

HealthTalk

Spring 2002



Is It Time for a Cardiac Checkup?

If you are experiencing even mild chest pain, it is important to see your doctor. However, even if you're feeling chipper, a little preventive maintenance is very important, particularly in matters of the heart, according to Brenda Misuraca, R.N., Director of St. Vincent's Wellness Services.

One quick and painless way to assess your heart risks and potential problems is to get cholesterol, blood sugar, and blood pressure screenings. You can now get them simply by stopping at the St. Vincent's Wellness Booth next to Macy's on the lower level of Westfield Shoppingtown Trumbull. A registered nurse with extensive cardiac experience will interpret the tests and answer your questions. She can even help you sign up for St. Vincent's healthy heart programs, such as Smoke Stoppers, Choose to Lose, and Stress Reduction.

The Booth is open every Monday, Tuesday, and Wednesday from 9 a.m. until 1 p.m. It is supported by the Irma and Mario D'Addario Hypertension Institute at St. Vincent's Medical Center. For more information, call 203-576-5500.

Building a Better Salad

Variety is the spice of life. It's also what boosts a salad's nutritional value. St. Vincent's Registered Dietitian Jane Hackett says that salads that include an assortment of healthy ingredients tantalize your taste buds and deliver a powerful nutritional punch. Toss nutrition into your next salad by adding:

- beans
- chopped walnuts or pecans
- raw vegetables
- fresh fruits, such as apples
- dried cranberries or cherries
- cubes of cooked chicken.

ALL GREENS ARE NOT CREATED EQUAL

Green, leafy vegetables, such as broccoli, kale, spinach, and arugula, are usually richer in vitamins, fiber, and carotenoids. Carotenoids may help prevent heart disease and certain cancers. Darker greens also add color to salads and deliver a sharper taste.

LOW-CALORIE SALAD DRESSINGS

Vinaigrettes and cream-based mayonnaise dressings can add a lot of fat and calories to your salad. And don't let a label fool you. A dressing labeled low-fat isn't necessarily low in calories.

Here's how to enjoy guilt-free dressings:

- Try a fat-free salad dressing.
- Make homemade vinaigrette, using three parts vinegar to one part oil.
- Use nonfat, plain yogurt instead of mayonnaise when making creamy dressings. *



If you're overweight, you can "Choose to Lose" through the weight control program at St. Vincent's Wellness Services. It's a program to help you lose weight by eating well and exercising. For information on weight loss and heart-healthy programs, call St. Vincent's Wellness Services at 203-576-5500.

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TWO CLINICAL LEADERS FOR HALL-BROOKE

Hall-Brooke Behavioral Health Services in Westport has announced two new staff appointments:

Robert E. Gardiner, M.D., has been appointed Chief of the Addiction Recovery Unit at Hall-Brooke Behavioral Health Services. He served as Director of the Post-Traumatic Stress Disorders Unit at Northampton Veterans Administration Medical Center in Leeds, Massachusetts, where he also served in the Acute Psychiatric Unit. A Diplomate of the American Board of Psychiatry and Neurology, Dr. Gardiner received his medical degree from Stanford University, Palo Alto, California, after graduating from Kenyon College. He has extensive experience in the treatment of dual-diagnosis patients who suffer alcohol and or chemical dependency in addition to psychiatric problems.

Hilary Manette Klein has been named Chief of the Child and Adolescent Unit of Hall-Brooke Behavioral Health Services. Dr. Klein comes to Hall-Brooke from Four Winds Hospital in New York, where she served as Medical Director of the Child and Adolescent Partial Hospitalization Program. She earned her medical degree from Columbia University College of Physicians and Surgeons and has been recognized for her research in panic disorders, phobia, anxiety disorders, and their treatment. She is certified by the American Board of Psychiatry and Neurology.

Hall-Brooke treats the full spectrum of mental and behavioral health problems and is widely recognized for the treatment of depression, addiction, and alcoholism. A wholly owned subsidiary of St. Vincent's Health Services, Hall-Brooke is affiliated with the Department of Psychiatry of Columbia University's School of Physicians and Surgeons.

Adolescence & Self-Esteem: *A Fragile Road*

Even self-assured children can lose self-esteem when they move into adolescence, says Dr. Hilary Manette Klein, newly named Chief of the Child and Adolescent Unit of Hall-Brooke Behavioral Health Services in Westport. It's naturally a self-conscious age. Plus, teens begin junior high and then high school, where their performance and looks are constantly being judged.

WHAT AFFECTS SELF-ESTEEM?

Some experts think a teen's self-esteem reflects the difference between her ideal and her actual self. If a teen thinks there is a great disparity between these two selves, then she may have self-esteem problems.

Low self-esteem problems may stem from displeasure with appearance. This is especially common in Caucasian girls. Societal and cultural standards can cause teens to develop unhealthy views about attractiveness and body size.

Two factors seem to positively influence a teen's self-esteem:

- Accomplishments in school, sports, and other activities that are socially valued.
- Support and approval from people they care about.

HOW TO BOOST SELF-ESTEEM

To help boost your teen's esteem, try the following strategies:

- Encourage your teen to get involved in sports,

hobbies, and other activities that she or he enjoys.

- Celebrate your teen's successes.
- Teach your children to question the standards of attractiveness set forth in the media. Ask them how many people they know who really look like models or bodybuilders.
- If your teenager has a weight problem, help her or him achieve a healthy weight in a safe way. Emphasize good nutrition and an active lifestyle.
- Pay attention if your teen uses a lot of self-defeating statements. Negativity can signal low self-esteem. But reciting positive statements, such as "I can do anything that I set my mind to," may brighten one's outlook. In one study, students increased their self-esteem by saying 15 affirmations three times a day for two weeks.
- Avoid criticizing teens too much. When you do criticize, attack your teen's actions, not your teen. Saying "I get upset when you're on the phone for an hour" is better than "You're a phone addict." *

Dr. Klein says self-esteem problems can hit adolescents hard. Teens with low self-esteem have a higher risk of depression. They're also more likely to smoke and develop alcohol and drug problems. Hall-Brooke Behavioral Health Services is the only licensed in-patient facility with beds for children and teenagers in Fairfield County. If your teen needs help, call Hall-Brooke in Bridgeport at 203-365-8400 or the new Hall-Brooke campus in Westport at 203-227-1251.

The Power of Prayer

Affirm the power of prayer in the community by becoming a *Messenger* in the interfaith prayer center at St. Vincent's. It's an invitation to make prayer a part of your life and the healing process. For a schedule of prayer services and prayer request forms, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**. You can also visit the Messenger prayer center and make a prayer request on the St. Vincent's website at www.stvincents.org.



Preventing Kidney Stones

Kidney stones affect about one out of 10 Americans. St. Vincent's Urologist Lawrence Muldoon, M.D. says that while they can be extremely painful, they're also often preventable.

Q *What causes kidney stones?*

A Kidney stones develop from urine crystals that clump together inside the kidneys. Normally, urine contains chemicals that keep these crystals from forming. Kidney stones form when these chemicals fail to work. Doctors aren't sure why certain people are more susceptible. Genes may play a role. Those with a family history of kidney stones have a greater chance of developing them. People with kidney disease or chronic urinary tract infections are also more likely to have kidney stones.

The first kidney stone often occurs between ages 20 and 40. In many cases, once you've had a kidney stone you're prone to developing others. Men are more likely to form stones than women, and Caucasians are more prone to kidney stones than African-Americans.

Q *Can I prevent kidney stones?*

A You can take steps to lower your risk of developing kidney stones—whether you've already had one or not. Start by drinking at least six to eight 8-ounce glasses of water every day. This helps keep urine from becoming concentrated. Have another glass at bedtime and one more during the night. People who use the bathroom during the night seem less likely to have kidney stones.

It also helps to eat a balanced diet with plenty of calcium-containing foods. Studies show the more calcium-rich foods you eat, the less susceptible you are to kidney stones. Experts recommend getting 1,000 to 1,200 milligrams of calcium each day.

Q *How can I avoid future kidney stones if I've already had one?*

A You may be able to avoid another kidney stone if you follow the advice above. You

should also take these measures:

- Don't drink a lot of grapefruit juice, which may contribute to kidney stones. Men: Go easy on the apple juice for the same reason.
- Vary your sleep position. People who form stones may tend to sleep on one side.
- Limit processed foods and other salty foods. Eating a lot of salt may raise risk.
- Avoid over-the-counter cold remedies that contain guaifenesin—linked by research to kidney stones.

A PAINFUL PROCESS

As kidney stones move toward the bladder, they can cause excruciating pain. The first sign of a kidney stone usually is a sudden, cramping pain in the back, side, or lower abdomen. Pain may later spread to the groin. Other symptoms include:

- nausea and vomiting
- blood in the urine
- an increased need to urinate
- burning during urination.

Stones often pass without a doctor's help. But call your doctor right away if you have fever and chills along with these symptoms. ✱



Dr. Muldoon is a physician in the Division of Urology at St. Vincent's and a member of the Board of the Prostate Cancer Institute at St. Vincent's.

To make an appointment with a member of the St. Vincent's Division of Urology, call St. Vincent's toll-free Care Line at 1-877-255-SVHS.

Health Questions?

Tune in to Dr. Frank Scifo, or Just Ask Alice. You can call in your health care questions on St. Vincent's "HealthTalk" every Monday, from 7 to 8 p.m., on WICC 600 AM Radio. If you want to speak with a registered nurse about a personal health question or for a referral to one of the many family practice physicians, you can Ask Alice on St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

Taking Head Injuries Seriously

A bad fall. A car accident. A gunshot wound. These can all be common causes of "acquired brain injury (ABI)." "There are other causes," says Daniel J. Sheehan, M.D., Specialist in Physical Medicine and Rehabilitation and Consultant to St. Vincent's Special Needs Services' (SVSNS) ABI Rehabilitation Services, 975 Oronoque Lane in Stratford. "Stroke, brain tumor, and infection can also cause acquired brain injury. ABI requires an intense rehabilitation plan," Dr. Sheehan explains.

Individuals coming to SVSNS for ABI Services receive physical, occupational, and speech therapy that can restore their functional skills and return them to the activities they previously enjoyed. They may also participate in the Continuing Connections Day Program of activities that supplement and provide a framework of real-life experiences for the rehab services. Games of memory and coordination, discussion of current events and history, cooking, gardening, exercising, shopping, and arts and crafts contribute to the rehabilitation process. Supervised volunteering in the community may prepare the patient for a return to paid employment.

"Individuals with ABI that we see at SVSNS are those who can continue to live at home, frequently learning to become independent in self-care and in their participation in community life," Dr. Sheehan emphasizes.

For more information about SVSNS' ABI Rehabilitation Services and the Continuing Connections Day Program, call Sheila DePascale, R.N., at 203-385-7446.

Turn Heart Failure

T N T O S U C C E S S

Good News for CHF Patients

Congestive heart failure (CHF) patients are living longer and with a better quality of life thanks to the Congestive Heart Failure Clinic at St. Vincent's, according to Kathleen Harper, D.O., Medical Director of Noninvasive Cardiology at St. Vincent's.

Dr. Harper says people with advanced CHF usually require lengthy hospitalization, often in intensive care units. But that has changed for the patients in the St. Vincent's CHF Clinic. A combination of new medications along with a coordinated outpatient educational and monitoring effort has reduced the need for inpatient care and readmission rates.

In the CHF clinic's first year, 47 patients met the criteria for enrollment. All had advanced heart failure with severe symptoms and were on "maximum medical therapy."

Prior to referral to the CHF clinic, these patients had been admitted 81 times, resulting in 530 days of hospitalization. After one year following enrollment, these same patients represented 24 inpatient admissions and 154 total days of hospitalization—a 69 percent reduction in admissions! What's more, the clinic was able to reduce the mortality rate to 21 percent compared to national statistics of between 50 and 70 percent.

In addition, a year-long survey of St. Vincent's CHF patients found a marked reduction in their symptoms and an improvement in their quality of life.

"Our data describes the positive impact of a comprehensive program," says Dr. Harper. "It provides evidence that management on an outpatient basis is an alternative method that can improve clinical and economic outcome, and may translate into prolonged survival, decreased hospitalization, shorter lengths of stay, and improved quality of life."

For more information about the CHF Clinic at St. Vincent's, a "100 Top Cardiovascular Hospital," call St. Vincent's toll-free Care Line at 1-877-255-SVHS.

Millions of Americans have congestive heart failure (CHF). If you have CHF, what you most need—besides advice and care from your doctor—is information. Linda Ruggiero, R.N., Supervisor of Cardiovascular Services at St. Vincent's says that you should be aware of these basic facts about the condition:

WHAT IS CHF?

Heart failure means that the heart's pumping power is weakening. This leaves the heart unable to pump enough oxygen-rich blood to meet the body's needs. This ineffective pumping leads to a buildup of fluid in the body, or congestion.

Heart failure can develop after a heart attack or heart infection. But it often is related to the slow advance of heart disease associated with aging. Nearly 71 percent of heart failure patients in America are older than age 60, say experts. The condition is equally common in men and women.

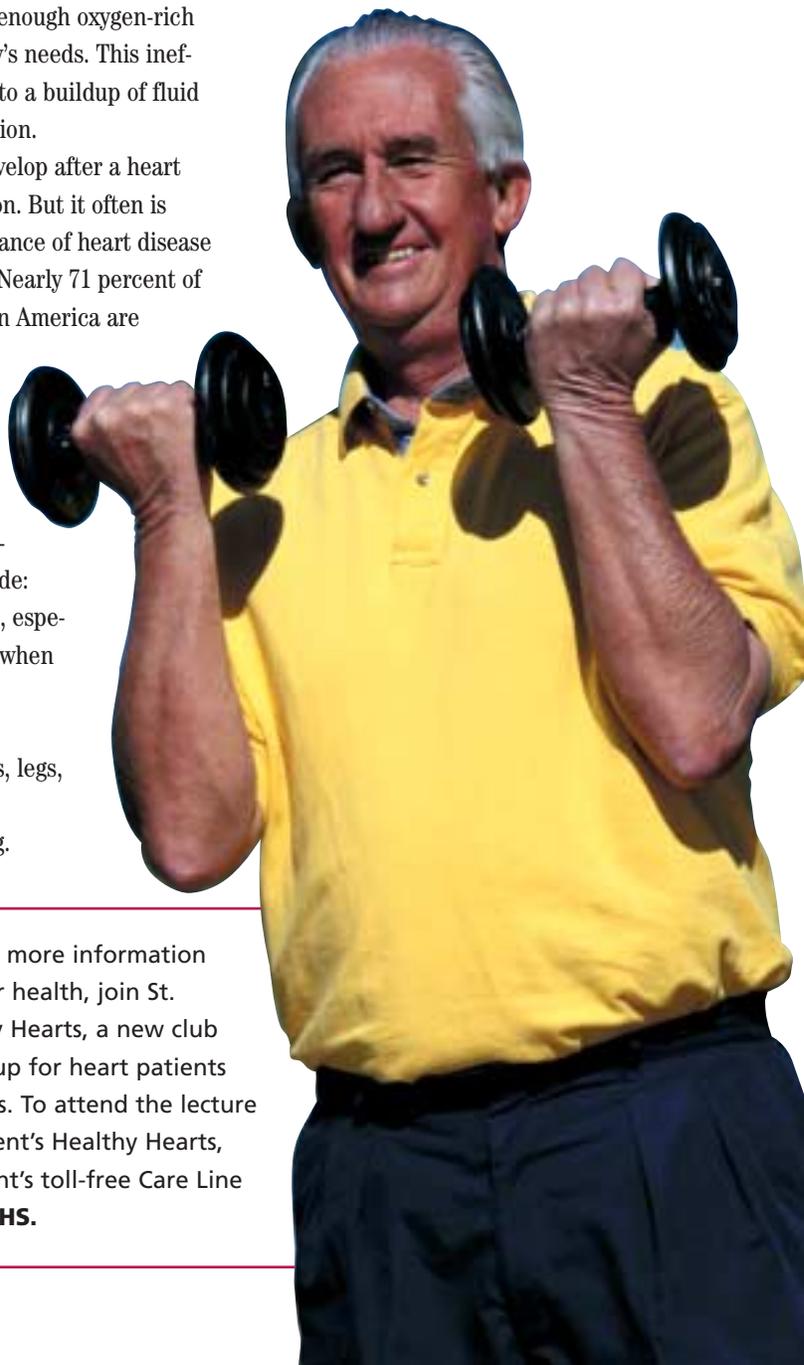
Symptoms of congestive heart failure include:

- difficulty breathing, especially with exertion or when lying flat
- fatigue, weakness
- swollen feet, ankles, legs, or abdomen
- persistent coughing.

WHAT YOU CAN DO

Although there is no cure for CHF, the condition is treatable. In addition to taking prescribed medicines, Ruggiero says patients can follow these self-care strategies:

- Follow a diet low in sodium and fat.
- Exercise according to the doctor's recommendations.
- Avoid alcohol and tobacco.
- Ask about the Congestive Heart Failure Clinic at St. Vincent's. *



If you would like more information on cardiovascular health, join St. Vincent's Healthy Hearts, a new club and support group for heart patients and their families. To attend the lecture and join St. Vincent's Healthy Hearts, call the St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

Calendar *of* Events

St. Vincent's



Programs are held at St. Vincent's Medical Center unless otherwise indicated.



St. Vincent's Wellness Services

Wellness Services offers a series of programs to help you maintain a healthy lifestyle. These programs include Especially For Women, Cardiac Services and Cancer Services. Locations include Bridgeport, Fairfield, Monroe, Stratford, Trumbull, and Westport. For more information on dates, times, and fees, call **203-576-5500** (unless otherwise indicated), or email st.vincents.health@snet.net.

ESPECIALLY FOR WOMEN

Classes and services geared to today's women! Call Wellness Services to register at 203-576-5500.

Mammography

For women age 35 and older with no known breast problems. Assistance available for those with no insurance and financial limitations. Funded by Swim Across the Sound and the Susan G. Komen Breast Cancer Foundation/CT Race for the Cure.

Offered three times a week in the community. Call for dates, locations, and times.

One-Day Childbirth

Offered monthly on Saturdays from 9:45 a.m. to 4:45 p.m.

Breast-Feeding

Offered monthly.

Infant/Child CPR

Offered monthly.

Safe Sitters

A medically accurate, hands-on class that teaches boys and girls ages 11 to 13 how to handle emergencies when caring for children.

Offered monthly.

Senior Strength Training for Women

Improve strength, endurance, and balance.

Offered every six weeks.

Pilates for Women

Improve strength and flexibility without

building bulk.

Offered every six weeks.

Yoga for Women

Offered every six weeks.

CARDIAC SERVICES

Wellness services with a cardiac focus! Call Wellness Services to register at 203-576-5500.

CPR for Family and Friends

A layperson course designed to teach adult/child/infant CPR, first aid for choking, and early access to 911.

Offered every month.

Smoke Stoppers

Classes focus on behavior modification techniques to achieve a smoke-free state after eight sessions.

Offered every six weeks.

Yoga

Offered every six weeks.

"Choose to Lose" Weight Control Program

An eating program that gives you the skills to control your weight and health for a lifetime!

Offered every eight weeks.

Low-Impact Aerobics

Offered every six weeks.

Tai Chi

Learn the system of balance and meditation that produces flexibility and peace of mind.

Offered every six weeks.

Lifeskills Diabetes Education Classes

Learn skills for a lifetime with diabetes. Four-class session includes diet, exercise, blood sugar, and medication. Financial assistance for those who qualify.

May 2, 9, 16, and 23. 1 to 3 p.m.

Slow and Steady

Low-impact aerobics for adults age 50 and older.

Offered every six weeks.

Post & Save
FOR QUICK REFERENCE

CANCER SERVICES

Made possible through St. Vincent's Swim Across the Sound. Call Wellness Services to register at

203-576-5500. *For a list of programs, fill out the coupon on the back page.*

Prostate Screening

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

May 14, 15, and 16.

Nutrition Services for Cancer Patients

Appointments are arranged for sessions with a registered dietitian.

Teen Smoke Stoppers

FREE smoking prevention and cessation program for teens in middle and high schools in the region.

Offered throughout Fairfield County.

Massage for Cancer Patients

This free therapy can be a part of your treatment plan. Available on an individual basis for St. Vincent's cancer patients receiving treatment in either Bridgeport or Southport.

Yoga and Meditation for Cancer Patients

Designed for cancer patients who feel challenged and overwhelmed by day to day stress, difficult treatment regimens, and complex emotions.

Tuesdays in Bridgeport at 5:30 p.m.

Thursdays in Southport at 11:30 a.m.



Nutritional Counseling

Individual nutritional counseling for a variety of weight, dietary, and health problems with Registered Dietitian Jane Hackett, R.D. Ask about insurance reimbursement. Call **203-576-5930** to make an appointment with the registered dietitian.

❖ St. Vincent's has broken new ground in pain relief for osteoporosis with a new procedure for the nonsurgical mending of compression fractures. **John Pannese, M.D.**, an interventional radiologist who introduced the procedure known as vertebroplasty, says it is almost a one-stop treatment for pain. It can be done within the radiology unit's angiography suite, under mild sedation. The patient is released within two to three hours rather than the typical eight-day hospital stay.

❖ **Tatiana Kain, M.D.**, St. Vincent's Medical Center Director of Nuclear Medicine, reports that Bristol Myers/Squibb Medical Imaging, has designated St. Vincent's Medical Center as a "Center of Excellence" for Miraluma testing, an advanced diagnostic tool for dense breast tissue. Dr. Kain says that miraluma can detect microscopic breast lesions regardless of breast density.

❖ A state-of-the-art laparoscopic procedure is bringing new hope to patients with malignant liver tumors.

❖ Through a multidisciplinary approach, St. Vincent's is now performing ultrasound core needle biopsies of the breast. **Gioia Riccio, M.D.**, St. Vincent's Director of Women's Imaging, is the team leader in the new procedure that is available when conventional techniques cannot reach a lesion. Dr. Riccio specializes in mammography and OB/GYN ultrasound. She is also an expert in stereotactic breast biopsy, a less-minimally invasive form of breast biopsy to determine early cancer.

Breast Cancer

Q & A



Tatiana Kain, M.D. and Gioia Riccio, M.D. (right) are members of the St. Vincent's Department of Radiology.

Q What raises a woman's risk for breast cancer?

A Many factors can affect a woman's risk for breast cancer. Age is one of the strongest factors. Most breast cancers occur in women older than age 50.

Research also suggests that risk levels are higher in women who:

- had breast cancer in the past
- have a strong family history of the disease
- carry flawed versions of certain genes that have been linked to breast cancer
- were diagnosed with precancerous breast changes, such as atypical hyperplasia
- began menstruating before age 12 or experienced menopause after age 55
- bore their first child after age 30 or never bore children
- have very dense breasts and are older than age 45
- received radiation on their breasts
- took hormone replacement therapy for long periods of time.

However, having one or more of these risk factors doesn't mean a woman will get the disease. In fact, most women who get breast cancer don't have any of the above risk factors—other than age.

Q Can a woman prevent breast cancer?

A Not yet, but a woman can make healthy choices that have been shown to lower her risks. For instance, a woman can:

- exercise regularly
- limit alcohol to one drink or less a day
- keep weight at a healthy level, especially after menopause
- eat lots of fruits and vegetables
- choose healthy monounsaturated fats, such as olive oil, over saturated fats found in butter and meat.

A woman also can monitor her own health and be on the lookout for signs of breast cancer. Early detection is key for ensuring successful treatment. That's why breast self-exams and professional screenings are so important.

Q How often should women have breast exams and mammograms?

A Experts recommend that a woman become familiar with the shape and feel of her own breasts so that if changes occur, she will notice them. In addition to performing monthly breast self-exams, all women should have regular clinical breast exams by a doctor.

Once a woman reaches age 40, she also should begin having regular mammograms every year or two. Her doctor may recommend earlier or more frequent screenings, depending on a woman's personal and family history.

Mammograms are not perfect. They may miss about 10 percent of cancers in older women, and up to 25 percent in women age 40 and older. So, women should tell a doctor about any breast lump or change discovered during a self-exam. ❖

NEED A PHYSICIAN?

Call 1-877-255-SVHS for a referral today.

The E.R. or the Immediate Care Center?

How to Know Where to Go

Almost everyone has heard of the emergency room. But patients who need immediate help have another option to consider: St. Vincent's Immediate Health Care Centers.

Michael Doyle, M.D., Medical Director of St. Vincent's Immediate Health Care Centers, says that urgent or immediate care centers and hospital emergency departments offer some of the same services. They differ in several important ways, though. Understanding those differences can help you choose the most appropriate care.

WHAT IS AN IMMEDIATE CARE CENTER?

An immediate care center is an independent facility usually found in shopping or business districts. Some centers, such as St. Vincent's Immediate Health Care Centers, are operated by hospitals. Others are private clinics. They do not provide the full range of services offered by hospital emergency rooms. However, most urgent care centers do have X-ray and lab facilities.

Dr. Doyle says urgent care centers are designed to treat medical problems that require prompt attention but are not life-threatening. For instance, broken bones, sprains, cuts, fevers, and infections all can be treated at an immediate care center. Many centers, including St. Vincent's,

also provide routine medical care—such as flu shots, wellness checkups, and school physicals—and have a workers' compensation program.

WHEN TO GO TO THE EMERGENCY ROOM

Though an urgent care center can meet many needs, it is not always the best choice. Dr. Doyle suggests that you go directly to an emergency room for any of the following problems:

- You are having trouble breathing.
- You are suffering from uncontrolled bleeding.
- You are experiencing chest pain or other symptoms of a heart attack.

If you have any doubts about where you should go, head to the emergency room.

If work-related injuries are interfering with your productivity and your health, ask your employer about the Corporate Health Services provided by St. Vincent's Immediate Health Care Centers. Immediate Health offers a total workers' compensation program designed to address work-related illnesses and injuries. St. Vincent's Immediate Health Care Centers are open seven days a week. Just drop in at one of these three convenient locations: 4490 Main Street, Bridgeport (203-371-4445), 1055 Post Road, Fairfield (203-259-3440), and 15 Armstrong Drive, Shelton (203-929-1109). ✱

Club 50 Members, Hear This!

If you're a Club 50 member, you can receive a free hearing test and a 10 percent discount on hearing aids through the Audiology Department at St. Vincent's Special Needs Services in Trumbull. Fill in the coupon on the back page for more information. Club 50 is an invitation to maintain and improve your health through educational and

social programs and many benefits. As a member, you're entitled to discounts on prescriptions, an affordable Medicare Supplement Insurance Plan, free insurance/medicare claims assistance, and discounts on food and parking when you visit St. Vincent's. You'll also benefit from our free quarterly newsletter, *St. Vincent's Club 50*, as well as many opportunities designed to keep you healthy. For a free membership form or to receive a copy of the newsletter, please call St. Vincent's toll-free Care Line at 1-877-255-SVHS.



in Your Life and in the Life of Others with a Degree from St. Vincent's College

A health care career is closer than you think! St. Vincent's College in Bridgeport is opening doors for students of all ages throughout the state. Whether you're a recent high school graduate or interested in health care as a second career, St. Vincent's can help. In addition to its highly acclaimed nursing degree program, the college offers a two-year associate in science degree with majors in cardiovascular technology, medical assisting, and radiography. You can immediately find work in one of these sought-after career paths:

- ✱ cardiovascular technologist
- ✱ medical assistant
- ✱ nurse
- ✱ radiologic technologist

In addition to excellent classroom instruction, you will benefit from the clinical education and hands-on experience of a hospital-based program. Financial help is available. Don't wait, come to the College Open House, April 13, from 9 to 11 a.m. Call us for more details at 203-576-5513, or visit us on the web at www.stvincentscollege.edu, or fill in the coupon on the back page.

Need a physician? Call toll-free 1-877-255-SVHS.

Vinny's Bicycling Basics:

RULES FOR SAFE RIDING

Bicycling is a wonderful way to enjoy the outdoors. And it's a popular one: About 57 million Americans ride bikes regularly. Vinny, the St. Vincent's health care bear asks you to review these important safety rules for safe and fun-filled bike trips. If you have children who ride, make sure they know the rules, too.

- Do be sure that you and your children wear helmets designed specifically for bicycle use every time you ride.
- Do invest in a bell or horn and a rearview mirror, if you do not already own them.
- Do attach reflectors to the front, rear, pedals, and both wheels of your bicycle.
- Do ride on the right side of the road with the traffic flow, not against it.
- Do ride single file when cycling with others.
- Do walk your bike across busy streets,



- especially if traffic is heavy.
- Do wear bright clothing.
- Do wear reflective clothing and use a headlight, if you choose to ride after dark.
- Do use proper hand signals and teach them to your children.
- Do look behind you for oncoming traffic before you turn or change lanes.
- Don't allow your children to wear helmets that are too small or large or don't fit securely.
- Don't ride out into a street without stopping first to check for approaching traffic.
- Don't hitch a ride on a car. The practice of coasting beside or behind a car while on your bicycle is both foolish and extremely dangerous. A sudden stop could prove deadly. *

Recipe:

Macaroni Salad

Here's an easy-to-prepare, tasty meal idea that's no less healthy than it is traditional.

- 12 oz. elbow macaroni, uncooked**
 1/2 C green pepper, chopped
 1/4 C salad dressing, similar to mayonnaise
 1/2 t pepper
 1/4 t garlic powder

1. Cook macaroni according to package directions. Drain and allow to cool.
2. Combine green pepper, salad dressing, and spices.
3. Add macaroni and toss lightly. Chill.

Yield: 4 servings
Serving size: 1 1/2 C
Each serving provides: Calories: 430, Total fat: 13 g, Saturated fat: 2 g, Cholesterol: 0, Sodium: 72 mg.

Medicare Counseling

Free Medicare Counseling is available at Westfield Shoppingtown Trumbull on the first Wednesday of every month, from 10 a.m. to noon, and at St. Vincent's in Bridgeport on all other Wednesdays, from 10 a.m. to noon.

HealthTalk

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Send for your **FREE** health information today!

- Free list of 33 Swim Across the Sound cancer programs
- Free hearing aid tests for Club 50 members
- Free St. Vincent's College catalog and admission form
- Free Vinny ruler for children
- Free Hospice at Home brochure
- Free VNS Home Care Handbook for Patients and Caregivers

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ E-MAIL _____ DATE OF BIRTH _____

You can get your **FREE** information in one of four easy ways: 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

Cut along the dashed line ✂