

JANUARY | FEBRUARY 2014

HealthyYOU



6
FACTS
ABOUT
PROTEIN
SHAKES

PAGE 12

Safe
Skiing

PAGE 14

LOWER
YOUR
BLOOD
PRESSURE

PAGE 19

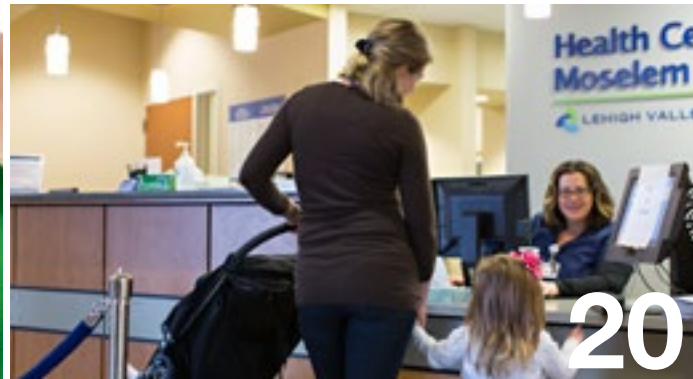
Contents



8



18



20



5



12

COVER STORY

- 14 **Protect Yourself on the Slopes**
Ski safety for adults and children

DEPARTMENTS

GET STARTED

- 4 **Fight That Cold**
Plus: LVHN by the numbers, \$36 flu shots and more

TAKE CHARGE

- 6 **Cancer**
Clinical trial helps a local man
- 8 **Heart Disease**
Ages and stages of a woman's heart
- 10 **Diabetes**
When it starts very young

IN THIS ISSUE

- 3 **On the Clock**
Fast stroke care benefits Linda Bond
- 12 **The Truth About Protein Shakes**
Separate the healthy from the unhealthy
- 13 **Empower Yourself**
Make the most of your doctor visit
- 16 **After the Fall**
Physical therapy helps Paul Weis
- 17 **The Power of Hopefulness**
It carried Kim Mucci through cancer
- 18 **Leo's Lifesaving Journey**
High-tech care for serious scars
- 19 **3 Steps to Lower Blood Pressure**
Here's one: cook 'slow food'
- 20 **5 Things to Know About Health Centers**
They offer convenient care
- 21 **Calendar**
Classes and support groups for you

B
O
N
U
S
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O
N
T
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T



Visit LVHN.org/healthyyou on your tablet, smart-phone or computer and find these extras:

- ▼ Videos of doctors featured in this issue
- ▼ A yummy protein shake recipe and more information on several stories
- ▼ A downloadable version of this issue

On the Clock

FAST, SPECIALIZED STROKE CARE
LEAVES LINDA BOND WITH
NO SIDE EFFECTS

Linda Bond (below) awoke to the smell of brewing coffee.

As she rose from bed to get a cup, she couldn't stand on her own and had to lean against her nightstand for balance. Then she fell to the floor. She was having a stroke.

"I felt trapped because I couldn't talk or move my right arm," says Bond, 58, of Nesquehoning. Her boyfriend – who was downstairs – came to her aid, recognized the symptoms and quickly called 911.

An ambulance crew rushed Bond directly to Lehigh Valley Hospital–Cedar Crest, a Comprehensive Stroke Center. It's a certification that recognizes the advanced education of staff and specialized dedicated resources available 24/7 to treat complex stroke patients.

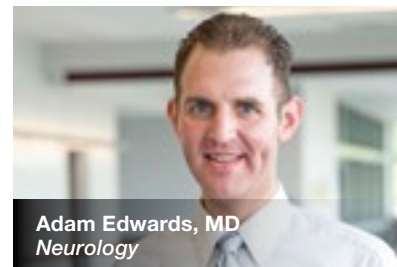
At the hospital, a Stroke Alert ensured all members of the stroke team – including Lehigh Valley Health Network (LVHN) neurologist Adam Edwards, MD, with Lehigh Neurology – were awaiting Bond's arrival.

A stroke occurs when a blood vessel becomes blocked and prevents blood from supplying the brain with oxygen. When this occurs, patients need treatment as quickly as possible. "For every second blood flow is blocked, 30,000 brain cells die," Edwards says.

Imaging tests at the hospital discovered a large clot in Bond's left carotid artery, which supplies the brain with blood. "Some patients suffering a stroke are treated with the clot-busting drug tPA," Edwards says. However, it must be administered within three hours of the onset of symptoms. In Bond's case, time of onset wasn't known because the stroke might have started while she was asleep.



Darryn Shaff, MD
Neurointerventional radiology



Adam Edwards, MD
Neurology

Instead, the stroke team chose angiography, removal of the clot from Bond's artery. "We used a wire mesh stent in the catheter to grab the clot," says LVHN neurointerventional radiologist Darryn Shaff, MD, with Medical Imaging of Lehigh Valley, PC. "The catheter also sucked out the clot like a vacuum to prevent pieces from breaking off and getting lodged in the brain."

The procedure started within 55 minutes of Bond's arrival at the hospital, well below the 120-minute "national target." Only 28 minutes after the start of the procedure, the clot was removed, restoring blood flow to Bond's brain.

Three hours after the procedure, Bond was walking and talking to her family. She suffered no brain damage or side effects. "I didn't think I would come back whole, but I feel better now than I did before the stroke," she says. "God put me in the hands of people who can perform miracles."

–Rick Martuscelli



Next Step

LEARN THE SIGNS OF STROKE.

Visit LVHN.org/stroke or call

610-402-CARE.

2013 LVHN BY THE NUMBERS



12,000

People vaccinated during our free drive-through flu shot clinics



5,684

Participants in the LVHN Via Marathon



90

Ongoing clinical trials in cancer



2,190

LVHN Fitness members



1,107

Patients transported by MedEvac helicopters and ambulances

LEARN MORE
INSIDE LVHN'S 2013
ANNUAL REPORT.

Experience it at
LVHN.org/report or
call **610-402-CARE**.

PREVENT CARBON MONOXIDE POISONING

It's colorless, odorless and tasteless, and it can come from wood stoves, propane heaters and various other fuels.

It's carbon monoxide, and it causes more than 20,000 people to seek emergency care nationwide every year.

To help prevent carbon monoxide poisoning, follow these three tips from Lehigh Valley Health Network emergency doctor John Wheary, DO, with LVPG-Emergency Medicine:

- 1 Use carbon monoxide detectors.** Place one on every floor in your home and near all sleeping areas.
- 2 Check your heating systems.** Any carbon-fueled appliances or heaters should be serviced and maintained according to the manufacturer's instructions.
- 3 Clean that chimney.** Have a professional do it.

NEXT STEP: Get a list of symptoms and four more tips to prevent carbon monoxide poisoning at **LVHN.org/healthyyou**.

Read What Your Doctor Reads

This year Lehigh Valley Health Network (LVHN) introduced **Better Medicine** – a publication for **physicians, by physicians**. It shows how the health network's doctors are helping to pioneer new treatments, services, technology and programs for the betterment of patients, and spotlights the expertise of LVHN's medical staff. Now you can read what area doctors read – visit **LVHN.org/bettermedicine**.





FIGHT THAT COLD

Help your family fight winter colds with a “survival kit” that includes:



THERMOMETER

Make sure yours works properly before you need it.



PAIN RELIEVERS

Keep plenty of acetaminophen and ibuprofen on hand to reduce fever and the associated aches.



ELECTROLYTE REPLACEMENT DRINKS

Vitamin water and other electrolyte beverages replace important nutrients while keeping you hydrated.

Talk with your doctor about adding over-the-counter cold remedies to your kit.

“Certain products such as nasal decongestants may not be safe for children or people with chronic conditions like hypertension or asthma,” says Lehigh Valley Health Network family medicine doctor Joanne Castillo, MD, with Cetronia Primary Care.

Still Time to Get That Flu Shot

Still haven't received your flu shot?

There's still time. For the rest of the flu season, flu shots will be offered at any Lehigh Valley Physician Group practice and walk-in care center for just \$36 a shot if you don't have insurance. If you are visiting the office for a flu shot only, you will not be charged for an office visit.

NEXT STEP: Make an appointment with your LVPG primary care doctor or visit LVHN.org/walkin for a list of walk-in care centers. Need a doctor? Call **610-402-CARE**.

LEAVE A LEGACY

As a not-for-profit, charitable organization, Lehigh Valley Health Network (LVHN) relies on your generosity. Every gift – regardless of its size – has an impact on patient care. As we look to the future, a bequest through your will can help ensure leading-edge care for our community for generations to come.

LVHN plastic surgeon Marshall Miles, DO, with Plastic Surgery Associates of Lehigh Valley, and his wife, Nicole, created their legacy by establishing a bequest to support LVHN. “All three of our gorgeous daughters were born at LVHN, and it has been my second home,” Marshall Miles says. “Nicole and I believe this bequest was the best way to support the future endeavors of a health network that has played a pivotal role in our family's life.”

LEARN MORE ABOUT SUPPORTING LVHN.

Call **610-402-CARE** or visit LVHN.org/donate.



HOW A CLINICAL TRIAL HELPED MARVIN WRIGHT

A NEW INVESTIGATIONAL MEDICATION HELPS LOCAL MAN COMBAT LUNG CANCER

Extreme fatigue more than two years ago led Marvin Wright to his doctor, who recommended an X-ray. The results: a gray area on Wright's left lung. It was a tumor; Wright had squamous cell lung cancer. The 74-year-old Whitehall man had the tumor surgically removed along with part of his lung. But in 2010, the cancer came back.

He underwent radiation and chemotherapy. Each round worked, but soon after, the cancer cells mutated and began dividing again. By last March, Wright, a retired international representative of the U.S. Steelworkers International Union, had undergone four different types of chemotherapy, all of the standard types of treatment for this kind of cancer. Yet the cancer had spread to his bones, liver and abdomen.

One tumor pressed up against his hip, forcing him to walk with a cane. He was stage 4 and considered incurable. Hospice seemed like his next likely option. "My wife and I began planning for the end," Wright says. "We talked about funeral arrangements. I gave my gun collection to my sons; other items were given to my daughter, grandchildren and friends. I got rid of a lot of things."

A GLIMMER OF HOPE

As Wright's cancer became more aggressive, his Lehigh Valley Health Network (LVHN) hematologist-oncologist,

William Scialla, DO, with Hematology-Oncology Associates, called on his colleague, fellow LVHN hematologist-oncologist Suresh Nair, MD. As chair of the National Cancer Institute's early-phase institutional review board, Nair looks for opportunities to open early-phase trials at LVHN for community members.

"Clinical trials test the treatments of the future," Nair says. Each trial starts as a phase I, then progresses to phases II and III. "Early-phase trials are for people with advanced cancer," he says. "In many cases, they've already had the best treatments. Now they're looking for hope."

Just before Wright met with Nair for the first time, LVHN became the only hospital in our region to offer access to a clinical trial for an investigational medication called Nivolumab. Rather than attacking cancer cells as chemotherapy does, Nivolumab works by boosting the immune system.

"Researchers had discovered that cancer spreads by putting the brakes on the immune system," Nair says. "This drug takes those brakes off, allowing the immune system to reject the cancer."

THE WRIGHT STUFF

The results have been startling. Although not everyone responds to the treatment, "we're finding that as many as a quarter of patients are having dramatic results," Nair says. That includes Wright. Within

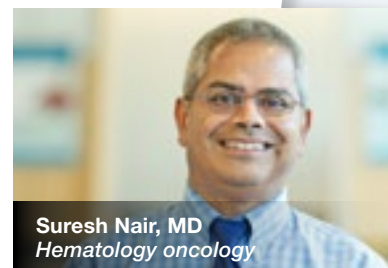
eight weeks, his cancer had shrunk by half. Another two months later, a scan revealed that 80 percent of his cancer was gone.

"He is going into remission and feeling better and more active," Nair says. "Having access to this clinical trial saved his life. His family doctor was blown away. He asked, 'What's that treatment you are on again?'"

Thanks to the experimental treatment, Wright was able to attend the homecoming game at his alma mater, Northampton Area High School. He's also thankful for the ability to care for his wife, Peggy, whose health has been failing due to complications from heart disease and diabetes.

"As soon as my wife's health turns around, we're planning to travel to Missouri to visit our children, grandchildren and great-grandson," Wright says. "There's a light at the end of the tunnel. This treatment made a world of difference. Now I don't think of dying. I think of living."

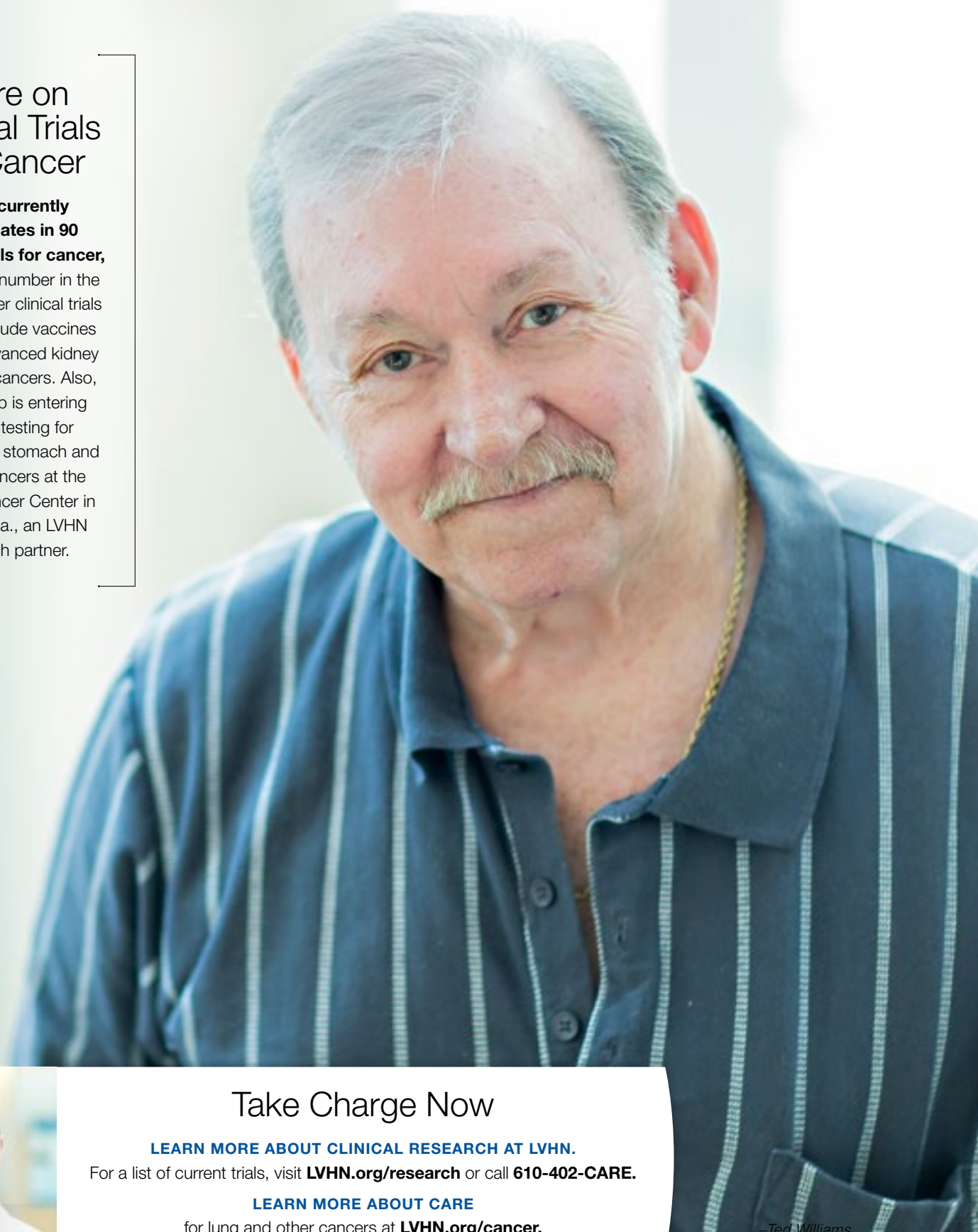
—Alisa Bowman



Suresh Nair, MD
Hematology oncology

More on Clinical Trials for Cancer

LVHN currently participates in 90 clinical trials for cancer, the largest number in the region. Other clinical trials offered include vaccines to treat advanced kidney and brain cancers. Also, Nivolumab is entering phase I testing for pancreatic, stomach and breast cancers at the Moffitt Cancer Center in Tampa, Fla., an LVHN research partner.



William Scialla, DO
Hematology oncology

Take Charge Now

LEARN MORE ABOUT CLINICAL RESEARCH AT LVHN.

For a list of current trials, visit [LVHN.org/research](https://www.lvhn.org/research) or call **610-402-CARE**.

LEARN MORE ABOUT CARE

for lung and other cancers at [LVHN.org/cancer](https://www.lvhn.org/cancer).

-Ted Williams

Take Charge

AGES AND STAGES OF A WOMAN'S HEART

STAY IN TOP
CARDIOVASCULAR
SHAPE FOR LIFE

Women's bodies change with age, and so does a woman's cardiovascular (heart and blood vessel) system. Poor cardiovascular health can cause heart and artery disease, a heart attack or stroke.

"Cardiovascular disease is the No. 1 killer of women," says Lehigh Valley Health Network (LVHN) cardiologist Deborah Sundlof, DO, who with Amy Ahnert, MD, and Ellina Feiner, MD, provides care through LVHN's Women's Heart and Vascular Program. The good news: cardiovascular disease is preventable. "You're never too young or too old to take charge of your cardiovascular health," Ahnert says.

Here are the ages and stages of a woman's cardiovascular life.



Amy Ahnert, MD, Ellina Feiner, MD,
Deborah Sundlof, DO
Women's Heart and Vascular Program

HEART DISEASE

TIPS, HINTS AND SUPPORT TO HELP YOU MANAGE YOUR HEALTH



WHEN YOU'RE A CHILD

Preventing cardiovascular disease is all about controlling risk factors. That starts during youth. Overweight children are more likely to develop high blood pressure and diabetes as an adult, which raises the risk for cardiovascular disease.



Be a good role model.

When children see you exercise, they'll want to do the same. Involve them in meal preparation and teach them what a healthy plate looks like. They'll be more likely to try nutritious fruits and vegetables after they help in the kitchen. Cardiovascular disease risk factors:

- ▶ Diabetes
- ▶ High blood pressure
- ▶ Smoking
- ▶ High cholesterol
- ▶ Overweight
- ▶ Physical inactivity

WHEN YOU'RE PREGNANT

A woman who develops high blood pressure and diabetes during pregnancy is more likely to develop them later in life too. So is her baby. That means the health decisions you make before and during pregnancy can affect your child's health years later. Pregnancy also makes the heart work harder, which could be dangerous for women with a heart defect.



Develop a good relationship with your family physician,

who will provide advice and treatment to control your risk factors so you can begin pregnancy at your healthiest. If you have a heart defect, your doctor can determine if pregnancy is safe and feasible.



WHEN YOU'RE MIDDLE AGE

The occurrence of cardiovascular disease has decreased in all age groups except people age 35-54. Why? During this stage in life, the damage done by ignoring risk factors catches up to you. Stress also factors in. Middle-age women who juggle the responsibilities of a family and career often put their health last.



Identify your risk factors and talk to your doctor about ways to manage them. Get help to quit smoking, start an exercise program or manage stress. Make exercise part of your daily routine.

Take Charge Now



WATCH VIDEOS of Deborah Sundlof, DO, at LVHN.org/Sundlof; and Amy Ahnert, MD, at LVHN.org/Ahnert.

LEARN YOUR RISK for cardiovascular disease at LVHN.org/heartscore.

LEARN MORE about heart and vascular care at LVHN.org/heart or call **610-402-CARE**.

WHEN YOU'RE POSTMENOPAUSAL

Prior to menopause, women are less likely than men to develop cardiovascular disease. By age 65, their risk is equal. That's because menopause results in a decline of estrogen, a hormone that makes arteries stronger and more flexible. During menopause, women also begin to see an increase in blood pressure and "bad" cholesterol (LDL), and a decline in "good" cholesterol (HDL).



Talk to your doctor about the benefits and risks of postmenopausal hormone therapy. It does not reduce the risk for cardiovascular disease. However, it is used to treat severe menopause symptoms.

—Rick Martuscelli

WHEN DIABETES STARTS VERY YOUNG

HOW THE SEARS FAMILY MANAGES THEIR DAUGHTER'S TYPE 1 DIABETES

Lily Sears loves to run and play. About 10 times a day she also does something else. Her mom and dad, Becky and Shannon, prick her finger and check her blood sugar levels.

"We check every two to three hours," says Becky of Lily, who was diagnosed with type 1 diabetes in October 2012, shortly after she turned 2. Shannon also has type 1 diabetes. It's a condition where the pancreas doesn't produce its own insulin, the hormone that converts sugar into fuel for your body. Daily insulin via injections or pump is the only treatment.

While type 2 diabetes (which most often results from obesity that blocks insulin production by the pancreas) is the most common type and can reverse itself, type 1 diabetes is rarer (occurring in fewer than 5 percent of all people with diabetes). It's a chronic illness; there is no cure.

For the Sears family, managing Lily's diabetes means trying to prevent her blood sugar from dropping below 80. A moderate drop could cause mood swings, headaches, shakiness or fatigue. It also means trying to prevent her blood sugar level from rising above 150. That could cause significant thirst, frequent urination and fatigue. Anything higher or lower could cause major complications and even death.

HOW IT ALL BEGAN

In August 2012, Lily contracted strep throat, her first illness requiring antibiotics. She recovered but didn't bounce back quickly. Then she began

drinking more fluids, refusing food and urinating often. "Because my husband has diabetes, we suspected Lily might too," Becky says. So she checked her blood sugar, and it was high. They rushed her to the Children's ER, where Lily was admitted until her levels stabilized.

Soon the family met Lehigh Valley Health Network (LVHN) nurse practitioner Kailin Slowick, CRNP, with the pediatric endocrinology division of Pediatric Specialists of the Lehigh Valley. Slowick also has type 1 diabetes and cares for children of all ages with diabetes, so she knows how rare it is for a child as young as Lily to be diagnosed.

"It is more common for children to be diagnosed with type 1 diabetes over the age of 6," Slowick says. "Children in general have bodies that change quickly as they grow, causing their insulin needs and carbohydrate intake also to change quickly. Toddlers have trouble verbalizing symptoms of high or low blood sugar, which is why Lily's parents must test her blood sugar so often."

KEEPING UP

Since Lily's diagnosis, the Sears family has adapted well. "It's a very delicate balance among food intake, insulin injections, physical activity and the daily excitement of being a child," Becky says. Every insulin dose brings a chain reaction of worries – Is it safe for her to play outside? Can she go to bed and sleep through the

night? Is her insulin working? Does she need more or less insulin?

To try to find balance, Becky counts every carbohydrate Lily eats, keeps consistent meal and snack times, and keeps simple carbs (fruit juice or candy) handy in case her blood sugar drops too low. And while Lily sometimes is too busy running to sit down for her blood sugar tests, "overall she's a real champ about it," Becky says.

The family regularly sees Slowick, who is preparing them for Lily's future. "She's talked about programs like the Sugar-Free Kids support group and Camp Red Jacket summer camp that Lily can take advantage of when she gets older," Becky says. "We're grateful for such support."

—Ted Williams

Becky Sears' 5 Tips for Managing a Young Child's Diabetes

- ▶ Research diabetes thoroughly.
- ▶ Work closely with your child's doctor to make adjustments to the treatment plan.
- ▶ Learn your child's physical reactions to dips and spikes in blood sugar level and tell others what to look for when with your child.
- ▶ Help others understand your child's special needs while still treating her like a regular kid.
- ▶ Network with other families who have children with type 1 diabetes.

Take Charge Now

LEARN MORE about the Sugar-Free Kids support group. See page 22.

LEARN MORE ABOUT CHILDREN'S HOSPITAL AT LEHIGH VALLEY HOSPITAL, which includes physicians in more than 25 pediatric subspecialties. Visit **LVHN.org/children**.



Becky (left) and **Shannon Sears**
partner with **Kailin Slowick, CRNP** (right),
to help manage their daughter
Lily's type 1 diabetes.



Kate Agresti, DO
Family medicine

The Truth About Protein Shakes

WHEN THEY'RE HEALTHY –
AND WHEN THEY'RE NOT

You've heard the claims about protein shakes – Lose weight! Build muscle! Restore energy!

So are they true? Here are facts from registered dietitian Tara Miltenberger with Sodexo and Lehigh Valley Health Network family medicine physician Kate Agresti, DO, with Nazareth Primary Care:

You already get a lot of protein. According to the USDA, the average adult needs 46-56 grams of protein a day, and most Americans get more than that from a typical diet.

Sometimes you may need more protein. If you're an elite athlete who burns extra calories and requires additional muscle repair, if you have an illness and need more protein to get well, or if you are a vegetarian or vegan, protein shakes can be a valuable way to get the extra protein you need.

Watch the calories. Protein shakes often are loaded with fat and sugar for taste and texture. That's why they're best used as a meal replacement and not a between-meal snack.

Know about absorption. Your body can only absorb 25-30 grams of protein at a time. Any excess may be stored as fat. So beware if you're grabbing a shake with 50 grams of protein.

Know the types of protein. Whey is a milk protein that the body absorbs quickly, so it can help you recover from intense exercise. Casein is a slower-acting milk protein that's good as a meal replacement. Vegans or people with high cholesterol may benefit from the LDL-lowering properties of soy protein.

Keep it natural. Making your own shakes helps you stay in control. Ingredients like frozen fruits or avocado can provide sweetness and smoothness.

–Richard Laliberte



Next Step

LEARN TO BUILD YOUR OWN HEALTHY PROTEIN SHAKE and get another recipe. Visit LVHN.org/healthyyou.

RECIPE

Greek Yogurt-Based Protein Shake

(Contains about 18 grams of protein)

- 6 oz. plain Greek yogurt (you can use flavored yogurt but check the extra calories/sugar)
- 1 ripe banana or 1 cup of your favorite fruit
- Add ice and water to desired thickness

If desired, add 1 cup of fresh spinach, kale or other leafy green vegetable to add antioxidants and other vitamins/minerals. It will turn the smoothie green, but you barely will be able to taste it because of the fruit you added.



Carol Myers, DO
Internal medicine

Make the Most of Your Doctor Visit

► Need help navigating health care?

The “Empower Yourself” column shares tips from a Lehigh Valley Health Network (LVHN) clinician about how you can best work together with your health care team. In this issue, LVHN internal medicine doctor Carol Myers, DO, with Lehigh Internal Medicine Associates, discusses how to maximize the time you spend with your doctor.

I believe doctors and patients should be partners. That’s why I encourage my patients to actively participate in their care. It starts before they arrive for their appointment and continues during our time together.

BEFORE YOUR APPOINTMENT

- **Take control** – When you make an appointment, explain the reason for your visit, including any symptoms or important issues you wish to discuss. Ask to have paperwork sent to you in advance. It’s less stressful than filling it out in the office.
- **Obtain records** – Your doctor will need to see any recent test results or prior treatment records, such as your immunization history. Bring these records with you or have them transferred. Ask if you’re not sure how to obtain this information.
- **Know your medications** – Create and bring an up-to-date

Next Step

NEED A PRIMARY CARE DOCTOR?

Visit LVHN.org/findadoctor or call **610-402-CARE**.

[READ MORE](#) “Empower Yourself” columns at LVHN.org/news.

list of any medications you’re taking – or have recently taken – including the dose and frequency. Be sure to include over-the-counter products like herbal supplements, because they can interact with prescription medications.

- **Jot it down** – Write down questions as you think of them and bring them with you. Include any goals for the visit, such as a better understanding of your medication side effects.

AT YOUR VISIT

- **Be prompt** – Aim to arrive a few minutes early. It gives the staff flexibility in case someone cancels.
- **Speak up** – You have a right to express your opinions and understand your treatment plan. Every question is a good one.
- **Focus** – Prioritize the issues you wish to discuss and be as specific as possible. If you’re having pain, explain where it hurts, when you first noticed it, how long it lasts and what makes it worse or better.
- **Bring support** – If you struggle to express yourself or find it difficult to understand medical issues, consider asking a family member or friend to join you.

Stay in control once the visit is over. If you’re waiting for test results and don’t hear back in a timely manner, call the office. Helping each other like this ultimately results in better care and a healthier you.

Protect Yourself on the Slopes

SAFE SKIING TIPS FOR ADULTS AND CHILDREN

If you love snow, schussing down the slopes at your favorite ski resort can be as enjoyable as it gets. “It’s a great sport,” says Brian Joho, RN, burn program coordinator at Lehigh Valley Health Network (LVHN) and a member of the National Ski Patrol. “It also involves high speeds on the side of a mountain, so it’s inherently dangerous.”

That’s why Joho and his LVHN colleagues – trauma surgeon Joseph Stirparo, MD, and Children’s ER doctor Eileen Quintana, MD, with Children’s Hospital at Lehigh Valley Hospital – offer the following tips for the trail:





KNOW THE CODE

Every snow sport participant should know the seven-step skier/rider responsibility code. It says:

- 1 Always stay in control and be able to stop or avoid other people or objects.
- 2 People ahead of you have the right of way. It is your responsibility to avoid them.
- 3 You must not stop where you obstruct a trail, or are not visible from above.
- 4 Whenever starting downhill or merging into a trail, look uphill and yield to others.
- 5 Always use devices to help prevent runaway equipment.
- 6 Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- 7 Prior to using any lift, you must have the knowledge and ability to load equipment, ride and unload safely.

Know the Trail Ratings

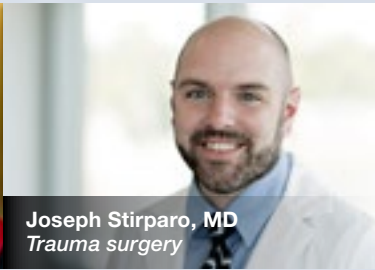
“Many beginner skiers visit eastern Pennsylvania,” Joho says. If it’s your first time, know the North American Ski Trail Difficulty Ratings:

 BEGINNER	 INTERMEDIATE
 ADVANCED	 EXPERT





Brian Joho, RN
National Ski Patrol



Joseph Stirparo, MD
Trauma surgery



Eileen Quintana, MD
Pediatric emergency medicine

Next Step

READ A Q&A on helmet safety from an LVHN expert. Visit LVHN.org/healthyyou or call 610-402-CARE.

DON'T FORGET THAT HELMET

That goes for children and adults. "Head injuries are the most devastating potential ski injury," Stirparo says. "Wearing a helmet to ski or snowboard seems obvious, yet many people don't do it."

FOLLOW THESE ADDITIONAL SAFETY POINTS

- ▶ Get in good physical condition before attempting to ski.
- ▶ Dress in layers for warmth and wear sunblock.
- ▶ Never ski under the influence of alcohol or drugs.
- ▶ While skiing, be keenly aware of nearby skiers and obstacles.
- ▶ Maintain supervision of children and first-time skiers in your group.

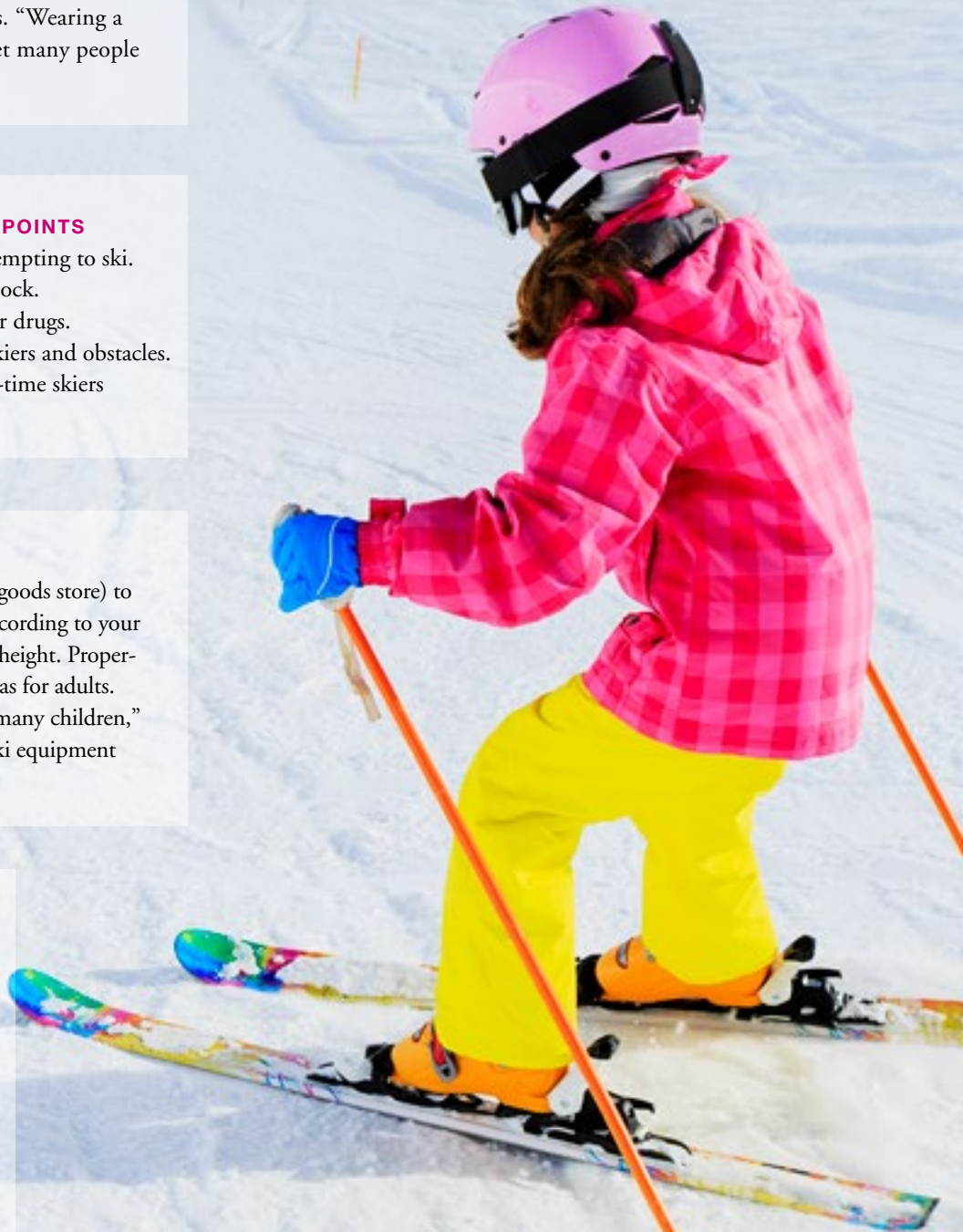
CHOOSE THE RIGHT EQUIPMENT

Ask professionals at the ski lodge (or sporting goods store) to help you choose the right skis and bindings according to your weight and ability, and poles adjusted to your height. Proper-fitting equipment is as important for children as for adults. "Just handling ski poles can be a problem for many children," Quintana says. "Only recently has children's ski equipment caught up to what is offered for adults."

KNOW THE RISKS

The most common injuries are to knees and legs for skiers and to wrists and head for snowboarders. Experience helps. If you're new to the slopes, sign up for lessons with a qualified instructor. "Most injuries occur on beginner trails; just because a trail is marked as a green circle (easier), you still will need basic skiing skills," Joho says.

-Ted Williams





Beth Hernandez helped
Paul Weis recover.

After the Fall

PHYSICAL THERAPY GETS PAUL WEIS
BACK TO WORK

Paul Weis is a good guy. That's why he spent last July 4th on a 12-foot ladder, helping a friend trim trees. Then the ladder kicked out, and Weis tumbled onto his back. "At first I thought I just had the wind knocked out of me," he says. "Then I realized I couldn't move."

Weis, 54, of Orefield, was rushed to Lehigh Valley Hospital–Cedar Crest. Tests revealed a burst fracture of his L1 vertebrae. He also had a left wrist fracture. "I assumed I would rest a few more days and simply walk out of there," Weis says. But he soon learned his recovery would take months. He also was fitted for a full back brace.

"I realized I was going to need help with things I used to take for granted – like sitting up in bed," Weis says. "I wondered, 'What if I can't walk again?'"

His fears vanished once he met physical therapy assistant Beth Hernandez. "She said, 'We're going to do this thing,'" Weis says. "It was exactly what I needed to hear." Hernandez says instilling confidence is part of her job. "I help my patients understand their therapy goals, and we reach them together."

Next Step

HAVE PAIN THAT INTERFERES WITH WORK OR OTHER DAILY ACTIVITIES? Get physical therapy through LVHN; call **610-402-CARE** to schedule an evaluation. Learn more at LVHN.org/rehab.

Hernandez taught Weis how to roll on his side to the edge of his bed. Over the next several days, he worked on transferring to a chair, then using a walker. Because he was going to live temporarily in his mother's ranch home following discharge, Weis also learned how to turn backward and push off the walker to navigate the home's single step. "It felt awkward, but it worked," he says.

Weis had four home physical therapy sessions, eventually progressing to walking with a cane. Before beginning more aggressive therapy, he needed to let his back heal further. Still wearing the brace, he returned part time to his business, Commercial Color in Allentown. "To go from that hospital bed to my office in less than a month was nothing short of a miracle," Weis says.

Today Weis is back working full time. The brace came off for good in October, when he also began outpatient physical therapy through LVHN to regain strength and flexibility. He still thinks of Hernandez often. "Her confidence inspires me to this day," he says.

–Gerard Migliore

The Power of Hopefulness

IT CARRIED KIM MUCCI THROUGH CANCER

Kim Mucci's cancer journey took off like a rocket. “I went from possibly being pregnant, to having a mass, to having my uterus removed, to probably having cancer, all in the span of two days,” says Mucci, 43, of Freeland, Luzerne County. “Everything happened so fast, I couldn't even process it.”

After surgery, Mucci learned she had gestational trophoblastic neoplasia, a relatively rare but treatable cancer. “It's usually very responsive to chemotherapy,” says Lehigh Valley Health Network gynecologic oncologist Richard Boulay, MD, with Gynecologic Oncology Specialists. “But in Kim's case, nothing was simple.”

So, to get her through two cancer surgeries and three chemotherapy regimens, Mucci relied on hopefulness. “This is different than optimism or hope,” Boulay says. “It's an inherent quality we all have, and it allows us to live life and make the most of it, even during the most difficult times.”

ELEMENTS OF HOPEFULNESS:

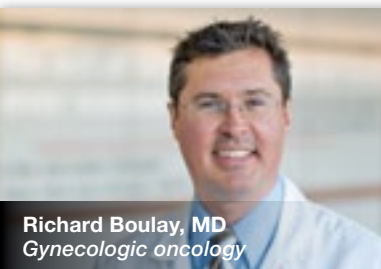
- 1 EXPECT THE UNEXPECTED.** “When Kim's course of chemo failed – three times – we only had days to change the treatment plan,” Boulay says. “You need to roll with the change. If you spend time worrying about how the treatment failed, you lose valuable time moving forward.”
- 2 HAVE A SENSE OF HUMOR.** If you can laugh at cancer, you take away its power. After she shaved her head, Mucci, who is of Korean descent, joked with her chemotherapy infusion nurses that, “Buddha is here to grant your wishes.” Humor reduces the power of the diagnosis and returns the power to you.
- 3 FIND YOUR SUPPORT.** Surround yourself with people who can help you maintain hopefulness: a great health care team, a supportive network of family and friends, and a spiritual support system. For Mucci (center in photo at right), support came from her husband and three children.

4 EXPRESS YOURSELF. Writing, painting or playing an instrument can help you take back control by focusing on something enjoyable.

5 GET YOUR LIFE'S WORK DONE. “Dying is something we all will face,” Boulay says. “If you accept death as a part of life, you have the opportunity to live life. Spend time with your family; share your wisdom; mend your relationships. This will be your legacy.”

Armed with hopefulness, Mucci made it through the last surgery, finally putting cancer into remission. “I have my family and my health,” she says, “and that's all I could ask for.”

—Jennifer Fisher



Next Step



WATCH A VIDEO of Richard Boulay, MD, at [LVHN.org/Boulay](https://www.lvhn.org/Boulay) and watch Kim Mucci's story at [LVHN.org/healthyyou](https://www.lvhn.org/healthyyou).

Richard Boulay, MD
Gynecologic oncology

Leo's Lifesaving Journey

WOELKERS RECOVERS FROM SEVERE BURNS, SCARRING



A routine call to restore power in a Wilkes-Barre neighborhood nearly cost electric utility worker Leo Woelkers his life. “I was in an underground vault when a switch exploded,” Woelkers says of the 2010 accident. “When I got out, I was on fire on my legs, body and face. My co-worker tried to put out the flames with his jacket, but needed to use a fire extinguisher.”

Woelkers was rushed to Lehigh Valley Hospital–Cedar Crest with third- and fourth-degree burns over 65 percent of his body. “I spent four months in a coma in the Regional Burn Center, and then four months in rehab as an inpatient.”

As part of the healing process, his grafted skin and areas of scarring presented Woelkers with new challenges. “Scarring was so tight in the armpit area it affected how I raised my arm, so I had

to have surgery to release it,” he says. “I had the same problem behind my knee and had surgery for that too.”

Woelkers, 55, of Moscow, Lackawanna County, found additional help for his scars from Lehigh Valley Health Network burn surgeon Sigrid Blome-Eberwein, MD, with Surgical Specialists of the Lehigh Valley. She uses two new fractional laser treatments – one powered by the chemical compound carbon dioxide; the other powered by the natural element erbium – to remodel the look and feel of scars.

The lasers emit highly amplified light energy that’s so intense, it can burn. By using the treatment device, the effect is controlled and momentary. “Only pinpoint of laser energy get through,” Blome-Eberwein says. “This makes tiny holes in the skin.” Those new holes create a renewed healing that can change the color of the scar and improve the thickness, texture and tightness of the skin.

Woelkers received laser treatments every other month, allowing time for scar healing and remodeling between visits. He’s seen amazing results. “There is a huge difference in the skin on my face,” he says. “The scar that went from my eye to the cheek was tight and pulled down part of my eye. I couldn’t blink and needed eye drops all the time. The laser has released that tension, and I no longer need drops.”

The skin texture on his face also has flattened and improved. “It will never go back to what my skin was like before,” he says. “But from what the scars were like before to now – it’s unbelievable.”

–Jennifer Fisher

Part of **Leo Woelkers’** recovery includes participating in an LVHN study called Yoga for Burn Survivors.

LEARN MORE at LVHN.org/research.

Next Step

READ MORE ABOUT LASER THERAPY for scar treatments at LVHN’s Burn Recovery Center. Visit LVHN.org/scars or call **610-402-CARE**.





Mary Stock Keister, MD
Family medicine



Nainesh Patel, MD
Cardiology

Next Step

 **WATCH A VIDEO** about Nainesh Patel, MD, at LVHN.org/Patel.

LEARN ABOUT the DASH eating plan to lower blood pressure. Visit LVHN.org/healthyyou or call **610-402-CARE**.

3 Steps to Lower Blood Pressure

START BY STAYING CALM

The next time you're at the mall, look around. It's likely every third adult is suffering from a preventable but deadly disease – high blood pressure. Because it causes few (if any) symptoms, many people don't even know they have it.

When pressure is too low, blood has a hard time traveling into the brain, causing lightheadedness. When it's too high, you rarely feel anything other than (in extreme cases) a dull headache.

"The reason we care so much about high blood pressure isn't because it makes you feel bad," says Lehigh Valley Health Network (LVHN) family medicine physician Mary Stock Keister, MD, with Bethlehem Family Medicine. "It's because it creates problems inside your blood vessels and damages your organs, especially your heart, brain, kidneys and eyes."

Systolic pressure (the top number) is the pressure in your arteries while your heart is pumping blood. Diastolic pressure (the bottom number) is the pressure when your heart relaxes between beats. Optimal pressure is 120/80. Anything above 140/90 is too high. If you have heart disease, diabetes, kidney problems or another medical problem, your physician will want your pressure even lower, below 130/80.

WANT TO LOWER YOUR READINGS? TRY THESE TIPS:

1 Calm down. "Improving your mind-body balance improves blood pressure and may alleviate other health problems such as heart disease, anxiety, asthma and colitis," says LVHN cardiologist Nainesh Patel, MD, with Lehigh Valley Heart Specialists. Anything that calms your nervous system can help drop pressure, including psychological counseling, yoga, breathing exercises and meditation. In a recent Kent State University study, patients who practiced mindfulness meditation for stress relief experienced a 5 mmHg drop in systolic pressure and a 2 mmHg drop in diastolic pressure.

2 Cook "slow food." Prepared convenience foods and restaurant meals are among the top sources of blood-pressure-raising sodium, Stock Keister says. Other salt-rich foods include bread, cold cuts, pizza, soup and sandwiches.

3 Move more. Aim for 30 minutes of activity a day. "If you exercise and lose weight, your pressure may even normalize, reducing or even halting your need for blood-pressure-lowering medications," Patel says. Yoga counts as exercise and relaxation, which also helps to lower pressure.

—Alisa Bowman



5 THINGS

You Should Know About Health Centers

THEY OFFER YOU CONVENIENT CARE



Colleen Charney, MD
Family medicine



Lynn Shay, CRNP
Family medicine

1 THEY'RE A ONE-STOP SHOP FOR YOUR HEALTH. Lehigh Valley Health Network's (LVHN) nine health centers are designed to meet a broad range of health and wellness needs under one roof. Many offer primary care, plus specialty care, diagnostic tests, physical therapy and behavioral health (services vary by location). "This gives patients – and their doctors – all the amenities in one location," says LVHN family medicine physician Colleen Charney, MD, with Moselem Springs Primary Care at the Health Center at Moselem Springs. "If something abnormal is found during an exam, I can consult with a specialist here instead of having the patient travel elsewhere."

2 THERE'S ONE CLOSE TO YOU. LVHN has health centers in four counties – Lehigh (Emmaus, Macungie, Trexlertown), Berks (Hamburg, Kutztown, Moselem Springs), Bucks (Quakertown in partnership with Grand View Hospital) and Northampton (Bethlehem Township, Bath).

Next Step

Watch! WATCH A VIDEO of Lynn Shay, CRNP, at LVHN.org/LShay.

LEARN MORE about your local health center at LVHN.org/health-centers or call **610-402-CARE**.

CELEBRATE THE OPENING of the Health Center at Bangor on Feb. 1. See calendar information at right.

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! Health Center at Bangor Open House

Join us for an open house to check out our services. Free health screenings, refreshments, giveaways, prizes and activities for the whole family.

Feb. 1: noon-3 p.m. (snow date Feb. 2) at Health Center at Bangor

Free! Cosmetic Surgery Open House

Here is an opportunity to meet LVHN plastic surgeons; includes live demonstrations of skin care products.

Jan. 16: 3-7 p.m. at 1243 S. Cedar Crest Blvd., Allentown

gardens, rivers and more in your community. For details and new dates, go to getoutlehighvalley.org or call **610-402-CARE**.

South Mountain Walk

Jan. 18: 10 a.m.

Jacobsburg Environmental Center Walk

Feb. 15: 10 a.m.

Peace Valley Walk

March 15: 10 a.m.

Free! Would a Support Group Help?

Dozens of different groups provide comfort and support.

Around Our Community

Free! Save the Date Mini Medical School

April 8, 15, 22, 29: 6:30-8 p.m. at LVH-Cedar Crest

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! Get Out! Lehigh Valley

This healthy outdoor activity program with a Wildlands Conservancy guide connects you to parks, trails,

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: 6-7 p.m. at LVH-Cedar Crest

Class sessions

Starting Jan. 27: 6-8:30 p.m. at LVH-Cedar Crest

Retreat

March 8: 8 a.m.-1 p.m. at LVH-Cedar Crest

3 NEW HEALTH CENTERS ARE COMING. The Health Center at Bangor – the first one to include cancer care – is scheduled to open Feb. 3. Additional centers are in the works, and new services are continually being added to existing centers.

4 IT'S ALL ABOUT CONVENIENCE. Have a busy lifestyle? A health center may be for you. "You can get your physical, labs, and at some locations, diagnostic tests all on the same day, and families can come in together," says primary care practitioner Lynn Shay, CRNP, with Kutztown Primary Care Associates at the Health Center at Kutztown. In addition, the Health Centers at Bethlehem Township, Macungie and Moselem Springs offer walk-in care for common illnesses and minor injuries, and Bangor will do the same.

5 YOU'LL FIND A COMMUNITY FEEL. The Health Center at Moselem Springs has a horse-and-buggy parking stall for patients from the Plain Community who need care. Health center professionals also provide screenings and education at community events and health fairs. "We provide blood pressure, BMI and nutrition screenings to keep our communities healthy," Shay says.

–Sidney Stevens

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.

Protecting Your Health

Cessation, What Works?

How to succeed in beating tobacco addiction.

Jan 20: 5-6 p.m. at 1243 S. Cedar Crest Blvd., Allentown

Tobacco Free Northeast PA

Tobacco treatment referral 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 Pumpers

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

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.

Jan. 20, Feb. 17: 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.

Feb. 4, March 4: 9-10:30 a.m. at LVH-Cedar Crest

Jan. 22, Feb. 26: 1:30-3 p.m. at LVH-Cedar Crest

Kidney/Pancreas Transplant Information Session

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

Parkinson's and Multiple Sclerosis Get Up and Go

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

Mon. and Thu.: 10:30-11:30 a.m. and noon-1 p.m.

at 1243 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

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

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

Five-week Series
Workshops

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.

Jan. 27: 2 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.

Part 1 starting Jan. 20: 10:30 a.m.-noon at 1243 S. Cedar Crest Blvd., Allentown

Part 2 starting Feb. 17: 10:30 a.m.-noon at 1243 S. Cedar Crest Blvd., Allentown

10 Steps to Less Stress

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

Starting Jan. 28: 9-10:30 a.m. at 1243 S. Cedar Crest Blvd., Allentown

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.
Starting Jan. 16: 5:30-6:30 p.m. at 1243 S. Cedar Crest Blvd., Allentown

Free! Monthly Support Group

Support and information on weight-loss surgery.
Jan. 23, Feb. 5, March 5: 6-7:30 p.m. at LVH-Cedar Crest

Free! Weight-Loss Surgery Information Night

What to expect.
Jan. 21, Feb. 6, Feb. 18, March 4: 6:30-8 p.m. at LVH-Cedar Crest

Sports Performance Classes

Youth Program

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

Junior Varsity Program

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

Varsity Program

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

LVHN Fitness Group Classes

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

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

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

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A PASSION FOR BETTER MEDICINE

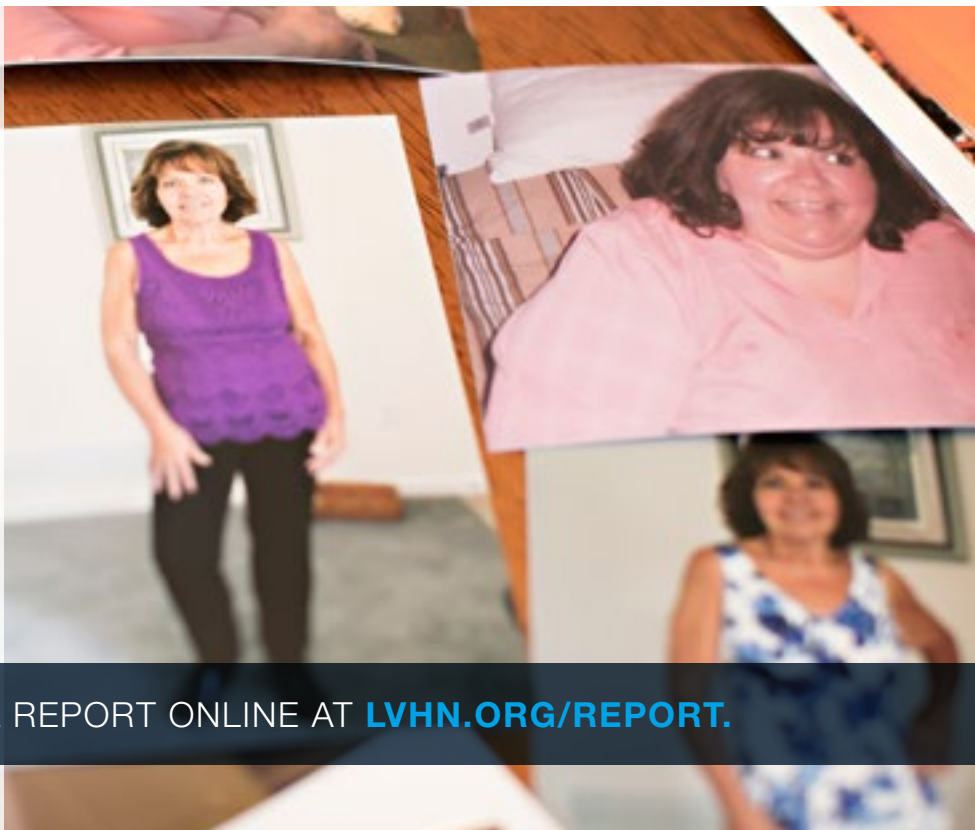


The future begins with *you.*

Meet Tina Handwerk.

Fed up with being overweight, the Allentown woman partnered with Lehigh Valley Health Network (LVHN) to take charge of her health. Today she is 100 pounds lighter and feels terrific.

You can watch how Handwerk made a remarkable life change – and see more inspiring videos about how LVHN is partnering with you to create a healthier community.



EXPERIENCE THE 2013 LVHN ANNUAL REPORT ONLINE AT LVHN.ORG/REPORT.

