

JANUARY | FEBRUARY 2015

HealthyYou

AVOID
GYM
JITTERS

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley
Health Network

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WATCH VIDEOS

See Victoria Moll's makeover transformation and hear our surgeons talk about their expertise in detail.

FIND A DOCTOR

LVHN.org/findadoc

READ THIS ISSUE

of Healthy You magazine
online – and read extra stories –
at **LVHN.org/healthyyou.**

Next Step

EMBRACE WELLNESS. Visit **LVHN.org** on your smartphone. All of our pages are now optimized for your mobile device.

Top Healthy Apps

MAKE YOUR SMARTPHONE
A 'WELLNESS BUDDY'

Looking to get healthier? There's an app for that.

Actually, there are thousands of free apps designed to help you stay fit, eat better and feel great.

"I've recommended apps to help my patients reach their goals of taking more steps during the day or avoiding the least healthy foods," says family medicine physician William "Wolfie" Shay, DO, with Moselem Springs Primary Care. "My experience is that most health-related apps can do what they promise." Here are some common healthy app categories you can search, and some unique options. In all cases, check with your doctor to be sure the app is right for you.



OVERALL WELLNESS

► The standard

Want to quit smoking? An app shows how much money you'll save. Want to change your thoughts? You'll find apps to boost your confidence – and even your sex life.

► The unique

There is an app that judges your overall health based on your bowel movements.



WEIGHT LOSS

► The standard

Many apps calculate your body mass index (BMI) or percentage of body fat. Some also will track the weight you lose (or gain) daily.

► The unique

There is an app that gives you an audible "cheer" every time you lose weight (and a "jeer" when you gain). Another will put your selfies on your social media sites so you (and your friends) can witness your weight-loss journey.



FITNESS

► The standard

Many apps turn your smartphone into a pedometer that tracks your steps and walking distance. Others measure the calories you burn and the muscle you build. Some have workout instructions; others let you improvise.

► The unique

There is an app that helps you train for a 5K race as if you are running away from zombies.



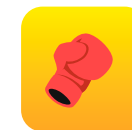
HEALTHY EATING

► The standard

Most apps offer calorie counters, healthy recipes, and give you the nutritional value of the foods you eat. "Some tell you which foods to avoid, like how to know produce has gone bad," Shay says.

► the unique

There is an app that encourages you to photograph your meal, then share it and let your friends on social media determine how healthy it looks.



STRESS RELIEF

► The standard

Stressed out? Free apps offer meditation techniques. Trouble sleeping? Others offer soothing music (ocean waves) and sleep timers.

► The unique

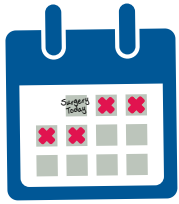
There is an app that lets you take out your frustration by "punching the bad guys" (virtually, of course).

—Ted Williams



William "Wolfie" Shay, DO
Family medicine

Watch his video at LVHN.org/WShay.



3 Ways to Minimize Post-surgery Pain

Advances in pain management and control can help you minimize pain after surgery and get you back to living a full life.

Lehigh Valley Health Network surgeon Paul Cesanek, MD, with General Surgical Associates of LVPG, offers these three tips:

- TIP 1 Breathe deeply.** Follow your doctor's orders and do deep breathing exercises every 10-15 minutes. It helps your lungs return to normal, eases anxiety and controls pain.
- TIP 2 Brace yourself.** Use a pillow or blanket to put pressure on the incision site. Bracing can help control pain in the first hours and days after surgery.
- TIP 3 Get out of bed.** Move from a prone position to an upright one in a chair, or standing, to help improve circulation and minimize your risk for blood clots.

Next Step

GET MORE TIPS FOR REDUCING POST-SURGICAL PAIN. Visit LVHN.org/painaftersurgery or call **610-402-CARE**.



6 Ways to Protect Your Child From Flu This Winter

Nippy weather, kids in school – it must be cold-and-flu season. “The season typically peaks in January and February,” says pediatrician Jill Colabroy, MD, with ABC Family Pediatricians, affiliated with Children's Hospital at Lehigh Valley Hospital. Here are six ways she advises helping children dodge viruses:

- (1) Wash hands twice.** It takes 20 seconds to remove viruses – half of what most people take.
- (2) Use alcohol-based sanitizer** when soap and water isn't available. Keep rubbing until it dries.
- (3) Keep your sick child home.** Otherwise, germs spread.
- (4) Wipe down cellphones.** They're often handled, rarely cleaned.
- (5) Avoid crowded indoor playgrounds** when possible.
- (6) Get children flu shots** and make sure they're up-to-date on all vaccines.

Your Winter To-Do List

TOP FOUR WAYS LVHN CAN HELP YOU
BEAT THE WINTER BLAHS



1 HELP YOUR NEIGHBOR.

Community Exchange allows you to volunteer time and earn time by exchanging services.

Visit [LVHN.org/community_exchange](https://www.lvhn.org/community_exchange).



2 REV UP YOUR SMARTPHONE.

Stay healthy despite the cold. Get that health-related app. And don't forget to check out LVHN.org, which is designed to fit whatever screen you use. **See page 3.**



3 FOCUS ON THE PRESENT.

Learn more about mindfulness-based stress reduction. Free information sessions are set for January. **See page 21 or visit [LVHN.org/mindfulness](https://www.lvhn.org/mindfulness).**



4 BUNDLE UP.

It's cold outside. Wear a jacket, gloves and scarf to stay warm, and check in with older relatives on especially frigid days.

HOW MASSAGE HELPS YOU HEAL

Therapeutic massage techniques vary.

Swedish massage entails gentle stroking and kneading, while trigger-point or deep-tissue massage may feature stronger pressure – and perhaps an elbow or knee – to reach recessed areas.

“We cater the massage to what you need,” says Lehigh Valley Health Network massage therapist Kristen Wanamaker. Massage therapy can help to:

- ▶ **Relieve pain** – Massages release tension, working out knots in muscles and producing feel-good endorphins.
- ▶ **Aid injury recovery** – Most techniques reduce swelling, break up scar tissue and move fluid.
- ▶ **Ease stress** – Nearly all techniques encourage relaxation.
- ▶ **Help with headaches** – Massage can loosen muscles that tighten from stress or jaw disorders.

Next Step

MASSAGE SERVICES ARE NOW AVAILABLE AT LVHN-ONE CITY CENTER. Learn more about other massage locations at [LVHN.org/fitness](https://www.lvhn.org/fitness) or call **610-402-CARE**.



Learn More About Cardiology

If you have a heart condition – or suspect one – a cardiologist can be your go-to person. This month six new providers have joined LVPG Cardiology–1250 Cedar Crest.

They are interventional cardiologists William Combs, MD, Bryan Kluck, DO, and Dzanan Ramic, MD, and electrophysiologists Nghia Hoang, DO, Norman Marcus, MD, and James Sandberg, MD. Learn more at [LVHN.org/heart1250](https://www.lvhn.org/heart1250) or call **610-402-CARE**.

Take Charge HEART DISEASE

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

“I was so nervous and excited to see her, I didn’t know what to do.”

TORIE CARL, ABBY’S MOM

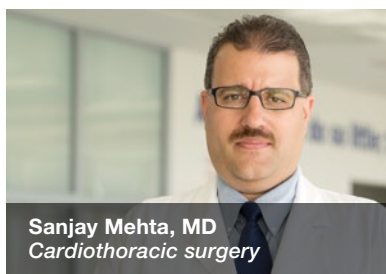
They Almost Never Met

ECMO HELPS MOM RECOVER FROM FLU,
MEET NEWBORN DAUGHTER

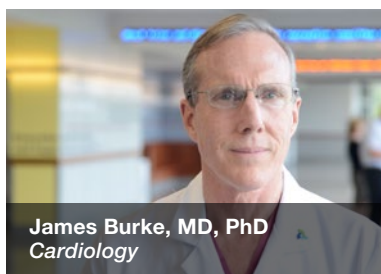
Next Steps

GET DETAILS ABOUT ECMO
at LVHN.org/ECMO.

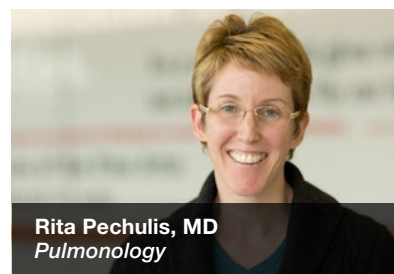
LEARN ABOUT FLU
SYMPTOMS and treatment
at LVHN.org/influenza.



Sanjay Mehta, MD
Cardiothoracic surgery



James Burke, MD, PhD
Cardiology



Rita Pechulis, MD
Pulmonology

Torie Carl was gasping for breath. Her blood oxygen level was dangerously low. It was Jan. 3, 2014, eight days before her first child's due date. The cause of her breathing problem was unclear, but clinicians at a hospital near her Minersville home knew immediate action was necessary. She was placed on a ventilator, and an emergency cesarean section was performed.

"She was living minute to minute," says Torie's mother, Tanya, who was relieved to have a healthy granddaughter (named Abby) but terrified her daughter had to be transferred to Lehigh Valley Health Network (LVHN) for special care. That's where doctors determined Torie had the flu. "I never thought about the flu and never got a flu shot," Torie says. "We certainly didn't know the flu could kill you," Tanya says.

LVHN pulmonologist Rita Pechulis, MD, of Pulmonary Associates of LVPG, says the flu can be deadly, even if you're young and healthy. "You don't think you can get that sick from the flu, but we see it every year," Pechulis says. "The flu can kill you. That's why everyone age 6 months and older should get a flu shot."

Pechulis calls Torie the sickest patient she ever cared for. Her story tells how serious the flu can be and why it's important to get vaccinated every year.

TORIE WAS HIGH-RISK

Pregnant women are at greater risk for getting the flu, as are infants and children, seniors and people with chronic conditions or a weakened immune system. Unless they have contraindications, all pregnant

women, at any time in their pregnancy, should receive a flu vaccine. Some people get complications from the flu such as pneumonia or a fast-moving bacterial infection. Torie suffered the former.

ECMO SAVED TORIE

The infection was attacking Torie's lungs, hindering their ability to send oxygen-rich blood throughout her body. While in a medically induced coma, she was placed on extracorporeal membrane oxygenation (ECMO) at Lehigh Valley Hospital (LVH)—Muhlenberg. With ECMO, blood is drawn from the body through a catheter, run through a machine that removes carbon dioxide and adds oxygen, and returned to the body. Cardiothoracic surgeon Sanjay Mehta, MD, with Lehigh Valley Heart and Lung Surgeons, performed the procedure. Over the next 48 hours, Mehta and a team of heart and lung specialists worked together to stabilize Torie. They then collaborated with another team of specialists to coordinate her transfer to LVH—Cedar Crest, where cardiothoracic surgeon James Wu, MD, with Lehigh Valley Heart and Lung Surgeons, provided care. While on ECMO, Torie remained on a ventilator to keep her lungs moving, but because her lungs weren't working as hard, ECMO gave them a chance to heal.

THERE WERE SERIOUS CHALLENGES

"When your lungs are that sick, your organs go into an uproar," Pechulis says. Torie's kidneys were failing. She developed a condition that caused fluid buildup in her body. Her gallbladder became infected, and exploratory surgery was performed. She developed bleeding complications related to the blood-thinning medication she needed while on ECMO. "She developed right-side heart failure because it was difficult for



James Wu, MD
Cardiothoracic surgery

Watch his video at LVHN.org/Wu.

her heart to pump blood into her diseased, inelastic lungs," says cardiologist James Burke, MD, with LVPG Cardiology—1250 Cedar Crest. She went into cardiac arrest three times and had to be resuscitated.

COLLABORATION WAS CRITICAL

Pechulis, Wu and Burke worked closely with a team of respiratory, heart and nursing specialists. Even though Torie was on ECMO for several weeks, they remained hopeful. "ECMO gives us a buffer," Pechulis says. "As long as we could use ECMO to oxygenate her blood, we felt the infection would run its course." It did.

MOTHER AND DAUGHTER MEET

After 71 days, Torie was taken off ECMO. She was still very sick, but well enough to meet Abby for the first time. Her care team pitched in to buy Torie a gown and hire a hairdresser for the special event. "I was so nervous and excited to see her, I didn't know what to do," Torie says.

IT'S A LONG ROAD TO RECOVERY

On July 1, 2014, Torie came home. She still needs oxygen, receives physical therapy two days a week and is able to do a little more every day. Her lungs suffered permanent damage but should function close to normal once rehabilitation is complete. And in fall 2014, the whole family received a flu shot.

—Rick Martuscelli

The Stroke of an Artist

COMPREHENSIVE TREATMENT HELPS
EAST STROUDSBURG MAN



Darryn Shaff, MD
Neurointerventional radiology

His daughter's wedding was about a month away.

Walter Schupp Jr., an artist employed in the art department at Northampton Community College, couldn't wait to walk his youngest of three daughters, then 24-year-old Victoria, down the aisle. But what happened in the darkness of May 1, 2013, upended family plans.

"About 3 a.m., I didn't feel good," says Schupp, 49, of East Stroudsburg. He drove himself to a nearby hospital and collapsed.

Imaging revealed a small tear in a carotid artery near the ear, which – trying to heal – had formed a clot that blocked blood to his brain. That explained recent right-arm weakness and trouble finding words. In reality, Schupp had been in the process of having a stroke for four or five days – well beyond the three-hour treatment window approved for standard clot-busting drug therapy.

"Fortunately, his caregivers knew about Lehigh Valley Hospital's (LVH) capabilities as a Comprehensive Stroke Center," says Lehigh Valley Health Network (LVHN) neurointerventional radiologist Darryn Shaff, MD, with Medical Imaging of Lehigh Valley.

When Schupp transferred to LVH–Cedar Crest, doctors faced a blockage unusual in its location and duration. "He had brain that was salvageable," Shaff says. "But he had areas of stroke that were progressing." When Victoria saw her father, he couldn't speak or move the right side of his body, and his cognition was severely impaired. "I was terrified," she says.

Shaff's solution was to thread a small catheter – equipped with tiny tools – through an incision in the leg and up to the blockage site. Guided by X-ray imaging, he opened the artery and placed a stent to keep blood flowing. "Comprehensive Stroke Center certification ensures that procedures like this are available 24/7," Shaff says.

Following surgery, Schupp faced a long rehabilitation road. "But I wanted to walk down that aisle," he says. In weeks, he progressed from immobility to using a wheelchair to taking steps with a walker. "Having a motivating goal can have a huge effect on recovery," Shaff says.

On June 8, 2013, a tuxedo-clad Schupp walked his daughter toward her union with husband Chad Torres. In lieu of dancing at the reception, Victoria sang her father the song "In My Father's Eyes." The couple are expecting their first child. Says Victoria, "I'm so glad my father is here to be part of our daughter's life."

–Rich Laliberte

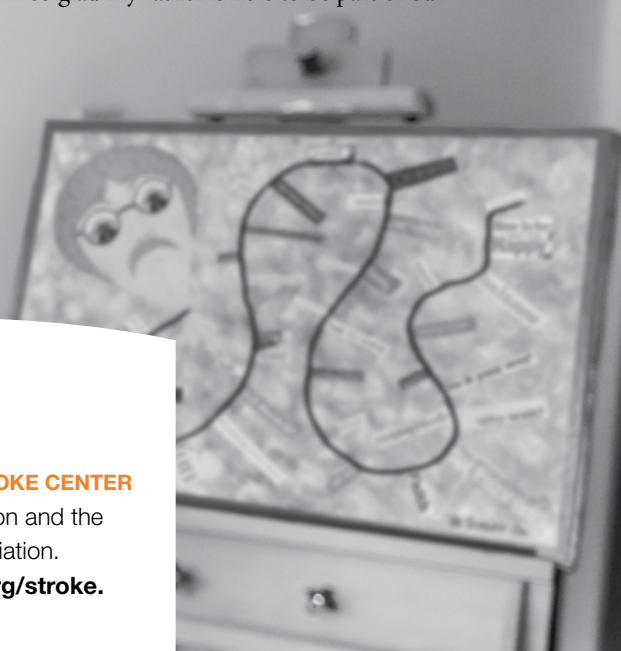


Next Step

**LVH IS CERTIFIED AS A
COMPREHENSIVE STROKE CENTER**

by The Joint Commission and the
American Stroke Association.

Learn more at LVHN.org/stroke.





Bianca Mokgethi, MD
Hospital medicine

Next Steps

LEARN HOW OACIS CAN HELP YOU manage complex illness. Visit LVHN.org/oacis, and read a past Empower Yourself column at LVHN.org/empower or call **610-402-CARE**.

NEED A PRIMARY CARE DOCTOR? Visit LVHN.org/findadoc or call **610-402-CARE**.

6 Ways to Prevent a Return Hospital Visit

► **Need help navigating health care?** The “Empower Yourself” column shares tips from a Lehigh Valley Health Network (LVHN) clinician about how you can best work together with your health care team. In this issue, LVHN hospitalist Bianca Mokgethi, MD, with LVHN Hospital Medicine at Muhlenberg, discusses what to do before and after you leave the hospital to help ensure a successful recovery.

You’re excited to be going home after a long hospital stay, and you’re hoping you don’t need to return. As a hospitalist (an internal medicine physician who coordinates hospital-based care), my goal is to help you prevent a return trip.

HERE ARE SIX WAYS YOU CAN HELP:

- 1 Get educated.** Learn about your condition, any preventive steps that can help you stay well, and the signs or symptoms that should alert you to call your doctor once you return home.
- 2 Ask questions.** You’ll likely leave the hospital with pages of instructions. Ask if you’re not clear on what you’re being told to do. For example, if you must weigh yourself regularly, make sure you know how often and what time of the day is best. If you’re unable to ask, have a family member or friend join you for the conversation with your doctor prior to leaving the hospital.

- 3 Know your meds.** New medications can be overwhelming. Help us ensure there are no duplications or interactions with any existing medications you take. Keep an accurate list of your medications with you at all times or have a family member bring a list to the hospital.
- 4 Share barriers.** Do you have multiple flights of stairs? Transportation issues? Difficulty preparing meals? Let us know before you return home so we can help you find solutions. The more you share, the better your care.
- 5 Follow up.** It’s essential for you to schedule all recommended follow-up tests and doctor appointments.
- 6 Accept help.** During discharge you may be offered home care with nurses who can educate and monitor you, as well as therapists who can improve your strength and mobility. OACIS, a team that helps people manage multiple chronic illnesses, is another potential resource. Take advantage of these services to maximize your recovery. Your primary care doctor can help you coordinate follow-up care.



Don't 'Shoulder' the Pain

HELP FOR WHAT MAY AIL YOUR SHOULDER

The ground ball bounced in Paul Corbett's direction, near second base. He scooped up the ball and glanced up. The runner was already halfway to first base. To make the out, Corbett cranked his arm back to throw. "And that's when I felt it," he says.

"It" was the pain he experienced after flinging the ball toward first base. He made the out, but it was the 52-year-old Phillipsburg, N.J., man's final play of the softball game. He could no longer raise his arm. Fearing he'd dislocated his shoulder, Corbett, an information technology professional, sought medical attention.

A SURPRISING FIND

Corbett hadn't dislocated his shoulder. Instead, he had torn his rotator cuff, a group of four muscles and tendons that surround the shoulder joint. These muscles and tendons hold the upper arm and shoulder blade together, allowing you to raise, lower and rotate your arms.

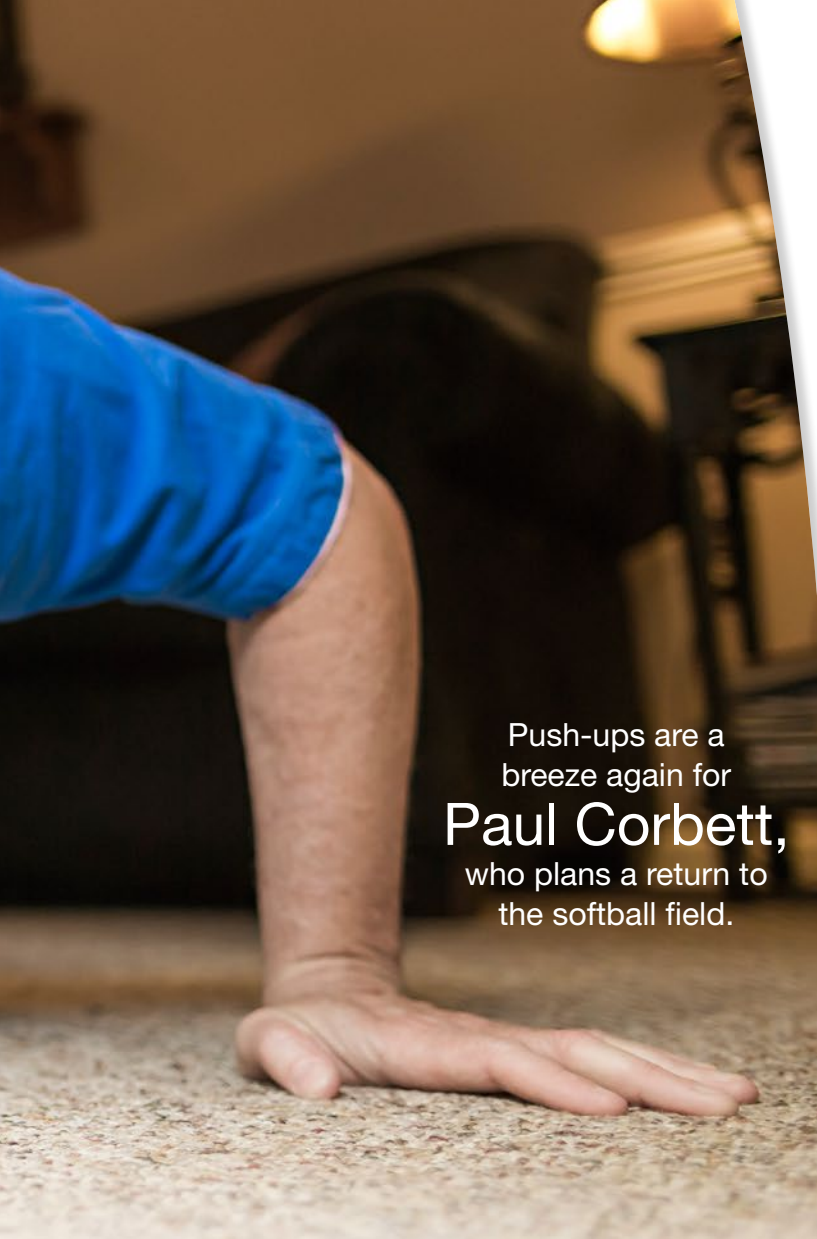
Injuries to the rotator cuff are so common that, "Until proven otherwise, we assume anyone who shows up with shoulder pain has a rotator cuff injury," says Lehigh Valley Health Network (LVHN) sports medicine physician Faisal Al-Alim, MD, with LVPG Sports Medicine.

GETTING TO A DIAGNOSIS

If you have shoulder pain, you likely will have a thorough exam measuring your range of motion. You also will likely have an X-ray to evaluate the bones, and an MRI may be necessary to confirm a tear.

If you are diagnosed with tendonitis, then rest, ice, anti-inflammatory medications, physical therapy and occasionally steroid injections are used. If you have impingement syndrome, your physician might refer you to a surgeon who can shave down your shoulder blade, making it less likely to rub against a tendon.

If you have a tear, arthroscopic surgery can reattach the affected tendons to your upper arm. With a tear, "the



Push-ups are a breeze again for **Paul Corbett**, who plans a return to the softball field.

sooner you repair it, the better,” Al-Alim says. That’s because most tears get bigger over time. “Part of the torn tendon also may atrophy or calcify, making it difficult to reattach,” says LVHN orthopedic surgeon Mitchell Cooper, MD, with VSAS Orthopaedics.

A PAIN-FREE RETURN

Corbett turned to Cooper for help. During his exam, Corbett learned he also had a tear in his left rotator cuff stemming from a sledding accident years earlier. So Cooper repaired Corbett’s right shoulder surgically in October 2013, then repaired his left shoulder in February 2014. Corbett has taken the year off from softball, but this June he returned to the golf course. “I can hit the ball as hard as I want to without pain,” he says.

—Alisa Bowman

Next Steps

GET 4 WAYS TO PREVENT SHOULDER INJURIES. Visit LVHN.org/news or call **610-402-CARE**.

LEARN MORE about rotator cuff injuries. Visit LVHN.org/rotator-cuff.

VSAS ORTHOPAEDICS is now part of Lehigh Valley Physician Group. Read about it at LVHN.org/news or call **610-402-CARE**.

Rotator Cuff Injuries

► TENDONITIS

One or more of the rotator cuff tendons becomes irritated or inflamed. Athletes who use their arms (volleyball players, throwers, swimmers) are prone to tendonitis, as are adults who perform work with their arms overhead (painters).

► IMPINGEMENT SYNDROME

When you raise your arm or move it in certain directions, the rotator cuff tendon can become pinched between the edge of the shoulder blade and the ball part of the joint, causing inflammation in the bursa. This can produce a catching sensation and pain.

► TEARS

When part or all of the rotator cuff tendons tear, they become detached from the upper arm bone (humerus), making it difficult or impossible to raise your arms overhead. Young athletes often tear the rotator cuff due to brute force, sometimes by the impact of falling or by pitching at high velocity. The older you are, the more prone you are to a rotator cuff tear. “Think of the rotator cuff tendons as you would a rope,” says LVHN orthopedic surgeon Mitchell Cooper, MD. “With use, over the years a rope starts to fray. The same can happen to your rotator cuff tendons. Some people in their 50s and 60s have partial tears and don’t even know it.”



Mitchell Cooper, MD
Orthopedics



Faisal Al-Alim, MD
Sports medicine

A woman with blonde, wavy hair is smiling and winking at the camera. She is wearing a black long-sleeved top with a blue patterned skirt and a chunky silver chain necklace. Her right hand is on her hip, and her left arm is raised behind her head. The background is a blurred clothing store with racks of clothes.

Victoria's *Little* Secret

BODY-CONTOURING SURGERY
COMPLETES HER WEIGHT-LOSS
TRANSFORMATION

After Victoria Moll became a first-time mom in 2012, she took a hard look at her weight. “I was blessed with the birth of my daughter, Elizabeth – but my weight hit 365 pounds,” she says. “Then I lost my mom to pancreatic cancer.” That roller coaster of emotions motivated her to take charge of her health.

So in fall 2012, Moll began pre-surgery classes at Lehigh Valley Health Network’s (LVHN) Weight Management Center. In January 2013, she had gastric sleeve surgery performed by LVHN bariatric surgeon Richard Boorse, MD, with General Surgical Specialists of LVPG.

Weight slipped off of the now 31-year-old Fleetwood woman. Moll dropped 170 pounds within the first year. She also followed doctor’s orders by exercising. “I got thinner and loved it, but not all of my skin shrunk to fit the new me,” she says. “The excess skin on my abdomen caused back pain and made exercising difficult because it pulled down.”

Loose, chafing skin is common among people who lose a massive amount of weight in a short period of time, says LVHN plastic surgeon

BEFORE



AFTER



Randolph Wojcik Jr., MD, with Plastic Surgery Associates. “Not only is loose skin uncomfortable, but in areas where it creases or overlaps, a rash called intertrigo may develop. This irritation can be painful and also may harbor fungal or bacterial infections.”

Body contouring, a type of plastic surgery, can resolve excess skin and its associated problems. “This surgery addresses issues wherever the patient has loose, draping skin, most typically the abdomen, arms, breasts and thighs,” Wojcik says.

While someone may request a consultation for body-contouring surgery at any time, the surgery is most beneficial once you reach a stable weight. For most people who have had bariatric surgery, that means one year post-surgery and six months after achieving your goal weight.

“During the consultation, we explain what we can deliver and discuss the pros and cons of the surgery,” Wojcik says. “We want you to fully understand what you can expect through surgery and postoperatively.”

In August 2014, Moll took the next step in her own transformation. “When I met my surgical team, I felt special – like a piece of art they were going to restore to a best version of itself,” Moll says. During the surgery

Body Contouring Fine Points

- ▶ Must be **one year** post-bariatric surgery
- ▶ Must also have **reached goal weight** or have plateaued for six months
- ▶ Women of childbearing age should wait until their **family is complete**.
- ▶ May require **four weeks to recover**
- ▶ May be **covered by insurance** if medically necessary

she had excess skin removed from her stomach and upper arms. In all, body-contouring surgery removed almost 12 pounds of tissue.

Now, Moll enjoys exercising without pain or chafing, and especially likes shopping. “I sometimes go to stores just to try things on and see if they will fit – and they do,” she says. “I am ecstatic with the results of body-contouring surgery and would do it again.”

–Jennifer Fisher

DRESS TO IMPRESS

To celebrate her weight-loss and body-contouring surgeries, Victoria Moll received a free makeover by Enzo Giarratanas European Concept salon, Lori Smith of L Studio Makeovers and L Studio Boutique. Wardrobe was courtesy of Sage at the Promenade Shoppes.

WATCH HER MAKEOVER VIDEO
at LVHN.org/healthyyou.

Next Step

SIGN UP for a weight-loss surgery information night. Call **610-402-CARE** or visit LVHN.org/freeinfoevent.



Richard Boorse, MD
Bariatric surgery
Watch his videos at LVHN.org/Boorse.



Randolph Wojcik Jr., MD
Plastic surgery
Watch his video at LVHN.org/Wojcik.



8 Ways to Keep Your Loved Ones Healthy

SHOW YOUR LOVE; EMBRACE HEALTHY EATING

Valentine's Day is a time for love. So why not encourage your loved ones to embrace healthy eating? Here are eight handy tips to get you started, courtesy of Lehigh Valley Health Network (LVHN) family medicine physician Jeffrey Wells, DO, with Parkland Family Health Center, and registered dietitian Joanie Troutman with the Weight Management Center and Sodexo.



Jeffrey Wells, DO
Family Medicine

HEALTHY SNACKS UNDER 200 CALORIES*

- ▶ 1 tablespoon peanut butter on medium apple slices
- ▶ 3 cups air-popped popcorn with 3 tablespoons grated parmesan cheese
- ▶ 6 whole-wheat crackers topped with 1 slice low-fat Colby cheese

*Source: Academy of Nutrition and Dietetics

HEALTHY SNACKS UNDER 300 CALORIES*

- ▶ Whole-wheat pita cut into wedges with 2 tablespoons hummus dip
- ▶ Yogurt parfait – 6 ounces fat-free yogurt, ½-cup berries, ¼-cup granola
- ▶ Trail mix – 20 almonds, miniature box of raisins, ¼-cup sunflower seeds

Next Step

IF YOU'RE AN ATHLETE looking for the right diet plan, sports nutrition may help. Learn more at LVHN.org/onecitycenter or call 610-402-CARE.



Savor home-cooked meals together. By cooking meals yourself, you'll know your family is eating nutritious food. By sharing the meal together, you can catch up on your loved ones' activities.



Grocery shop with a list. But don't go hungry – or you may end up with some not-so-healthy foods you crave. Instead, plan nutritious meals beforehand and stick with your plan.



Choose healthy convenience items for faster meal prep. You're more likely to serve a healthy salad, for example, if you can make one quickly using pre-washed and cut bagged vegetables instead of starting from scratch.



Make your own microwaveable meals. Cook nourishing dishes in bulk and freeze for handy dinners during the week. That way, on busy nights, you won't be so tempted for takeout.



Serve healthy snacks. "Focus on lean protein balanced with high-fiber foods like fruits and veggies," Wells says. For children, try fun snacks such as "ants on a log" (peanut butter on celery topped with raisins).



Enjoy more non-food activities together. A love of food – and the togetherness it creates – can lead to overindulgence. So maintain balance. Create positive moments separate from food. Play catch with your kids, visit a museum or attend an event.



Keep yourself healthy. "Be a role model," Troutman says. "If you're preaching things to your kids but aren't doing them yourself, what they see is what they're likely to imitate."

–Sidney Stevens

Next Step

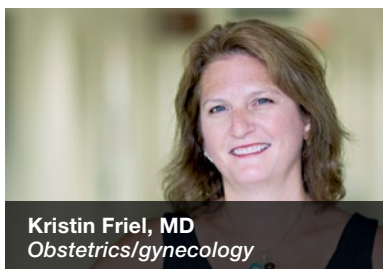
LEARN MORE about care during pregnancy. Visit LVHN.org/pregnancy.

Setting ‘Healthy Expectations’

TWO MOMS SHARE BENEFITS OF FREE GOAL-SETTING PROGRAM

Expecting a baby? Then it’s time to set nutrition and fitness goals. At two Lehigh Valley Health Network practices – College Heights OBGYN Associates and OBGYN Associates of the Lehigh Valley – about 150 eligible women have taken advantage of Healthy Expectations.

“It’s a free program offering one-on-one education, advice and goal-setting,” says obstetrician/gynecologist Kristin Friel, MD, with College Heights OBGYN Associates. Studies show women are more motivated to stop unhealthy behaviors during pregnancy. “So we help women make healthy food choices, stay active and attain a safe weight gain during pregnancy,” Friel says. This helps reduce risks for conditions such as diabetes, preeclampsia and high birth-weight babies. Here, two local women share how they achieved their own healthy expectations:



Karen gained 13 pounds during pregnancy.

KAREN HALEY

Easton

Motivation: Tara Miltenberger, my dietitian. She answered my questions, suggested safe exercises and helped me set goals.

Exercise routine: I used a pedometer to track my steps at work, then walked around my neighborhood to reach my goal of 8,000 to 10,000 steps a day. When it was too cold, I used my home treadmill.

New diet: I used an app on my smartphone to track calories and drank lots of water. Also, Tara helped me learn the importance of good proteins, calcium and portion control.

Success: I wanted to gain between 15 and 20 pounds. I gained only 13 pounds and took it all off within six months after delivery.

Final thoughts: My daughter, Camille, was born in April. We’re both healthy and happy. I’m loving motherhood, and I’m continuing to make healthy food choices.



Jennifer gained 17 pounds during pregnancy.

JENNIFER JORDAN

Center Valley

Motivation: I wanted to avoid the preeclampsia and swelling I had in my first pregnancy, during which I gained 60 pounds.

Exercise routine: I exercised in my living room while watching TV, walked 20 minutes outside in good weather, and used a walking DVD inside on cold days.

New diet: I kept a food journal to see what I was eating. I craved fruits, and my nutritionist, Ann Marie Barilla, explained why they were good for me and my baby.

Success: I wanted to gain between 11 and 20 pounds. I gained 17 and felt really energetic during and after pregnancy. I didn’t have any complications.

Final thoughts: My daughter Ariana was born in June. Delivery was really easy, and the weight melted off me. Today I’m really close to the weight I was before I had my firstborn, Ava.

–Sheila Caballero



Take Charge

CANCER

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH

Her Eyes Told All

JAUNDICE HELPED

ALLENTOWN WOMAN IDENTIFY
PANCREATIC CANCER EARLY

Dora Brickhouse's relaxing Fourth of July weekend took an unexpected turn.

Her son and other family members noticed the whites of the 65-year-old Allentown woman's eyes – normally bright and sparkling – were yellow. She grew so concerned, she asked her partner of 26 years, Phil Stanley, to look into her eyes. He saw the same thing.

"We thought it was dehydration, but I called my doctor (family medicine doctor Thomas Czajkowski, MD) just in case," says Brickhouse, who also noticed her urine had become dark in color. "He saw me right away and did a urine test."

The next morning, Brickhouse learned she had bile in her urine. Czajkowski advised her to go to Lehigh Valley Hospital–Cedar Crest emergency room. There, caregivers found abnormally high tumor markers in her blood and performed a CT scan. She had a mass on her pancreas.

"They told me it wasn't benign, and there was a good chance it was cancer," Brickhouse says. "I was scared, because my mother died of cancer and I saw what she went through."

JAUNDICE AND PANCREATIC CANCER

Painless jaundice – the yellowing of the eyes caused by a tumor blocking a bile duct – is a common sign of pancreatic cancer. Risk factors include a family history, new onset diabetes, smoking and chronic pancreatitis. People at risk can get a CT scan or endoscopic ultrasound that can check for tumors and assess lymph nodes.

"Some patients won't have symptoms," says Lehigh Valley Health Network (LVHN) surgical oncologist Jeffrey Brodsky, MD, with Lehigh Valley Surgical Oncology. "Those that do may have yellow eyes, dark-colored urine and clay-colored stools. It's also common to have itching and weight loss."

A SURGICAL SOLUTION

For Brickhouse, the jaundice offered a warning sign, and her pancreatic cancer was caught early (stage 1B). That meant it was curable.

First, she had a stent placed in her pancreas to keep her bile duct open. Then, Brodsky performed a four-hour procedure called Whipple, removing the head of Brickhouse's pancreas (where her 2.5-centimeter tumor resided), parts of the small intestine and stomach, gallbladder and some of the bile duct. After the resection, Brodsky rerouted her remaining organs to give her normal digestive processes.

"While many surgeons can do Whipple procedures, as a surgical oncologist I use a technique that creates a shorter procedure," Brodsky says. "Research shows shorter surgeries reduce blood loss, require fewer IV fluids, reduce complications, improve recovery and shorten your hospital stay."

Brickhouse's chance of cancer recurrence is high. To reduce it, she received chemotherapy, and now receives radiation five days a week with LVHN radiation oncologist Alyson McIntosh, MD, with Allentown Radiation Oncology Associates. "There's an 80 percent chance the cancer can return," Brickhouse says. "But it's gone for now."

"The long-term prognosis for people with pancreatic cancer is sobering," Brodsky says. "New chemotherapy regimens and targeted biologic agents may be available in the near future and are offering new hope for patients. For now, surgery is the best option."

THE ROAD AHEAD

While her journey isn't over, Brickhouse's tumor markers are normal, and she's feeling like her old self again. "My partner, family and faith have helped me get to this point," she says. She continues follow-up appointments with Brodsky and LVHN hematologist oncologist Usman

Next Step

LEARN MORE about pancreatic cancer. Visit LVHN.org/pancreatic-cancer.

Shah, MD, with Hematology Oncology Associates.

"I'll be dealing with cancer the rest of my life," Brickhouse says. "But I'm luckier than a lot of people with this disease."

Her advice to others battling pancreatic cancer: "Hang in there, keep your family close and pray," she says.

–Sheila Caballero



Jeffrey Brodsky, MD
Surgical oncology

Watch his videos at LVHN.org/Brodsky.



Usman Shah, MD
Hematology oncology

Watch his video at LVHN.org/Shah.



Alyson McIntosh, MD
Radiation oncology



Thomas Czajkowski, MD
Family medicine

Melissa
Grabinski

works out at
LVHN Fitness—One City
Center, Allentown.

Avoid These 5 Common Exercise Excuses

DON'T LET THEM STOP YOU
FROM STAYING FIT

This is the year. You've promised yourself you will get in shape – and stay there. To help you keep your promise, Lehigh Valley Health Network (LVHN) family medicine physician Amy Miller, DO, with Valley Family Medical Center, and exercise physiologist Kelsey Coates, with LVHN Fitness, offer these excuse-busters:

1 I'm overwhelmed and don't know where to start.

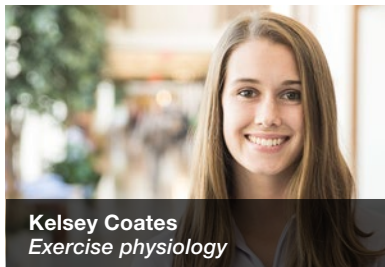
All that gym equipment may be intimidating. So if you're overwhelmed, simply ask a professional. Most gyms have someone at the front desk who can help. At LVHN Fitness locations, exercise physiologists and trainers will demonstrate specific movements, help you adjust exercise machines and develop a fitness program tailored to your abilities and goals. Another idea: Take an instructor-led exercise class (yoga or Zumba) to get started.

2 I don't have enough time.

"Everyone has enough time," Miller says. She should know. In addition to being a doctor, she's a mom to five children. "You have to make exercise a higher priority than other activities, such as screen time," she says. You also can split up your exercise during the day. "Try 10 minutes at the gym with squats, lunges, planks and dips, then 10 minutes at work power walking or climbing stairs, then 10 minutes at home playing with your kids," Coates says.



Amy Miller, DO
Family medicine



Kelsey Coates
Exercise physiology

Next Steps

GET 3 TIPS TO AVOID THE "WORKOUT BLUES." Visit **LVHN.org/news** or call **610-402-CARE**.

LEARN ABOUT LVHN FITNESS. Visit **LVHN.org/fitness**.

3 I don't have the energy.

It's natural to feel exhausted after a long day at work. Yet exercise can help. "It actually re-energizes you," Miller says.

4 I can't afford it.

Some employers offer health insurance benefits that cover – in part or full – wellness items such as gym memberships or personal trainers. Others may give you a discount on your premium for staying healthy.

5 My body is "allergic" to exercise.

If you've exercised in the past and experienced pain, it probably means you were overdoing it. So, while doing cardio such as running or cycling, be sure you can carry on a conversation. "If you can, it means you're maintaining a moderate pace," Coates says. Another option: Try resistance bands and gauge your effort on how well you feel.

—Alisa Bowman

'You Can Get Through Cancer'

CAROL WALLACE IS BACK TO THE ARTS

A lifelong art lover, Carol Wallace (below) of Kutztown always cherished her volunteer work with Society of the Arts (SOTA) helping support the Allentown Art Museum. But in April 2013, she began experiencing gastrointestinal (GI) problems, including ongoing diarrhea and bloating, that made volunteering difficult.

Several tests came back normal. Could it be a virus? Maybe. But seven months later, Wallace's symptoms grew worse. "When I got on the plane to visit my daughter for Thanksgiving, I knew there was something really wrong," she says. "I pretty much had stopped eating, because going to the bathroom was so excruciating, and I had a huge sense of pressure and fullness."

When Wallace got home the following week, she went straight to the emergency room. A CT scan revealed abnormal areas on her ovaries and fluid in her abdomen. That's when she turned

to Lehigh Valley Health Network (LVHN) gynecologic oncologist and cancer surgeon Martin Martino, MD, with Gynecologic Oncology Specialists. "Unfortunately, she had symptoms of what appeared to be ovarian cancer," he says.

"I went very quiet and numb," Wallace says. "But I knew I was in great hands."

Martino performed a debulking procedure, an extensive surgery that removes the uterus, fallopian tubes and cervix along with any cancer found in other organs. The surgery removed all visible cancer, and tests revealed Wallace had stage 3A ovarian cancer.

Chemotherapy at Lehigh Valley Hospital–Cedar Crest's infusion center came next. "It was a 15-minute drive from my house so my husband could easily drop me off, and the nurses helped me through everything," Wallace says. "It was wonderful not having to leave the area to get top-rate care."

Now 71, Wallace finished her chemo treatments last May, and her cancer is in remission. "She's a good example of how our doctors, nurses and caregivers provide a team approach to care, complete with personalized treatment plans that help patients feel better and hopefully get cured," Martino says.

Wallace is back to her busy volunteer schedule with SOTA. "I feel absolutely fantastic and full of energy," she says. "No matter what stage your cancer is, there are strategies and treatments. You can get through it well and live to enjoy another day."

—Sidney Stevens

Next Steps

LEARN MORE about ovarian cancer at LVHN.org/ovarian-cancer.

LEARN MORE about infusion services at LVHN.org/infusion or call **610-402-CARE**.



Martin Martino, MD
Gynecologic oncology

Watch his videos at LVHN.org/Martino.



Children and Urologic Conditions

LEARN THE SIGNS AND KNOW WHERE TO TURN

You're a proud new parent, ready to guide your child's journey from infant to toddler to youngster. You also want to be sure you're doing all you can to enhance your child's health.

One rarely discussed area of children's care is good urologic health, yet it's an important part of boys' and girls' overall well-being and development. "While most parents don't think about urologic issues in children, there are some things to keep in mind, especially if you're the parent of boys," says pediatric urologist Michele Clement, MD, with Children's Hospital at Lehigh Valley Hospital. She's one of just 325 board-certified pediatric urologists nationwide.

"For starters, make sure your child drinks water with meals and snacks," Clement says. "Also, encourage your child to urinate every two to three hours during the day."

POTENTIAL CHILDREN'S UROLOGIC CONDITIONS INCLUDE:

► **Urinary tract infections (UTI)** – Usually caused by bacteria that live in the lower intestine, UTIs occur most often in girls but can affect boys. Symptoms may include burning with urination, frequent urination, leakage, upper abdomen or back pain, vomiting or fever. "A UTI can be diagnosed and treated by your child's primary care provider," Clement

says. "But UTIs with fever can be a sign of an underlying urologic condition that requires further investigation." Girls who have UTIs with fever – or boys who have UTIs without fever – should see a pediatric urologist.

► **Undescended testicles** – This occurs when a boy's testicles fail to descend into his scrotum. The testicles should be down at birth, but if one or both are not in the scrotum at 6 months, a pediatric urologist may help. Also, your child's primary care provider should do yearly testes checks at well visits.

► **Genital abnormalities** – These can include hypospadias (a urinary opening not all the way at the tip of the penis) or abnormal bends or twists to the penis. These conditions most often require surgery at age 6 to 9 months.

► **Testicular torsion** – "When redness, swelling and pain occur suddenly on one side of the scrotum, boys should go to the emergency room immediately," Clement says. It may be a sign of restricted blood flow.

–Ted Williams



Michele Clement, MD
Pediatric urology

Watch her videos at LVHN.org/Clement.

Next Step

LEARN MORE about Children's Hospital at Lehigh Valley Hospital. Visit LVHN.org/children.



Calendar CLASSES AND SUPPORT GROUPS

REGISTER BY CALLING 610-402-CARE OR VISIT US ONLINE AT LVHN.ORG/HEALTHYYOU.

Registration is required and must be received at least one week prior to class start. You'll get a refund if a class is canceled due to low enrollment.

What's New

CPR

BLS for Health Care Providers

Jan. 12

*BLS for Health Care
Providers Renewal*

Jan. 19

Adult Heartsaver CPR and AED

Jan. 26

Heartsaver First Aid

Jan. 21

All 5-8 p.m. at Health Center
at Bangor **NEW LOCATION**

Orthopedic Information Sessions

Sessions designed to help people understand causes and treatments for various orthopedic injuries.

Knee Pain

Jan. 28: 5:30-7 p.m. at

LVHN-Tilghman

Carpal Tunnel

Feb. 25: 5:30-7 p.m. at

LVHN-Tilghman

Storybook Theatre – Reading Is Magical

Join a morning of fun with illusionist David Caserta and entertainer Kitty Jones as they emphasize the importance of literacy and excitement of reading. Also art and science activity stations and a free book swap.

Feb. 28: 8:30-11:30 a.m. at

LVH-Cedar Crest

Sponsored by the Literacy Center

Around Our Community

Community Exchange

Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors.

Third Mon. of month: 2-4 p.m.
at LVH-17th; First Wed. of month:
6-8 p.m. at LVH-Muhlenberg

Get Out! Lehigh Valley

This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails, gardens, rivers and more in your community. For details and new dates, go to getoutlehighvalley.org or call **610-402-CARE**.

Bob Rodale Fitness Park Walk

Jan. 17: 10 a.m.

Jordan Creek Parkway Walk

Feb. 21: 10 a.m.

Allentown Rose Garden Walk

March 14: 10 a.m.

Would a Support Group Help?

Dozens of different groups provide comfort and support.

Caring for Mind and Body

Massage Therapy

Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support.

Free Information sessions

Jan. 15, Jan. 20

Class session starting Jan. 27

Retreat March 7

Protecting Your Health

Cessation, What Works?

How to succeed in beating tobacco addiction.

Jan. 8: 5-6 p.m. at 1243 S. Cedar
Crest Blvd., Suite 2200

Tobacco Free Northeast PA

Tobacco treatment referral services available for individuals and businesses.

Aging Well

APPRISE Medicare Counseling

For an appointment, call
610-402-CARE.

Tue.: 9 a.m.-1 p.m.

Aqua New

Water exercise for posture, balance, strength and confidence.

Screenings

Clinical Breast Exams and Pap Tests for Uninsured Women

Appointment is necessary.

Call **610-969-2800**.

Sponsored by Community Health and Wellness Center in collaboration with Allentown Health Bureau.

Weekly 8:30 a.m.-4 p.m.

Rapid HIV and Hepatitis C Testing

Free, anonymous and confidential.

Mon.-Thu.: 9 a.m.-3 p.m.; Fri. by
appointment at LVH-17th Street

Lung Cancer Screening

Call **610-402-CARE** for more information.

Living With Diabetes

Our team will work with you and your health care provider to design a program to fit your needs.

We provide education for:

- Prediabetes
- Type 1 and type 2 diabetes
- Gestational diabetes

We will help you learn more about:

- Healthy eating
- Being active
- Testing your blood sugar
- Taking medication
- Reducing risks
- Problem-solving and healthy coping

We also offer:

- Insulin pump training
- Continuous glucose monitoring system training
- Support groups for adults and children
- Medical nutrition therapy

Insulin Pumpers

Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs).

Meet, Greet and Tweak Session (with Helwig providers)

Feb. 5: 6-7:30 p.m. at 1243 S. Cedar
Crest Blvd., Suite 2200

Sweet Success

Monthly support group for adults with type 2 diabetes.

Diabetes Medication Update

Feb. 19: 6:30-8 p.m. at LVH-
Cedar Crest

Read Our Annual Report

As a not-for-profit health network, Lehigh Valley Health Network is focused on its community. Now you can get a snapshot of 2014 – and a glimpse into the future – by experiencing the LVHN Annual Report.

Visit LVHN.org/report. There you'll find:

- ▶ An overview of LVHN's accomplishments in 2014
- ▶ A video about the health network
- ▶ Videos about LVHN's surgical expertise
- ▶ Details about LVHN's Community Benefit investment and financial performance
- ▶ Links to news stories from 2014 about LVHN

GET HIGHLIGHTS OF THE ANNUAL REPORT IN PRINT.

Call **610-402-CARE** for your copy or download it at LVHN.org/report.



Technology to Manage Your Diabetes Care

March 19: 6:30-8 p.m. at LVH–Muhlenberg

Free! Sugar-Free Kids

Monthly support group for children with type 1 diabetes.

Bowling Jan. 11: 3-5 p.m.

Tubing February (date and time to be announced)

Free! Pre-diabetes Self-Management Classes

Call **610-402-CARE** for details.

Coping With Illness

Amputee Support Group

Meets third Mon. of month: 5-6:30 p.m. (includes dinner) at LVH–Cedar Crest

Bereavement Support Services

Bereavement Care Workshop
Grief Process Groups
Individual, Family and Couples Counseling

Ladies Lunch Club

Spiritual-Based Adult Grief Support Group
Stepping Stones for Children

Brain Warriors Stroke Support Group

Share emotional and physical issues to help deal with life after stroke.

Meets every third Mon. of month: 11 a.m.-noon at LVH–Cedar Crest

Free! Heart Failure Support Group

Successful living with heart failure support group for patients and families.

Meets every two months

Huntington's Support Group

Meets second Sat. of month at LVH–Cedar Crest

Free! Joint Replacement Prep

What to expect for knee or hip replacement.

Jan. 22, Feb. 26: 1:30-3 p.m.
Feb. 4, March 4: 9-10:30 a.m. at LVH–Cedar Crest

Jan. 21, Feb. 18, March 18 at LVHN–Tilghman

Free! Kidney/Pancreas Transplant Information Session

If you would like more information about kidney and pancreas transplants, attend one of our information sessions. For details, call **610-402-CARE**.

Parkinson's and Multiple Sclerosis Get Up and Go

Balance, stability and fall prevention exercises; group games, lectures and more to enhance movement outcomes.

Mon. and Thu.: 10:30-11:30 a.m. and noon-1 p.m. at 1243 S. Cedar Crest Blvd.

Tue. and Fri.: 11 a.m.-noon at 1770 Bathgate, Bethlehem

Parkinson's Support Group

Meets fourth Tue. of month at LVH–Muhlenberg

Free! Preoperative Spine Class

Prepares you for surgery, postoperative care and aftercare.

Jan. 20, Feb. 4, Feb. 17, March 4, March 17

Stroke Support Group

For survivors and caregivers

Transplant Support Group

Meets first Sun. of month at LVH–Cedar Crest

Free! FOR CANCER PATIENTS

Look Good...Feel Better

Makeover to understand and care for changes to skin during cancer treatment and to boost self-confidence.

Jan. 12, March 9: 2 p.m. at LVH–Cedar Crest

With American Cancer Society

Men Facing Cancer

Meets third Mon. of month: 7:30-9 p.m. at LVH–Cedar Crest

Metastatic Breast Cancer Support Group

Meets second Mon. of month: 7-8:30 p.m. at LVH–Cedar Crest

Support of Survivors

Breast cancer helpline
610-402-4SOS (4767)

Managing Your Weight

New! Create Your Weight

10-week program

Starting Jan. 6: 5:30-6:30 p.m. at 1243 S. Cedar Crest Blvd., Suite 2200

Free! Monthly Support Group

Support and information on weight-loss surgery.

Managing Emotional Eating

Feb. 4: 6-7:30 p.m. at LVH–Cedar Crest

Enhancing Motivation for Weight Loss

March 4: 6-7:30 p.m. at LVH–Cedar Crest

Free! Weight-Loss Surgery Information Events

What to expect.

Evening sessions

Jan. 22, Feb. 3, Feb. 13, Feb. 19, March 3, March 19

Day sessions

Feb. 13, March 9: noon at LVH–Cedar Crest

Motivational Therapy Group

6-week program

Starting Jan. 27: 9-10 a.m.

Starting March 10: 4-5 p.m.

Weight Management Services

INDIVIDUAL

Nutrition Counseling

Assessment, body-fat analysis and goal-setting.

Nutrition Counseling/Metabolism Body Composition Test

Counseling plus personal metabolism test and interpretation.

Six-Month Supportive Weight-Loss Program

Individualized expert-level care for nutrition, behavior and fitness.

Sports Performance Classes

Youth Program

For young athletes ages 8-11, two sessions/week for eight weeks concentrate on proper weight-lifting technique, flexibility and movement skills.

Junior Varsity Program

For athletes ages 12-14, two or three sessions/week for eight weeks emphasize gaining flexibility, strength and power.

Varsity Program

For athletes ages 15-18, advanced two or three sessions/week for eight weeks work on proper mobility, stability, increased strength and power.

LVHN Fitness Group Classes

Being an LVHN Fitness member allows you to partake in a variety of classes. Call **610-402-CARE** for more information. See a list of class locations and descriptions at LVHN.org/fitness. Classes are offered at four locations.

Arena Group Fitness
Boot Camp
Cardio Cross-Training
Chisel
Core Synergy
Cycling (30-, 45- and 60-minute classes)
Get Up and Go
Energizing Yoga
Exercise for Life
Kettlebells
Pilates
Relaxing Yoga
Rip 'n' Ride
Staying Strong
STAT
Very Gentle Yoga
Yoga Basics
Yogalatte
Zumba
Zumba Gold

Raising a Family

Free! Tours
Expectant Parent Tour
Sibling Tour

Preparing for Childbirth and Baby
Combination Class—

Six-week series
Covers labor, birth, caring for your newborn, breast-feeding and what to expect in the days after birth.

Preparing for Childbirth
Three-week series
Weekend: Saturday one-day
On the Internet
Teens Only

Preparing for Baby
Baby Care
Breast-feeding Baby

Staying Safe
Babysitting – Safe Sitter
Babysitters ages 11-13 will learn essential life skills in one session for safe and responsible babysitting.
Feb. 21

CPR – Family and Friends

Learn rescue skills for infants, children and adults, and what to do for an obstructed airway. Call **610-402-CARE** for dates.

Free! Free Safe Ride—
Car Seat Safety

Certified technicians show how to correctly install car seats and secure children.

After-Delivery Support
Monday Morning Moms

Free! Postpartum Support
Understanding Emotions After Delivery
Meets second and fourth Thu. of month: 6:30 p.m.

Parenting Workshops
Raising Boys Feb. 12
Peaceful Parenting Feb. 17



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish Healthy You magazine – to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you.
Send your comments to:

Healthy You
Attn.: Marketing & Public Affairs
P.O. Box 689, Allentown, PA 18105-1556
Call 610-402-CARE (2273) or email 402CARE@LVHN.org.

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For information or a referral to any of the professionals featured in Healthy You, call 610-402-CARE or visit LVHN.org/healthyyou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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Tumors don't want to be found. Once found, they don't want to be disturbed. They will resist. Preferring to hide in the shadows. Unless you have access to a surgical team that is so experienced they can go after and destroy certain tumors that were once considered inoperable.

Dr. Li vs. A Brain Tumor

We have that team. Right here. Led by Dr. Mark Li, our multidisciplinary group of brain tumor specialists work together to preserve healthy brain tissue and function. Using advanced equipment and surgical techniques, they care for the most complex neurological conditions.

Over the past decade we've performed more than 12,000 neurosurgeries. This number matters. It tells you that your care is in the right hands. Because, the fact is, the more you do, the better you are.

Meet Dr. Li
LVHN.org/surgery



A PASSION FOR BETTER MEDICINE.™

610-402-CARE LVHN.org/surgery