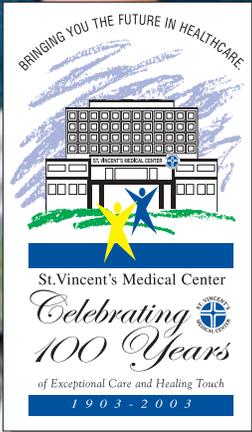


HEALTH TALK

YOUR SOURCE FOR HEALTH INFORMATION FROM ST. VINCENT'S



Do You Need
a **Flu Shot?**

New **Women at
Heart** Program

Wellness Guide/
Calendar

Hospital of
the **Future**

Straight Talk from
Our **Physicians**

Healthy TV Habits for You and Your Child

Warning: Too much television may be hazardous to your child's health. Research shows that the more TV children watch, the more likely they are to:

- be inactive and overweight
- make unhealthy food choices
- perform poorly in school
- act aggressively or violently
- engage in high-risk behavior.

How much TV is too much? Parents should limit media time—including TV, computer, and video games—to no more than two hours a day, most of which should be educational and nonviolent. Researchers also suggest that you watch TV with your children.

Finally, encourage your children to pursue other activities: Read a book. Play games. Get involved in sports.

Vinny, the St. Vincent's mascot, works hard to bring his message of health and safety to people of all ages throughout the community. Your children can visit Vinny's Den on the Web at www.stvincents.org.



Get Your Flu Shot for a Healthier Winter



Another winter, and another flu season approaches. Most people who get the flu are ill for only a few days.

But some develop a more serious illness and may need to be hospitalized. Thousands die each year from flu-related illnesses, mostly older adults.

Scientists create a new flu vaccine every year to respond to changing virus strains. So it's important to get a new shot every year, says St. Vincent's epidemiologist Grace Kim, M.D.

WHO NEEDS TO BE VACCINATED?

Even if you had a flu shot last year, you need one this year if you:

- are age 50 or older
- have a serious health problem, such as heart, lung, kidney, or liver disease; anemia; diabetes; asthma; or HIV/AIDS
- are pregnant and have a serious health problem
- are receiving chemotherapy or radiation treatment for cancer
- are less able to fight infection because of a congenital disease
- live with or care for people with serious health problems

Where Can You Get a Flu Shot?

Ask your doctor, check with your town health department, or just stop by one of the **St. Vincent's Immediate Health Care Centers: 4490 Main Street, Bridgeport, 203-371-4445; 1055 Post Road, Fairfield, 203-259-3440; or 15 Armstrong Drive, Shelton, 203-929-1109.** They're open seven days a week, no appointment necessary.

- live in a nursing home, dormitory, or other densely populated community
- provide essential community services
- are healthy but want to lower your risk of getting the flu.

The American Academy of Pediatrics recommends that all children between 6 and 23 months of age receive a flu shot annually.

WHEN TO GET ONE

While many people want flu shots in early September, it may be better to think of shots between Halloween and Thanksgiving. St. Vincent's Care Line nurse Alice Santangini, RN, says flu season has arrived late in recent years. Because the protection provided by the flu vaccine peaks at six weeks and slowly wanes, authorities now say that even a December vaccination is recommended if you miss the earlier opportunity. *

Take Your Doctor's Advice to Heart: Join St. Vincent's New "Women at Heart" Program

Hear disease is a woman's biggest health risk. St. Vincent's Regional Heart and Vascular Center is tackling it with a holistic, woman-specific program of education and screening.

Called "Women at Heart," the new program seeks to help women deal with their risk of heart disease.

HEART DISEASE #1 KILLER OF WOMEN

"Women need to be aware of their risk factors," says St. Vincent's cardiologist Kathleen Harper, D.O. "They need to educate themselves to ask the right questions of their doctor and take the proper steps to care for their heart."

A woman's heart problem may appear as fatigue, jaw or neck pain, or shortness of breath. "Women tend to minimize and not complain about these symptoms, making detection difficult," says Dr. Harper. "But once these symptoms are evaluated and analyzed, our fully-equipped heart center can provide incredibly effective treatment."

EARLY DETECTION IS IMPORTANT

Jose Missri, M.D., Cardiology Chairperson and Medical Director of St. Vincent's Regional Heart and Vascular Center, urges women to join "Women at Heart" to help prevent heart disease before symptoms develop. "We can identify a woman's risk factors, such as high cholesterol or high blood pressure," says Dr. Missri, "and treat those problems before they damage the heart."

"The detection and treatment of risk factors is especially important for women at or near menopause," he adds, "because that's when a woman's natural resistance to heart disease drops dramatically."



"Women tend to minimize and not complain... making detection difficult."

—Dr. Kathleen Harper



"We can identify a woman's risk factors, ... and treat those problems before they damage the heart."

—Dr. Jose Missri

The "Women at Heart" program will help women lower their risk with heart screenings, nutrition counseling, stress reduction sessions, education through newsletters and seminars, and information about the latest treatments and research findings. ✨

C-REACTIVE PROTEIN: A NEW MARKER FOR HEART DISEASE

Half the people who have heart attacks have normal cholesterol levels.

How can that be? Experts think they may have found the missing link: inflammation. The arteries to the heart can become inflamed in response to an injury or infection. When this happens, the level of a substance called C-reactive protein (CRP) in your blood rises. Women with high CRP levels are twice as likely to have a heart attack as women with low CRP levels.

What can harm the arteries so they become inflamed? Experts aren't sure, but smoking, high blood pressure, and diabetes can play a role.

To protect against inflammation:

- Exercise on a regular basis.
- Maintain a healthy weight.
- Don't smoke.
- Drink alcohol in moderation, if you drink.

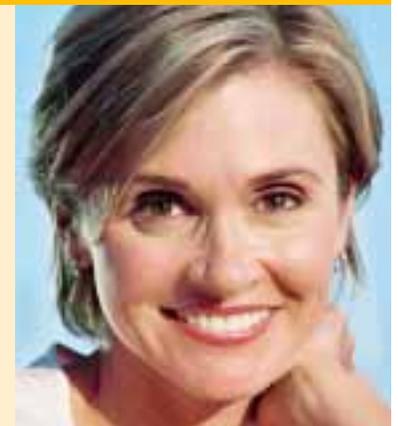
St. Vincent's offers an outstanding electrophysiology program. For more information or a referral to a St. Vincent's cardiologist, call St. Vincent's toll-free Care Line at **1-877-255-SVHS**.

BENEFITS OF WOMEN AT HEART MEMBERSHIP

The benefits of joining Women at Heart include:

- discount on cardiovascular screenings and free Women at Heart T-shirt to first 1,000 members
- 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.



WOMEN
at Heart
St. Vincent's Cardiovascular Services for Women

HOSPITAL OF THE FUTURE

Bringing World-Class Care to Fairfield County



future. Upcoming developments include large state-of-the-art hybrid operating suites and a new 30-bed intensive care unit.

This special section of *Health Talk* offers a closer look at the “hospital of the future” at St. Vincent’s. From breakthroughs in cardiovascular care to the latest developments in the treatment of

For physician referral information on the services provided by St. Vincent’s Medical Center, call the toll-free Care Line at **1-877-255-SVHS**. Or visit our website at www.stvincents.org.

cancer and other diseases, St. Vincent’s is committed to the latest technology and constant innovation.

St. Vincent’s is bringing world-class care to Fairfield County. How? With its affiliation with New York–Presbyterian Healthcare System and an excellent medical staff representing all major specialties.

What’s the most visible sign of St. Vincent’s \$40 million expansion and renovation project? The new 70,000-square-foot entrance and outpatient pavilion at St. Vincent’s Medical Center. It’s all part of the plan to reconfigure St. Vincent’s into the hospital of the

A VISION OF THE FUTURE IN CARDIOVASCULAR SERVICES



Rafael Squitieri, M.D.

For a young heart surgeon with world-class training, the Regional Heart and Vascular Center and its future plans at St. Vincent’s Medical Center present an exciting opportunity.

“What’s going on here is pretty breathtaking,” says Rafael Squitieri, M.D., a cardiovascular and thoracic surgeon. He comes to St. Vincent’s with training from Mount Sinai School of Medicine in New York City and Columbia University.

NEWEST TECHNOLOGY ON ITS WAY

The Medical Center will take advantage of Dr. Squitieri’s skill and education when it completes its current \$50 million renovation by building state-of-the-art intensive-care units and operating rooms. “We will have the most up-to-date physical plant available anywhere in the country,” says Dr.

Squitieri, “and will be able to grow significantly.”

MULTITASKING ROOMS OFFER MORE FLEXIBILITY

New surgery suites at St. Vincent’s are being designed specifically for developing technologies. This enables a multidisciplinary approach not available in many hospitals. “Before, operating rooms were considered operating rooms and you couldn’t do anything else in that room,” says Dr. Squitieri. “Now they’re open to other specialties.”

While the technology allows great advances in care, Dr. Squitieri is most energized by the complex mechanism within the human body. “Once you see a beating heart, you never lose that feeling of how awesome it is. It’s the most rewarding experience to take somebody with a sick heart and give them a better quality of life.”

Reducing Cardiac Diagnosis Time

Physicians in St. Vincent's Emergency Department now have the capability to check on a patient's cardiac condition—all while the patient is still at home or being transported via ambulance to the hospital.

Using the advanced Medtronic Physio-Control Lifenet® 12 Receiving Station, paramedics can transmit 12-lead electrocardiograms (EKGs) to the Emergency Department through in-ambulance computers. This is made possible by cell-phone and hard-line technology. The result? A dramatic reduction in diagnosis time for people suffering from heart attacks.

TIMING IS EVERYTHING

"Diagnosis within the first hour after a heart attack is crucial. Patient care will improve, because prior to the patient's arrival, physicians in the ED will be able to see and interpret the EKG, as well as activate any resources required," says Morton Solomon, M.D., Chairperson of Emergency Medicine at St. Vincent's.

The 12-lead system is a team project coordinated



by the Joint Hospital Planning Council including American Medical Response, Nelson, Trumbull, and Stratford Emergency Medical Services. All paramedics have been trained on 12-lead EKGs, and in using the equipment for transmission.

AROUND-THE-CLOCK CARE

Once the heart attack patient arrives at the Emergency Department, St. Vincent's responds with Primary Angioplasty for Myocardial Infarction (PAMI). This is the most effective treatment to immediately stop a heart attack by clearing clogged arteries. A PAMI team is on call 24 hours a day, seven days a week.

A full range of emergency care is available, including a designated Level II Trauma Center. For more information concerning the new EKG transmitting system or cardiac emergencies, contact Jane Winters at **203-576-5138**. *



Morton Solomon, M.D.

DIGITAL HEART IMAGING SAFER FOR PATIENTS

A unique new digital system for diagnosis of heart problems is replacing traditional X-rays at St. Vincent's. The new "Innova" digital imaging system by GE Medical was put into use this summer at St. Vincent's Cardiac Catheterization and Interventional Laboratory. It is the only one of its kind in use in Fairfield County.



Craig Werner, M.D.

Because digital imaging takes a more focused picture of the heart, the patient and hospital staff are exposed to less radiation, up to 65 percent less than from a traditional X-ray. This makes digital imaging much safer to use.

Also, the system provides sharper, clearer images on people of any size, providing another diagnostic benefit over traditional systems.

"Being able to more clearly see any problems in the heart is most beneficial," says St. Vincent's cardiologist Craig Werner, M.D. "The Innova is a dramatic improvement over current technology."

NEXT GENERATION CATH LAB MAKES HEART ADVANCES POSSIBLE

New Stents Cut Angioplasty Complications

St. Vincent's doctors are now using the most advanced medicated stents. A stent is a tiny wire tube coated with medication that is threaded inside an artery to the point of blockage. It is then expanded to clear the obstruction that causes a heart attack. The new stents keep constricted arteries open and reduce complications from the procedure known as angioplasty.

"This is a significant medical breakthrough," says Jose Missri, M.D., Medical Director of the Regional Heart and Vascular Center.

He explains that "drug-eluting" stents have been shown to significantly reduce problems after the operation. "These coated stents minimize the risk of the patient needing any additional procedures," he says, "and they improve the patient's long-term outcome."

The stents were approved this spring by the U.S. Food and Drug Administration and immediately put into use at St. Vincent's.



HIGH-TECH ROBOTICS SYSTEM SHORTENS TEST TIME IN ER

Patients who need tests in the Emergency Room at St. Vincent's will now see faster results. This is thanks to new technology installed in the hospital's chemistry laboratory. The robotics-based system—the first of its kind in Connecticut—will cut testing time in half and offer many other benefits, hospital officials say.

“Faster test results for doctors in the ER are vitally important,” says George Golwensky, M.D., Chairperson of Laboratory Medicine.

He notes that 400 tests are performed each day. With the new system, the lab will be able to handle many more tests, says Dr. Golwensky.

Those gains are made possible by the new Bayer ADVIA WorkCell automation system, made by Tarrytown, N.Y.-based Bayer Diagnostics. St. Vincent's is the first hospital in Connecticut—and one of only 10 nationwide—to use this advanced technology.

The sophisticated bar-coding analytical system uploads the test results directly to the hospital's computers. This allows doctors and other clinicians to immediately review results. It also reduces the possibility of errors by minimizing manual handling of samples. The system is operated 24/7 by teams of technicians working on three shifts.



Digital Mammography System Gives FASTER, CLEARER RESULTS

St. Vincent's Medical Center is now offering state-of-the-art digital mammography.

The new technology provides more accurate mammogram images that can easily be shared among specialists. This new mammography system produces breast images through computerization rather than on film. Peter Steenberg, M.D., St. Vincent's Medical Director of Mammography, says that GE digital system offers many advantages:

- The images are clear and easy to read, and can give better visibility, especially near the skin line. The images can be enlarged for closer viewing of an area.
- The image is ready to read within 10 seconds. Women no longer have to wait while the films are developed to be sure the images are usable. That means the test can take as little as half the time of a film mammogram.
- The technician can view the image immediately, making it easy to adjust the patient's position if necessary.
- If a second opinion is needed, the image can be sent electronically to a second doctor, and can then



be printed on film for review.

“This system will revolutionize breast care,” says Catherine Coleman, St. Vincent's Director of Radiology. “It allows us to offer our clients state-of-the-art mammograms with the least possible hassle and disruption to their lives. It also gives our referring physicians accurate images to use in diagnosis.” * ✪

CANCER CARE ADVANCES SET ST. VINCENT'S APART

The next generation of cancer care is now available to St. Vincent's doctors and patients, with the arrival of the new linear accelerator.

The new machine—only available in the Bridgeport area at St. Vincent's—is capable of performing intensity modulated radiation therapy (IMRT). With IMRT, patients can receive higher doses of radiation targeted to the affected area, resulting in fewer side effects and better recovery from the treatment, says Christopher Iannuzzi, M.D., Medical Director of Radiation Oncology.

Additionally, St. Vincent's will soon be one of the first hospitals in Connecticut to offer breast brachytherapy. It delivers internal radiation therapy



to the site where a lump has been removed, but not to the entire breast. This targeted radiation can be done in a fraction of the time of a traditional course of therapy. It offers better results cosmetically.

St. Vincent's also is the only location in Fairfield County where patients can receive high dose rate brachytherapy for lung and gynecological cancers.

Question & Answer: Heartburn

straight talk from our physicians

About 10 percent of people get heartburn at least once a week. While it's typically more of an annoyance than a serious medical problem, heartburn can certainly put a damper on your plans. Here's how to avoid that fiery feeling—and put out the flames when it occurs.



Gary Kaml, M.D.

QUESTION: What causes heartburn?

ANSWER: The problem is in your esophagus, the tube that carries food to your stomach. When the muscle leading from the esophagus to the stomach is weak or relaxed, food and gastric acid from the stomach escape back into the esophagus, causing discomfort.

QUESTION: How can I prevent heartburn?

ANSWER: The best way to fight a fire is to prevent it in the first place. The same rule applies to heartburn. The following strategies may help you avoid or lessen attacks:

- Raise the head of your bed with 6-inch blocks or sleep on a foam wedge that raises your head.
- Avoid lying down until at least two hours after a meal.
- Lose excess weight.
- Don't smoke—it weakens muscles in the esophagus that contribute to heartburn.
- Wear loose clothing.
- Try eating smaller meals frequently rather than large, infrequent meals.
- Choose fewer fried and fatty foods.



Julie Spivack, M.D.

QUESTION: Should I be concerned about heartburn?

ANSWER: When heartburn happens frequently—more than twice a week—you may have gastroesophageal reflux disease (GERD).

Other possible symptoms of GERD include chest pain, hoarseness, trouble swallowing, a dry cough, and bad breath.

QUESTION: What treatments are available?

ANSWER: Mild, occasional heartburn can be treated with over-the-counter antacids. But if you suspect you have GERD or find yourself using antacids for more than three weeks, talk to your doctor. He or she may recommend prescription medication(s) that can help. Surgery also may be an option for some people.

**Looking for a physician?
We can help.**

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



OPEN HOUSE PLANNED AT ST. VINCENT'S COLLEGE

St. Vincent's College will hold an open house for prospective students for the fall and spring semesters from 9 to 11 a.m. on Saturday, Nov. 1, at its 2800 Main Street, Bridgeport campus, adjacent to St. Vincent's Medical Center.

The Open House will allow interested individuals to tour the campus, learn about academic programs, student life activities, and financial aid opportunities. Participants also will get a chance to attend an application workshop, and ask questions of fac-

ulty, administration, and current students.

St. Vincent's College offers associate in science degrees in Nursing, Radiography, Medical Assisting, and Cardiovascular Technology, as well as certificate programs in Health Promotion, Medical Office Assisting, Multiskilled Assistant, Health Care Management, Health Care Reimbursement Specialist, Diagnostic Medical Sonography, Central Service Technician, and Hospital Coding. To register, call **203-576-5278** or email **info@stvincentscollege.edu**.

release information

ABS—If you have any questions, call Mel @ 847-733-4564

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Health Talk 10-page custom product

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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*.

Breast Cancer Support Group
Sponsored by St. Vincent's and Y-ME of CT Breast Cancer Support Organization.
Dates: Oct. 7, Oct. 21, Nov. 4, Nov. 18, Dec. 2, Dec. 16, Jan. 6, Jan. 20
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: Oct. 14, Oct. 28, Nov. 11, Nov. 25, Dec. 9, Jan. 13, Jan. 27
Time: 6:30 to 8 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: Oct. 7, Nov. 4, Dec. 2, Jan. 6
Time: 3:30 to 5 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: Nov. 10
Time: 1 to 3 p.m.

Mammography Program
For women 40 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 Fitness Edge.

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

Prostate Screening
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
Location: Level 8 "ETC" Room
Dates: Second and fourth Tuesdays
Time: 5:30 p.m.



Tuesdays: FREE blood pressure check, Wednesdays: Cholesterol/HDL/ratio/glucose—\$18; fasting lipid panel—\$25

CHILDREN

Feroletto Children's Development Center
203-375-6400
Provides education and therapy for developmentally disabled infants and children. Child care, nursery school program, after-school recreational activities, and family education and support for all children and families with and without special needs.

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 or surgery. If the child is staying overnight, the tour may include a patient room.

LIFESTYLE CHANGES

Teen "Smoke Stoppers" Smoking Cessation Program
Six-session program teaches how to quit smoking without weight gain. Free to teens. Free introductory class in April and September.

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.

CARDIAC

Healthy Hearts Support Group
203-576-5012
First Wednesday of every month except August at 7 p.m. in St. Vincent's Hawley Conference Center. Open to all cardiac patients and family members. Guest speakers discuss cardiac topics.

St. Vincent's Wellness Booth
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.

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. Call for dates.

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 Class for Moms Returning to Work

Call for appointment.

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 to breast-feed your baby. Call for information.

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.

Five-class series on Saturdays. 11:30 a.m. to 1:30 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 appointment.

Sibling Class and Tour

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

VBAC (Vaginal Birth After Cesarean) Classes

Class for expectant parents planning a vaginal birth after a previous C-section.

SENIORS

Joint Replacement Preoperative Classes

For patients scheduled for a total hip or knee replacement. Learn from multi-specialty team about surgery, anesthesia, what to expect in orthopedic unit and after discharge. Pre- and post-operative exercises demonstrated. Family members welcome. Free lunch and parking. Call Orthopedic Physician Assistant Gail Fulco at 203-576-6429.

Dates: Hip: First Thursday

Knee: Third Thursday

Time: noon to 1 p.m.

Caregivers Support Group

203-380-0111

For those responsible for the care of a relative or friend with dementia and/or Alzheimer's. *Meets on third Wednesday of month from 6:30 to 7:30 p.m. in Stratford.*

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 Information

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 of month at St. Vincent's Wellness Booth in Westfield Shoppingtown—Trumbull; other Wednesdays in Level 3 Medical Records Conference Room.

Senior Wellness Series

1-877-255-SVHS

A series of free talks on topics important to seniors by physicians and medical professionals. Free blood pressure checks and refreshments.

At Laurel Gardens, 2750 Reservoir Avenue, Trumbull.

Stroke Survivors and Caregivers Support Group

203-384-8681

Second Wednesday of the month. 6:30 p.m. in Level 8 "ETC" Room. Call Liz Kennedy, M.S.W.

FREE ASTHMA SCREENING

Open to the public to help both children and adults determine if they have asthma. Questionnaire and pulmonary function test plus recommendations by allergist. No appointment necessary. Call St. Vincent's toll-free Care Line at 1-877-255-SVHS for information.

Date: Oct. 6

Time: 2 to 6 p.m.

Location: Level "C" Seton Room

Start a New Christmas Tradition with this Holiday Collectible

Decorate your Christmas tree with a unique Swim Across the Sound 2003 Holiday Ornament. It not only looks beautiful, but also helps turn the tide against cancer in our community. The 4-inch gold metallic ornament depicts a holiday evergreen topped by interlocking breast cancer ribbons. It features the Swim logo and the year embossed in gold. Designed by artist Andrea Lynn McKeen, the ornament hangs by a red satin ribbon and will make an out-



- standing appearance on your tree.
- Price: \$15.
- All proceeds benefit the 34 patient support and cancer prevention programs provided by the Swim.
- To place your order, call the St. Vincent's Foundation at **203-576-5451**. *

Get into the Holiday Spirit and Help Turn the Tide Against Cancer

FREE Health Information: Take Charge of Your Health

- | | | |
|--|---|--|
| <input type="checkbox"/> To join Women at Heart | <input type="checkbox"/> To become a senior volunteer at St. Vincent's | <input type="checkbox"/> Women's Guide to Health Tests and Screenings |
| <input type="checkbox"/> Free hearing test and 10 percent discount on hearing aids | <input type="checkbox"/> Free brochure listing 34 cancer prevention programs sponsored by Swim Across the Sound | <input type="checkbox"/> Men's Guide to Health Tests and Screenings |
| <input type="checkbox"/> Free application and membership in St. Vincent's Club 50 | | <input type="checkbox"/> To purchase a Swim Collectible Holiday Ornament |

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**

Send for your FREE health information today!

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

Postmaster: Please deliver between September 29 and October 3.

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

Recipe

Corn Chowder

- 1 T vegetable oil
- 2 T celery, finely diced
- 2 T onions, finely diced
- 2 T green pepper, finely diced
- 10 oz package frozen, whole-kernel corn
- 1 C raw potatoes, peeled and diced into 1/2-inch cubes
- 2 T fresh parsley, chopped
- 1 C water
- 1/4 t salt
- 1/4 t paprika
- 2 T flour
- 2 C low-fat or skim milk
- black pepper to taste

1. Heat oil in medium saucepan.
2. Add celery, onion, and green pepper. Sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium. Cook, covered, about 10 minutes or until potatoes are tender.
4. Place 1/2 cup milk in a jar with tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and then add remaining milk.
6. Cook, stirring constantly, over medium heat until mixture comes to a boil and thickens.

Yield: 4 servings. **Serving size:** 1 cup
Each serving provides: Calories: 186, Total fat: 5 g, Saturated fat: 1 g, Cholesterol: 5 mg, Sodium: 205 mg.

St. Vincent's Medical Center 

Jane F. Ellis
Corporate Vice President,
Marketing & Communications

Brian Wallace
Editor

Lucinda I. Ames
Assistant Editor

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