

# HealthTalk

Summer 2002

St. Vincent's



## Protect Your Family from Heat Exhaustion

Every year, more than 200 Americans die during heat waves. St. Vincent's pediatricians offer these tips to reduce heat risks in children:

- \* Never leave anyone—child or adult—in a closed vehicle. A car's interior can climb from 97°F to 153°F in minutes. Studies show that leaving windows cracked open does not help.

- \* Children are more vulnerable to heat exhaustion than are adults at temperatures above 95°F. When playing outside, children should drink at least 5 ounces of cold water or sports drinks every 20 minutes—even if they say they're not thirsty.

- \* Watch for warning signs of heat exhaustion: a flushed face, goosebumps, dizziness, nausea, and confusion.

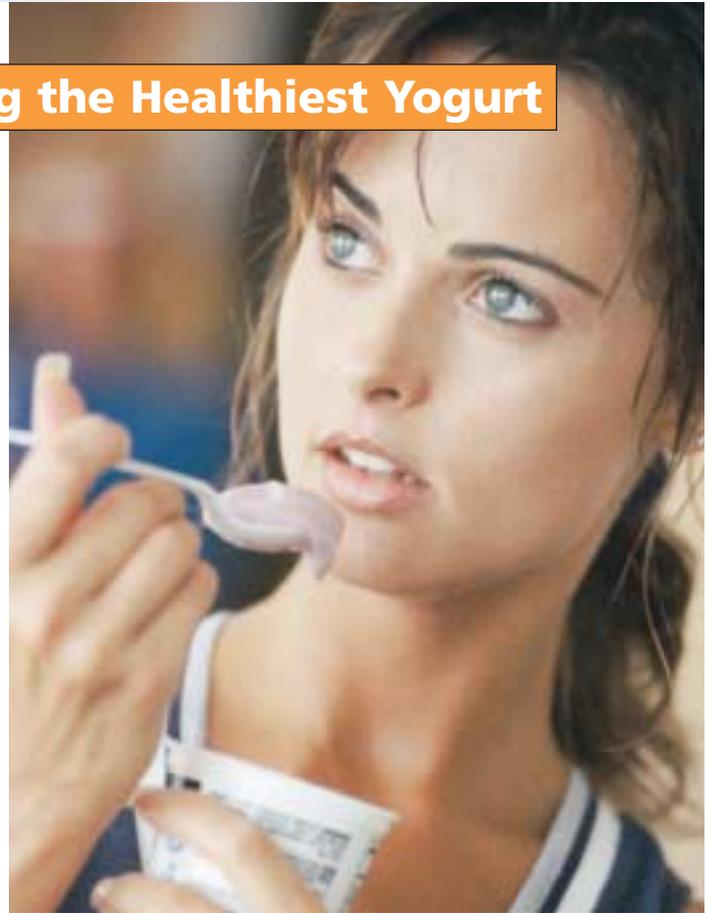
*If you have a health care question and want a quick answer from an experienced nurse, Just Ask Alice, by calling St. Vincent's toll-free Care Line at 1-877-255-SVHS.*

## Tips for Choosing the Healthiest Yogurt

The number of yogurt choices can be overwhelming. How do you choose a yogurt that offers nutrients—such as protein, vitamins, minerals, and calcium—without calories, sugar, and fat? St. Vincent's Registered Dietitian Jane Hackett suggests that you try these pointers:

- Reach for low-fat or nonfat yogurt.
- If you crave fruit-flavored yogurt, add fresh fruit to plain yogurt. The sugar in flavored yogurts can raise the calorie count. And while aspartame—a low-calorie sugar substitute sometimes found in yogurt—is safe for most people, it may be harmful to those with a disorder of the metabolism called phenylketonuria.
- Check the container for the National Yogurt Association's "Live & Active Cultures" seal. This means the product contains "good" bacteria, which may help control diarrhea and boost the immune system.

- Cut calories and satisfy your sweet tooth at the same time. Eat nonfat frozen yogurt instead of ice cream. \*



*If you're overweight, you can "Choose to Lose" through the weight control program of St. Vincent's Health Services. It's a healthy eating program that helps you lose weight the right way—by eating well, exercising, and gradually taking the pounds off. For information on weight loss and heart-healthy programs, call St. Vincent's Wellness Services at 203-576-5500.*

## Help Turn the Tide Against Cancer

Join us for the most exciting event of summer, the 2002 Swim Across the Sound on Saturday, August 10, beginning at noon at Captain's Cove in Bridgeport. You'll see the best marathon swimmers in the world joined by inspired area amateurs. Plan on spending the day with your family, enjoying all of the activities, and watching the exciting finish of the race across Long Island Sound. Admission is free! See page 7 for details.

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## Begin Your Health Care Career this Fall!

Let your summer daydreams wander to the beginning of an exciting health care career this fall. There is still plenty of time to enroll, and job opportunities have never been better.

Take advantage of St. Vincent's College's innovative rolling admission policy, and enroll in the fall semester with your choice of major or certificate programs. Students have the option of day or evening courses and financial assistance is available. To enroll in the fall at St. Vincent's College, call **203-576-5513**. Visit our website at [www.stvincentscollege.edu](http://www.stvincentscollege.edu).

## ST. VINCENT'S NEONATAL SPECIAL CARE UNIT

If you're planning on having a baby, you should consider the St. Vincent's Family Birthing Center with its new Neonatal Special Care Unit. In addition to caring for healthy newborns, the new unit now brings the latest monitoring technology and the skills of board certified neonatologists to meet the needs of sick and premature infants who are struggling with respiratory disorders and other newborn illnesses. You will also love the comfortable, stylish, and warm environment, including private rooms (with a sofa bed for Dad or other support person), individualized climate control, a private bath, soothing massage shower, and even an entertainment center with TV, VCR, and refrigerator!

*If you would like to learn more, come visit us and take a tour. Call St. Vincent's toll-free Care Line at 1-877-255-SVHS.*

## You're 50 and You Feel Great!

That's a good reason to join St. Vincent's Club 50, an invitation to celebrate an active and healthy life. Club 50 offers frequent health risk screenings and disease prevention programs designed to keep you and your family healthy. You will also benefit from discounts on prescriptions and continuing education classes at St. Vincent's College, as well as reduced parking and cafeteria rates when you visit St. Vincent's. For an application form, FREE admission to St. Vincent's Club 50, and \$5 off on Senior Strength Training for Women, call St. Vincent's toll-free Care Line at **1-877-255-SVHS** or fill out the coupon on the back page.

# Social Anxiety Disorder:

## MORE THAN JUST SHYNESS

Feeling nervous before giving a speech is normal, even if you're not shy by nature. But for people with social anxiety disorder, or social phobia, giving a speech can provoke utter terror.

For those experiencing symptoms, professional help may be needed, says Debra Iversen, MSW, Evening Program Director at Hall-Brooke Behavioral Health Services in Westport.

### UNMASKING SYMPTOMS AND THEIR TRIGGERS

Those with social phobia are afraid of being embarrassed or looking foolish in front of others. They also may have a constant fear of being disliked. Iversen says a person may experience physical symptoms during an attack of social anxiety that can include:

- chills or heavy sweating
- rapid heartbeat or chest pain
- dizziness or feeling faint
- shortness of breath
- blushing or trembling
- a choking sensation.

In some individuals, social anxiety occurs in certain situations, such as public speaking. Others suffer from a more generalized form of the disorder in which a number of situations cause extreme fear.

### BRAIN CHEMISTRY MAY BE PARTLY TO BLAME

Hall-Brooke's Medical Director, Thomas Smith, M.D., says doctors don't know exactly what causes social anxiety disorder. But both biological and psychological factors may play a role. The disorder—particularly the generalized form—

seems to run in families. It may be that an imbalance in brain chemistry can raise a person's risk of developing social phobia. Then, a new or highly intimidating social situation may create the fear reaction that paves the way for the disorder itself.

If you have an intense, ongoing fear of social situations that creates symptoms like those described, Dr. Smith says you should seek professional help. Doctors often can treat social phobia with medication and other forms of therapy.

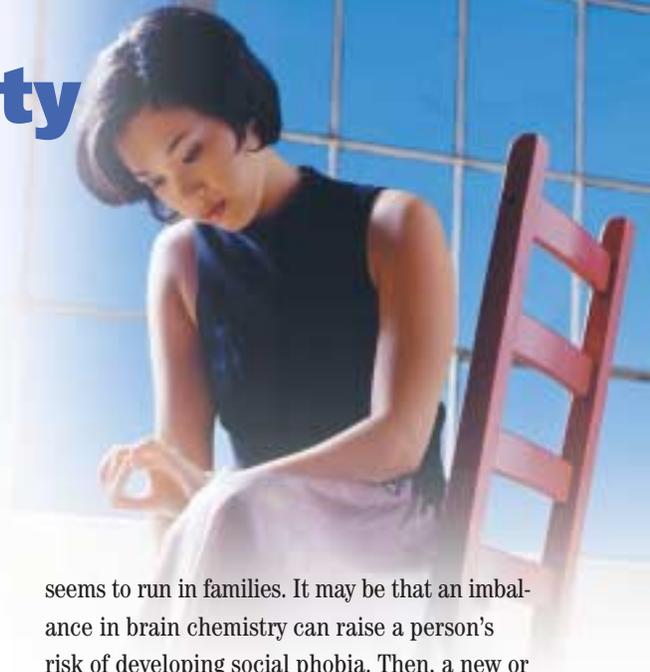
### THERAPY HELPS PEOPLE FACE FEARS

In behavioral therapy, people with social anxiety look closely at what causes their fears. Then, they practice facing these situations. Relaxation techniques to control anxiety also can be an effective part of behavioral therapy.

Untreated social phobia can cause depression and low self-esteem. But those with social phobia can often benefit from therapy that educates loved ones about the disorder and teaches them how to offer support.

Hall-Brooke Behavioral Health Services in Westport offers two programs that provide treatment for individuals experiencing emotional, psychiatric, and co-occurring substance abuse problems. The **Partial Hospital Program** can be useful for patients making a transition from an inpatient to an outpatient level of care or to avoid an inpatient hospitalization. The **Day Intensive Outpatient Program** is designed for people who are able to be engaged in work, school, or other structured activities while participating in an intensive level of care. ✨

*If you need help, call the Hall-Brooke campus in Bridgeport at 203-365-8400 or the new Hall-Brooke in Westport at 203-227-1251.*



# PET Scanner Pinpoints Cancers

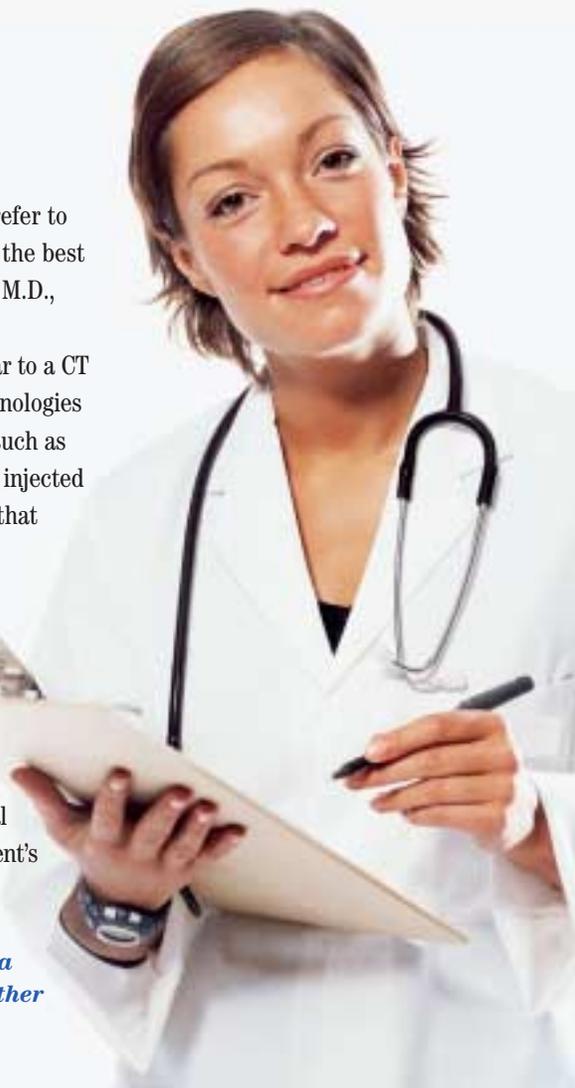
**Y**ou may be hearing more about PET scans in the coming months, but the term does not refer to a new treatment for man's best friends. Rather, PET (Positron Emission Tomography) is the best scanner now available to detect malignancies at their earliest stages, says Tatiana Kain, M.D., St. Vincent's Director of Nuclear Medicine.

The PET scan is a noninvasive test that requires a patient to lay down inside a cylinder similar to a CT scanner. But that's where the similarity ends. PET's major difference from other scanning technologies is that it detects metabolic changes at the cellular level, often long before structural changes such as tumors occur. CT and MRI scans detect only anatomical changes. For a PET scan, the patient is injected with a "tracer" that consists of glucose and a radioisotope, which is drawn to malignant cells that become highlighted on the resulting scan image.

According to Dr. Kain, PET will be particularly effective in detecting cancers of the lung, colon, head, and neck as well as melanoma and lymphoma. Another important benefit of PET is the technology's ability to detect nodules in the lungs and breasts, eliminating the need for invasive biopsy procedures. In addition to detecting early-stage malignancies, PET scans also detect cardiac irregularities and neurological disorders, including Alzheimer's disease.

St. Vincent's treats more cancer patients than any other hospital in Fairfield County. The Medical Center's cancer programs are approved by the American College of Surgeons, which ranks St. Vincent's among only 20 percent of hospitals nationwide that have received this certification. ✱

*St. Vincent's will provide this promising new technology one day a week through a mobile PET scanning unit. For more information or referral to an oncologist or other cancer specialist, call St. Vincent's toll-free Care Line at 1-877-255-SVHS.*



## Outpatient Therapy Key to Good Living

**A**dult children caring for aging parents quickly learn that recovery and rehabilitation following a stroke or other brain injury can be a long process. It doesn't end when Mom or Dad leaves the hospital. Services will be provided in the home for a while, but what happens when the insurance entitlements for home care end?

Patricia Hornak, O.T.R., Administrator of Rehabilitation Services for St. Vincent's Special Needs Services (SVSNS), explains that recovering patients traditionally move from the hospital to a sub-acute facility to home care. The next step for individuals recovering from a stroke or acquired brain injury, as well as those living with Parkinson's or other neurological conditions, is usually continued therapy as an outpatient.

SVSNS accepts Medicare or private insurance for outpatient therapy services, including occupational, physical, and speech and language therapy.

"Physical therapy can improve leg strength and balance for transferring or walking," Hornak explains. "Occupational therapy is beneficial to treating upper extremity weakness, strengthening self-care and basic daily living skills, and encouraging safety awareness in the face of new physical challenges.

"An occupational therapist can evaluate a patient's need for adaptive equipment that will promote independence in such skills as showering, dressing, and feeding," she continues, "and can also evaluate wheelchairs and make recommendations for adaptations."

Outpatient therapy services are provided individually at SVSNS' Adult Services facility, 975 Oronoque Lane, Stratford. Recipients may also enroll for one or more days a week in a day program of activities designed to increase greater independence and socialization. For further information, call Sheila DePascale, R.N., at **203-385-7446**. ✱

### Did You **KNOW?**

A recent independent national Patient Satisfaction Study placed Visiting Nurses Services (VNS) of Connecticut well above the national average in terms of overall patient satisfaction and the likelihood of patients referring the agency to others. VNS provides home health care and homemaker services to more than 5,000 residents of nearly 50 Connecticut communities. For more information, please call **203-366-3821** or log on to **www.vnsct.com**. Fill out the coupon on the back page for \$5 off a VNS homemaker visit.

What a  
*Wonderful  
World*  
It Would Be...

In affirmation that world peace will require greater realization of the interconnectedness of all peoples, "It's a Small World" has been chosen as the theme for the ninth annual "Last Bash of Summer" dinner-dance and silent auction. This year's event, which raises funds for St. Vincent's Special Needs Services, will be held on Saturday, September 21, from 6:30 p.m. to midnight at the FEROLETO Children's Development Center in Trumbull.

Proceeds are used to purchase adaptive equipment and therapeutic appliances to help children and adults with multiple disabilities gain greater independence. For ticket information, to donate auction merchandise, or to become a corporate sponsor, call **203-386-2714**.

## HEALTHY Hearts

Join St. Vincent's **Healthy Hearts**, a new club and support group for heart patients, their families, and all those interested in a healthy heart. Join us for free refreshments and meet some great people at the monthly meetings. For a schedule of upcoming topics and times, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.



# Computers:

## A Pain in the Neck, the Wrist, the Back...

### Do You Have a WRUED?

Tingling; numbness; aching; or burning in hands, wrists, or shoulders could mean a work-related, upper-extremity disorder (WRUED). See your doctor if the symptoms persist.

**M**ore of us than ever before are using computers at work and home. Not surprisingly, we're also suffering from more back, neck, arm, wrist, and hand problems.

St. Vincent's Orthopedic Specialist Craig Malin suggests these pointers for avoiding problems:

**1. Pay attention to posture.** Sit straight, with your back against the chair and your feet flat on the floor. If your chair doesn't support your lower back, use a special support pillow—or even a rolled-up towel. And keep your shoulders and neck relaxed. Craning your neck stresses the vertebrae and can cause headaches.

**2. Do a height check.** Studies show that the lower the computer screen, the more a user tenses neck and shoulder muscles. Adjust the monitor so that the upper half of the screen is in your normal line of vision. At the keyboard, wrists should rest in a neutral position, not bent upward or downward. Using a wrist rest can help.

**3. Warm up for work.** Start with these exercises before you type:

- Extend and stretch both wrists, as if doing a handstand. Hold for a count of five.
- Straighten both wrists, relax fingers, then make tight fists. Bend wrists down while maintaining fists for a count of five.
- Straighten both wrists and relax fingers for a count of five.
- Repeat each exercise 10 times. Then, with arms dangling at your sides, shake hands and arms for a few seconds.
- 4. Keep it light.** Typists who bang away at the keys are at increased risk for hand and wrist injuries.
- 5. Alternate tasks.** Do something else for a while—make or return telephone calls, fix a snack, or sort your mail.
- 6. Give it a rest.** Take short breaks every hour, or so, to let your muscles relax. Gently exercise arms, wrists, neck, and shoulders. ★

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

## When Does a Cut Need Stitches?

Michael Doyle, M.D., Medical Director of St. Vincent's Immediate Health Care Centers, offers this perspective on seeking care: A serious cut probably needs stitches to halt the bleeding and reduce the risk of infection and a bad scar. You should seek emergency treatment if you have:

- ◆ a deep cut that goes down to the muscle or bone
- ◆ a cut on the face or other place that may cause a bad scar
- ◆ a cut that is more than an inch long on a part of the body that bends a lot, like a knee or a finger
- ◆ a cut with jagged edges that "hangs" open
- ◆ a cut that doesn't stop bleeding after you have applied pressure for 10 to 15 minutes.

A doctor may be able to use new tissue adhesives, rather than traditional stitches, to "glue" some cuts shut.

For treatment of cuts, bruises, and minor injuries on the job that need medical care but do not require a visit to the emergency room, ask your employer about the Corporate Health Services provided by St. Vincent's Immediate Health Care Centers. We offer 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 to 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)**.

# Calendar of Events



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 e-mail [st.vincents.health@snet.net](mailto: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 35 and older with no known breast problems. Assistance available for those with financial limitations or no insurance. Funded by Swim Across the Sound and the Fitness Edge.  
*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's 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. Fill out the coupon on the back page for free admission.  
*Offered every six weeks.*

#### Cardiac Rehab Phase 3

Cardio segments with strength training and flexibility.  
*Offered monthly.*

#### "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 sessions include information on diet, exercise, blood sugar, and medication. Financial assistance for those who qualify.  
*September 6, 13, 20, and 27, 1 to 3 p.m.*

#### Slow and Steady

Low-impact aerobics for adults age 50 and older.  
*Offered every six weeks.*



### CANCER SERVICES

*Made possible through St. Vincent's Swim Across the Sound. Call Wellness Services to register at 203-576-5500.*

#### Prostate Screening

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

#### 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. Ask about insurance reimbursement. Call **203-576-5930** to make an appointment with the registered dietitian.

detach along perforated line

◆ A state-of-the-art laparoscopic procedure is bringing new hope to patients with malignant liver tumors. St. Vincent's Surgeon **Daniel Passeri, M.D.**, one of the first doctors in the state to perform radiofrequency thermal ablation (RFA) laparoscopically, used the procedure this summer to remove a malignant growth from an elderly male's liver. The new tumor-zapping technique, which requires only a small incision, increases longevity and quality of life for patients. The Yale-trained surgeon, who learned the technique at Cleveland Clinic, says the next step will be removing tumors through ultrasound and CT scanner, eliminating surgery entirely.

◆ St. Vincent's has announced the appointment of **Heena Sultan, M.D.**, to the Department of Anesthesiology. Dr. Sultan received her medical degree from the State University of New York School of Medicine. She completed a residency at Beth Israel Deaconess Medical Center in Boston. Dr. Sultan has won numerous honors and awards for her academic and research activities.

# Tummy Troubles: It Could Be IBS

Irritable bowel syndrome (IBS) doesn't cause permanent harm or lead to other diseases. But the symptoms can cause women distress. In severe cases, IBS can interfere with a woman's life.

**Q** How can you tell if you have IBS?

**A** Women with IBS usually have stomach cramps with painful constipation or diarrhea. In some women, constipation and diarrhea alternate. Other common symptoms include gas and bloating.

Symptoms tend to come and go, often following a meal. They also can occur during stressful times.

Women who experience weight loss, bleeding, and fever should see their doctor.

**Q** What causes IBS?

**A** We still don't know exactly what causes IBS. One theory is that women with IBS have extra-sensitive colons.

There's also an emotional element. Stress tends to worsen IBS symptoms.

Finally, research is revealing a link between IBS and infections. One study found that women may have an increased risk of IBS after having a bacterial stomach infection. In another study, IBS symptoms cleared up in 48 percent of infected patients after treatment with antibiotics.

**Q** What can you do to control IBS symptoms?

**A** Most women can control their symptoms with the following measures:



**Edwin Levine, M.D.**, is a member of the St. Vincent's Division of Gastroenterology.

- Avoid large, high-fat meals.
- Drink at least eight glasses of water daily.
- Fill up on fiber to help prevent both diarrhea and constipation.
- Don't smoke.
- Try stress management techniques.
- Exercise regularly.
- Stick to regular eating and toilet schedules.

**Q** Should you avoid certain foods?

**A** Many women with IBS find that it helps to keep a diary of the foods they eat. Common offenders include:

- fatty foods
- chocolate
- milk products
- large amounts of alcohol
- caffeinated beverages
- citrus fruits and tomatoes
- cabbage and beans.

**Q** Does any over-the-counter medication help treat IBS?

**A** An over-the-counter (OTC) supplement of soluble fiber called psyllium can aid in preventing both diarrhea and constipation.

OTC antidiarrheal drugs can help prevent embarrassment if taken before long trips. And OTC stool softeners can help with constipation. Doctors warn against the routine use of laxatives because they can be habit-forming.

Doctors may prescribe stronger medications for severe symptoms. \*

**LOOKING FOR A SPECIALIST?  
Call 1-877-255-SVHS for  
a referral today.**



# Swim Set to Go the Distance in Race Against Cancer



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## Exciting Events

**24-Hour Aquathon**  
Noon Friday to noon Saturday  
July 26 and 27  
Fairfield University  
Recplex

**Swim Across the Sound**  
Saturday, August 10  
Noon to 5 p.m.  
Captain's Cove,  
Bridgeport

**Swim Memorial Service**  
Sunday, August 11  
8:30 to 10:30 a.m.  
Captain's Cove,  
Bridgeport

To become a Swim volunteer, sponsor, or participant, call the St. Vincent's Foundation at 203-576-5451. Now you can also register online at [www.swimsound.org](http://www.swimsound.org).

**1 Things Go Better With**—When you see a Coke truck this summer, chances are it will be sporting this Swim montage. Coca Cola is once again a major sponsor. **2 Feast of St. Joseph**—On behalf of the Italian American Heritage Foundation, John DiMarco (right) presents a \$10,000 check for the Swim to Ronald J. Bianchi, President of the St. Vincent's Foundation. **3 Delicious Fundraiser**—Dr. Frank Scifo (center) Swim Co-Chairman and Ron Bianchi (right), President of the St. Vincent's Foundation, present a thank you gift to real estate developer Sal Dinardo of Fairfield. A dinner Dinardo hosted at Paci's of Southport raised an appetizing \$50,000 for the Swim. **4 Marketing the Swim**—Porricelli's Food Mart Manager Joseph Porricelli (center left) and Assistant Manager Ed Mussina (center right) display Swim "fish" sold at the market to benefit the Swim while St. Vincent's Foundation VP Michael Bisciglia (left) and Swim Fish Chairman John Matthews look on. **5 Pennies for Your Thoughts**—Hillcrest Middle School raised \$8,100 in a penny drive for the Swim endowment that benefits Trumbull students with chronic diseases. Eighth grade teacher Kathryn Pitzscher (center right) and honor society students (left to right) Chris Wowk, Tore Dalakker, Robert Matera, and Alyssa Charland present the check to Swim representative Michael Bisciglia. **6 Walk with Harold**—Auden Grogins and her dog, Harold, led the way through Black Rock as more than 100 dogs and their companions walked to raise over \$7,000 for Swim Across the Sound.

## Fitness Edge Partners with Swim Across the Sound to Raise \$100,000



**Vin Sansone, President of Fitness Edge, (seated), Kathy Young (standing rear) Swim Breast Cancer Luncheon member, and Shannon Brennan, Fitness Edge Marketing Manager, discuss Fitness Edge's pledge to raise \$100,000 through events to benefit Swim Across the Sound. Fitness Edge is the premier health facility in southern Connecticut with six locations.**

Fitness Edge, the premier fitness center in southern Connecticut, has pledged to raise \$100,000 to benefit St. Vincent's Medical Center Swim Across the Sound. Deborah Keyes, Director of Marketing, says that Fitness Edge chose to partner with the Swim because it is an outstanding charity.

"We're excited about the partnership with the Swim," says Keyes. "We like the fact that all the money raised for the Swim stays right here in the community. Fitness Edge wants to give back to the community that has supported us."

At its six locations, Fitness Edge has proposed an extensive calendar of events to support the Swim:

- ◆ Fitness Edge will donate \$10 for every new membership sold through January.
- ◆ Fitness Edge promoted Fish for the Swim. The health facility sold the Swim paper fish and displayed them.
- ◆ Through July, Fitness Edge will offer chances to win one-year memberships.
- ◆ At its East Norwalk location, Fitness Edge sponsored a Fit Kidz Festival on June 22. Proceeds benefited the Swim.
- ◆ At the Westport Fitness Edge, people can participate

in a "Night for Your Soul" on July 25. The facility will have pampering stations that include massage, pedicures, manicures, and makeovers. Proceeds from ticket sales will benefit the Swim.

- ◆ Swim T-Shirts will be on sale at all Fitness Edge locations in the month of August.
- ◆ Anyone interested can take part in a "Spin Under the Stars" at the Fairfield Fitness Edge in August.
- ◆ Get in shape with a Scott Cole Master Class in September. Admission is a minimum donation for the Swim.
- ◆ Yoga on the Beach. Build flexibility with a special yoga class on the beach. Admission is a minimum donation for the Swim.

St. Vincent's Medical Center Foundation President Ronald Bianchi says the partnership with Fitness Edge is an ideal example of how the community supports the Swim.

The Swim helps cancer patients and their families and underwrites 34 cancer education, screening, and prevention programs. For more information and a complete listing of Swim events, call St. Vincent's Foundation at 203-576-5451 or log on to [www.swimsound.org](http://www.swimsound.org).



Postmaster please deliver  
within July 1 and 5.

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

# Vinny's **LAWN MOWER SAFETY** Tips

To keep your lawn neat—and you and your family safe—Vinny, St. Vincent's health care bear, suggests that you follow these lawn mower precautions:

- \* Pick up twigs, stones, and toys before you mow.
- \* Keep children younger than age 6 indoors when mowing.
- \* Wait until children are at least 12 years old before allowing them to operate a walk-behind lawn mower. A child should be 16 years old to use a riding mower.
- \* Wear protective gloves; goggles; sturdy, closed-toe footwear; and long pants.
- \* Always remove the spark plug connector before working on the mower.
- \* Remove debris from mower blades with a stick, not your hand.
- \* Be careful when mowing a hill. With a walk-behind mower, mow across. With a riding mower, mow up and down.
- \* Never give anyone a ride on a riding mower. \*



*Families wishing to have their children join "Vinny's Club" should call toll-free at 1-877-255-SVHS, or visit Vinny's Den on the St. Vincent's website: [www.stvincents.org](http://www.stvincents.org). For a free ruler, fill out the coupon below.*

## Health Insurance Information

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

**Dates:** First Wednesday of every month at St. Vincent's Wellness Booth in Trumbull's Westfield Shopping Town Mall on the lower level. Other Wednesdays at the Medical Center.

**Times:** 10 a.m. to noon

Call St. Vincent's toll-free Care Line at **1-877-255-SVHS** for more information.

## Recipe:

### Peach-Apple Crisp

Serve this guilt-free, delectable dessert to family members and friends.

- 20 oz** canned, sliced peaches in a light-syrup pack, drained
- 2** medium-sized, tart apples, peeled and sliced
- 1/2 t** vanilla
- 1/4 t** ground cinnamon
- 3/4 C + 3 T** flour
- 1/4 C** brown sugar, packed
- 3 T** margarine, chilled

1. Preheat oven to 350°F. Lightly grease a 9 x 9 x 2 casserole dish.
2. Mix peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread out evenly in the greased casserole dish.
3. Mix flour and sugar in a small bowl. Slice in margarine pieces and mix until mixture looks like coarse meal.
4. Sprinkle the flour mixture evenly over the fruit.
5. Bake about 40 minutes.

**Yield:** 8 servings

**Serving size:** 1/2 C

**Each serving provides:** Calories: 175, Total fat: 5 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 57 mg

*Source: United States Department of Agriculture; Center for Nutrition Policy and Promotion*

## HealthTalk

**William J. Riordan**  
President/C.E.O.

**Jane F. Ellis**  
Corporate Vice President, Marketing & Communications

**R. Bruce Hutchison**  
Director, Corporate Marketing & Communications

**Brian Wallace**  
Editor

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