Walking Wonders

There's no pressure here, especially on your joints. This program will measure your fitness activity level and give you a personalized takehome exercise prescription. You'll also learn ways to begin your walking program or add variety to your present routine.

1 session. \$35 for one or two persons.

Monday, April 7; 7-8 p.m.

Class meets at MCC, Kelly Gallagher Atrium.

Monday, April 14; 7-8 p.m.

Wednesday, April 23; 7-8 p.m.

Class meets at MHC, Banko Family Community Center, Betblebem.

re Schedule — March 1997 - May 1997

"Exercise For Life" Classes for Adults

If you engage in little or no physical activity, our Exercise for Life classes are a good way to get started. Whether you participate in a 30 "healthy" minutes session or the 60 "fitness" minutes program, the classes will do wonders for your body and mind.

Thirty "Healthy" Minutes Classes

Thirty-minute classes can:

- · lower blood pressure
- · reduce cholesterol levels
- help prevent osteoporosis and adultonset diabetes
- · can speed recovery after heart attack
- · ease arthritis
- · help delay onset of heart disease.

Sixty "Fitness" Minutes Classes

Sixty-minute classes can:

- · improve heart/lung capacity for more energy
- · build up reserves of lean muscle mass
- can help you stretch your limits and reach a new and improved state of well-being

	Start Date (Tuesdays & Thur	End Date	Location	
	Tuesday, March 4			
	30 MINUTES	Fee: \$26		
		8:45-9:15 a.m.	1243SCC	
		10-10:30 a.m.	1243SCC	
	60 MINUTES	Fee: \$35		
		8:45-9:45 a.m.	1243SCC	
_		10-11 a.m.	1243SCC	

/Wedneedays only

(Vicunesuays only)			
Wed., March 5	Wed., April 30	MHC	
30 MINUTES	6:30-7 p.m.	Fee: \$14	
60 MINUTES	6:30-7:30 p.m.	Fee: \$20	

(Mondays, Wednesdays, Fridays)

Saturday, March 8 Saturday, April 26

Monday, March 3	Wed., April 30	1243SCC
30 MINUTES	9:30-10 a.m.	Fee: \$39
60 MINUTES	9:30-10:30 a.m.	Fee: \$52

(Saturdays only)

30 MINUTES	Fee: \$12	
	9-9:30 a.m.	1243SCC
	10-10:30 a.m.	MHC
60 MINUTES	Fee: \$18	
	9-10 a.m.	1243SCC

10-11 a.m.

MHC



W.O.W.! Walking-Out Workout Club

• \$10. (\$5 for adults 55 and over.)

Now at three locations! Join Lehigh Valley
Hospital's popular program to shape the future
of your health! You can exercise, have fun and
earn prizes at the same time through W.O.W.! the Walking Out Workout Club. Club meets at
South Mall, Lehigh Street, Allentown; Saucon
Valley Community Center, Hellertown; and
Lehigh County Senior Citizens' Center, Elm
Street, Allentown.

Which Weigh Works?



What are the myths and realities of weight loss? You'll receive a personal nutrition profile and learn the key components to planning a healthy, no-nonsense diet plan.

1 session. \$35 for one/two persons.

· Monday, March 3; 7-8 p.m.

Class meets at WC.

• Friday, March 14; 1:30-2:30 p.m.

Class meets at WC.

Friday, April 11; 10-11 a.m.

Class meets at WC.

Monday, April 21; 6:30-7:30 p.m.

Class meets at MHC, Banko Family Community Center, Bethlehem.

Shaping the Right Attitudes



Exercise and attitude go hand-in-hand with successful, long-term weight loss and control. Learn which behaviors lead to overeating and acquire the tools for making positive changes. Also, we'll help you plan an exercise program—at home or at a health club—to improve your health and encourage weight loss.

1 session. \$35 for one/two persons.

• Monday, March 10; 6:30-7:30 p.m.

Class meets at WC.

• Friday, March 21; 1:30-2:30 p.m.

Class meets at WC.

Friday, April 18; 10-11 a.m.

Class meets at WC.

• Monday, April 28; 6:30-7:30 p.m. Class meets at MHC, Banko Family Community Center, Bethlehem.

Building Your Activity Pyramid



Learn how everyday activities can improve your health and how to incorporate them into your busy schedule. Activities that you are sure to enjoy and benefit from will be demonstrated and discussed.

1 session. \$35 for one/two persons.

• Friday, March 7: 11 a.m.-12 p.m.

Class meets at 1243, Lower Level.

Monday, March 24; 6:30-7:30 p.m.

Thursday, April 10; 6:30-7:30 p.m.

Tuesday, April 22; 6:30-7:30 p.m.

Classes meet at WC.

Protect the Back Exercises

This program will teach you how your back works and what to do when it doesn't. You'll take home an exercise plan that focuses on postural integrity and anti-gravity movements recommended for people at risk of osteoporosis. 1 session. \$35 for one/two persons.

· Friday, March 21; 11 a.m-noon

Classes meet at 1243, Lower Level.

Thursday, April 24; 6:30-7:30 p.m.

Classes meet at WC.

Stress Reduction **Programs for Adults**

Finding a Healthy Balance



This 90-minute workshop will teach you how to develop a "positive mind-healthy body" connection. You will also learn what skills work when coping with stress.

First of 2 sessions. \$35.

Tuesday, March 11; 6:30-8 p.m.

Class meets at 1243, room #3221.

Tuesday, April 8; 6:30-8 p.m.

Class meets at WC.

The Next Step



Why just manage stress when you can prevent it! In this 90-minute workshop, you will learn and practice fun and effective techniques for stress prevention.

Second of 2 sessions. \$25.

(Prior participation in

"Finding a Healthy Balance" is required.)

Tuesday, March 18; 6:30-8 p.m.

Class meets at 1243, room #3221.

Tuesday, April 15; 6:30-8 p.m.

Classes meet at WC.

Yoga

The practice of yoga is designed to lead the students to greater knowledge and awareness of the needs of the body and mind in order to achieve good physical and mental health. You can improve flexibility through stretching postures, release tension and tone muscles. Eight-week sessions. \$52

- Begins Monday, April 28; 6:30-7:45 p.m.
- Begins Tuesday, April 30; 6:30-7:45 p.m.
- Begins Thursday, May 1; 6:30-7:45 p.m.
- Begins Wednesday, May 7; 10:30-11:45 a.m.

Classes meet at 1243, Lower Level



When You're Ready To Quit Smoking...

OuitSmart®

5 sessions, \$85.

- Monday, March 10; 7-8 p.m.
- Tuesday, April 8; 7-8 p.m.

Developed at Duke University, this five-part program helps people to quit smoking and control the urge to start again through self-hypnosis and the Better Quit® Cigarette Substitute. The six-month success rate averages 61 percent.

Classes meet at 1243, room #3221.

Individual Tobacco Use Cessation Counseling

Call for fee information and to schedule an appointment.

This program combines the Smoke Stoppers® Self Directed Kit or QuitSmart® with a one-on-one format to analyze the participant's tobacco use practices and patterns. Although many participants quit smoking during the second week of treatment, continuing support is provided over a three-month period.

Diabetes Education

The Helwig Diabetes Center of Lehigh Valley Hospital offers a series of educational programs about living well with diabetes for adults with diabetes. Our staff can help you learn new self-care skills in the areas of diet, exercise, medication and home testing. Advance registration and an assessment of the registrant's diabetes education needs are required. A family member or friend may accompany the registrant at no extra charge. For more information, call (610) 402-CARE.

Cancer Education

Family Caregiver Course

Free.

Designed to address the needs of caregivers and cancer patients in the home care setting, topics include meeting physical and psychosocial needs, accessing community resources and developing problem-solving skills. Supported by the PA Department of Health Cancer Control Program.

Call for times and additional information.

- Thursdays, March 6, 13, 20; 7-9 p.m.
- Tuesdays, April 15, 22, 29; 2-4 p.m.
- Thursdays, May 8, 15, 22; 7-9 p.m.

Classes meet at MCC, Conference Room 1A.

Schedule — March 1997 - May 1997

CPR Courses

Course A

- Monday, April 21; 7-10 p.m.
- · Monday, May 12; 7-10 p.m.

Learn one-person adult heart-saver CPR and how to clear the blocked airway of a conscious or unconscious adult.

Course C

3-part course \$35.

- Monday, March 31, April 7 & 14; 7-10 p.m.
- Monday, June 2, 9 & 16; 7-10 p.m

Learn adult one- and two-person, child and infant CPR. Mouth to mask ventilation and clearing the blocked airway of conscious and unconscious adults, infants and children are taught. You must attend all three classes and complete written and practical examinations to be eligible for provider status.

Course C-renewal

Renewal \$20.

- Monday, March 17; 7-10 p.m.
- Monday, May 5; 7-10 p.m.
- Monday, June 23; 7-10 p.m.

This course reviews all material covered in Course C. You must have a current Course C card or one that has expired within one month to attend.

Course D

- Monday, March 24; 7-10 p.m.
- Monday, April 28; 7-10 p.m.
- Monday, May 19; 7-10 p.m.

Learn infant and child CPR and how to clear the blocked airway of a conscious or unconscious adult.

All CPR classes meet at 1243, Third Floor.

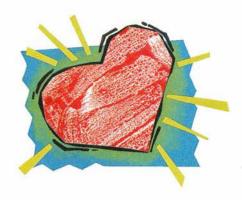
Speaker's Bureau

The Speaker's Bureau provides presentations on a variety of health care topics to civic, social and church organizations.

Topics include:

- · Breast Cancer: Post Mastectomy
- · Partners in Progress: Lehigh Valley and the Challenges Facing Health Care
- · Childbirth Options in a Hospital Setting
- Traumaroo: Injury Prevention Program for Kids 6-8 Years of Age
- · Update on the Prevention and Treatment of Osteoporosis
- Planning a Smoke-Free Workplace
- Sports Medicine: Injury Prevention & More
- · Community Service Caring for Our Community

For more information, call (610) 402-CARE.



Women's Health

Open Forum: Infertility Care

Free

Tuesday, March 18; 7-9 p.m.

ALBERT I. PETERS. D.O.

CHIEF, REPRODUCTIVE ENDOCRINOLOGY

AND INFERTILITY, LVH

An overview of several specialized treatments that may improve the likelihood of pregnancy for some couples. Some newer technologies will be explained and there will be time for questions and discussion. Refreshments will be provided by Serono Laboratories, Inc.

Forum meets at 17, Auditorium.

Mystery Disease: Fibromyalgia

•1 session. Free.

Wednesday, March 19: 7-8:30 p.m.

WILLIAM IOBST, M.D., RHEUMATOLOGIST

KAREN MOORE SCHAEFER, R.N., D.N.SC.,

ALLENTOWN COLLEGE OF ST. FRANCIS DE SALES Fibromyalgia is a chronic, painful muscle disorder that can disrupt a woman's every day life. Learn more about the diagnosis and treatment of this mysterious disease and hear the results of research and discussion with women with fibromyalgia. Dr. Schaefer will focus on how women have taken control of their lives and have learned to live with fibromyalgia.

Class meets at 17, Auditorium.

Continued Healing of the Inner Child

•10 sessions. \$70.

Tuesday, April 15; 7-9 p.m. (First session)

MARCIA FELKAY, M.A., COUNSELOR.

If you are stuck in co-dependent relationships or suffer from low self-esteem, join other women for this interactive growth group and learn how to heal your past and regain your personal power in a supportive environment.

Class meets at SON, Parlor A.

Measurable Results: A Woman's Workshop for Assessing and Improving Your Health

Fee: \$15.

Tuesday, May 6 & Tuesday, May 13

6:30 - 9:30 p.m.

Learn how to improve your chances of living a long and healthy life at this two-part program.

Session 1 (May 6): Complete a confidential health risk assessment (comprehensive questionnaire, blood pressure, total cholesterol, HDL screening and body composition testing.)

Screenings are coordinated by nurses and other qualified health professionals.

Session 2 (May 13): Receive a detailed personal report about your health status based on the health risk assessment from session one. You can then attend three workshops on achieving a healthier lifestyle. Refreshments are included both evenings. Space is limited. Registration deadline is May 12.

Workshop will be beld at MHC.

Women and Crime: Are You "Street Smart?"

•1 session. Free.

Wednesday, April 16; 7-8:30 p.m.

GERALD KRESGE AND FRANCIS PAULSON

SECURITY, LVH

RICHARD P. PECKELUN

SALISBURY TOWNSHIP POLICE

Learn how to be street wise and lessen your chances of becoming a crime victim at work, at home or on the road. This panel of professionals will provide critical information, offer practical lessons in self-protection and provide a variety of resources. Class meets at CC, Auditorium.

Stress, Burnout & Quality of Life

1 session. Free.

Thursday, May 8; 7-8 p.m.

MICHAEL KAUFMANN, M.D., PSYCHIATRIST

Emotional exhaustion and reduced personal accomplishment can occur when you brush aside the early signs of stress that lead to burnout. In this interactive presentation, you will learn how to successfully overcome this potentially devastating condition. Find out how to reignite your inner strength with simple and practical advice. Class meets at CC, Auditorium.

PRIORITIES

1

2

Community Blood Pressure Screening

- Tuesday, March 11; 7:30-10:30 a.m.
- Tuesday, April 15; 7:30-10:30 a.m.

South Mall, Lehigh Street, Allentown

Free

Community Cholesterol Testing (non-fasting)

Tuesday, April 15; 8-10 a.m.
 South Mall, Lehigh Street, Allentown
 \$10

Personal Lifestyle Practices

- Wednesday, March 12; 3-4:30 p.m.
- Saturday, March 22; 9-10:30 a.m.
- Wednesday, April 9; 3-4:30 p.m.
- Saturday, April 26; 9-10:30 p.m.

1243 S. Cedar Crest Blvd., Lower Level

\$35 for one or two persons.



Overall health is not indicated by a single measurement.

In addition to blood pressure, body composition and cholesterol levels, an accurate health profile takes into account your lifestyle practices. This workshop will provide you with a "snapshot" of your health along with a personalized evaluation of your results. No fasting is needed for the cholesterol test. Call (610) 402-CARE to register.



Healthy You Class & Lecture

Breastfeeding Classes

1 session. \$20.

- April 16
- May 21

This class provides expectant parents with a better understanding of breastfeeding and its benefits to babies to enable you to get off to a good start. The services of a certified lactation consultant are available to women who deliver at Lehigh Valley Hospital. *Call for locations*.

Prenatal Fitness Program

2 times a week for 6 weeks. \$40.

- March 31 (First session)
- · May 12 (First session)

Women who want to maintain a moderately active fitness regime during pregnancy are encouraged to attend. The class includes an educational component that focuses on the prenatal changes in a woman's body and their effects on exercise. Physician approval is required for participation and a signed consent form must accompany your registration form. *Class meets at SON*.

"All About Baby" Class (Newborn Care) 1 sesson. \$20.

- May 2
- June 13

This session provides expectant parents with information on basic newborn care, including feeding, safety, immediate health problems, well child care and available resources.

Grandparents are welcome to attend.

Call for locations.

Sibling Classes

1 Session. \$10 per child;
 \$15 for 2 or more children.

Age 3-4

Age 5 and older

- April 2
- · April 9
- May 1
- May 8
- June 4
- June 11

This class helps brothers and sisters prepare for the arrival of their new sibling. A variety of activities will take place with refreshments, gifts and a sibling tour of the maternity unit. Parents are expected to attend with their children. *Class meets at SON*.

Healthy Beginnings Labor and Delivery Series

4 sessions. \$20.

Healthy Beginnings Plus participants (cost included in health package)

· May 6 (First session)

Information about labor and delivery including relaxation and breathing techniques, medications and Cesarean birth is outlined in the four-part daytime course which is offered every month. Classes meet at SON.

Healthy Beginnings Parenting Newborn Series

4 sessions. \$20.

Healthy Beginnings Plus participants (cost included in health package)

· May 6 (First session)

This four-part daytime course is offered every other month and provides expectant parents with information about infant feeding, safety, immediate health problems, newborn and well child care and resources available to families.

Classes meet at SON.

Infant/Child CPR

2 sessions. \$20/person or \$30/couple. One class per week for two weeks.

Wednesdays, May 21 & 28

Safety information and instruction in emergency care of infants and children are provided to expectant parents during this class. Hands-on practice is key to the successful completion of the course, which meets American Heart Association Standards. Class meets at SON.

Postpartum Programs (After the Baby Is Born)

"Hey Baby, Let's Work Out"

Full session: 2 times a week for 6 weeks. \$40. Mini session: 2 times a week for 3 weeks \$20.

- · March 31 (First session)
- · May 12 (First sesson)

This professionally instructed exercise class can help women restore muscle tone and strength following pregnancy. New moms can also enjoy playtime with their babies and receive instruction in gentle infant massage techniques. Participants may attend following their postpartum check-up. Women interested in registering for this class can sign up for either the six-week course or our new three-week mini-sessions.

Classes meet at 1243, Lower Level.



New Moms Network (Support group for new moms)

Free

- March 20 Feeding Your Infant
- April 17 Calming the Crying Infant
- May 1 Infant Growth & Development
- . May 15 Your Infant & Sleep
- May 29 Changes in Parents' Roles

Spirity Women.

1 • 9 • 9 • 7

A PROJECT OF LEHIGH VALLEY HOSPITAL

Principal Sponsors

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PREVENTION



April 3 and 4 Holiday Inn, Bethlehem

Thought-provoking...laughinducing...mind-expanding... inspirational! Join us for this year's Spirit of Women conference. Come and hear...

Nina Totenberg,

Public Broadcasting Service's star legal correspondent, on how this year's ho-hum elections affect YOU in ways that are far from ho-hum

Rita Moreno, multi-awardwinning actress and advocate for kids, on how a Latino woman overcame all the stereotypes and where she's going next





Liz Curtis Higgs, humorist and Big Beautiful Woman, on how life gets better after "the Big 4-0!"

Space is limited..
register soon!
for more
information, call
(610) 402 CARE.

Plus breakout sessions on the day care dilemma, the on-line world, self-acceptance, Tai Chi, heart health, the global family of women and more!

Information • Ideas • Support • Sharing
Experience all this and more with other new
moms and bring your baby along to explore
the changes in you and your little one as your
parenthood progresses. The new moms network
meets during the day every other Thursday.
Register at least two weeks before the scheduled
session. Class meets at SON.

Your Incredible Infant

1 session. \$10.

May 15

You may be unprepared for the fast and furious growth and developmental changes during the second six months of your child's life. Join us for this session which will address any concerns you may have about infant feeding, teething, safety, changes in behavior, sleep patterns, health, separation anxiety, learning and motor and social skills. *Class meets at SON*.



Maternity Tours

• Free

We invite expectant parents and their family members to tour the maternity unit at Lehigh Valley Hospital and learn more about its services and facilities for women, infants and children. Adult tours are held selected Mondays and Saturdays except holidays. Tours for children who are awaiting the arrival of a new sibling are offered several times a month throughout the year. Registration is required in advance.

How to Register

Classes and lectures are held at convenient hospital and community locations. Many are free; a registration fee is required for others as indicated. If you are registering for a free class, call our special phone line. Choose from a variety of methods for enrolling in other classes. For more information, call (610) 402-CARE.

CLASS LOCATIONS	ABBREVIATIONS
Lehigh Valley Hospital, Cedar Crest & I-78	CC
Lehigh Valley Hospital, 17th & Chew	17
School of Nursing, 17th & Chew	SON
Morgan Cancer Center, Cedar Crest & I-78	MCC
1243 S. Cedar Crest Blvd.	1243
2166 S. 12th St., Allentown	2166
NEW LOCATION	NS!
Muhlanhara Hasaital Cantar	MILLO

Muhlenberg Hospital Center	МНС
Cedar Crest College	CCC
Wellness Center	WC

Plus many new locations throughout the Lebigh Valley!



BY FAX: You can register by fax with payment by MasterCard or Visa. Fax (610) 402-3020. Use the registration form below.



BY PHONE: You can register with a credit card by telephone. Call (610) 402-CARE, Monday-Friday, 8:30 a.m. - 4:30 p.m.



BY MAIL: Mail the registration form below to the Center for Health Promotion & Disease Prevention, 1243 S. Cedar Crest Blvd., Allentown, Pa.18103-6296



IN PERSON: You can register in person at the address above.

luestions?	Participant's Name
Call (610)	Address
02-CARE	CityStateZip
	Phone (Home)(Work)
	Date of Birth Social Security #
	Are you a Lehigh Valley Hospital employee?YesNo
	SELECTION: please refer to the course schedule for class title date/time and fees. <i>Please print</i> .
	class title(s) date/time fee(s)
	Make check payable to: Lehigh Valley Hospital or
	Classic Carlo D. Marcoll D. Ve
	Charge to my Credit Card ☐ MasterCard ☐ Visa CREDIT CARD ACCOUNT NUMBER

WOMANCARE

The Beauty of Yoga: Juanita Carra-Budzek, R.N., demonstrates the warrior pose. The Northampton woman and her husband, Jeff Budzek, are certified yoga instructors. Carra-**Budzek will gain many** benefits from her yoga practice as she ages: yoga stimulates the bones, strengthens muscle, increases flexibility and calms the mind and spirit. (See story on page 26.)

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Too Late to Have I

As more women wait to start their families, it's a critical question.

You've finished your education, gotten your career in high gear and launched a solid marriage. Now, at 39, you're finally ready to start a family. But is it too late to have a baby?

"That's a very individual matter," says obstetrician/gynecologist Michael Sheinberg, M.D.

"There does come a time when it's too late. But it depends on many factors and varies considerably from couple to couple."

What are the concerns a potential older parent should be aware of?

Fertility. Infertility is not just a woman's problem; 40 percent of the time it's due to male factors. But the issue of age is primarily a woman's issue. "Unlike men, who can produce sperm into their 70s, women are born with a given number of

follicles, or eggs," says Albert J. Peters, D.O., new chief of reproductive endocrinology at Lehigh Valley Hospital and Health Network. "You produce stronger eggs in your younger years. As a result, it's more difficult for a woman to become pregnant after 35 and especially after 40."

Health risks to the mother. The viability of the mother's eggs affects not only her ability to conceive but also her odds of miscarrying. Late pregnancy also carries a higher risk of bleeding disorders, high blood pressure, diabetes and other illnesses. "Pregnancy is enormously stressful at any age," Sheinberg says.

Health risks to the baby. Most people are familiar with the rise in Down's syndrome among babies born to mothers over 35. Down's is just one of many genetic disorders that increase with the mother's age. Late pregnancy also causes a higher rate of premature births and stillbirths.

Emotional and family issues. Thanks to high-tech procedures such as in vitro fertilization or surrogate parenthood, a woman can start a family at almost any age. But what are the long-term implications? Peters and Sheinberg urge their patients to consider questions like these: Will you and your husband have the energy and stamina to raise your kids? Can you cope with menopause at the same time you're helping a child through puberty? Will your child just out of college have to be concerned with care of an aging parent?

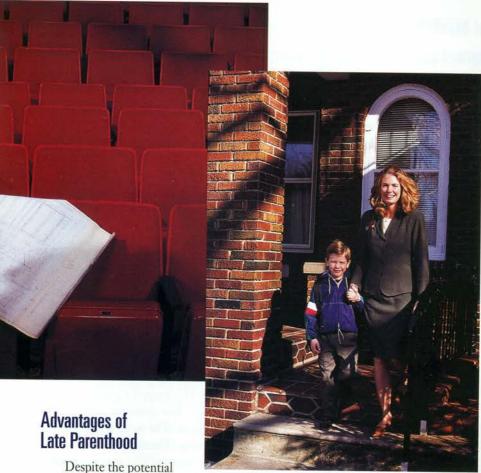
The new infertility treatments also raise ethical issues. "For example, if you give birth to a child conceived with donor eggs, how will you explain who your child's 'mother' is?" Peters says.



Theater designer and 'assistant':

Roxanne Amico and new daughter Nicollette oversee a production in Tompkins Center, Cedar Crest College. Amico, 40, chairs the performing arts department.

Baby?



problems, more and more couples are having children later in life. It's not just a matter of waiting to begin a family. Many couples today space their children more widely for financial reasons. And second marriages often result in new, later families.

There are advantages to late childbearing. Parents are more likely to be financially secure. "They're also vastly more mature and better prepared to raise a child," says Sheinberg. "And a physically fit woman of 40 can have an easier pregnancy than many 20-year-olds."

How can you tell if having a baby late in life is right for you? Sit down and talk with your physician or counselor. "You need to examine the odds, the risks and the lifestyle concerns," Sheinberg says. "If you decide to go ahead, you may be limited only by the extent of technology." He recalls a patient of 55 who was impregnated with donor eggs and sperm. "She carried her pregnancy successfully to term and gave birth with her 30-year-old daughter standing by, helping her push."

Peters will lead a fertility discussion March 18. (See page 13 for details.) Call (610) 402-CARE for a listing of upcoming parenting discussions especially for 40-something parents.

Off to work
(and kindergarten)
are Judy Ray-Sherry
of Allentown and her
youngest, Sam, 6.
Ray-Sherry, an
employee of Lucent
Technologies, gave
birth to Sam in her
late 30s.

A New and Better Pap Test

Medical breakthrough now available in the Lehigh Valley will improve cervical cancer screening.

Conventional ThinPrep

The difference with ThinPrep:

These slides were prepared from the same patient sample and are shown at the same magnification. The ThinPrep slide (right) uses a fluid-based technology to reduce mucus, blood and inflammation, resulting in a thin, even layer of cervical cells. This makes it far easier to detect abnormalities.

"The Pap smear is a very good screening test," says Vincent Lucente, M.D., chief of gynecology at Lehigh Valley Hospital and Health Network. "It has dramatically cut the death rate from cervical cancer in the last 50 years." But even the greatest test can benefit from updating; and Lehigh Valley Hospital is in

the forefront with a new technology that makes the Pap even better.

The new process, ThinPrep 2000, improves the way cell samples are prepared. Traditionally, the physician scrapes cells from the cervix and manually smears them onto a microscope slide. Many cells are lost when the collection device is discarded, and up to 40 percent of Pap smears are obscured by blood, mucus and inflammation. The result? As many as one in four abnormalities may be missed.

With ThinPrep, the physician collects the cell sample in the usual way, then rinses the collection device in a vial of preservative solution. The specimen goes to a laboratory for filtering and processing. The resulting slide contains uniform, well-preserved cells ready for microscopic diagnosis. The new test is expected to increase the early detection of cervical cancer, one of the most common cancers and one of the most curable if found in the precancerous stage.

"The lab at Lehigh Valley Hospital was among the first in

the country to take advantage of ThinPrep," says Larry Glazerman, M.D., who took part in clinical trials here. Physicians throughout Lehigh Valley Hospital and Health Network have now begun using the test.

"In the short run, ThinPrep may involve extra cost to the patient," Glazerman says. "It will take time for health plans to understand that this is a better way of doing a Pap test. Meanwhile, you must decide whether the added value of the test is worth an extra \$15 or \$20 to you." He suggested a woman might call and encourage her health plan to cover ThinPrep.

Eventually, Lucente feels, everyone will use the new technology: "It significantly improves our ability to detect cervical disease."

For a brochure about ThinPrep and where it is available, call (610) 402-CARE.

A Pap **Test Prime**

- Start Pap tests at 18 (younger if you sexually active).
- · Have a Pap test every year.
- You still need Pap tests after menopa
- You may still need them after hysterectomy.
- · Talk to your doctor about your individu needs.

Estrogen & Alzheimer's

omen who take estrogen to relieve hot flashes and other symptoms of menopause get many other benefits as well. Protection against osteoporosis and heart disease are just two. Now, there's another benefit: reduced risk of Alzheimer's disease.

A recent Columbia University study found that women who took estrogen were 30 to 40 percent less likely to develop the memory-destroying disease. The effects were the same across economic and ethnic backgrounds. And the longer the women took the estrogen supplements, the more they reduced their risk.

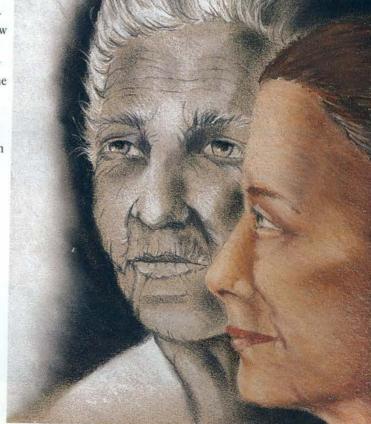
"Alzheimer's afflicts some four million Americans, and two to three times more women than men," says Vincent Lucente, M.D., chief of gynecology at Lehigh Valley Hospital and Health Network. "The higher incidence in women appears to be related to the significant decrease in estrogen after menopause."

Researchers have found that supplements of the hormone stimulate the growth of nerve cells in the brain associated with learning and memory. That may prevent Alzheimer's and even reverse its effects. A small study in Washington state showed that estrogen supplements boosted both memory and attention span (two of the functions most damaged by Alzheimer's) in elderly women suffering from the disease.

Hormone supplements help prevent, and possibly reverse, the disease.

Only about one in four women currently takes estrogen replacement. "These new studies don't give us enough evidence yet to say that every woman should be on hormone therapy after menopause," Lucente says. "There are many factors to consider, and each woman needs to make an individual decision with the help of her doctor. But it is encouraging to learn of this new potential in defeating Alzheimer's disease."

For a detailed article on the benefits of estrogen replacement, or for a physician referral, call (610) 402-CARE.



Jomen and the C

In youth, our hormones protect us; in old age, we're at higher risk than men.

Do you know your cholesterol numbers...all of them? "Every woman should," says Carol Bub, M.D., family practice physician on the staff of Lehigh Valley Hospital.

Cholesterol, the fatty substance that can cling to artery walls and block the flow of blood, is a major heart disease risk at elevated levels. "Relatively few women reach those levels before menopause," Bub says. (See chart below.) "But they catch up with men in mid-life, and after 75 are more likely than men to have high cholesterol."

To assess your own risk accurately, total cholesterol is just the beginning. A total under 200 is good, 200 to 240 is borderline and over 240 is high, according to the American Heart Association (although many experts now say these numbers should be revised downward).

HDL Is the Key

More important for women than total cholesterol is HDL ("good") cholesterol. "The higher the HDL the better," says Connie Molchany, clinical nurse specialist at Lehigh Valley Hospital. "And women's HDL, though it drops slightly after menopause, is higher than men's throughout life. Even if your total cholesterol is high, a high HDL can offset it."

To see how this works, track your ratio of HDL to total cholesterol. "For example, a seemingly high total of 240 divided by an HDL of 80 produces a ratio of 3, and that's a healthy number," Molchany says.

LDL ("bad") cholesterol is the number to keep as low as possible; it rises with age in women. A full cholesterol screening also measures triglycerides. "High triglycerides can indicate artery disease and other problems," Bub says.

How often do you need your cholesterol checked? "If it's normal, every year or two," she says. "If it's not, or if you have other heart disease risk factors such as family history, diabetes or high blood pressure, you may need a screening every few 13% months." Start cholesterol 27%

screenings in your 20s, she Women 9% adds, and be sure you're Men 14% getting a fasting test to ensure reliability.

or below "Il you have a history of heart disease or high-risk factors, talk with your dector about appropriate targets.

A Healthy*

Woman's

Cholesterol

Targets

200 or

below

45 or

above

4 or below

130 or

below

200

Total cholesterol

HDL ("good")

Total/HDL ratio

cholesterol

LDL ("bad")

cholesterol

Triglycerides

lesterol Seesaw

If Your Cholesterol is High

The first line of defense against high cholesterol is diet. "Fatty foods are the culprit," says Barbara Carlson, clinical dietitian at Lehigh Valley Hospital and Health Network. "Keep your overall fat intake under 55 grams a day and your saturated fat under 20 grams. Limit yourself to 300 mg of dietary cholesterol a day (an egg has 250). Eat lots of fruits, vegetables and whole grains. And be sure to include skim milk or nonfat yogurt to ensure adequate calcium."

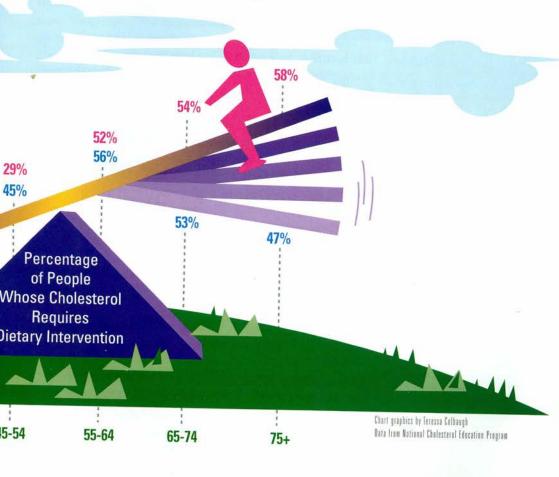
Regular exercise also helps control cholesterol. "I can't stress exercise enough," Bub says. "It's been shown to raise HDL and also helps prevent obesity, which is strongly linked to heart disease in women."

After menopause, hormone replacement therapy (HRT) is a step worth considering. "Estrogen protects women against heart disease," Bub says. "After menopause, when natural estrogen levels drop, HRT is an excellent way to maintain that protective effect. It raises HDL and lowers LDL. Especially if you have other risk factors, talk to your doctor about this."

If you aren't able to control your cholesterol through any of these means, your doctor can prescribe a cholesterol-lowering drug. Recent studies show these drugs to be very effective, for women as well as men, in reducing heart disease.

Measuring Your Heart Health

Cholesterol is not the only risk factor for heart disease. If you'd like a complete health risk assessment-including cholesterol and other heartrelated screenings—Lehigh Valley Hospital and Health Network offers a two-part program called "Measurable Results." You'll learn what your individual results mean and how to improve your chances of living a long and healthy life. For more information, call (610) 402-CARE.



ga Ancient Discipline for Modern Times



Yoga in action: Jeff Budzek shows the finer points of a yoga stretch to (L-R) Janet Furjanic and Tonya Steiner (Allentown) and Christine Kepic (Emmaus), in a class at Lebigh Valley Hospital.

xercise for the body, mind and spirit? That's a far cry from the typical American fitness routine, says Jeff Budzek, R.N.: "You're panting away on a stair-stepper listening to headphones. Your body's doing one thing and your mind another-and spiritually, you'd love to be someplace else entirely."

Budzek and his wife, Juanita Carra-Budzek, R.N., suggest another way. As certified yoga instructors, they teach a 6,000year-old discipline that unifies the body, mind and spirit. "Yoga promotes wholeness," he says. "It tones the body, quiets the mind and calms the emotions."

Budzek's yoga classes are based on a series of stretching and strengthening postures. "As you enter a posture and hold it, you focus your awareness," he says. "You become an observer, feeling your experience without judging or reacting to it. It's a form of meditation.'

Exercise for

the body, mind

and spirit, yoga is

especially popular

with women.

Yoga involves many concepts unfamiliar to Westerners. Take breathing, for example. "You have to use your belly to expand your lungs fully and oxygenate your body," Budzek says.

"Since it's not stylish to have a belly in our culture, we never learn to breathe deeply." The non-competitive aspect of yoga is also a challenge for many Americans.

For women (the majority of yoga students), the discipline has special benefits. "Yoga relieved my physical symptoms and helped me with the emotional and spiritual passage of menopause," Carra-Budzek says. And

you're never too old for it. "Many of the so-called diseases of age are really due to inactivity," Budzek says. "If you don't use your

body, you'll stiffen up."

Just minutes of yoga daily can make a difference in strength and flexibility; an hour is even better. "I think yoga is uniquely valuable to Americans," Budzek says. "Nothing else we do moves all our muscles and joints, while at the same time helping us slow down, de-stress and reconnect with our bodies." :

Jeff Budzek's yoga classes are available through Lehigh Valley Hospital and Health Network's Center for Health Promotion and Disease Prevention. For information, call (610) 402-CARE.

The Rev. Susan Pizor Yoder

Caregiver on Many Fronts

ow do you give "prime time" to your career, your family and your community? "It takes creative thinking!" says the Rev. Susan Pizor Yoder. As a wife, mother of three and director of congregational care at Bethlehem Presbyterian Church, Yoder has given considerable thought to balancing her life. She'll speak on the topic at the Spirit of Women conference April 4.

Yoder has wanted a spiritual career since her teens, when she visited a friend's church and encountered her first clergywoman. "A light bulb went off," she says. "I realized this was an option for a woman."

In her present position, she's leading a process to revamp how the church cares for its members. "What worked for years is not working now," Yoder says. "For example, people want us to stay in touch by phone rather than home visits. We're also training our volunteers in specialized ministries, such as bereavement or hospital work, rather than expecting everyone to

The Rev. Susan Pizor Yoder at the First Presbyterian Church, Bethlehem, where she serves as director of congregational care.

be a generalist. It allows them to do what they really love doing. Finally, we're working more closely with community resources."

At home, Yoder and her husband, dentist Robert Yoder, Jr. have "learned to think non-traditionally" about blending childrearing and two vital careers. "We're fortunate to be able to flex our work schedules—longer hours on fewer days—to have time with the children," she says. What sometimes suffers, she admits, is her health habits: "I fit in exercise in unusual places, like taking the stairs instead of the elevator."

Yoder speaks to women as often as she can about overcoming the "superwoman" complex. "Frankly, women are frazzled," she says. "We don't know how to say no. But 'love your neighbor' does not mean burn yourself out! You can't really love another until you've learned to love yourself.

"I'm not saying I've arrived!" she says. "But I've worked with hundreds of people, and I've tried to take all that in and learn and grow from it."

Yoder will speak on leading a balanced life at "Spirit of Women" April 4. See page 17 for more information on the event or call (610) 402-CARE for a complete registration brochure. Heart. Knowledge. Courage. Health.

Find everything you're looking for when you visit the Land of Oz a world of fun and fitness for children and their families at

ids



April 6, 1997 10 a.m. - 5 p.m.

Stabler Arena and Rauch Field House, Bethlehem

 See how Dorothy keeps her home safe from fire and poison hazards.

- Get the Tin Man's tips for maintaining a healthy heart. (Free blood pressure screening for parents!)
- Find out how the Scarecrow protects himself from head injury; tour the University MedEvac helicopter.
- Learn from the Lion how to develop self-confidence and respect others.
- Join the Wizard in exploring the latest technology for a healthier life.

(Pediatricians will also be available to answer questions about health and safety issues.)

Special thanks to the Performing Arts Department of Cedar Crest College for the design and construction of the Land of Oz!

For more information, please call (610) 402-CARE.

LEHICH VALLEY
HOSPITAL AND

HEALTH NETWORK

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