

NOVEMBER | DECEMBER 2013

Healthy **YOU**

KEEP
WEIGHT
OFF

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DOCTORS'
HEART
TIPS

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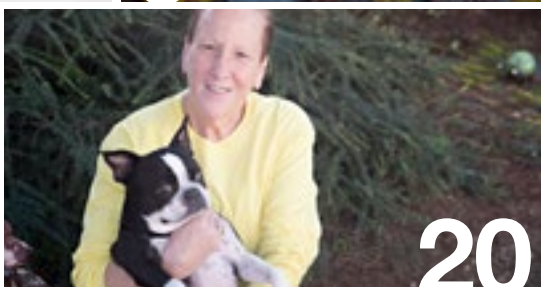
YOU
CAN
DO IT!

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley
Health Network

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(Photo by Olaf Starorypinski)

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VISIT LVHN.ORG/HEALTHYYOU ON YOUR TABLET, SMARTPHONE OR COMPUTER AND FIND THESE EXTRAS:

▼ Videos of doctors featured in this issue

▼ Links to Leah Walia's blog and CDC vaccine guidelines

▼ A downloadable version of this issue



Suresh Nair, MD
Hematology oncology

Overcoming Pancreatic Cancer

EARLY DETECTION HELPS NEW JERSEY MAN DEFEAT ODDS

One winter night in early 2012, Larry Collins slept fitfully.

The pain in his stomach and chest wouldn't go away. "I woke my wife, Constance, and told her we needed to take a ride to the emergency room," Collins says.

At first, doctors suspected that Collins, 65, Belvidere, N.J., suffered from gallstones. A CT scan, however, revealed a shadow on Collins' pancreas. A subsequent biopsy confirmed Collins had the same deadly cancer that had brought a premature end to the lives of Apple co-founder Steve Jobs and actor Patrick Swayze.

"When the doctor told me I had pancreatic cancer, I didn't know much about it," Collins says.

For the average person with pancreatic cancer, survival is dependent on the stage at diagnosis, says Lehigh Valley Health Network (LVHN) hematologist-oncologist Suresh Nair, MD, with Hematology-Oncology Associates. There are no routine screening tests for pancreatic cancer like there are for breast or cervical cancers. "Pancreatic cancer also tends to grow and spread silently, causing few, if any, symptoms," Nair says. "By the time most are detected, they're inoperable."

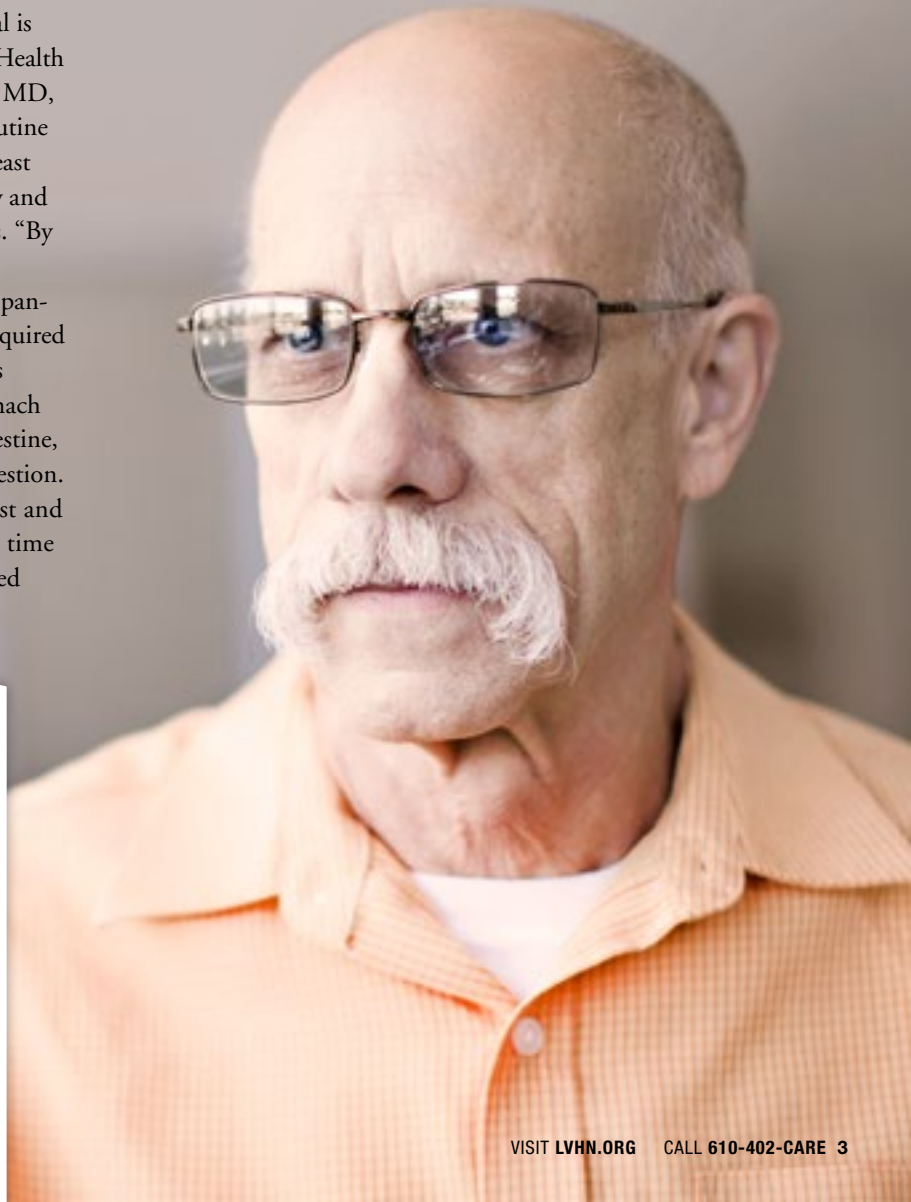
Yet Collins' outlook was far better. That's because his pancreatic cancer was caught relatively early (stage 2). He required surgery known as a Whipple procedure that removed his lymph nodes, gallbladder and parts of his pancreas, stomach and small intestine, then reconnected the remaining intestine, bile duct, pancreas and stomach to allow for normal digestion.

For follow-up treatment, "I wanted to find the closest and best-qualified oncologist, so I didn't have to take much time off from work," Collins says. He chose Nair, who guided

Collins through eight chemotherapy and 28 radiation treatments – five days a week for six weeks. "Such treatment can be difficult for patients, but Larry had a wonderful attitude," Nair says.

Collins is now cancer-free, healthy and thankful. His first grandchild, Callie Morgan Collins, was born this past August. "If we had not caught it so early, I might not have been around for that," he says. "I'm doing things that I didn't know I would ever be able to do again."

—Alisa Bowman



Next Step



WATCH VIDEOS ABOUT SURGICAL ONCOLOGISTS Jeff Brodsky, MD,

and Rohit Sharma, MD, who both perform complex pancreatic cancer surgery at LVHN. Visit LVHN.org/Brodsky or LVHN.org/Sharma.

ATTEND our pancreatic cancer awareness event on Nov. 18. See page 21.

LEARN MORE about pancreatic cancer. Visit LVHN.org/pancreatic-cancer or call **610-402-CARE**.



**COMMUNITY CLINICS
PROVIDE CARE FOR PEOPLE
WHO ARE UNINSURED
OR UNDERINSURED AT
LEHIGH VALLEY HEALTH NETWORK.**

GET HEALTH INSURANCE

Do you need health insurance? Effective Jan. 1, 2014, as part of Health Care Reform, all Americans must have health care coverage or pay a penalty. By having health insurance, you will be able to feel better, live healthier and connect with doctors and other health care providers when needed.

The federal government is making it easier for you to get health insurance. You can use something called an insurance exchange. It's a federally run shopping website where you can buy health care coverage that meets Health Care Reform requirements. You can enroll between now and March 31, 2014.

HERE'S HOW:

► **Visit HealthCare.gov** – This website includes insurance options for all Pennsylvanians. Make sure the plan you select includes LVHN if you wish to receive care there.

► **If you have more questions, call 1-800-318-2596.** A licensed health insurance navigator can walk you through your options and help you choose the best plan for you and your family.

5 Reasons to Breast-feed Your Baby

If you're healthy and able to breast-feed your baby, you should.

"Research shows it's one of the most important, tangible steps new moms can take to enhance the health of their baby," says Lehigh Valley Health Network pediatric surgeon William Hardin Jr., MD, with LVPG-Pediatric Surgery.

Here are five ways breast-feeding helps baby:

- 1** Enhances bonding between mom and baby
- 2** Less colic, reflux and other feeding issues
- 3** Reduces incidence of allergies later in life
- 4** Fights infection by passing helpful antibodies from mom to baby
- 5** Lowers risk for sudden infant death syndrome (SIDS)

NEXT STEP: Learn more about breast-feeding. Call **610-402-CARE** or visit **LVHN.org/news** and search "breast-feeding."



WATCH A VIDEO featuring William Hardin, MD, at **LVHN.org/Hardin**.



3-D MAMMOGRAPHY AVAILABLE REGION-WIDE

A new 3-D mammography technology called tomosynthesis may give you a better chance at finding breast cancer sooner, and may reduce the need to be called back for additional imaging. Tomosynthesis takes very thin cross-section images that help radiologists more effectively find very subtle cancers and other abnormalities. During the test your breast is positioned the same way as it is in a conventional mammogram, and an X-ray tube moves in an arc around your breast while it takes images. This only takes an extra four seconds for each view of the breast.

Tomosynthesis is recommended for women at high risk for breast cancer or women with dense breast tissue. A professional at LVHN Breast Health Services can help you determine if this type of mammogram is best for you. It's available at Lehigh Valley Hospital-Cedar Crest and Lehigh Valley Hospital-Muhlenberg, and will be available at the Health Center at Trexlertown starting in December.

LEARN MORE at **610-402-CARE** or visit **LVHN.org/tomo**.

Introducing AllSpire Health Partners

Lehigh Valley Health Network (LVHN) has entered into an alliance with six other health systems to form AllSpire Health Partners. This new interstate consortium will address quality, population health management, best practices and medical research in the Northeast region.

AllSpire Health Partners is an alliance of seven hospital systems (containing 25 total hospitals) in New Jersey and Pennsylvania. Its members encompass systems containing nationally ranked hospitals that are within the Top 10 in their state and more than 20 specialties ranked in the Top 50 in the nation, according to U.S. News and World Report. The participating systems include:

- ▶ Atlantic Health System (Morristown, N.J.)
- ▶ Hackensack University Health Network (Hackensack, N.J.)
- ▶ Lancaster General Health (Lancaster, Pa.)
- ▶ Lehigh Valley Health Network (Allentown and Bethlehem, Pa.)
- ▶ Meridian Health (Neptune, N.J.)
- ▶ Reading Health System (Reading, Pa.)
- ▶ WellSpan Health (York, Pa.)



LEARN MORE: Visit **AllSpireHealthPartners.org**.



DON'T LET THE HOLIDAYS DERAIL YOUR FITNESS PLAN

**'Tis the season... to be a little lax
with your fitness routine?**

Nopel! Instead, stay motivated to exercise by following these three tips from LVHN Fitness exercise physiologist Erin Bloodworth:

SCHEDULE IT

The holiday season can be hectic with shopping, family gatherings and other activities. Plus colder weather may change your outdoor exercise routine. So schedule your workout time. This will ensure you have time to stay fit.

CHANGE IT UP

Many people who train outside bring it inside during the colder months. This allows you to try cross-training with an aerobics or spin class. You also can try corrective exercise to alleviate any physical issues.

HAVE SOME FUN

How about trying a themed run such as the annual Turkey Trot in Bethlehem? Or maybe it's time to don a Santa suit for a Christmas race. "A better mood creates a great workout," Bloodworth says. You also can rely on friends to keep you motivated, which is what the "Foxy Ladies" (above) do (l-r, Kathie Leslie, Nancy Knoebel, Liz Swanson, Nancy Conrad, Char Lacey and team "mascot" Sophie).

NEXT STEP

Work out indoors at LVHN Fitness.

See page 23 for a list of group classes, call **610-402-CARE** or visit **LVHN.org/fitness**.

Take Charge DIABETES

TIPS, HINTS AND SUPPORT TO HELP YOU
MANAGE YOUR HEALTH

GOT DIABETES? THEN GET MOVING

HOW EXERCISE CAN HELP REVERSE
TYPE 2 DIABETES

Looking for a great way to help manage type 2 diabetes? The answer may be as simple as taking a few steps forward.

“Regular exercise, in addition to a healthful diet, can help you control type 2 diabetes and avoid long-term complications like heart disease or stroke,” says Lehigh Valley Health Network (LVHN) endocrinologist Robert McCauley, MD, with LVPG-Diabetes & Endocrinology. “The hard part is getting started and staying with it.”

So here’s some motivation and inspiration – facts, figures, tips and hints to help you get started and stay healthier:

WHY EXERCISE? When type 2 diabetes runs in your family, it most often means obesity is the cause. When you’re overweight, your body is resistant to insulin produced by your pancreas, which creates higher blood sugar levels. Exercise is one giant step toward losing weight and helping lower your blood sugar.

WHAT KIND OF EXERCISE HELPS? Any kind is helpful, and more than one type of exercise is even better. “Studies show that a combination of aerobic and resistance training yields the best results in lowering blood sugar levels,” says exercise physiologist Wayne Stephens with LVHN Fitness.

WHAT ARE THE DIFFERENT TYPES OF EXERCISE?

Stretching

Always stretch before starting exercise.

Cardiovascular

Anything that gets your heart pumping – walking, jogging, cycling

Resistance training

Free weights, dumbbells, resistance bands, kettlebells

Leisure activity

Recreational walking, biking, gardening, household chores, playing with children/grandchildren

Sports

Tennis, golf, swimming, backpacking, boating

HOW DO I FIND AN EXERCISE I’LL STICK WITH?

The key is finding something you enjoy. Here’s a look at some common “moderate exercise” choices, and how many calories they burn:

Exercise (done for 30 minutes)	Calories burned
Throwing a frisbee	80
Car washing	119
Pilates	139
Playing with dog	159
Golf (carrying clubs)	179
Gardening	199
Push lawn mowing	219
Swimming	239
Backpacking	278
Bicycling (12-14 mph)	318

HOW MUCH EXERCISE DO I

NEED? Aim for something called “moderate exercise.” “That means more than 150 minutes of exercise per week,” Stephens says. Divide those minutes by days in the week – so if you exercise five days a week, you need 30 minutes a day; if you exercise seven days a week, you need 21.5 minutes a day.

WHAT PRECAUTIONS SHOULD I TAKE BEFORE EXERCISING?

“If you are just starting, are obese or have a history of heart problems, you should see your doctor before beginning an exercise program,” McCauley says. Also, a person with type 2 diabetes needs to check his or her blood sugar levels pre- and post-exercise; your doctor can help determine suitable levels for exercise.

—Ted Williams



Robert McCauley, MD
Endocrinology

67%
OF AMERICANS
ARE NOT
REGULARLY
ACTIVE.

STAY BETWEEN
50-85%
OF YOUR TARGET HEART RATE
FOR ALL EXERCISE.

85%
OF ADULTS
DIAGNOSED
WITH **TYPE 2**
DIABETES ARE
OVERWEIGHT.

REGULAR
MODERATE
EXERCISE CAN
INCREASE
NATURAL INSULIN
UPTAKE BY
AS MUCH AS

40%.

REGULAR
**AEROBIC AND
RESISTANCE
TRAINING**

CAN REDUCE RISK FOR MAJOR
CARDIOVASCULAR EVENTS BY

15-20%

AND DECREASE HEMOGLOBIN
A1C BY 1 PERCENT.

Take Charge Now

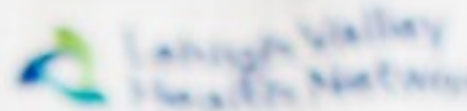
GET MOVING WITH A GROUP CLASS at an LVHN Fitness location.
See page 23, learn more at LVHN.org/fitness or call **610-402-CARE**.

LEARN ABOUT DIAGNOSIS, treatment and follow-up care for type 2
diabetes. Visit LVHN.org/type-2-diabetes.

—Ted Williams

Take Charge HEART DISEASE

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH



DOCTORS' TIPS FOR HEALTHY HEARTS

OUR EXPERTS
EASE THE
'INFORMATION
OVERLOAD'

Every day you see news about staying heart healthy. It may seem like information overload, but it doesn't have to be. Five Lehigh Valley Health Network (LVHN) physicians cut through the clutter and offer five quick tips you can use to keep your heart in top shape:

1 Remove the saltshaker from the table. You should consume less than 1,500 milligrams (mg) of salt per day (that's about 3/4 of a teaspoon). Most people consume twice that amount because processed foods typically are high in sodium. "Eating too much salt raises your blood pressure and causes your body to retain water," says LVHN family medicine doctor Vanessa Eiswerth, DO, with LVPG Primary Care-Fogelsville. "Both of these things put greater demands on your heart." Replace the saltshaker with a salt substitute or lemon juice, which activates the same taste buds as salt.

2 Walk at least two hours a week. Walking is the easiest heart-healthy exercise. "It raises your metabolism, you can do it anywhere, and it doesn't tax your joints," says LVHN cardiologist Gregory Altemose, MD, with Lehigh Valley Heart Specialists. You don't have to walk two hours all at once. On a busy day, take two 10-minute walks. On a day when you have more free time, walk 40 minutes straight. The benefits are the same as long as you consistently stay active. Walk briskly enough to raise your heart rate and breathing, but not so fast you can't talk comfortably.

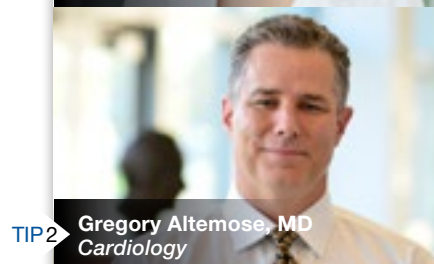
3 Talk to your doctor about statins. Statins lower cholesterol and prevent plaque buildup in your

arteries, which can cause a heart attack. Evidence shows statins do more than help your heart. That's why LVHN vascular surgeon James Guzzo, MD, with Peripheral Vascular Surgeons of LVPG says you should talk to your doctor about keeping statins as part of your treatment plan, even when your cholesterol numbers are in check. "Statins help prevent a stroke by stabilizing plaque buildup in the carotid artery in your neck," he says. "Statins also help slow the growth of an aneurysm (bulge) in the main artery in your abdomen." If the bulge in the artery gets too weak and bursts, it could be fatal.

4 Create a colorful plate. Mother Nature made heart-healthy foods easy to spot. "Fruits and vegetables have the vitamins and nutrients your body needs," says LVHN cardiologist Ellina Feiner, MD, with Lehigh Valley Heart Specialists. Nature's colorful foods also are high in water and fiber, which keep you fuller longer. And when you're full, you're more likely to avoid snacks high in fat and carbohydrates, which are bad for your heart.

5 Know your numbers; know your risk. "Every 34 seconds, someone in the United States has a heart attack, and many people who are at risk don't know it," says LVHN cardiologist Andrew Sumner, MD, with Lehigh Valley Heart Specialists. That's why it's important to know your numbers: your blood pressure, cholesterol, blood sugar and body mass index. Your risk for a heart attack, heart disease or stroke can be reduced by taking steps to keep your numbers in check.

—Rick Martuscelli



Take Charge Now

LEARN YOUR RISK FOR HEART ATTACK.

Visit LVHN.org/heartscore.

FIND A DOCTOR

to determine your numbers.

Call **610-402-CARE** or

visit LVHN.org/find_a_doctor.

LEARN MORE

about heart care

at LVHN.org/heart.

'ON MY WAY TO

LEAH WALIA'S BREAST CANCER JOURNEY

Leah Walia will never forget April 20, 2012. That's when the 40-year-old woman, who has a history of benign breast tumors, learned she had a microcalcification in her right breast. A licensed practical nurse, Walia, of Hanover Township, Northampton County, carefully tracked the milestones of her ensuing year-plus journey. Here's how she took charge of cancer:

RIGHT AWAY I SUSPECTED CANCER

My gynecologist, Sandra Thomas, DO, of College Heights OBGYN Associates saved my life. She never felt a lump. Neither did I. But because she kept a close eye on things and ordered annual mammograms, they were able to spot the microcalcification. Right away I suspected cancer. I just hoped it hadn't spread yet.

I STOPPED LISTENING

My follow-up biopsy showed an invasive ductal carcinoma. It meant the tumor was cancerous and spreading. The doctor kept talking, but I stopped listening. I was scared and just wanted to go home.

SHE LET ME CRY TOO

At first I resented my nurse navigator, Jane Zubia, RN. I felt she represented this awful disease. But Jane quickly won me over. She educated me, scheduled every single appointment and steered me toward lots of helpful resources. She also listened and let me cry. It meant the world to know I could call and she'd always make me feel better.

I DECIDED TO WRITE A BLOG

After my diagnosis, well-meaning family and friends were constantly calling. I decided to write a blog to keep them updated. I called it "On my way to

survivorhood." The name came from Jane. It perfectly summed up my journey.

THEY NEEDED TO UNDERSTAND

My daughter, Michelle, was in first grade. The morning after my husband, Alan, and I told her the news, I called her school. I wanted to prepare them. They needed to understand what she was going through, right from day one.

LUMPECTOMY OR MASTECTOMY?

Surgery was the first step. It was my choice: lumpectomy or bilateral mastectomy. I picked mastectomy. I didn't want to mess around. I also was going to need chemotherapy, radiation and infusions of Herceptin, an antibody that targets my specific disease, HER2-positive breast cancer. The Herceptin infusions would continue for about a year.

NO SECOND GUESSES

My cancer surgeon, Heiwon Chung, MD, of Lehigh Valley Surgical Oncology, was great, but I was in horrible pain right after the mastectomy. I never second-guessed the decision, though. After all, those breasts were trying to kill me.

NOT MY HAIR

I shaved my head a week after my first chemo treatment on July 10. I wasn't going to let cancer take my hair away. My last chemo session was Oct. 23. After a short break, I began radiation. I had 34 treatments. It wasn't as bad as I expected. The infusion and radiation teams were wonderful.



I APPRECIATED LITTLE THINGS

My hair started growing back in February. I began exercising and also went back to work. Food started tasting better too. It was amazing how much I appreciated little things I used to take for granted, like walking up a flight of stairs.

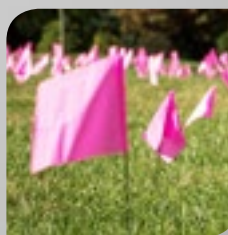
LAST TREATMENT

My last Herceptin infusion was June 25. Awesome feeling! I still get checked every three months, but every day I wake up without cancer is a great day.

REACH OUT

If you have cancer, ask for help, and accept help when it's offered. Alan and Michelle have been incredibly supportive. And so many generous people cooked us meals and did countless other favors. That's why our family is trying to pay it forward by supporting other cancer patients through Field of Pink, The CHEMO Bag and other community programs.

—Gerard Migliore



SURVIVORHOOD

SURVIVOR

**LEAH WALIA'S
LVHN CANCER TEAM**

Heiwon Chung, MD
Surgical oncology

Alyson McIntosh, MD
Radiation oncology

Ashish Shah, DO
Hematology oncology

Christian Subbio, MD
Plastic surgery

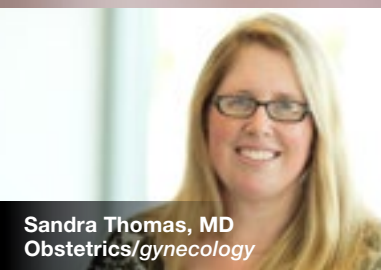
Jane Zubia, RN
Nurse navigator

Take Charge Now

SEE THIS STORY at LVHN.org/healthyyou, where you'll also find links to Leah Walia's blog and information on Field of Pink and The CHEMO bag.

Watch! **WATCH VIDEOS** of Heiwon Chung, MD, at LVHN.org/Chung and Ashish Shah, DO, at LVHN.org/Shah.

LEARN MORE ABOUT BREAST CANCER.
Visit LVHN.org/breastcancer.



Sandra Thomas, MD
Obstetrics/gynecology



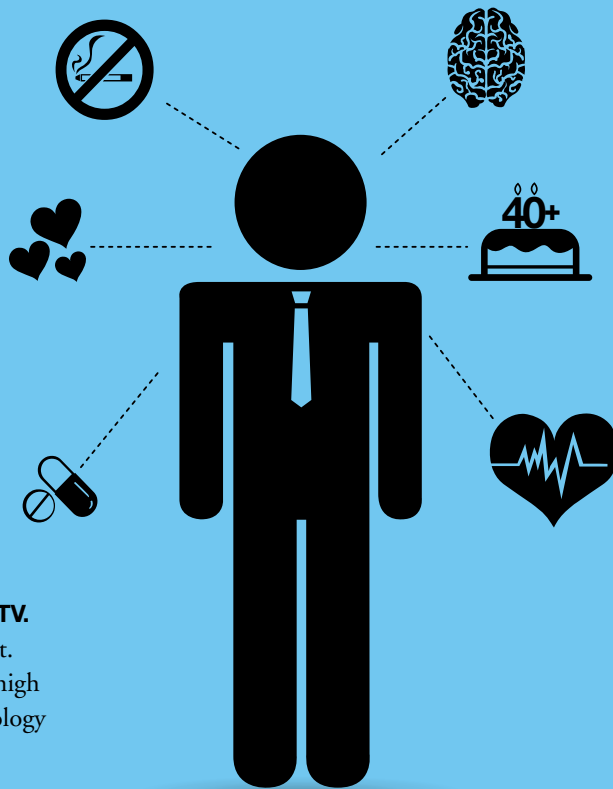
Heiwon Chung, MD
Surgical oncology



Jane Zubia, RN
Oncology

6 Things Men Should Know About ED

DON'T BE RELUCTANT TO DISCUSS IT WITH YOUR DOCTOR



You've seen the clever ads for erectile dysfunction (ED) medications on TV. Yet while you may hear about ED often, most men still are reluctant to discuss it. "Men often feel embarrassed or believe something is wrong with them," says Lehigh Valley Health Network urologist Clifford Georges, MD, with Lehigh Valley Urology Specialty Care. "But starting the conversation is the first way to get help."

1 It's common. More than half of men ages 40 to 70 have experienced ED. Yet ED, like high blood pressure or cholesterol levels, can reflect broader health issues. "I ask men over 50 about sexual function as a routine part of their annual physical," says LVHN family medicine physician W. William Shay, DO, with Moselem Springs Primary Care.

2 Cardiovascular risks are a major concern. ED often is caused by poor blood flow. "Men who have new onset erectile dysfunction may be at higher risk for cardiovascular disease," Georges says.

3 Stress is a mood killer. "Psychological issues can be a big factor in ED," Shay says. Stress, anxiety or depression can curtail desire and have physical effects "below decks."

4 Smoking and drinking don't help. Alcohol can decrease the quality of erections, and nicotine can restrict blood flow.

5 Changes are normal with age. Erections are complex, involving the brain, hormones, emotions and circulation – all of which undergo age-related variations that can affect sexual function.

6 Medication is only one answer. Most men know "there's a pill for that." But drugs that increase blood flow to the penis aren't appropriate for all men with ED. "For example, men with known heart disease taking nitroglycerin are not candidates," Georges says. Medications that temporarily facilitate erections also don't solve underlying problems. "Hormone replacement therapy can sometimes help men whose hormone levels have dropped," Shay says. Surgically placed penile implants or locally applied penile medications are other options. Lifestyle measures to improve overall health such as exercise, a healthy diet, stress relief and mending broken relationships can help too. "Supplements such as saw palmetto and fish oil help some men as well," Shay says.

—Richard Laliberte

Next Step

WATCH VIDEOS about Clifford Georges, MD, at LVHN.org/Georges and W. William Shay, DO, at LVHN.org/WSHAY. To learn more about ED, visit LVHN.org/erectile-dysfunction or call 610-402-CARE.



Clifford Georges, MD
Urology



W. William Shay, DO
Family medicine



Maria Eustice, CRNP
Family medicine

All about walk-in care

► **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, certified registered nurse practitioner Maria Eustice, CRNP, with Muhlenberg Primary Care, discusses the purpose and benefits of walk-in care.

You’ve likely seen signs promoting walk-in care at a number of primary care practices. What is walk-in care, and how does it differ from emergency room care or a visit to your primary care provider (PCP)?

In short, walk-in care does not replace regular visits to your PCP. Your PCP knows you best and can recommend steps to keep you healthy. If you have a chronic health condition, such as diabetes or hypertension, your PCP will monitor your symptoms and adjust your medication or other treatment regimens.

But let’s say you wake up with a severe sore throat, and there are no available appointments with your PCP. Or maybe it’s a weekend or holiday. That’s where walk-in care comes in. It offers you and your entire family convenient access to evaluation and treatment for minor acute illness and injury, such as:

- Colds and coughs
- Fever
- Sprains and strains
- Rashes
- Cuts, lacerations and other injuries that require stitches

Next Step

WALK-IN CARE IS NOW AT MACARTHUR FAMILY MEDICINE in Whitehall and will open in early November at the new Nazareth Primary Care. Learn more at LVHN.org/walkin or call **610-402-CARE**.

The office where I practice, Muhlenberg Primary Care inside the Health Center at Bethlehem Township, provides walk-in care seven days a week. It’s first-come, first-served, with severe symptoms given greater priority. You’ll typically be seen much faster than in an emergency room, and insurance co-pays usually are lower than an emergency room visit.

You’ll be examined by an advanced practice clinician (either a CRNP like me or physician assistant). We can order X-rays, blood work and other basic diagnostic tests. We are not, however, equipped to care for severe trauma or illness.

The emergency room is where you’ll find the advanced diagnostic technologies and specialized care for serious conditions such as:

- Heart attack symptoms, such as chest pain or shortness of breath
- Stroke symptoms, such as sudden slurred speech or numbness
- Severe or uncontrolled bleeding
- Head trauma or loss of consciousness
- Children under 3 months old with fever

Remember, in the event of a severe traumatic injury or illness, call 9-1-1.



David Zepp
catches up on the things he
missed while ECMO
was saving his life.

David's Story

ECMO HELPS A BIRDSBORO MAN'S DISEASED LUNGS HEAL

Next Step

LEARN MORE about heart and lung conditions at LVHN.org.



WATCH A VIDEO about James Wu, MD, at LVHN.org/Wu.



James Wu, MD
Cardiothoracic surgery

When David Zepp woke up, he didn't know where he was. The calendar on the wall said March 2013. How could it be? Yesterday, it was January. Fortunately, his wife, Lynne, was there to explain everything that happened. Here is David's story:

JAN. 1 David and Lynne leave a New Year's Eve party at 12:05 a.m. because he isn't feeling well. "I was struggling to breathe," says the 59-year-old Birdsboro man. Days later, his family doctor diagnoses him with pneumonia and prescribes an antibiotic. However, his condition worsens to the point where he struggles to get out of bed.

JAN. 4 David's doctor sends him to the ER at a local hospital. Tests determine his lungs are failing. The amount of oxygen in his blood is critically low, a condition called acute respiratory distress syndrome (ARDS). His oxygen saturation level is below 60 percent. A normal reading is 90-100 percent. He is sedated, placed on a respirator and admitted, but his condition continues to worsen.

JAN. 9 Via a Lehigh Valley Health Network (LVHN) MedEvac helicopter, David is transferred to a Lehigh Valley Hospital–Cedar Crest intensive care unit. He receives specialized care from a team of physicians including pulmonologists Dorothea Watson, DO, and Rita Pechulis, MD, of Pulmonary Associates of LVPG, and cardiothoracic surgeon James Wu, MD, of Lehigh Valley Heart and Lung Surgeons. "His lungs were no longer functional, and a ventilator was not enough to support him," Wu says. "A ventilator pushes air into the lungs. The more air a patient needs, the more pressure is created in the lungs. In David's case, the amount of air he needed would have created enough pressure to cause permanent damage."

JAN. 10 In a medically induced coma, David is placed on extracorporeal membrane oxygenation (ECMO). 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. David remains on a low-level ventilator to keep his lungs moving, but because they aren't working as hard, ECMO gives his lungs a chance

to heal. "ECMO has been used for years to help newborns," Watson says. "With research and advances in technology, we've learned to make ECMO safer for adults."

FEB. 10 Patients typically remain on ECMO for about 10 days. David now has been on ECMO for one month. His doctors meet daily. Yet he's still not improving. "Doctors were telling me they weren't sure he would survive or what his quality of life would be like if he did," Lynne says. As she leaves, she whispers in his ear, "It's time to start fighting."

FEB. 11 David starts showing signs of improvement. Over the coming days, ECMO and ventilator oxygenation levels are gradually reduced.

FEB. 15 Because his lungs are able to recover and function with only a limited amount of support from a ventilator, David is taken off ECMO. The gradual process of weaning him off sedatives and the ventilator begins. His family and friends wait patiently.

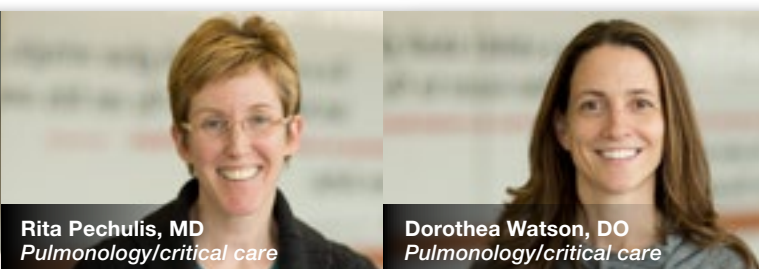
MARCH 7 David wakes up without any pain. "It was like I went to sleep one night and woke up the next day," he says. "I had no memory loss; I just didn't know what happened since January." His first question to his sons: "Who won the Super Bowl and Daytona 500?"

MARCH 8 In a rehabilitation facility, the slow process of getting back to daily life begins. David brings a positive attitude to respiratory, physical, occupational and speech therapy.

APRIL 17 David returns home and gets stronger each day. "He does have signs of abnormal lung function," Watson says, "but he is able to breathe on his own and doesn't need oxygen. It's amazing."

SEPT. 9 A civil draftsman and surveyor, David returns to part-time design work. He thinks about the many people who cared for him. They are the same people he and Lynne visit each time they return to LVHN for follow-up care. "They truly did save my life," he says.

—Rick Martuscelli



Rita Pechulis, MD
Pulmonology/critical care

Dorothea Watson, DO
Pulmonology/critical care

ECMO CAN SUPPORT PEOPLE WHO HAVE OR EXPERIENCE:

- ▶ Pneumonia
- ▶ Acute respiratory distress syndrome (ARDS)
- ▶ Drowning
- ▶ Hypothermia
- ▶ Drug overdose
- ▶ Burns or smoke inhalation
- ▶ Blockage in an artery in the lungs (pulmonary embolism)
- ▶ Heart attack
- ▶ Infection of the heart muscle (myocarditis)
- ▶ Difficulty getting off a ventilator following heart bypass surgery

What Are Pediatric Pharmacists?

THEY HELP CHILDREN RECEIVE
HIGH-QUALITY MEDICAL CARE

You may not see them at the bedside inside Children's Hospital at Lehigh Valley Hospital. Yet if your child needs care there, Jenny Boucher (left) and Kristin Held (right) might play a very important role. They both are pediatric pharmacists, working behind the scenes to help children feel better and return home sooner.

They're different from the pharmacist at your local drugstore. Boucher and Held both obtained pharmacy degrees, then went on to work extensively with children. Held completed post-graduate education that included two years of residency experience. Boucher works with children who need critical care and with newborns. Held works with children who have cancer or infectious diseases.

"Instead of focusing on dispensing medications," Boucher says, "we talk with doctors, nurses and other clinicians on a child's hospital care team to determine that child's medication regimen. If a family member has a question, we will explain their child's medication regimen to them. We also follow up with patients to see how they are responding to their medication."

The pharmacists' specific education in regards to children and medication plays a key role in helping children recover from illness. "Children handle medications much differently than adults in terms of dosage, potential side effects and how they absorb the medications," Held says.

When they're not rounding with patients or meeting with caregivers, Boucher and Held share their expertise and dedicate themselves to learning. They serve on committees inside the hospital and help to develop safe procedures for medication delivery. Both Boucher and Held are helping to create a children's pharmacy course that will be offered to medical students in the health network's SELECT medical school partnership with University of South Florida Morsani College of Medicine. And Boucher participated in a research study on pediatric anesthesia that appeared in the American Journal of Emergency Medicine in January.

Ask Held the best part of being a pediatric pharmacist, and she'll tell you it's all about the children. "If I can help a child through cancer treatments as best as I can and make his or her journey a little easier, then I've done my job," she says.

Boucher agrees. "We recently had a child in the pediatric intensive care unit who made an amazing recovery despite a bad initial prognosis," she says. "Recently he returned to the unit. I hadn't seen him since he went home, but once I got to see his smile, it reminded me how grateful I am to do this."

—Ted Williams



Next Step

LEARN MORE ABOUT
CHILDREN'S HOSPITAL at
Lehigh Valley Hospital. Visit
LVHN.org/children.





Breanna Henry, DO
Family medicine

You Can Do It!

STAY UP-TO-DATE ON ADULT VACCINES

Think vaccinations are just for children? Think again.

“It’s common for adults to forget they’re susceptible to diseases like pertussis, shingles, tetanus, hepatitis, meningitis and pneumonia,” says Lehigh Valley Health Network family physician Breanna Henry, DO, with Parkland Family Health Center.

Staying updated on vaccines helps make a disease less severe. “It also keeps our community healthier by preventing the spread of disease,” Henry says. To keep you up-to-date, here are four recent developments about adult vaccines:

1. THEY'RE 100 PERCENT COVERED. Under health care reform, insurance companies are required to cover the cost of preventive care at 100 percent. This means you will have no out-of-pocket expenses for routine annual checkups and recommended vaccinations such as hepatitis, human papillomavirus (HPV), measles, tetanus and diphtheria.

2. THE PERTUSSIS THREAT IS GROWING. Pennsylvania has the nation’s third-lowest vaccination rate for children. “That puts the entire population at greater risk for disease, and those risks carry over to adults,” Henry says. Nationwide, outbreaks of pertussis – also known as whooping cough – have prompted the addition of an adult pertussis dose to the tetanus booster you should receive every 10 years.

3. THE HPV VACCINE IS RECOMMENDED UP TO

AGE 26. Most attention for this relatively new vaccine has focused on adolescents eligible for protection against the sexually transmitted human papillomavirus, which causes cervical cancer and genital warts. But young adults who didn’t receive the HPV vaccine earlier in life are advised to get it up to age 26 for women and men.

4. YOU SHOULD TRACK YOUR VACCINE HISTORY.

“A lot of adults have no idea when they received their last booster,” Henry says. To keep track of your vaccine history, check records with your primary care provider during your annual physical. If your last tetanus shot predates your relationship with your doctor or you can’t remember a booster, it was probably more than 10 years ago – so it’s likely time for another. When you receive a vaccine, note the date in a file with your history of allergies, medications, illnesses and other health information. “I put my vaccinations in my Google calendar,” Henry says. “That way, I can do a search for them.”

–Richard Laliberte

Leah Kramer
of Breinigsville mimics the iconic
‘Rosie the Riveter,’ encouraging
you to take charge of your health.



Next Step

GET MORE INFORMATION ON VACCINES
at LVHN.org/vaccines. Also visit LVHN.org/healthyyou for a chart from the CDC about adult vaccines or call **610-402-CARE**.

Back to the Future

MEDICATIONS, EXERCISES GIVE LOWER MACUNGIE MAN HOPE IN BATTLE WITH PARKINSON'S

Michael Krebs has no history of Parkinson's disease in his family, but he knows about many of the debilitating symptoms of Parkinson's as the disease progresses. "Severe cases can result in someone being so bent over that when he walks he has to make a real effort to lift his head just to see forward," he says. "A business associate had it for 28 years, and he just passed away last year."

So when Krebs was diagnosed with Parkinson's two years ago, he didn't know what to say or do. "I kept thinking, 'Why me?'" says Krebs, a 67-year-old retired engineer from Lower Macungie Township.

Yet in the past two years, Krebs has found renewed hope. Thanks to celebrities like Michael J. Fox (whose battle with Parkinson's is part of his new NBC sitcom), awareness of the condition has exploded in recent years.

"We're still awaiting a major breakthrough in Parkinson's research, but it is getting more promising," says Lehigh Valley Health Network (LVHN) neurologist Peter Barbour, MD, of Lehigh Neurology. "We've learned more about how medication can effectively treat the symptoms of Parkinson's. The hope is to someday slow the disease's progression and stop it altogether."

ALL ABOUT PARKINSON'S

Parkinson's is characterized by slowness of movement and rigidity in addition to tremors. The condition progresses gradually, which means it can take 10-15 years before it becomes a significant disability. While it most commonly occurs in people in their 50s and 60s, some people are diagnosed much younger, such as Fox, who was 29 when he first experienced symptoms.

Researchers don't know the exact cause of Parkinson's disease, although they believe genetics and environment may play roles. There also is no cure.

As Parkinson's progresses, a person's ability to function normally begins to decrease. In older people, it also can cause memory loss and other neurologic difficulties. "Parkinson's disease affects

almost every organ system in the body," Barbour says. "But we have interventions and treatment approaches that can help."

KREBS' JOURNEY

Krebs first suspected he may be developing Parkinson's when he experienced a tremor in his right hand four years ago. His LVHN primary care doctors, William Swayser, DO, and Jeffrey Debuque, DO, with Lehigh Area Medical Associates of LVPG-CMA, preliminarily diagnosed him with an "essential tremor," because he had no other symptoms. Then over time, Krebs' tremor became worse, and he struggled to shave or button his shirt. Later, additional symptoms started to appear, and while at a visit with his LVHN cardiologist, Jeffrey Snyder, MD, of Lehigh Valley Heart Specialists, Snyder noticed some early-stage symptoms and suggested Krebs see a neurologist to be checked for Parkinson's.

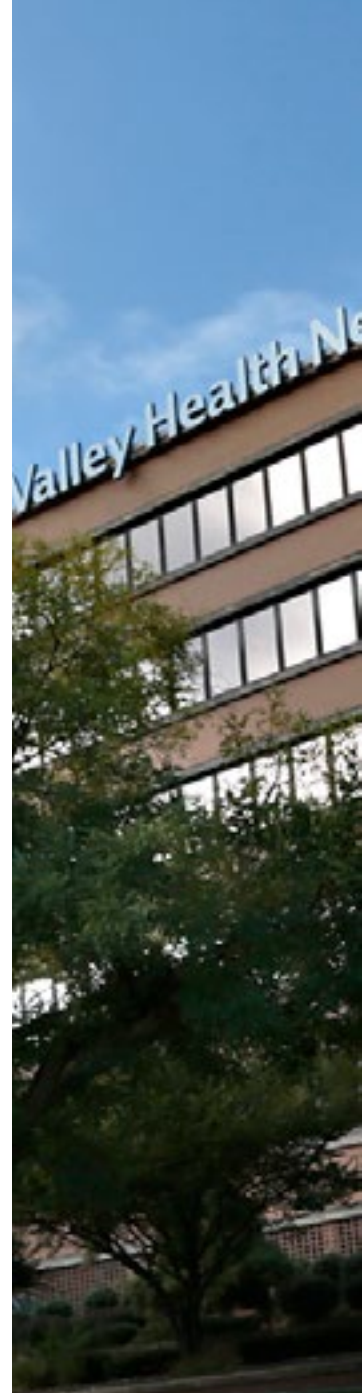
That's when Krebs met Barbour, who gave him an official Parkinson's diagnosis. "It was devastating at first," Krebs says. "But Dr. Barbour has been with me every step of the way."

Krebs has controlled his Parkinson's successfully for the past two years thanks to two factors – medications and exercise. He currently uses two medications – Sinemet, which he takes five times daily to control his symptoms, and Azilect, a medication that extends the duration of Sinemet's effect and may slow the course of the illness.

Krebs adds in exercise courtesy of LVHN's "Get Up and Go" program targeted specifically for people with Parkinson's and multiple sclerosis. Krebs attends one-hour sessions twice each week to keep his muscles limber, maintain his posture and keep his symptoms in check.

"I'm able to function reasonably normally, and the fitness sessions make me feel great," Krebs says. "Everyone is so positive in helping us, and I'm very optimistic about controlling my Parkinson's long-term."

—Ted Williams



Peter Barbour, MD
Neurology



Jeffrey Snyder, MD
Cardiology



Next Step

SEE A BEHIND-THE-SCENES PHOTO

GALLERY from our "Back to the Future"-themed photo shoot on Facebook. Like us at **Facebook.com/LVHealthNetwork**.

LEARN MORE about care for Parkinson's disease at **LVHN.org/parkinsons-disease**.

Michael Krebs

with a DeLorean similar to the one used by Michael J. Fox in the iconic movie 'Back to the Future.'

She's Keeping the Weight Off

HOW STEPH BUONO THRIVES AFTER WEIGHT-LOSS SURGERY

If you see Steph Buono walking around her Easton neighborhood, you'll also meet Mr. Louis, her Boston terrier. "He's my walking buddy," Buono says.

Together, Buono and Mr. Louis have been through a lot, including Buono's decision to have roux-en-y gastric bypass (weight-loss) surgery at Lehigh Valley Health Network (LVHN) in April 2012. In the year-and-a-half since, Buono has lost nearly 140 pounds and reached her goal weight.

"This has been a wonderful journey," she says. "My success is because I've followed my team's advice before, during and after surgery."

For example, prior to surgery, Buono learned the importance of interval eating. "It helps you maintain a consistent energy level," says Buono's LVHN surgeon, Richard Boorse, MD, with General Surgical Associates of LVPG. "When you skip meals or go too long between them, the body considers itself in 'starvation' and will save fat for future fuel. The trick is not to let that happen."

That's why Buono alternates meals and snacks every two-and-a-half to three hours. She also sets aside about three hours every Sunday to prepare all her meals and snacks for the week ahead. "I was worried about the time it would take to prepare them," she says. "But once I did it, it's simple."

While her pre-surgery education marked the start of her journey, keeping the weight off is a life-long commitment. "Steph is a wonderful example of how someone can take charge of weight-loss success by following through with doctor's recommendations," Boorse says. Buono agrees. "Weight-loss surgery is a tool," she says. "What you do with it is up to you."

—Jenn Fisher

How Steph Buono Maintains Her Weight Loss

Interval eating: Eat a snack or meal every 2 ½ to 3 hours.

Take your time: Rushing meals causes you to overeat.

Plan and prep: Prepare, measure and refrigerate or freeze daily meals and snacks.

Focus on protein: It builds muscle, and muscle burns fat.

Avoid 'empty' carbs: The body burns sweets and starches before using fat as fuel.

Get active: Plan daily activity, as recommended by your doctor.

Attend meetings: LVHN offers ongoing support group and educational activities for people after weight-loss surgery. See page 23.

Next Step



WATCH A VIDEO of

Richard Boorse, MD, at

LVHN.org/Boorse. LVHN's weight-loss surgery program has the highest accreditation available. Get details at **LVHN.org/surgicalweightloss.**

Richard Boorse, MD
General surgery



Steph Buono

went from 308 pounds to 170 pounds (her goal weight) and from a size 32 to a size 14 after weight-loss surgery.

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

Alzheimer's – Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, learn Alzheimer facts and signs to watch. Presented by the Alzheimer's Association.

Nov. 21: 2-3:30 p.m. at LVH-17th

Free! Helwig Health and Diabetes Center Community Event

Cooking demonstrations, panel discussions, door prizes, vendors and a keynote speaker.

Nov. 10: 1-4 p.m. (12:30 p.m. registration) at LVH-Cedar Crest

Free! Pancreatic Cancer Awareness Event

An educational evening for those diagnosed and their family members, learn from experts about advances and updates in pancreatic cancer treatment. In cooperation with J's Run, a nonprofit organization dedicated to finding a cure for pancreatic cancer. To register, call **610-402-CARE**.

Nov. 18: 6 p.m. at LVH-Cedar Crest

Around Our Community

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

Free! Drive-Through Flu Vaccines

For adults and children 6 months and older (children must be accompanied by parent or guardian). Nonperishable, nonexpired food donations accepted for area food banks and shelters. Please no pets in car. Learn more at LVHN.org/flushots.

Nov. 9: 9 a.m.-3 p.m. at Dorney Park, Allentown

Nov. 10: 9 a.m.-3 p.m. at Coca-Cola Park, Allentown

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 getoutlehighvalley.org or call **610-402-CARE**.

Trexler Memorial Park Walk

Nov. 16: 10 a.m.

Molasses Creek Park Walk

Dec. 7: 10 a.m.

Free! 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.

Information Sessions

Jan. 13, 20, 22: 6-8:30 p.m. at LVH-Cedar Crest
Class sessions starting Jan. 27

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.

Dr. Salerno's Geriatric College of Knowledge

Normal Aging vs. Cognitive Concerns
Jan. 8: 11 a.m.-noon at LVH-17th

Protecting Your Health

Cessation, What Works?

How to succeed in beating tobacco addiction.

Dec. 11: 5-6 p.m. at 1243 S. Cedar Crest Blvd.

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:

- Prediabetes
- 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

Insulin Pumps

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

Techno Open House—Learn more about the most recent technology with insulin pumps.

Nov. 12 at 1243 S. Cedar Crest Blvd., Allentown

Sugar-Free Kids

Monthly support group for children with type 1 diabetes.

Screenings

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.

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.

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.

Nov. 18, Dec. 16: 11 a.m.-noon at LVH-Cedar Crest

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

Joint Replacement Prep

What to expect for knee or hip replacement.

Nov. 27, Dec. 18: 1:30-3 p.m.
Dec. 3, Jan. 7: 9-10:30 a.m.

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.

Raising a Family

Welcome Pregnancy 101

Tours

Expectant Parent Tour
Sibling Tour – My Baby and Me

Getting It All

Six-week series includes Preparing for Childbirth, Baby Care and Breast-feeding Your Baby

Preparing for Childbirth Weekend

One-Day: Sat.
On the Internet
Refresher
Teens Only

Preparing for Baby

Baby Care
Breast-feeding 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

Postpartum Support

Understanding Emotions After Delivery

Parenting

Workshops

Secrets to Staying Calm and Patient With Your Children
Nov. 19

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 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 hospital care and recovery.

Transplant Support Group

Meets first Sun. of month at LVH—Cedar Crest

Free! FOR CANCER PATIENTS

Adolescent Support Group

Lehigh Valley Chapter of the National Ovarian Cancer Coalition

Legacy Project

A seven-week cancer survivorship program open to men and women who have completed active treatments.

Meets Thu.: 6-8 p.m. at LVH—Cedar Crest

Look Good...Feel Better

Makeover to understand

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

Nov. 18 :5:30 p.m. at LVH—Cedar Crest

With American Cancer Society

Men Facing Cancer

Meets first 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).

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.

Managing Your Weight

10 Steps to Less Stress

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

Starting Nov. 19: 9-10: 30 a.m. at 1243 S. Cedar Crest Blvd.

Free! Monthly Support Group

Support and information on weight-loss surgery.

Transformations

Dec. 4

Free! Weight-Loss Surgery Information Night

What to expect.

Nov. 21, Dec. 5, Dec. 17, Jan. 9

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.

Holiday Shopping

LVHN's three hospital locations include gift shops with snacks, cards, flowers, plants and more. All proceeds benefit LVHN. Visit LVHN.org/gift_shops for more.

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.

Age-Proof Workout

Boot Camp

Cardio Cross-Training

Chisel

Core Synergy

Cycling

Get Up and Go

Energizing Yoga

Exercise for Life

Kettlebells

Relaxing Yoga

Rip 'n' Ride

R.I.P.P.E.D.

Staying Strong

STAT

Very Gentle Yoga

Yoga Basics

Yogalatte

Zumba Zumba Gold



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

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A PASSION FOR BETTER MEDICINE



Get Healthy You Every Week

Tired of waiting two months between each issue of Healthy You magazine? Interested in learning more about how to stay healthy every day? Try subscribing to the Healthy You Tip of the Week emails.

Sent every Friday to your inbox (and shared on Lehigh Valley Health Network's Facebook, Twitter and Pinterest pages), each tip offers wellness information from our health care providers. You'll get helpful hints like:

- ▶ How to prevent kidney stones
- ▶ How to know your cancer risk
- ▶ What to do in an emergency

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Visit LVHN.org/subscribe or call 610-402-CARE.

