

NOVEMBER | DECEMBER 2012

# HealthyYOU

## CAST YOUR VOTE

CHOOSE OUR NEXT 'SUPERHERO'

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley Health Network

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*The yummy pizza and salad on our cover are gluten-free. Get recipes and learn more about it.*  
*(Photo by Olaf Starorypinski)*

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Learn  
more!

VISIT [LVHN.ORG/HEALTHYYOU](http://LVHN.ORG/HEALTHYYOU)  
OR CALL 610-402-CARE  
FOR MORE INFORMATION  
ABOUT ANY STORY YOU READ  
IN HEALTHY YOU MAGAZINE.

# Welcome to the New Healthy You Magazine

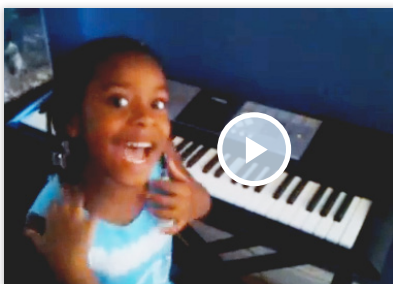
When we recently surveyed our readers, you told us that you rely on Healthy You magazine for health information and that you read every issue. We're thankful for your support – and our passion for better medicine makes us strive to be an even better partner on your quest to live healthy.

That's why we've taken your feedback and revamped our magazine. Inside you'll find:

- ▶ Our “get started” section is more visual. It includes health tips and information on what's new at Lehigh Valley Health Network. (See page 4.)
- ▶ Our “take charge” sections are grouped together (pages 6-11). That's where you'll find tips to help you manage heart disease, diabetes and cancer.
- ▶ Our “calendar” section is revamped to help you find new (and free) classes faster. (See pages 21-23.)
- ▶ **Meet the doctors.** The physicians featured in each story are now pictured, so you can match the face with the name.
- ▶ **Call and click.** Each story has a “Next Step” that you can use to get more information at **610-402-CARE** or by visiting the new **lvhn.org**.

## SHARE YOUR THOUGHTS ON OUR NEW LOOK.

- ▶ Post on our wall at [facebook.com/lvhealthnetwork](https://www.facebook.com/lvhealthnetwork).
- ▶ Tweet on our page at [twitter.com/lvhn](https://twitter.com/lvhn).
- ▶ Call us at **610-402-CARE**.



## CHOOSE OUR NEXT ‘SUPERHERO’

**Every kid wants to grow up to be something.** So we recently took to social media (Facebook, Twitter and YouTube) and asked community members to show us what their child aspires to become. They sent us videos – and now you can choose which child will be in a future ad for Children's Hospital at Lehigh Valley Hospital.

- ▶ Cast your vote at [lvhn.org/facebook](https://lvhn.org/facebook) starting in mid-November.



## Walk Right Up

**If you need to see a doctor right away – and you live in Lehigh, Northampton or Berks counties – you now have more options.**

Primary care practices at the health centers at Bethlehem Township and Moselem Springs – and the brand-new Health Center at Macungie – all offer walk-in care. It's perfect for treatment of minor or common illnesses such as:

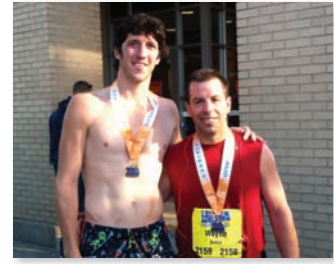
- ▶ Sprains/strains
- ▶ Seasonal allergies
- ▶ Ear infections
- ▶ Cuts
- ▶ Flu symptoms
- ▶ Poison ivy/rashes
- ▶ Bronchitis

### WALK-IN CARE HOURS

- ▶ Bethlehem Township and Moselem Springs: 9 a.m.-8 p.m. Monday through Friday; 10 a.m.-3 p.m. weekends and holidays
- ▶ Macungie: Walk-in care hours weekends and holidays only, 9 a.m.-3 p.m. Other services available during regular business hours Monday through Friday.



Skip the crackers in your soup at lunch and **save 50 calories.**



## Meet Our 'Miracle Marathoner'

### Remember Kevin Becker?

Last year Healthy You magazine profiled his miraculous recovery from life-threatening head injuries suffered in a fall. Now the athletic 22-year-old East Stroudsburg University student (*left*) is reaching new heights.

In September, he competed in the half-marathon portion of the Lehigh Valley Health Network Marathon for Via. And not only did he finish – he placed 12th overall at a time of 1 hour, 29 minutes and 29 seconds. Even better, after the race he met up with one of his doctors, physiatrist Wayne Dubov, MD (*right*), with Lehigh Valley Health Network, who also competed in the half-marathon and finished in the top 40, seven minutes behind Becker. "It was a great day, and catching up with Dr. Dubov afterward was a great moment," says Kevin's mom, Jeanmarie Becker.

# 405

**LITTLE SUPERHEROES  
WERE BORN AT  
LEHIGH VALLEY  
HEALTH NETWORK  
IN AUGUST.**

# Take Control of Cancer

**It's what Jacqueline Sellers of Bath did six years ago after a diagnosis of stage 3 breast cancer.** The enthusiastic 61-year-old got the facts, remained positive and made a complete recovery. Now she's doing things she always wanted to do, including spending more time with her sister and encouraging other women with breast cancer. Her three quick tips:



## 1 KNOW YOUR OWN BODY

"I did breast self-exams and felt the lump first, then went for my mammogram."

## 2 GET THE FACTS

"I asked lots of questions and wasn't afraid to tell my doctors, 'help me to understand more.' I also shared how I felt physically and emotionally, straight from the heart."

## 3 LAUGH OUT LOUD

"I love my hair and had to lose it. But I didn't get down. I decided bald was beautiful. I laughed about it with friends and took pride in my appearance."

**Jacqueline Sellers**  
of Bath remains  
positive and made a  
complete recovery.

New!

### MAMMOGRAMS IN 3-D

Tomosynthesis, a new technology at Lehigh Valley Hospital–Muhlenberg, can help women detect breast cancer earlier. It's especially beneficial for women with dense breast tissue. Tomosynthesis takes very thin cross-section images, allowing for earlier detection of very subtle cancers. This technology is an example of how the health network's partnership with the National Cancer Institute's Community Cancer Centers Program (NCCCP) helps bring advanced screening tools to our community.

New!

### DA VINCI SURGICAL ROBOT AT LEHIGH VALLEY HOSPITAL–MUHLENBERG

The da Vinci® Si HD surgical system gives surgeons the ability to perform complex and delicate procedures. Scarring is minimal, and many patients have less pain after surgery and return to work within a few weeks. There are two robots at Lehigh Valley Hospital–Cedar Crest, and now there's one at Lehigh Valley Hospital–Muhlenberg. They are used to care for conditions like uterine fibroids, cervical cancer, bladder cancer and esophageal cancer. "These robots help our surgeons care for patients with cancer and non-cancer-related conditions," says gynecologic surgeon Martin Martino, MD. Talk with your doctor to see if you are a candidate.

#### ► LEARN MORE

at [lvhn.org/surgeries](http://lvhn.org/surgeries) or call **610-402-CARE**.

## COLE MITCHELL'S JOURNEY WITH HYPERTROPHIC CARDIOMYOPATHY

### THE DIAGNOSIS

A soccer player since second grade, Cole Mitchell felt and acted like a healthy 12-year-old boy. That's why he and his mom, Tina, were shocked when his pediatrician heard a heart murmur. A subsequent echocardiogram determined Cole has hypertrophic cardiomyopathy (HCM), a genetic disease that causes heart muscle to become abnormally thick. This can impair blood flow or lead to a potentially deadly irregular heart rhythm.

"HCM affects one in 500 people, and many of them have a normal quality and length of life," says Matthew Martinez, MD, a Lehigh Valley Health Network cardiologist who specializes in HCM. "It can be dangerous in young people, especially during athletic competition. It may cause nearly half of all sudden cardiac deaths at this age."

### THE EDUCATION

"I was concerned and wanted to learn everything I could about HCM," Cole says. That was espe-

cially true when Cole turned 15.

Because his heart muscle was getting thicker, his doctor recommended he receive an implantable cardioverter defibrillator (ICD). Surgically implanted in the shoulder area, an ICD delivers an electrical shock to your heart when your heart rate becomes dangerously fast. Cole's initial reaction: "Whoa! No one is putting a box and wires inside me, especially because I don't have any symptoms."

### THE CHANGE OF HEART

It wasn't the weeks of research or the constant pressure from his mom and caregivers, but a phone conversation with a 14-year-old girl that prompted Cole to get an ICD. Cole had met Becca Salberg, the daughter of HCM Association founder Lisa Salberg, at a conference and learned she received an ICD for HCM at age 10. "Here was this girl who was living with HCM telling me that I had to get it done," Cole says. "I conceded."

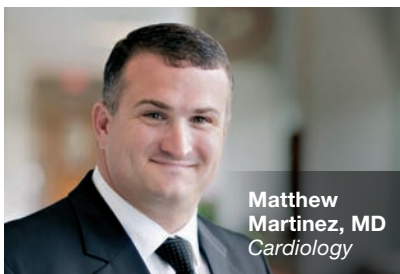
### THE PAYOFF

Six months after receiving an ICD, Cole was jolted awake from a deep sleep. He didn't recall having a nightmare. Could the ICD have shocked his heart? A phone call from his doctor confirmed that it had. He knew it fired because a device in the Mitchells' home sends information from Cole's ICD to the

hospital so his heart rhythm can be monitored. The ICD saved his life. "Thank God he agreed to get one," Tina says.

### THE GRATITUDE

Now age 17, Cole is taking his doctor's advice and living life. He learned to drive a car and during his junior year in high school, became a certified emergency medical technician (EMT). Over the summer, he worked as an EMT at a Boy Scout camp, administering first aid to campers. Because HCM prevents him from playing competitive sports, he hopes to use his EMT training to get involved in sports medicine. "Teenagers feel indestructible," Cole says. "I want them to know that if they're diagnosed with HCM, it's not the end of the world. You can live with this."



Matthew  
Martinez, MD  
Cardiology

## Take Charge Now

SEE AN HCM EXPERT OR A SPORTS CARDIOLOGIST to learn about the health network's Sports Cardiology Program.

LEARN MORE ABOUT SPECIALIZED HEART CARE. Visit [lvhn.org/heart](http://lvhn.org/heart) or call 610-402-CARE.



**COLE MITCHELL'S**  
**5 TIPS FOR  
LIVING WITH  
HCM**

**1 GET TESTED.**

All young people with symptoms (shortness of breath, chest pain, fainting, dizziness, fatigue, palpitations) and those with a family history of sudden death should get an echocardiogram.

**2 TAKE OWNERSHIP.**

Gather as much information as you can, and talk to your doctor about what you need to do.

**3 GET TREATMENT.**

Medication can be used to relax the heart muscle. Surgery to remove a portion of the thickened muscle can be an option. Those at high risk for sudden cardiac death need an ICD.

**4 STAY ACTIVE.**

Although people with HCM should avoid competitive sports, mild to moderate exercise is beneficial for overall health.

**5 LIVE LIFE.**

Don't let HCM interfere with your aspirations.

## Cole Mitchell

of Reading became inspired to be an EMT at a Boy Scout camp after learning he had HCM.

## BRING CHEER TO OTHERS

IT'S HOW BRUCE SMITH CELEBRATES LUNG CANCER SURVIVAL

The mascots are coming, from the Lafayette Leopard to child-friendly characters from area staples like Just Born's Peep, Red Robin's Red and the Chick-fil-A cow. Members of the Moravian College women's basketball team and cable radio personality Happy Jack will be there too.

At the center of it all will be Bruce Smith, 63, of Easton. Each December he celebrates his own survival of lung cancer by gathering this group of goodwill ambassadors and visiting cancer patients inside Lehigh Valley Hospital–Muhlenberg. “We talk to patients, wish them season's greetings and offer encouragement,” he says. “We want them to know they shouldn't give up.”

Five years ago, Smith found encouragement during his own cancer journey. He first caught a case of pneumonia, and an X-ray revealed a mass in the upper lobe of his left lung. It was stage 3 lung cancer. “My doctors hit my cancer hard,” he says – with seven weeks of overlapping chemotherapy and radiation treatment.

After a month's rest, he was scheduled for surgery. But during week four of treatment, doctors learned his tumor was gone. “I couldn't believe it,” he says.

“It was remarkable,” says health network hematologist-oncologist Savitri Skandan, MD, Smith's cancer doctor. “I've seen this happen with small-cell carcinoma of the lungs but only one

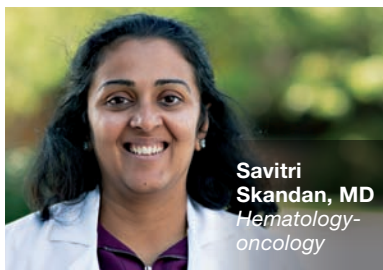
other time with stage 3 non-small-cell lung carcinoma in 14 years of caring for lung cancer patients.”

The fight changed Smith's life in ways both good and bad. He did retire from his career in sales. “Not being able to do things the way I used to has been very humbling,” he says.

Yet Smith found new ways to focus his energies. As an active volunteer firefighter for 33 years with the East End Fire Co. No. 1 of Catasauqua, he used to dress up as Santa Claus and tour local neighborhoods. Now he organizes his goodwill holiday tour of the Lehigh Valley Hospital–Muhlenberg cancer center. Along the way, he spreads a powerful message.

“Attitude plays a major role in battling cancer,” he says. “Part of my goal is to help others build the courage, character and commitment it takes to fight.”

It's a lesson Smith learned from personal experience. “When I see people in the infusion room getting IVs and medicine, I remember when I was there,” he says. “And look where I am now.”



Savitri Skandan, MD  
Hematology-oncology

### WHAT IS NCCCP?

#### LEHIGH VALLEY HEALTH NETWORK'S CANCER CENTER

partners with the National Cancer Institute's Community Cancer Centers Program (NCCCP) to deliver superior quality and coordinated cancer care, bring the nation's newest treatments to our patients through clinical trials and decrease barriers to care in our community.

### Take Charge Now

**LEARN YOUR LUNG CANCER RISK.** If you are a long-time smoker, have a strong family history of lung cancer or have been exposed to asbestos, ask your doctor if you're a candidate for a CT scan lung cancer screening. Call **610-402-CARE**.

**LEARN MORE ABOUT CANCER.**  
Visit [lvhn.org/cancer](http://lvhn.org/cancer).

**WATCH PBS 39**

**Tue., Nov. 13 at 8 p.m.** “Tempo InDepth” will feature cancer specialists from Lehigh Valley Health Network.





## Bruce Smith

of Easton celebrates his own survival of lung cancer with his “peeps.”

## BRUCE SMITH'S 5 TIPS FOR DEFEATING CANCER

**1 KEEP FIGHTING.** I made up my mind – and I would not have thought I had it in me – to fight the fight until the fight was over, not knowing what the outcome would be.

**2 GET PERSPECTIVE.** I thought about where I started – growing up, going to college, serving in the armed forces, having two daughters and two grandchildren and now dealing with this – and asked, ‘Where do I want to go from here?’

**3 SET GOALS.** When you fight, you have dreams, and from dreams come goals. My goal was to survive at least five years to see my granddaughter graduate from high school. (She’s now a senior and will graduate in 2013.) My new goal is to live to see my grandson attain the rank of Eagle Scout in the foreseeable future.

**4 NEVER LOSE HOPE.** Try to deal with adversity in a positive way, and don’t quit no matter how difficult it becomes. Never lose hope, because hope dies last.

**5 SEEK SUPPORT BEYOND YOURSELF.** I had great support from my family and fiancée, friends, my pastor and congregation, the chaplain at the hospital, my employer, employees and customers, and all my doctors and staff along with my family practitioner. I’m a strong believer in God, which played a major role in my battle. And counselors at the health network were a great help in dealing with issues cancer patients face.

## GET PUMPED UP

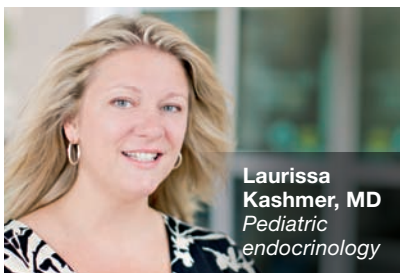
### INSULIN PUMPS MEAN FREEDOM FROM TYPE 1 AND TYPE 2 DIABETES

**For a 3-year-old girl, a Tinkerbell insulin pump is stylish.** For a teenage girl, it's all about having a remote-control pump. For a grown man, a pump that looks like a pager works best.

"Fact is, insulin pumps are now designed for all ages and lifestyles," says pediatric endocrinologist Laurissa Kashmer, MD, with Lehigh Valley Health Network. "When they were introduced in the 1980s, they were the size of a backpack. Now there are some pumps you even can swim with."

#### HOW PUMPS WORK

Pumps were most common for people with type 1 (juvenile) diabetes, but now they're used to help people with type 2 diabetes as well. They deliver precise doses of rapid-acting insulin through a flexible plastic tube called a cannula. The cannula is inserted just under the skin into subcutaneous tissue



Laurissa Kashmer, MD  
Pediatric endocrinology

and taped in place. Once you learn how, you'll do this by yourself.

Pumps are then programmed to deliver different doses of insulin at different times of the day, which simulates the way the pancreas delivers insulin naturally. This leads to better control of your diabetes, which means fewer complications such as vision problems, heart disease or kidney failure.

"You will work closely with your endocrinologist and other caregivers to determine your exact dosing," says Kashmer's colleague, diabetes educator Kathleen Brown, RN. "The real advantage is that a pump can calculate and compensate for the foods you eat and your activity level, so it's much more precise than injections." This is particularly beneficial for young athletes, people who lead active lifestyles, and for those who work swing- or night-shift and have off-peak eating and sleeping schedules.

Because the pump uses fast-acting insulin, you may need to check your blood sugar more often. Still, the pump's benefits make this a small sacrifice. "The convenience of not having to give yourself insulin shots four times a day is huge," Kashmer says. "The pump allows you to control your diabetes 24/7 without letting it run your life."

#### ARE PUMPS RIGHT FOR YOU?

It's really all about preference. "Children and teens – who love gadgets and adapt easily to technology – usually do well with pumps and use them within a few months once they learn more about how diabetes works," Kashmer says. That's why about 60-70 percent of children with type 1 diabetes cared for by Lehigh Valley Health Network use a pump.

Older adults and people who fear new technology may have a steeper learning curve. Also, some insurance companies still do not cover pumps or pump supplies for type 2 diabetes, which is more common in adults. However, insurance coverage is getting better. About 50 percent of adults with diabetes who receive care at Lehigh Valley Health Network choose to have a pump.

#### LEARNING TO USE PUMPS

Whether you're a parent who must learn to operate your toddler's pump, a teen who needs to operate your own pump, or a grandma who's not going to let technology intimidate you, finding support is important. "Your doctor or nurse educator works with you very closely until you are comfortable doing it on your own," Kashmer says.

"Once you get the hang of it," Brown says, "you will feel free."



## Rachel Keel

of Wyomissing wears  
her stylish insulin  
pump with pride.

### Take Charge Now

**GET HELP WITH YOUR PUMP.** Check out the “Insulin Pumpers” support group. See page 21.

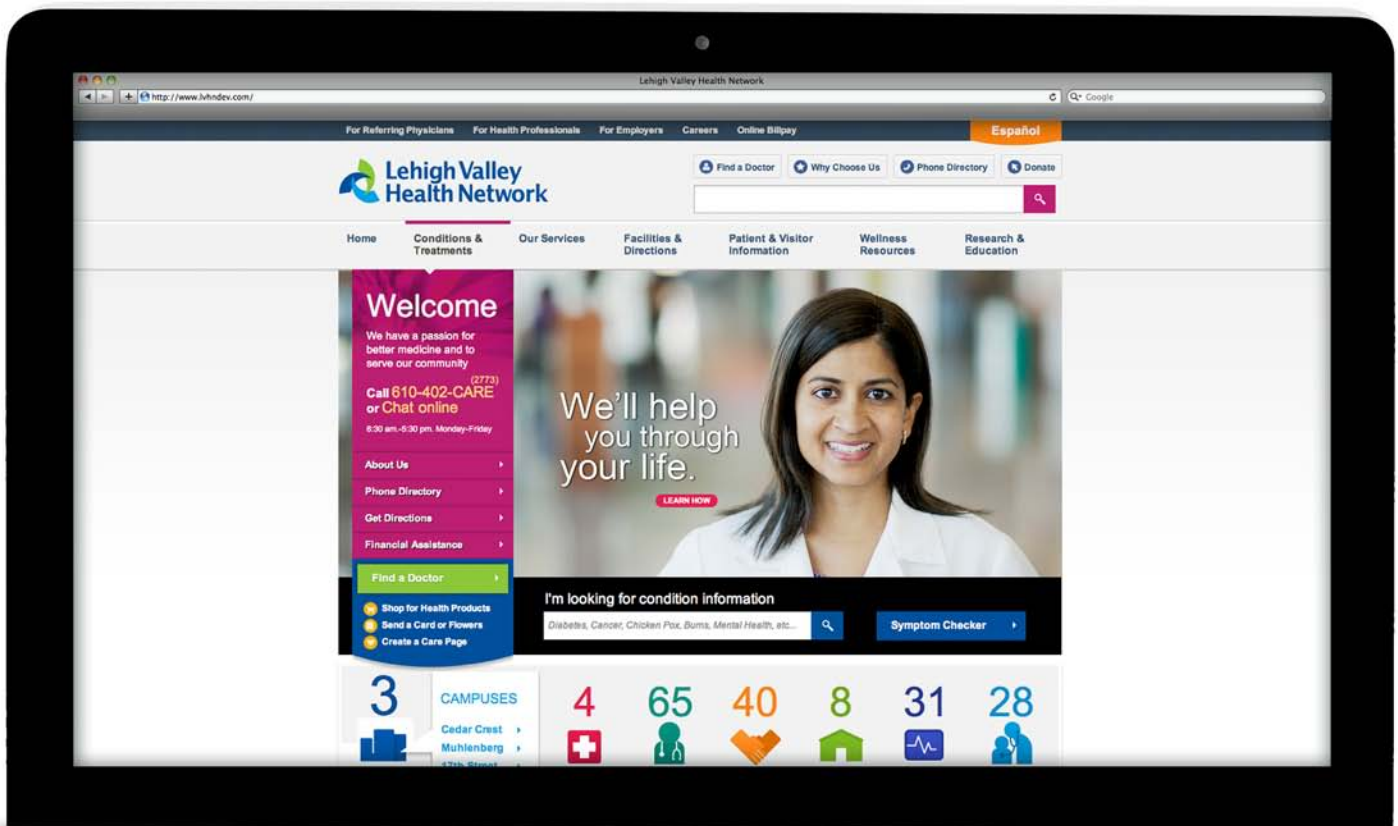
**LEARN MORE ABOUT DIABETES.** Check out our additional diabetes classes on page 21 or visit our website at [lvhn.org/diabetes](http://lvhn.org/diabetes).

**FOLLOW US ONLINE.**

- ▶ **Visit** our new blog at [lvhn.org/news](http://lvhn.org/news).
- ▶ **Fan** us on Facebook at [facebook.com/lvhealthnetwork](https://facebook.com/lvhealthnetwork).
- ▶ **Follow** us on Twitter at [twitter.com/lvhn](https://twitter.com/lvhn).

# Your Guide to the New **LVHN.org**

USE IT TO HELP YOU THROUGH YOUR LIFE



## Next Step

TELL US WHAT YOU THINK ABOUT THE NEW LVHN.ORG. Call **610-402-CARE** or visit **lvhn.org** and click "Give Website Feedback" at the bottom of the page.



If you're like two-thirds of Americans, you use the Internet regularly to find health information. That's why Lehigh Valley Health Network launched the new **lvhn.org**. It's far different than your standard health care website. It's a resource for everyone in our community designed to help you through your life, no matter where you are in your journey. Use it to:



**FIND THE RIGHT DOCTOR.**

This green button allows you to view many doctor profiles so you can compare and peruse. These profiles help you evaluate expertise and find a doctor with whom you can build a trusting relationship. You can find a doctor who meets your personal needs (location, specialty, gender, office hours and languages spoken).



**CHECK YOUR SYMPTOMS.**

If you're not feeling well, use the Symptom Checker tool to find what's ailing you, and learn if it really can "wait until morning."



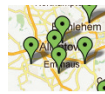
**TAKE CHARGE OF YOUR HEALTH.**

Get tips for how to prepare for your appointment and your conversation with your doctor. Learn about the health classes, support groups and programs available for you. Find out how rehabilitation services, nutrition services and tobacco treatment can help you. And visit our wellness section for articles, recipes, health quizzes and assessment tools you can use. (It's also where you'll find the latest Healthy You magazine.)



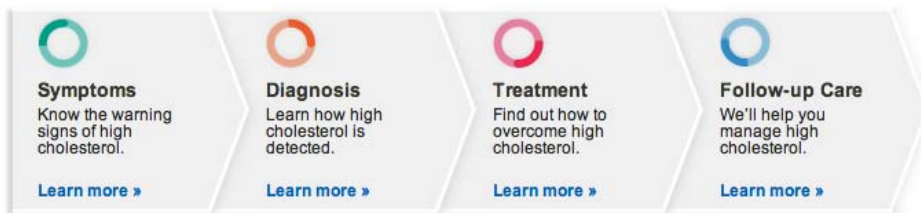
**GET LEHIGH VALLEY HEALTH NEWS.**

It's local, pertinent news for you. You'll find health alerts about "what's going around," our experts' take on local and national health reports, details about community events, patient success stories and more. Spark discussion by sharing your comments.



**FIND YOUR WAY.**

We've improved this section at your request. Want to know where you can get a diagnostic test or when your local doctor's office is open? It's all here, along with detailed maps and directions for all health network locations and services.



**EXPLORE YOUR MEDICAL JOURNEY.**

Whether you think you are suffering from a condition that needs medical attention, you've recently been diagnosed, or you're undergoing treatment, knowledge can ease your anxiety and help you prepare for what's ahead. The "conditions and treatments" section walks you through your health journey – symptoms, diagnosis, treatment and follow-up care. Learn about the health professionals you'll meet on your way and discover leading-edge treatments and resources for you.

**YOU'LL ALSO FIND:**

- Animations** ▶ showing you various procedures and treatments
- Information** ▶ for hospital patients and visitors
- CarePages** ▶ to inform loved ones about your progress in the hospital
- Bill pay** ▶ online
- Shop** ▶ for health products
- Follow us** ▶ on social media

# Family Doctor or Pediatrician?

BOTH TYPES OF  
DOCTORS CAN CARE  
FOR YOUR CHILD

With the birth of a baby comes an important decision: Who should care for your child's health? Many parents choose pediatricians – physicians who specialize in the care of infants, children, teens and young adults up to age 21. For teenagers with issues relating to transition to adulthood, an adolescent medicine specialist can be helpful too, says pediatrician Amil Qureshi, DO, with Lehigh Valley Health Network.

Yet there's also another option – a family medicine physician. Use the following chart to help make the best decision for your family:

## Next Step

LEARN MORE ABOUT  
CHOOSING THE RIGHT  
PRIMARY CARE DOCTOR.

Visit [lvhn.org/primary-care](http://lvhn.org/primary-care)  
or call **610-402-CARE**.



Natalie Rice, MD  
Family medicine

### FAMILY PHYSICIANS:

- 1 Have completed four years of medical school and three years of education in caring for people of all ages, including children, and are board-certified in family medicine.
- 2 Provide a convenient one-stop shop for yearly physicals as well as those trying times when everyone in your house has strep throat or the flu, says health network family medicine physician Natalie Rice, MD.
- 3 Can continue to care for your son or daughter into adulthood.



Amil Qureshi, DO  
Pediatrics

### PEDIATRICIANS:

- 1 Have completed four years of medical school and three years of specialty education in caring for children, teens and adolescents and are board-certified in pediatrics.
- 2 Employ staff members who specialize in caring for children. They follow American Academy of Pediatrics guidelines and provide specialized care, such as developmental assessment, lactation support and prenatal classes that may not be offered by family physicians.
- 3 Have expertise in providing care for children with developmental problems and chronic medical conditions.



**WHEN CHOOSING  
A DOCTOR,  
CONSIDER  
THESE  
FACTORS:**

- ▶ Ask your family doctor if she often treats babies and toddlers. Not all do, Rice says.
- ▶ Encourage children age 13 and older to spend some private time with either type of doctor. Your teen will become more confident in asking for and seeking care from a physician.
- ▶ Encourage children age 13 and older to be involved in making their own appointments, prescription refills and participating in their own health care. Make it your goal for your child to make an appointment and see a health care professional without your assistance by his or her 18th birthday, Qureshi says.

# 5 Facts Men Should Know About BPH

THE WALNUT-SIZED PROSTATE GLAND CAN CAUSE OVERSIZED TROUBLE



It happens with age. By 55, a quarter of men report signs of prostate enlargement, also known as BPH or benign prostatic hyperplasia. By age 75, half of men have symptoms. Because the prostate – the male gland that produces fluid in semen – surrounds the tube that carries urine from the bladder to the penis, growth can put a squeeze on urine flow. Here are five facts to know about BPH:

## 1 SYMPTOMS RULE.

“BPH generally is considered harmless unless you’re bothered by urinary symptoms,” says family medicine doctor Henry Liu, MD, with Lehigh Valley Health Network. These include an urgent or frequent need to void, slow flow, difficulty starting, dribbling or not being able to completely empty the bladder. “Not every enlarged prostate causes symptoms,” says health network

urologist Clifford Georges, MD. “Which part of the prostate enlarges has more to do with causing a urinary obstruction than size alone, and every man is different.”

## 2 SOME CASES ARE SERIOUS.

Extreme BPH may block urine flow completely, potentially causing pain and bladder damage that demands treatment. Other treatment-worthy complications include urinary tract infection, bladder stones or kidney obstruction.

## 3 QUALITY OF LIFE DRIVES MOST CARE.

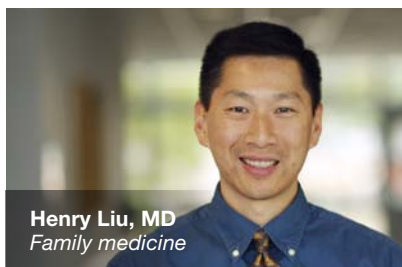
The majority of men need treatment only when urination problems disrupt normal life. “A key issue is often sleep loss from waking up at night to use the bathroom because patients are unable to completely empty their bladders,” Georges says.

## 4 SIMPLE MEASURES CAN HELP.

“Cutting fluid intake three hours before bedtime and avoiding natural diuretics such as caffeine can help relieve mild symptoms,” Liu says.

## 5 A RANGE OF TREATMENTS ARE AVAILABLE.

Medications that shrink the prostate or relax urinary muscles resolve many cases. If drugs fail, doctors can use a number of techniques to surgically remove part or all of the prostate or open more space for the urethra. Procedures range from minimally invasive laser surgery to TURP (transurethral resection of the prostate) – a gold-standard traditional procedure. “With newer procedures that use electrodes or lasers that provide similar results to TURP, patients often go home the same day,” Georges says.



Henry Liu, MD  
Family medicine



Clifford Georges, MD  
Urology

## Next Step

LEARN MORE ABOUT PROSTATE HEALTH. Visit [lvhn.org/mens-health](http://lvhn.org/mens-health) or call 610-402-CARE.





## Carlos Bowen

of Whitehall regains mobility through a virtual world.



# Video Games Meet Rehab

NEW TYPE OF THERAPY  
IS EFFECTIVE AND FUN

For the past few months, Carlos Bowen and Bob Sweeney have spent part of their Monday mornings guarding sheep, stomping on mice and catching grapes falling from the sky. The better they do these tasks, the better they should be able to walk.

That's the goal of their playing the 15 computer games in the OmniVR virtual rehabilitation system, a new therapy innovation offered at Lehigh Valley Health Network. "These games challenge me," says Bowen, 52, of Whitehall, who suffered a stroke in 2002 and has been working to regain mobility in his left leg and arm.

Bowen spends 30 minutes watching a 42-inch TV screen and playing games designed to make him move and react to achieve his goal – holding off a wolf from a flock of sheep, chasing mice and moles out of a garden, and swallowing up descending food to name a few. He has to move his limbs side to side or up and down in order

to do so, and a 3-D motion-detecting camera mounted on the TV mirrors those movements. Each game has multiple skill levels relative to the patient's progress.

"I've been doing rehab a long time, and this is completely different from anything I've done," Bowen says. That's the idea.

"In traditional rehab exercises, patients concentrate on their movements to achieve their goals," says health network physical therapist Nate Diffenbaugh. "Here they concentrate on the games and don't think about their movements, like real life."

"The first time, the wolf ate all my sheep," says Sweeney, 80, of Fogelsville, who has balance issues since suffering two strokes in 2008. "There's a game where you're walking through a town, and the first time I got run over by two cars and a baby carriage. But after awhile I got better."

And in this case, better game playing leads to better health.

## Next Step


**REHABILITATION IS IMPORTANT FOLLOW-UP CARE** for many health conditions. Learn more at [lvhn.org/rehabilitation](http://lvhn.org/rehabilitation) or call **610-402-CARE**.



IS THAT  
Gluten-  
Free?

## Next Step

FOR MORE DELICIOUS GLUTEN-FREE RECIPES, visit [lvhn.org/recipes](http://lvhn.org/recipes) or call **610-402-CARE**.



Carol Hunter, MD  
Family medicine

### USE THIS GUIDE AND TEST YOUR SMARTS

You probably know a friend who has gone gluten-free, or you've seen the growing number of gluten-free foods on grocery store shelves. Many restaurants now feature gluten-free options, and now there's even gluten-free beer.

#### BUT WHAT EXACTLY IS GLUTEN, AND SHOULD YOU STOP EATING IT?

"Gluten is a protein found in barley, rye and wheat," says dietitian Christina Christianson with Lehigh Valley Health Network. In some genetically sensitive people with a condition called celiac disease, the consumption of this protein can trigger an autoimmune reaction that damages villi, tiny finger-like projections in the small intestine that help absorb food into the bloodstream. People with celiac disease do not absorb certain nutrients, and this triggers a host of problems, including weight loss, skin rashes, headaches, lethargy and upset stomach.

Other people, such as Christianson, are allergic to wheat and can suffer any number of serious reactions – ranging from hives to swelling of the throat to vomiting – when they consume it. Others have trouble digesting gluten and experience temporary gassiness and abdominal pain.

All three issues can be solved by going gluten-free, a quest that's easier than ever these days, says family physician Carol Hunter, MD, with Lehigh Valley Health Network. "There are so many more gluten-free foods available than there used to be," says Hunter, who was diagnosed with celiac disease in 1997. "Now you can go into any regular grocery store and find an entire gluten-free section complete with all sorts of frozen and prepared meals."

Food manufacturers now sell gluten-free versions of pasta, pancake mix, pizza dough and crackers. Usually they swap rice, sorghum, quinoa or another gluten-free grain for the wheat. Other times they mix in nuts, seeds or legumes.

Still, going gluten-free can be tricky, as the protein tends to lurk in some surprising places, Hunter says.

#### USE THESE TIPS:

**Eat foods in their most natural form.** The fewer processed foods you consume, the lower your risk for accidentally consuming hidden wheat or gluten, Christianson says.

**Read every single label.** Gluten and wheat are used as

thickening agents, extenders and binders in many products that you would never suspect, including toothpaste, sauces, candy, soups, commercially prepared meatballs, seasoning mixes, gravies, salad dressings and even the outer coating of various pills and supplements. Look for the following words on the label: wheat, rye, barley, spelt, malt, maltodextrin, triticum vulgare (wheat gluten oil), modified food starch (which may or may not contain wheat) and natural flavoring (which sometimes contains wheat or barley). Also don't be fooled by corn or rice chips and cereal, as some of these contain gluten too, Christianson says.

**Call ahead when eating out.** Tell the wait staff you follow a gluten-free diet and ask them to alert you to foods that might contain it. For instance, some restaurants mix pancake batter into their egg dishes to make them fluffier, Christianson says.

*Can you guess which of the following foods contain hidden gluten and which do not? The answers may surprise you.*

#### CONTAIN HIDDEN GLUTEN

- ▶ **Egg substitute:** Some contain maltodextrin as a thickener.
- ▶ **Meatless products:** These often contain wheat in the breading.
- ▶ **Soy sauce:** Many are made from a combination of wheat and soy.
- ▶ **Commercially prepared soup:** Even in pasta-free soups, wheat sometimes is used as a thickener.
- ▶ **Frozen breakfast options:** Gluten might be used to thicken eggs or in the gravy.
- ▶ **Salad dressing:** Maltodextrin is used as a thickener.
- ▶ **Ice cream cups:** They often ARE made from wheat flour.

#### SURPRISINGLY GLUTEN-FREE

- ▶ **Pancake and bread mix:** You have your pick of many brands, all of which use non-wheat flour as their base.
- ▶ **Cookie and brownie mixes:** These desserts use a blend of potato starch, sorghum flour, tapioca flour and corn flour.
- ▶ **Pasta:** These often ARE made from rice or quinoa flours. Some even contain beans.
- ▶ **Chips and crackers:** Made from nuts, seeds, flax and rice; many gluten-free brands taste better than the alternative.
- ▶ **Pizza:** Premade gluten-free crusts and entire gluten-free frozen pies are widely available.

# Back for His Prom

JESSE BIXLER MAKES MIRACULOUS RECOVERY FROM BURNS

Baseball, high school and working on the family farm filled Jesse Bixler's days 15 months ago. The 17-year-old from Turbotville (Northumberland County) was preparing for his senior year at Warrior Run High School in his hometown until an unfortunate accident changed his life.

Jesse and his father, Todd, were removing an empty gas tank from a vehicle on their farm when the tank ignited. Father and son were flown directly to Lehigh Valley Hospital–Cedar Crest., and while Todd's burns were not as severe, Jesse faced daunting odds.

"He suffered third-degree burns over 80 percent of his body," says Lehigh Valley Health Network burn surgeon Sigrid Blome-Eberwein, MD. Burn surgeons performed surgery immediately. Then they put Jesse Bixler in a medically induced coma so he could rest comfortably. "He had only about a 20 percent chance of survival."

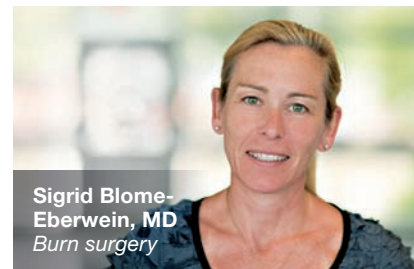
Yet survive is what Bixler did. Over a 50-day period, he underwent 11 surgeries to repair his burns. He spent much of that time medically sedated. In early November 2011 he was fully awake, and on Dec. 14 he began to move his legs and toes. By Christmas, he took his first steps since the accident.

And while Jesse's father also recovered, Jesse's mother, Cassie, offered constant support.

"Jesse worked very hard, and his family gave him the stability and strength to keep going further in his rehabilitation and recovery," Blome-Eberwein says. Last March, Bixler returned home, and by then he was well on his way to completing his senior year studies through online classes.

Yet his greatest triumph was yet to come. Last spring, clad in a camouflage tuxedo jacket, Bixler not only attended his high school prom, but was named prom king. "It was a great feeling," Bixler says. One week later, he graduated with his senior class at Warrior Run.

Bixler continues to take his recovery day by day. He's starting to work on his family's farm, and while his injuries won't allow him to play baseball again, he's found joy in other areas. "I've started hunting and fishing a lot, and I started golfing again, something I loved to do before but didn't have the time," he says.



Sigrid Blome-Eberwein, MD  
Burn surgery

## Next Step

LEARN ABOUT THE REGIONAL  
BURN CENTER at Lehigh  
Valley Health Network.  
Visit [lvhn.org/burn](http://lvhn.org/burn) or call  
610-402-CARE.



## Jesse Bixler

of Turbotville had only about a 20 percent chance of survival.

# 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

**Free!** **Healthy Mondays**  
Find out how to quit smoking successfully. Learn how cigarettes poison your body and about a smoking prevention clinical trial. Also includes screenings and mammograms, and clinical breast exams for eligible women.

Nov. 19: 4-6 p.m.  
at LVH-17th, Community Health and Wellness Center

## Around Our Community

**Free!** **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 [www.getoutlehighvalley.org](http://www.getoutlehighvalley.org) or call **610-402-CARE**.  
*Jordan Creek Parkway walk*  
Dec. 15: 10 a.m.

**Free!** **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

**Guardianship Support Agency**  
Work for a local nonprofit with guardianship services.

**Free!** **Would a Support Group Help?**  
Dozens of different groups provide comfort and support.

## Screenings

**Free!** **Clinical Breast Exams and Pap Tests for Uninsured Women**  
Appointment is necessary. Call **610-969-2800**. Sponsored by the Community Health and Wellness Center in collaboration with the Allentown Health Bureau.  
Weekly 8:30 a.m.-4 p.m.

**Free!** **Rapid HIV Testing**  
Free, anonymous and confidential.  
Mon.-Thu.: 9 a.m.-3 p.m.  
Fri. by appointment at LVH-17th

**Lung Cancer**  
Appointments necessary. Call **610-402-CARE**.

## Protecting Your Health

**Free!** **Cessation, What Works?**  
How to succeed in beating tobacco addiction.  
Nov. 14

**Tobacco Treatment Program**  
12-month program of individual counseling and ongoing support.

## Partnership for Tobacco-Free Northeast

Tobacco treatment services available for individuals and businesses

**CPR**

- Adult Heartsaver AED
- Heartsaver Adult First Aid
- Heartsaver CPR – Pediatrics
- Heartsaver Pediatric First Aid

## Living With Diabetes

Our team will work with you and your physician to design a program to fit your needs.

### We provide education for:

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

### We will help you learn more about:

- Healthy eating
- Being active
- Using a meter to test your blood sugar
- Medication
- Reducing risks

### We also offer:

- Insulin pump training
- Continuous glucose monitoring
- Support groups for adults and children

**Free!** **Insulin Pumpers**  
Support and information for adults with diabetes using insulin pumps and continuous glucose monitors (CGMs). Opportunity to discuss concerns and topics of interest.

**Free!** **Sweet Success**  
Monthly support group for adults with type 2 diabetes.

**Free!** **Sugar-Free Kids**  
Monthly support group for children with type 1 diabetes.

## Coping With Illness

**Crohn's Disease and Ulcerative Colitis Support Group**  
From the Crohn's and Colitis Foundation of America.  
Meets second Sun. of month at LVH-Muhlenberg

**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.  
Nov. 28, Dec. 4, Dec. 13, Jan. 8, 2013

**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**.

# Calendar CLASSES AND SUPPORT GROUPS

## 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. at 1243 Cedar Crest Blvd.

Mon. and Thu.: noon-1 p.m. at 1770 Bathgate, Bethlehem

## Parkinson's Support Group

Meets fourth Tue. of month at LVH—Muhlenberg

## Free! Preoperative Spine Class

Information to help you prepare for your hospital experience and post-hospital recovery.

Nov. 20, Dec. 6, Dec. 18, Jan. 2, 2013

## Stroke Support Group

To help deal with life's challenges after a stroke, meet with health care professionals and others experiencing the same emotional and physical issues.

Meets first Tue. of month at LVH—Cedar Crest

## Transplant Support Group

Meets first Sun. of month 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*

## Free! FOR CANCER PATIENTS

### Adolescent Support Group

Lehigh Valley Chapter of the National Ovarian Cancer Coalition

### Look Good...Feel Better

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

Nov. 19 at LVH—Cedar Crest

With the American Cancer Society

### Frankly Speaking About Cancer—New Discoveries

Sponsored by the Cancer Support Community of the Greater Lehigh Valley.

For details, call 610-402-CARE.

### Lymphedema Support Group

Jan. 8, 2013

### Men Facing Cancer

### Metastatic Breast Cancer

Support Group  
Meets second Mon. of month

## Aging Well

### APPRISE Medicare Counseling

By appointment.

Tue.: 10 a.m.-noon

Fri.: 1-3 p.m.

## Caring for Mind and Body

### Cosmetology Services

Skilled licensed professionals offer skin care and nail care services. Gift cards available.

## Massage Therapy

Medical therapists offer different massage options at various sites.

## Mindfulness-Based Stress Reduction

Internationally recognized program uses meditation and group support. Most insurances accepted.

## Free! UV Facial Skin Analysis

Our skin professionals will use a skin scope to help identify sun damage, dehydration, oily or dry skin, and pigmentation.

Dec. 13

## 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.

### GROUP

#### Eat Well for Life

Learn healthy food choices for weight management.

## Raising a Family

### Welcome

Pregnancy 101

Expectant Parent Tour

Sibling Tour – My Baby and Me

### Preparing for Childbirth

4-week evening series

Weekend

One-Day: Fri.-Sat.; Sat.-Sun.

On the Internet

Refresher

Teens Only

### Preparing for Baby

Baby Care

Breastfeeding Baby

Becoming New Parents Workshop

### Staying Safe

Babysitting – Safe Sitter

CPR – Safe Sitter Student

CPR – Family and Friends

## Free! Safe Ride—Car Seat Safety

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

### After-Delivery Support

Monday Morning Moms

Beyond Birth

Postpartum Support

Understanding Emotions

After Delivery

### Parenting Series

Five-week course based on the “Redirecting Children’s Behavior” philosophy to become a more effective, calmer parent.

### Parenting Workshops

Raising Toddlers

Nov. 15

# Register Now!

BY CALLING 610-402-CARE OR VISIT US ONLINE  
AT [LVHN.ORG/HEALTHYYOU](http://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.

## Managing Your Weight

### Drop 10 in 10

Group-based 10-week weight management program to help you lose 10 pounds (or 10 percent) of body weight through nutrition, exercise and behavior.

**Free!** **Weight-Loss Surgery  
Surgery Information Night**

What to expect.

Nov. 27, Dec. 6, Dec. 18, Jan. 3,  
2013

**Free!** **Monthly Support Group**  
Support and information  
on weight-loss surgery.  
Jan. 2, 2013

**Free!** **Bariatric Medicine  
Information Night**

Learn about bariatric medicine's specialized physical-monitored weight-loss programs to help you reach your weight-loss goals without surgery.

Jan. 17, 2013

### Daily Steps to Less Stress

This lifestyle management program helps you manage everyday stress through practical relaxation techniques and stress management strategies.

Starting Nov. 21

## Healthy You Program Package

The Total Group Fitness Package is a NEW way of offering you a variety of classes all under one package. This will allow you to take as many classes as you would like on a monthly basis. Call **610-402-CARE** for more information. See a list of class locations and descriptions at [lvhn.org/healthyyou](http://lvhn.org/healthyyou). Now offering classes at four different locations.

### Includes these classes (\$36/month)

Age-Proof Workout	Kettlebells
Boot Camp	Kickbox Jam
Cardio Cross-Training	Line Dancing
Cardio-Strength Combo	Relaxing Yoga
Chisel	Staying Strong
Core n More	Tai Chi
Cycle Express and Power	Very Gentle Yoga
Cycling	Yoga Basics
Energizing Yoga	Yogalatte
Exercise for Life	Zumba
Interval Express	Zumba Toning

Offering a 5% Vitality Plus discount on package.

### SESSION CLASSES

#### Aqua-New

Water exercise for posture, balance, strength and confidence.

Starting Nov. 13

#### Funtastic Fit Kidz

Fun, game-based activities for children ages 6-12 to promote healthy lifestyles through physical activity.

Starting Nov. 13



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](mailto:402CARE@lvhn.org)

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A PASSION FOR BETTER MEDICINE



# at your best

ATTEND LEHIGH VALLEY HEALTH NETWORK'S  
COMMUNITY ANNUAL MEETING 2012

**Wednesday, Dec. 5**

LEHIGH VALLEY HOSPITAL-CEDAR CREST  
KASYCH FAMILY PAVILION  
MEETING AT 5 P.M.  
HEALTH EXPO AT 6:30 P.M.

**RESERVE YOUR FREE SEAT**

CALL 610-402-CARE BY NOV. 19

