

HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



The Latest on
Pain Medications

How to Fight the
Newest **Heart Risk**

Health Research:
Closing **Gender Gaps**

Wellness Guide/
Calendar

Straight Talk from
Our **Physicians**

Recipe

Garden Potato Salad

3 lb (about 6 large) potatoes, boiled in jackets, peeled and cut into ½-inch cubes

- 1 C chopped celery
- ½ C sliced green onion
- 2 T chopped parsley
- 1 C low-fat cottage cheese
- ¾ C skim milk
- 3 T lemon juice
- 2 T cider vinegar
- ½ t celery seed
- ½ t dill weed
- ½ t dry mustard
- ½ t white pepper

1. In a large bowl, place potatoes, celery, green onion, and parsley.

2. Meanwhile, in a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.

3. Pour chilled cottage cheese mixture over vegetables; mix well. Chill at least 30 minutes before serving.

Yield: 10 servings **Serving:** 1 cup

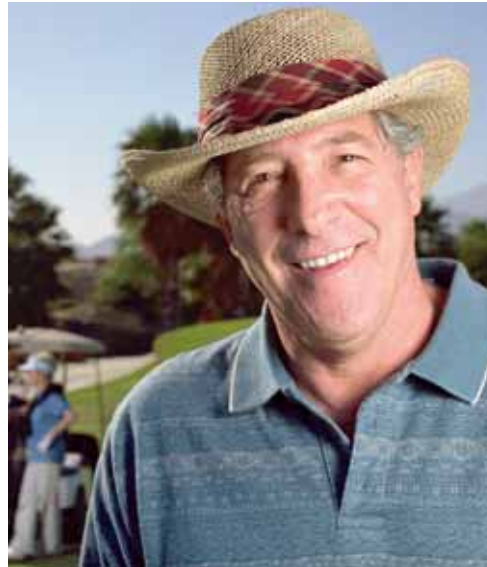
Each Serving Provides: Calories: 151, Total fat: <1 g, Saturated fat: <1 g, Cholesterol: 2 mg, Sodium: 118 mg

It's Allergy Season!

Springtime means allergy season for many. Our brochure, "Coping with Airborne Allergies," is a welcome guide offering tips on how to lessen the effects of allergies, when to see a doctor, and treatments available. To get your free copy, fill out the coupon on the back page or call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.



Degenerated Disks Often Contribute to Back Pain



Degenerated disks are among the most common causes of low back pain, says St. Vincent's Chief of Orthopedic Surgery Patrick Carolan, M.D. These disks, made up mostly of water, separate and cushion the spinal column's 24 vertebrae. They deteriorate with age and more quickly after a trauma such as an auto or on-the-job accident.

Degenerated disks are more likely to become herniated or ruptured—also known as a slipped disk. The disk pushes outward, sometimes pressing on nerves that results in pain and/or numbness in the legs and/or feet.

Most symptoms caused by herniated disks should resolve in four weeks with conservative

treatment. Your doctor may prescribe pain relievers or physical therapy to stretch and strengthen muscles supporting the spine. Severe pain or a lasting loss of feeling or function may require surgery to relieve the affected nerve.

WHEN IT'S MORE SERIOUS

It's important to know the signs of a more serious problem. You should see the doctor when you have:

- pain lasting longer than four weeks
- pain as the result of a fall or blow to the back
- numbness, weakness, or a tingling sensation in the leg or foot
- pain radiating down the leg, a condition called sciatica
- sudden loss of bladder or bowel control.

ST. VINCENT'S AMONG SELECT FEW TO OFFER INNOVATIVE SURGERY

If surgery is required, the St. Vincent's team of surgeons provides many different treatment options and procedures. Recently, St. Vincent's introduced a new FDA-approved disk replacement surgery for lower back pain. St. Vincent's is one of the few hospitals in the region that is providing the advanced procedure. To learn more or for information on the Spine Surgery team of St. Vincent's Medical Center, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**. *

New Women's Imaging Center Offers Convenience, Cutting-Edge Technology

Digital mammograms and other diagnostic services are now available at St. Vincent's, thanks to a grant from Swim Across the Sound. The new Women's Imaging Center provides:

- easy access and a one-stop approach to such services as: digital mammography, ultrasound, and bone density screening

- secondary testing, referrals, and a coordinated approach to care

- a highly qualified staff and board-certified radiologists, who are available 24 hours a day.

The Center is located just off the Main Lobby. Evening appointments are available. For information, call **203-576-5500**.



How to Fight Inflammation, the Newest Heart Risk



When you bump your knee, you may get a bruise and some swelling. Now, experts think “damaged” blood vessels might react the same way—by becoming inflamed. Inflammation has been linked to heart disease, heart attack, and stroke, says Jose Missri, M.D., Medical Director of the St. Vincent’s Regional Heart & Vascular Center.

Scientists aren’t yet certain what causes inflammation. Some suspect that high blood pressure, high blood sugar, and high cholesterol add to the problem. These conditions cause plaque buildup, which may inflame blood vessels. Smoking may also cause your arteries to swell.

AVOID INFLAMMATION WITH HEART-SMART STRATEGIES

When it comes to protecting the heart, experts have been backing healthy habits for a long time. It turns out that many of these habits may also help ward off inflammation. Here’s what you can do:

- Exercise on a regular basis. Research shows that more-active people have less inflammation than less-active types. Experts advise getting at least 30 minutes

of moderate exercise on most days of the week.

- Stay at a healthy weight. If you’re overweight, shedding pounds can help lower inflammation levels.
- Don’t smoke. Avoiding secondhand smoke may also help protect your heart health.
- If you drink alcohol, do so in moderation.

- Work with your doctor to manage high blood pressure and other health problems.

SHOULD YOU GET TESTED?

To measure inflammation in the body, doctors rely on what’s called C-reactive protein. Too much of this protein is a sign of inflammation.

C-reactive protein levels can be measured with a blood test. But experts only recommend the test for people with a moderate risk of heart disease. A “moderate risk” means you have a 10 to 20 percent chance of getting heart disease in the next 10 years. Your doctor can help you determine your risk based on your blood pressure, smoking history, and other health factors.

What if a test shows you have high levels of C-reactive protein? Your doctor may recommend prescription medicine or other steps to help protect your heart. *



The St. Vincent’s Regional Heart & Vascular Center

offers a wide range of surgical and interventional services including many heart screenings and prevention programs. For a referral to a cardiologist or membership in Women at Heart, call 1-877-255-SVHS.

BENEFITS OF WOMEN AT HEART MEMBERSHIP

The benefits of joining Women at Heart include:

- discount on cardiovascular screenings
- quarterly *Upbeats* newsletter
- educational seminars and lectures on cardiac issues for women
- access to online resources and health education
- access to our “Just Ask Alice” nurse
- nutritional counseling
- cardiac rehabilitation
- stress reduction counseling
- individualized exercise and fitness assessment

To join, call St. Vincent’s toll-free Care Line at **1-877-255-SVHS**, visit **www.stvincents.org**, or fill out the coupon on the back page.

Join Today!



WHAT LEVEL IS YOUR EMERGENCY?

Knowing where to go in a health emergency is key to getting the best treatment possible. And it isn't always the emergency room (ER). Urgent care centers are walk-in clinics designed to treat minor injuries and illness when you can't wait to get to the doctor. You don't need an appointment and many times can get treated faster—and at a lower cost—than in the ER.

WHEN TO GO TO THE ER

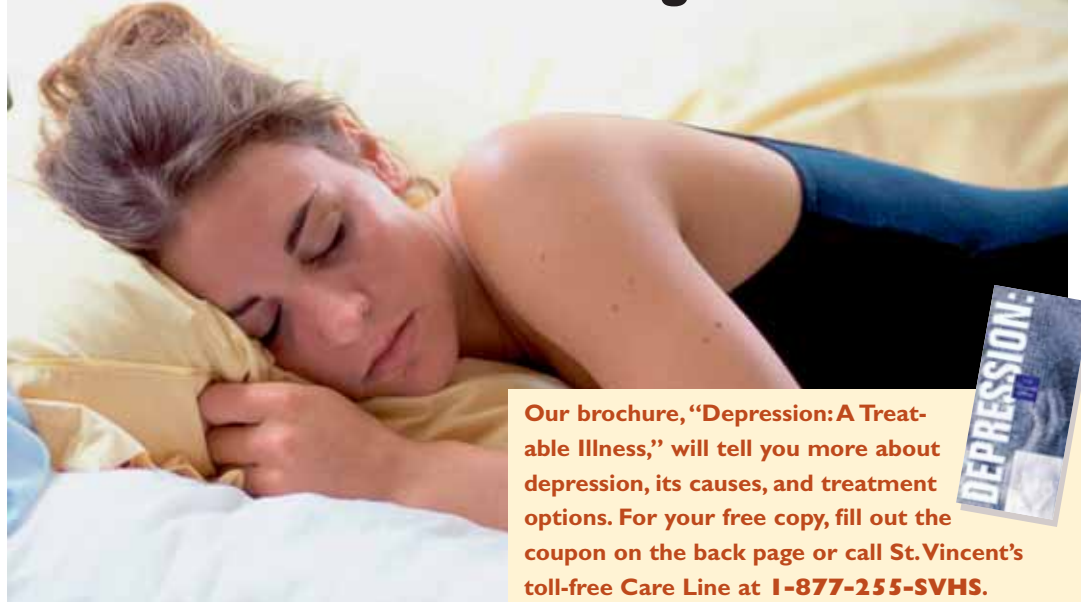
The ER is open around the clock to treat serious, life-and-death problems. Get to the ER right away if you or a family member has sudden symptoms that need emergency care, including chest pain, trouble breathing, and uncontrolled bleeding.

WHEN TO CHOOSE URGENT CARE

Urgent care centers offer many of the same services as the ER such as X-ray and blood testing. But they don't treat life-threatening conditions. An urgent care center is your best bet if you need treatment right away for a less serious problem, including sinus or ear infections, urinary tract infections, minor cuts and burns, sprains or broken bones, and fever and sore throat.

Stop by at the St. Vincent's Immediate Care Walk-in Centers nearest you: 4490 Main Street (across from Red Lobster), Bridgeport (203-371-4445); 1055 Post Road (in the Merrill Lynch Building), Fairfield (203-259-3440); or 15 Armstrong Drive (Shelton Square), Shelton (203-929-1109). The walk-ins are open seven days a week. No appointment is necessary.

Women and Depression: What Puts Women at Higher Risk?



Our brochure, "Depression: A Treatable Illness," will tell you more about depression, its causes, and treatment options. For your free copy, fill out the coupon on the back page or call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

Today, more people are getting help for depression, which can leave them feeling unable to cope, joyless, restless, irritable, and lonely, says Debra Iversen, Director of Outpatient Services for Adults & Adolescents at Hall-Brooke Behavioral Health Services in Westport. Depression tends to affect women more often than men. Why?

It's not because of biology. Studies have found that women are not more prone to depression because of genes or hormones. In fact, rates of depression between men and women are actually the same among those with similar incomes, education levels, and jobs.

Instead, it may be because of environment. More women may become depressed because they are more likely to have less education, lower income and job status, and less leisure time.

Women at highest risk for depression often feel overwhelmed in trying to balance the demands of work and family.

One way to fight depression is for women to build up their self-esteem. Self-confidence can help people better handle the stressful activities of home and work.

Your doctor can determine if you're depressed. *



The award-winning St. Vincent's Hall-Brooke Behavioral Health Services, with locations in Westport and Bridgeport, is forming new groups for women suffering from depression as part of its Outpatient Behavioral Healthcare for Women. Spanish-speaking group forming in Bridgeport. To learn more, call 203-221-8878.

ADVANCES IN HEARING AID TECHNOLOGY

If you are experiencing hearing loss, the time has never been better to be fitted with a hearing aid.

Rhoda Naylor, audiologist at St. Vincent's Special Needs Services in Trumbull, says the latest digital hearing aids can make soft sounds more audible, analyze incoming sounds to distinguish and intensify speech over background noise, enhance telephone communication by reducing feedback, and be programmed for different listening situations.

To learn more about how digital hearing aids can help you or a loved one, call the Audiology Department at SVSNS, **203-386-2736**.

Stomach Pain: When Women Should Worry

Often, abdominal pain can be linked to hunger, indigestion, or menstrual cramps. But if you experience constant pain or sudden, severe pain that lasts more than an hour, you should seek medical attention, says St. Vincent's internist George Goldfarb, M.D.

MANY POSSIBLE CAUSES

Dr. Goldfarb says it is important to discuss with your doctor any sudden or recurring pain that disrupts your daily life, worsens over time, or has increased recently. Because your abdomen houses many different organs and tissues, various problems and conditions can create severe pain in this area, including appendicitis; fibroids; pelvic inflammatory disease; and bladder, vaginal, or urinary tract infections.

DESCRIBING YOUR PAIN

Because so many different problems can cause stomach pain, the exact cause can be difficult to diagnose, says St. Vincent's gastroenterologist Strick Woods, M.D. You can help your doctor by supplying exact information about your pain. For instance, consider the following questions:



- Is the pain in one exact spot or a general area?
- Is the pain sharp and stabbing, dull and aching, or burning?
- Are there any accompanying symptoms such as fever?

Finding the cause of abdominal pain is often a process of elimination. It can take time, patience, and a variety of tests to pinpoint the problem.

For a referral to a St. Vincent's physician who can help you or to discuss

your symptoms with a nurse, "Ask Alice" by calling St. Vincent's toll-free Care Line at **1-877-255-SVHS**. *

Our self-help guide "What Could Be Wrong? A Woman's Guide to Common Pelvic Infections" includes a handy chart that lists symptoms, possible infections, and treatment options for gynecological infections. For your free copy, fill out the coupon on the back page or call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



FOCUS ON LASER EYE SURGERY

If you want freedom from contacts or glasses, laser eye surgery may be the answer. The two most popular laser techniques are photorefractive keratotomy (PRK) and laser in situ keratomileusis (LASIK). Delia Manjoney, M.D., Chief of the St. Vincent's Division of Ophthalmology, cautions that patients should be aware of these considerations:

- Seek out an ophthalmologist or ophthalmic surgeon specifically trained to use the laser.
- PRK can result in a longer and more painful recovery than LASIK.
- LASIK is more complex than PRK. Complications include loss of or damage to the corneal flap.

If you're interested in laser eye surgery, talk with your eye doctor. Together you can determine what treatment is best for you.

For a referral to a St. Vincent's ophthalmologist, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.



CLOSING THE GENDER GAP IN HEALTH RESEARCH

When you hear the phrase "women's health," what comes to mind? Many people think only of health conditions unique to women such as childbirth and menopause.

In fact, women have many health issues in common with men. Heart disease, cancer, and stroke are the leading causes of death for both men and women. But these and other conditions may affect women and men very differently, says cardiologist Kathleen Harper, D.O., Medical Director of the St. Vincent's "Women at Heart" cardiovascular program.

Dr. Harper says that until recently, the basic biological and hormonal differences between men and women were largely ignored. Most studies were done almost solely on men. It was assumed that gender was not important in treating health conditions.

But as women's health becomes a priority, experts are now conducting more studies on women's health than ever before.

St. Vincent's offers unique gender-based medicine through its Women at Heart club, the Swim Across the Sound Woman's Imaging Center, and other programs. If you'd like to learn more about programs designed especially for women, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.



RADIATION AND CT SCANS: WHAT YOU NEED TO KNOW

Kevin Webster Dickey, M.D., FSIR, Chairperson of Radiology Services



Most of us don't think twice about radiation exposure when getting a conventional X-ray.

However, the increased

use of one X-ray imaging technology called computed tomography (CT) scans has raised the question on what is considered an "acceptable" level of radiation exposure.

THE SKINNY ON CT SCANS

The technology, also referred to as computed axial tomography (CAT), generates detailed images of organs, bones, soft tissues, and blood vessels on a display computer. Abnormalities in the brain, chest, and abdomen often are evaluated with CT.

A CT scan continues to be a valuable diagnostic test used in those showing signs or symptoms of certain diseases or conditions. Research has uncovered a possible link between CT scans and cancer but the risk associated with an individual scan is small. Moreover, medical experts believe that CT scans provide enough valuable diagnostic information to outweigh the potential cancer risk.

GATHER INFORMATION

If your doctor recommends a CT scan, be sure to ask what radiation dose will be delivered during the procedure. Usually, this dose is approximately 10 millisieverts (mSv), which is similar to the amount an average person receives in the form of background radiation over three years. Also keep in mind radiation dosage depends on which body part is being examined and the type of equipment used.

Get the Latest on Pain Medications

Frank Scifo, M.D., host of "Health Talk" radio show

Has the flurry of news reports regarding pain medications left your head spinning? The following overview also will help you cut through the clutter of information.

If you are one of the many Americans who have turned to rofecoxib (Vioxx™), celecoxib (Celebrex™), valdecoxib (Bextra®), or naproxen for pain relief, be aware that these medications may be associated with heart risks and serious skin reactions.

At the center of attention is a group of prescription medications called COX-2 inhibitors. These nonsteroidal anti-inflammatory drugs (NSAIDs) generally are easier on the stomach than other popular pain relievers including aspirin. The over-the-counter (OTC), non-selective, NSAID naproxen, which is sold under many names including Aleve™, also has come under fire due to potential heart risks. Talk to your doctor to determine what pain medication is right for you.

The Food and Drug Administration (FDA) is taking a closer look at all of these drugs. For the latest news, visit www.fda.gov. Here's a recap of recent findings:

■ Vioxx no longer is on the market due to a two-fold increase in the risk of heart attack in individuals taking the medication compared to placebo. Vioxx users also were at increased risk for stroke.



■ Celebrex still is available by prescription although a colorectal cancer prevention trial was halted by the National Institutes of Health. In this investigation, individuals taking Celebrex were more likely to suffer a stroke or heart attack compared to those on placebo. However, previously conducted studies have not demonstrated a connection between Celebrex and heart risks.

■ Bextra still is available by prescription but new label warnings highlight that the medication should not be used in patients after undergoing coronary artery bypass graft (CABG) surgery.

■ Long-term use of OTC naproxen may be associated with an increased cardiovascular risk compared to placebo, according to preliminary results from a halted long-term clinical trial in Alzheimer's patients. If you're taking OTC pain medications, be sure to follow label directions. *



Call into "Health Talk" on Monday nights at 7:05 p.m. on WICC Radio 600 AM. Your host Frank Scifo, M.D., will discuss

the latest news and developments with health care experts and take your call.

Come to St. Vincent's Joint Camp! Learn About Joint Replacement Surgery

If you need knee or hip replacement surgery, ask about St. Vincent's Joint Camp, a new approach to preparing for and recovering from surgery. Joint Camp begins with a luncheon information session and an opportunity to meet your health care team. Studies have shown that the positive approach, including group physical therapy, leads to quicker recovery. For more information on St. Vincent's Joint Camp, call Gail Fulco at **203-576-6429**.

Question & Answer

straight talk from our physicians



Linda Werner, M.D.

Endocrinologist

QUESTION: Is my child at risk for diabetes?

ANSWER: Type 2 diabetes is no longer considered an adult-only disease. More and more children are

developing this serious health problem. Most children diagnosed with type 2 diabetes are considered severely overweight. Obesity is measured through body mass index (BMI). Your doctor can help you determine if your child's BMI is high.

Besides obesity, experts also think inactivity is a common cause of type 2 diabetes in children. Type 2 diabetes usually causes no symptoms in children. But some children with the disease may have dark, thick skin patches around the neck or in the underarm area.



Katherine Jane Pesce, M.D.

Dermatologist

QUESTION: If I have a lot of moles, does it mean I have skin cancer?

ANSWER: A person may have from 10 to 40 moles, some of which may have

been present since birth. While moles usually are not a health risk, those that change within weeks or months can mean melanoma, a deadly form of skin cancer.

Unusual moles—doctors call them atypical moles—are more likely than ordinary moles to develop into melanoma. Make an appointment with your doctor if you see any of the ABCD signs of melanoma:

- Asymmetry—half of the mole does not match the other half
- Border—the border of the mole is irregular or ragged
- Color—the color of the mole is uneven
- Diameter—the diameter of the mole exceeds the size of a pencil eraser



Michael Dubenko, M.D.

Endocrinologist

QUESTION: How does estrogen affect sleep?

ANSWER: Many women have poor sleep during menopause. Scientists have attributed this to changing estrogen levels. Now, new research shows lack of estrogen also may be to blame for sleep problems before menopause.

In a two-year study, researchers looked at a group of more than 400 women ages 35 to 49 with regular menstrual cycles. Results showed that low levels of the body's strongest form of estrogen hormone, estradiol, was linked to sleep problems in perimenopausal women. This was especially true for women ages 45 to 49.

Ovaries produce less estrogen as they age. Estrogen decline causes menopause symptoms such as lack of sleep. The sleep problems experienced by younger women may mean these hormonal changes are starting earlier.



Lawrence Muldoon, M.D.

Urologist

QUESTION: Is there any new research about ways to prevent prostate cancer?

ANSWER: Scientists don't yet know for sure what causes prostate cancer.

But some studies suggest that making the following choices may help protect you:

- Eat lots of fruits and vegetables, especially tomatoes.
- Limit fat, particularly animal fat.
- Ask your doctor about aspirin. Recent research suggests that aspirin may help protect men from prostate cancer.

The American Cancer Society (ACS) says that beginning at age 50, men with at least a 10-year life expectancy should be offered prostate cancer screening annually. High-risk men may be offered screening even earlier, says the ACS.

Looking for a physician? We can help.

Call us at **1-877-255-SVHS** or visit us on the Web at **www.stvincents.org**

Is "CARB" a Four-Letter Word?

The case for or against carbohydrates isn't open and shut. Our bodies need them for energy, to fuel both our muscles and brains. But when we eat more carbohydrates than we burn, they're stored as fat. Confused? Learning that not all carbs are created equal can help, says Tamara Swett, St. Vincent's dietitian and nutrition counselor.

Nutrition experts describe carbs as simple or complex, based on their chemical structure. Table sugar, honey, and maple syrup are examples of simple carbs. They digest quickly, offering quick energy but little nutrition. Plant foods such as grains, beans, fruits, and vegetables are complex carbs.

Government health organizations offer this advice: Get 45 to 65 percent of your daily calories from carbohydrates such as whole grains, fruits,

and vegetables. Also, eat at least 130 grams of carbs per day. If you're very active, you may need more, though.

For one-on-one dietary counseling on weight loss or for dietary management of heart disease and other health conditions, call St. Vincent's nutrition counselor Tamara Swett at **203-576-5930**. *

Fruits and veggies are good carbs to include in your diet. Our free brochure, "A Vegetable-A-Week Plan—That Could Add Years to Your Life," offers preparation and storage tips. For your copy, fill out the coupon below or call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



Join Us Today!
Call 1-877-255-SVHS



ON THE YOUNG SIDE OF 50?

If you're age 50 or older, please accept our invitation to join Club 50. You will benefit from free health screenings, ScriptSave prescription discounts, and our area Merchants Discount program. Best of all, membership is FREE. For an application, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

FREE HEALTH INFORMATION:

Take Charge of Your Health!

- To join Women at Heart
- Free "Depression: A Treatable Illness" brochure
- Free "What Could Be Wrong? A Woman's Guide to Common Pelvic Infections" brochure
- Free application and membership in St. Vincent's Club 50
- Free "A Vegetable-A-Week Plan" brochure
- Free "Coping with Airborne Allergies" brochure
- Free brochure listing 34 Swim Across the Sound cancer prevention programs

Send for your FREE health information today!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____ DATE OF BIRTH _____

THERE ARE 4 EASY WAYS TO JOIN!

- 1 MAIL this coupon to: Care Line, St. Vincent's Medical Center, 2800 Main Street, Bridgeport, CT 06606
- 2 FAX this coupon to Member Services: 203-576-5124
- 3 CALL St. Vincent's toll-free Care Line at: 1-877-255-SVHS
- 4 E-MAIL us at: callcenter@svhs-ct.org

HEALTH TALK SPRING 2005



Just Ask Alice!

Got a health question? Want to join St. Vincent's membership programs? Just Ask Alice. Call **1-877-255-SVHS**.

St. Vincent's Medical Center
2800 Main Street
Bridgeport, Connecticut 06606

Postmaster: Please deliver between March 28 and April 1.

Non-Profit Org.
U.S. Postage
PAID
St. Vincent's
Medical Center



Susan L. Davis
President / CEO

Brian Wallace
Editor

Lucinda I. Ames
Assistant Editor

Health Talk is published by St. Vincent's Health Services. The information is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2005 Printed in U.S.A.

If you would like to be taken off our mailing list, or if you would like to be added to our mailing list, contact **1-877-255-SVHS**.



Member
NewYork-Presbyterian Healthcare System
Affiliate: Columbia University College of Physicians & Surgeons



Printed on Recycled Paper

910M

Wellness Guide/Calendar

For complete information on all listings, visit St. Vincent's website at www.stvincents.org and for information, registration, or referral, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

CANCER SUPPORT PROGRAMS

Call Oncology Case Manager Teresa Money McLaughlin, R.N., M.S.N., A.O.C.N., 203-576-6158, unless otherwise indicated. Made possible through St. Vincent's Swim Across the Sound.

Cancer Lecture Series

Hear medical experts speak on cancer topics.

Location: St. Vincent's

Dates: April 5: 5 to 6:30 p.m., "Non-Hodgkin's Lymphoma" with Oncologist Glen Reznikoff, M.D.

April 19: 5:30 to 7 p.m., "After Breast Cancer Surgery: Latest in Breast Prostheses, Mastectomy Undergarments, Linerie"

April 26: 6 to 7:30 p.m., "Cancer & Resisting Stress" with Brenda Ungerland, M.A.

May 17: 4 to 5:30 p.m., "Breast Cancer Wellness," with oncology nurse and rehab therapists, featuring exercise demos, scar management, and range of motion.

June 7: 5:30 to 7 p.m., "Stress Management Techniques: Why Bother" with Brenda Ungerland, M.A.

June 21, 5:30 to 7 p.m., "Attitude & How It Influences Our Perceptions & Choices" with Brenda Ungerland, M.A.

Breast Cancer Support Group

Sponsored by St. Vincent's and Y-ME of CT Breast Cancer Support Organization.

Dates: April 5, April 19, May 3, May 17, June 7, and June 21.

Time: 5:30 to 7 p.m.

Breast Cancer "We Share" Support Program

Links women who have been diagnosed with breast cancer to breast cancer survivors for support and information.

Cancer Support Group/ Cancer Lecture Series

Dates: April 12, April 26, May 10, May 24, June 14, and June 28.

Time: 6 to 7:30 p.m.

Location: St. Vincent's

Family Support Group

For adult patients, family members, and friends who are coping with a diagnosis of leukemia, lymphoma, myeloma, and Hodgkin's disease. Cosponsored by The Leukemia & Lymphoma Society.

Dates: April 5, May 3, and June 7.

Time: 4 to 5:30 p.m.

"Look Good, Feel Better" for Female Cancer Patients

Cosponsored by the American Cancer Society for female cancer patients.

Two-hour program designed to help women look and feel their best during treatment.

Dates: May 23 and June 27.

Time: 1 to 3 p.m.

Prostate Cancer Institute/ Buddy Network

203-576-5500

Buddy Network links prostate cancer survivors to men recently diagnosed. Educates the public about the prevention, diagnosis, and treatment of prostate cancer.

Prostate Screening

203-576-5500

FREE screenings to all men age 50 and those older than age 40 who are either African-American or at risk due to family history.

Meditation for Cancer Patients

Call for information.



CARDIAC

Healthy Hearts Support Group

203-576-5012

First Wednesday of every month from September to June at 7 p.m. in St. Vincent's Hawley Conference Center. Open to all cardiac patients and family members.

St. Vincent's Wellness Booth/Screenings

1-877-255-SVHS

Tuesdays and Wednesdays

9 a.m. to 1 p.m. at the

Westfield Shoppingtown—Trumbull, the lower level

in front of Macy's.

Tuesdays: FREE blood pressure check,

Wednesdays: Cholesterol/

HDL/ratio/glucose—\$18; fasting lipid panel—\$25

Women at Heart

Learn how to lower your risk of heart disease. Refreshments. Open to public. Educational Series:

Time: 7 p.m.

Dates: April 20: "Stroke: New Treatments and Innovation" with Srinath Kadimi, M.D., Neurologist

May 18: "Nutrition for a Healthy Heart" with Tamara Swett, R.D., St. Vincent's Dietitian

June 22: "Kripalu Yoga" with Ariadne Drakonakis-Kambas, Certified Yoga Teacher

June 22: "Kripalu Yoga" with Ariadne Drakonakis-Kambas, Certified Yoga Teacher

• Cardiovascular Screening Just for Women: \$99

Call St. Vincent's toll-free Care Line at **1-877-255-SVHS (7847)**.

• **Stress Reduction Classes**
Call for information.

LIFESTYLE CHANGES

Nutrition Counseling Service **203-576-5930**

Includes one-to-one dietary counseling for weight loss and management, heart disease, cancer, diabetes, gastrointestinal problems, childhood/adolescent nutrition, pregnancy, kidney disease, poor eating habits, disease prevention, and risk reduction.

SUPPORT GROUPS

Better Breathing Club **203-576-5091**

For those with breathing problems.
First Wednesday of every month at 1:30 p.m. at St. Vincent's. Cosponsored by the American Lung Association.

Grief and Healing Seminar and Support Group Series **203-576-5110**

For people experiencing grief following the death of a loved one. Eight weeks. Note: Individual appointments available.
Seminar Date: Call for dates.
Time: 6 to 7:30 p.m.

Grief: "We Care" Perinatal Support Group **203-576-5110**

For those who have lost a child prior to, or at, birth.
Third Wednesday of each month in Ambulatory Infusion Center.

Myasthenia Gravis Support Group **203-929-7627** or **marbill9@aol.com** *Third Sunday of the month. 2 to 4 p.m.*

MATERNITY/NEWBORN CLASSES

Call Family Birthing Center
at 203-576-5643 or e-mail
Kbrady@svhs-ct.org unless
otherwise indicated

Baby Care Class

Baby care basics including bathing, diapering, feeding, sleeping, and safety.
Two Wednesdays, monthly, 7 to 9 p.m.

Breast-Feeding Preparation Class

First Saturday, 9:30 to 11:30 a.m.
Second Tuesday, 6:30 to 8:30 p.m.

Breast-Feeding Support Groups

Free. Share solutions to problems after the birth of your baby.

Breast Pump Rental and Breast-Feeding Supplies Store

Get the supplies and help you need.

Cesarean Birth Class

For couples who know in advance the birth will be by cesarean section.

Childbirth Preparation Classes

Prepare for labor and delivery; breathing and relaxation techniques; medication options; and more.
One-day class on Saturday.
10 a.m. to 4:45 p.m.
Two-class series: First two Mondays.
6 to 9 p.m.

Expectant Parent (Prenatal) Tours

Tour of the Family Birthing Center featuring state-of-the-art nursery. Video on labor and delivery; discussion.

Infant/Child CPR

Learn how to protect infants and children in the event of an injury.

Sibling at Birth Program

To prepare children age 4 and older to witness the birth of a sibling. By appt.

Sibling Class and Tour

For children of expectant mothers, accompanied by one or both parents. Video and tour of Family Birthing Center included.

SENIORS

Geriatric Assessment Program **203-576-5710**

Comprehensive health assessment of older adults by a physician, social worker, and nurse with recommendations for treatment/care.

Health Insurance/Medicare Info

1-877-255-SVHS

Free individual information session about Medicare and related insurance; assistance with appeals. No appointment necessary.

10 a.m. to noon. First Wednesday at St. Vincent's Wellness Booth in Westfield Shoppingtown—Trumbull; other Wednesdays at Medical Center.

Stroke Survivors and Caregivers Support Group

203-576-5361

Third Wednesday of the month. 6:30 p.m. in Level "C" Seton Rm. Call speech pathologist Joy Moeller.

Joint Replacement Surgery Information Sessions

For people interested in learning more about Total Hip and Total Knee replacement and St. Vincent's Joint Camp team approach. Presentation focuses on surgery options, post-anesthesia care, stay in orthopedic unit, and post-discharge expectations. Pre- and post-operative exercises demonstrated. Family members welcome. Call Orthopedic Physician Assistant Gail Fulco at **203-576-6429**.

Date: April 5

Time: 6 to 7:30 p.m.

Location: St. Vincent's Level 3 ETC Room

CHILDREN

Feroleto Children's Development Center

203-375-6400

Provides education and therapy for developmentally disabled infants and children.

Pediatric Tours of Medical Center Ambulatory (Same Day) Surgery

203-576-5900

To familiarize a child with the operating room and surroundings of St. Vincent's before procedure.